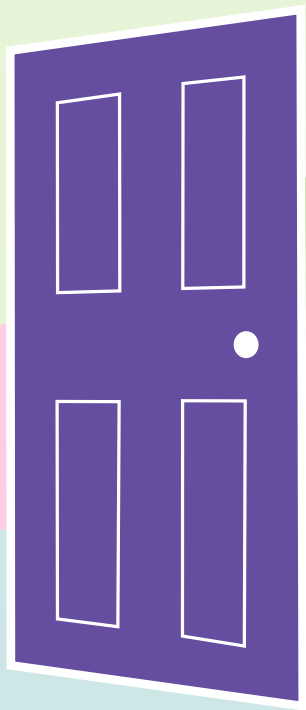


WELCOME TO



RESIDENCE

LIFE

2019-2020

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When looking for more information, click on the icon!



Land Acknowledgement

We would like to begin by acknowledging that Concordia University is located on unceded Indigenous lands. The Kanien'kehá:ka Nation is recognized as the custodians of the lands and waters on which we gather today. Tiohtiá:ke/Montreal is historically known as a gathering place for many First Nations. Today, it is home to a diverse population of Indigenous and other peoples. We respect the continued connections with the past, present and future in our ongoing relationships with Indigenous and other peoples within the Montreal community.

www.concordia.ca/students/aboriginal.html

WELCOME FROM THE DIRECTOR OF RESIDENCE



Lauren Farley
Director, Residence Life
Grey Nuns, E-102
514-848-2424 ext. 4236
lauren.farley@concordia.ca

Attending university for the first time, moving out on your own, arriving in a new city or country can be very daunting. Our residence life team is here to help you make that transition as smooth and enjoyable as possible.

We are so pleased that you have made the choice to live with us this year, and we are excited to welcome you to Residence Life. We look forward to sharing this once-in-a-lifetime experience with you, and helping you navigate your way through a new city, University and your new home in residence. Our team is committed to helping you grow, learn and create lasting memories – not to mention make lifelong friendships.

Residence has so much to offer. Over the years, we've found that participation, engagement and communication are paramount to enjoying the Residence Life experience.

Our community is founded on the key principals of cooperation and mutual respect. This provides us with a safe, comfortable and enjoyable experience, for our residents and staff.

We look forward to welcoming you to our community!

THE RESIDENCE LIFE TEAM

Residence Life Managers



Kaeleigh Dermo
Manager, Loyola,
HA-150
kaeleigh.dermo@concordia.ca



Ryan Douglass
Manager, Grey Nuns
West, D-107
ryan.douglass@concordia.ca



Ashley Allen
Manager, Grey Nuns
East, D-106
ashley.allen@concordia.ca

Managers are responsible for ensuring that each resident has a safe and enjoyable experience while living in residence. They oversee all of the programming and supervision carried out by the resident assistants, are responsible for upholding the Code of Community Living Standards and Discipline, and are available to support residents during their time at Concordia.

Managers are available to assist you, don't hesitate to stop by!

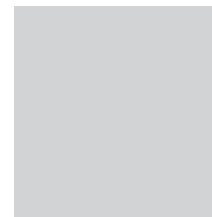
Residence Life Support Staff



Theresa Nachaty
Service Assistant,
hingston.residence@concordia.ca



Olga Vega
Admin. Assistant,
olga.vega@concordia.ca



New hire here
text to come

The support staff assist with the everyday running of residence. They coordinate building and room maintenance and mail delivery. They are there to answer any of your questions, so if you need information on how things work in residence, the support staff are your go-to people!

The cleaning and maintenance teams work with residence life, and are committed to keeping the common spaces of the residence buildings clean and in good condition.

Resident Assistants (RAs)

Resident assistants (RAs) are second- and third-year students who are hired to help guide residents through their transition from home to university.

Throughout the year, RAs regularly plan events and activities to create a sense of community and provide residents with an opportunity to meet new people, learn about the services on campus and get to know Montreal.

RAs also ensure that every resident feels comfortable within residence. They are available to mentor residents and help make the experience the best it can be!

Meet some of the RAs:



Ali
Grey Nuns



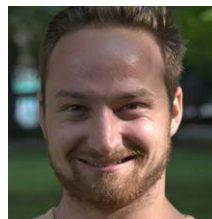
Becki
Grey Nuns



Ife
Grey Nuns



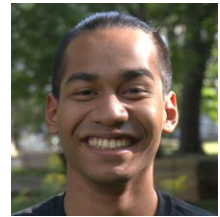
Isabelle
Loyola



Jaguar
Grey Nuns



Lia
Loyola



Zee
Grey Nuns



MOVE-IN WEEKEND

How does move-in work?

When can I move in?

Move-in times are:

Saturday, August 24 – 9:00 a.m. – 8:00 p.m.

Sunday, August 25 – 9:00 a.m. – 4:00 p.m.

Please advise the Residence Life team of your expected arrival by signing up for your move-in date and time using the move-in appointment calendar sent to you.

**MOVE-IN WEEKEND IS SATURDAY, AUGUST 24
AND SUNDAY, AUGUST 25, 2019**

**If you haven't signed-up for a check-in time,
do so online now!**



Move-In Calendar
Loyola



Move-In Calendar
Grey Nuns

Where can I park?



Loyola Campus: Parking spaces are located in front of the HA/HB/JR Residence buildings. After unloading your vehicle, drivers will then be asked to find parking on the street or in nearby parking lots.



Grey Nuns Residence: Enter the gate at 1200 Guy St., where you can briefly park to unload your vehicle. Drivers will then be asked to find parking on the street or in nearby parking lots.

Where do I check in once I arrive?

Loyola: HA Residence building, accessible through the driveway at 4455 West Broadway.

Grey Nuns: 1190 Guy St., room E-104

Can guests stay overnight during move-in weekend?

Guests are not allowed to stay with residents during the orientation period, which begins with move-in weekend and ends after the first week of classes.

Preparing for my move-in

A list of recommended items that you should bring to residence is available online. The list also includes details on room dimensions (based on room type), and bed size, as well as a list of furniture.

Please take note of items **NOT** allowed in residence; these include heating and cooking appliances (kettle, rice cookers, hot plates, coffee machines), humidifiers and diffusers, as well as smoking paraphernalia. The full list can be viewed online.



What do I bring? What does my room have?



When will I find out my room details?

You will receive details about your room assignment and check-in information approximately a week before you move-in.

What about mail?

You cannot send items to residence before you arrive, we will not receive them. So make sure any shipped items arrive after you.



For the Parents

Saturday, August 24, 2019, daytime

In the Grey Nuns garden parents and students will have the opportunity to interact with different departments.

Saturday, August 24, 2019, 5:30 – 7:30 p.m.

Join Concordia President and other senior administration for drinks and hors d'oeuvres on the beautiful grounds of the Grey Nuns Residence. The gathering will also feature musicians from the Faculty of Fine Arts. Shuttle service will be available from Loyola Campus. Registration will open in the summer, invitations will be sent by Alumni by email. For more information: Call 514-848-2424, ext. 4397 / 1-888-777-3330.

Meet-and-Greet (for the residents)

Following move-in weekend, residents are invited to a meet-and-greet where they will meet the Residence Life team and resident assistants to learn about residence policies and about upcoming activities and programs.

Details will be provided during move-in.

Welcome Week Orientation

Welcome Week is a week filled with different activities run by your RAs, that introduce you to fellow residents and the city of Montreal (Monday, August 26 – Sunday, September 1). You will be able to sign up for activities during your move-in weekend or with your RAs ahead of time. Welcome Week is a great way to start off the year, so make sure to sign up for as many activities as you can!



Get the event calendar, and sign-up for events ahead of time online!



Loyola Welcome Week



Grey Nuns
Welcome Week



**OUR MISSION IN RESIDENCE LIFE
IS TO CREATE THE BEST POSSIBLE
EXPERIENCE FOR OUR RESIDENTS.**

EVENTS AND ACTIVITIES

RA Programs



Our highly trained RAs host monthly social and educational programs that allow you to become comfortable in your new surroundings. The year-round events will allow you to meet your fellow floor-mates, learn about the services on campus, and provide opportunities to have interesting and engaging conversations, as well as get to know Montreal.

Some past events and programs have included a midnight breakfast, tobogganing on Mount Royal, an art crawl through the city, video game tournaments, coffee houses, clothing swaps, jam nights and so much more!

How to get involved

Events and Leadership Committee

Chaired by the community facilitators, the events committee provides an opportunity for residents to get involved in planning events and activities for their peers. The ELC members are fully involved in deciding the activities and the planning process.

Elections will take place in the early weeks of school, so keep your eye out for information or speak to an RA about this opportunity.

Have an idea for a program?

The Residence Life team is always enthusiastic to hear your ideas! Speak with your RAs and/or managers to propose something you would like to see happen. This can be a club, event, special occasion, community project, etc. We look forward to hearing from you.



THE MEAL PLAN

What is included in the meal plan?



The meal plan provides residents with unlimited access to the residence dining facilities on each campus and \$200 in flex dollars to use at any of the on-campus flex kiosks. Remember that you cannot share your ID with friends and/or family.

What are flex dollars and where can they be used?



Where can I eat on campus?

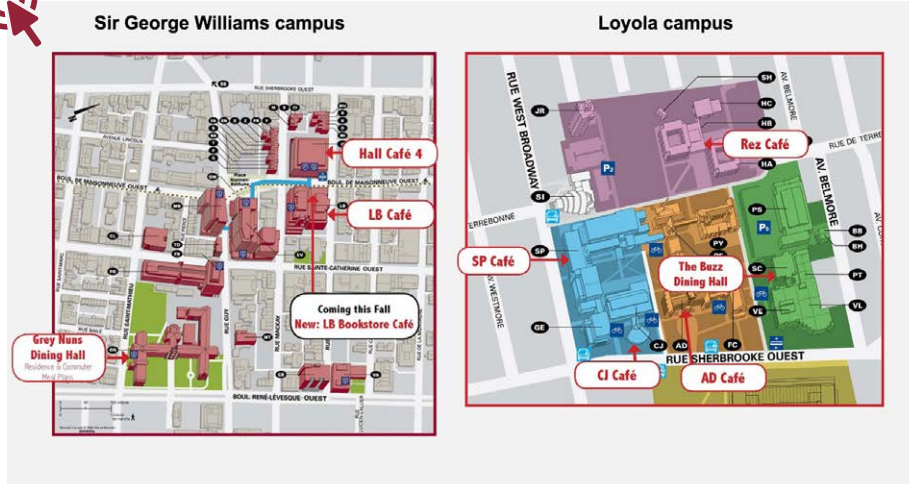
Loyola Campus: The Buzz Bistro (dining hall) is located across the parking lot from Hingston Hall, Wing A (HA). All meals are served there for residents.

Sir George Williams Campus: The main dining hall is located on the RC (ground) level in the Grey Nuns Residence.

Dining Hall hours of operation:

- Weekdays: 7 a.m. to 9:30 p.m.
- Weekends: 8 a.m. to 9:30 p.m.

Hours of operation for the individual flex-dollar kiosks vary.



FEATURES IN RESIDENCE

Extra Facilities

Laundry rooms: There are several laundry rooms located in each of the main residence buildings. You will be provided a re-loadable laundry card to pay for your washing and drying. Instructions on how to use the laundry card are located in each of the laundry rooms.

Common rooms: There is a common room located on each floor of the Grey Nuns, HA and HB residences and a main common room located in the Jesuit Residence. Each room has a kettle, coffee maker, sink, microwave, toaster and TV. These spaces are open 24 hours a day.

Study rooms: There are several study rooms located throughout each of our residence buildings, all with Wi-Fi access.

Internet access: Each room is provided with internet access. All common spaces have Wi-Fi access.

Storage: Storage for sporting equipment is available upon request with residence life staff. Bike racks are available outside, and storage in the winter is available through security.

Games room: There are games rooms available for use on each of the campuses. Games equipment is available to borrow, such as ping pong, billiard and Foosball.

How to report maintenance issue: Is something dirty? Is something broken? Whether it's your room or a common area, please report the problem so we can resolve the issue immediately! BE SPECIFIC. You can do one of the following to report a maintenance issue:

Call the Duty Phone on Your SIDE:

East Duty Phone 514-502-2946

Duty Phone 514-463-2007

Email: greynunsresidence@concordia.ca

Speak to your RA, Manager or Res Life Staff Members



POLICIES AND PROCEDURES

Code of Community Living Standards and Discipline

Main rules in Residence:

1. Safety
2. Respect



Where do I find the Code?



At the time you signed your lease, it included the Code of Community Living Standards and Discipline. This code helps ensure that each resident is provided with a comfortable and safe living space. It is recommended that each resident familiarize themselves with residence policies prior to arrival.

Some Code basics:

Cannabis Use in Residence — Students must abide by all federal and provincial Cannabis laws and Concordia policies. Cannabis is not permitted in any common areas. Cannabis consumption is prohibited on campus.

Smoking — Residence is a non-smoking facility. It is forbidden to smoke in any room including common areas. This includes cigarettes/vapes.

Drinking, drinking games — Students must abide by all federal and provincial alcohol laws. Alcohol is not permitted in any common areas. No individual can participate in, promote, or be a spectator of drinking or consumption games within the Residence community.

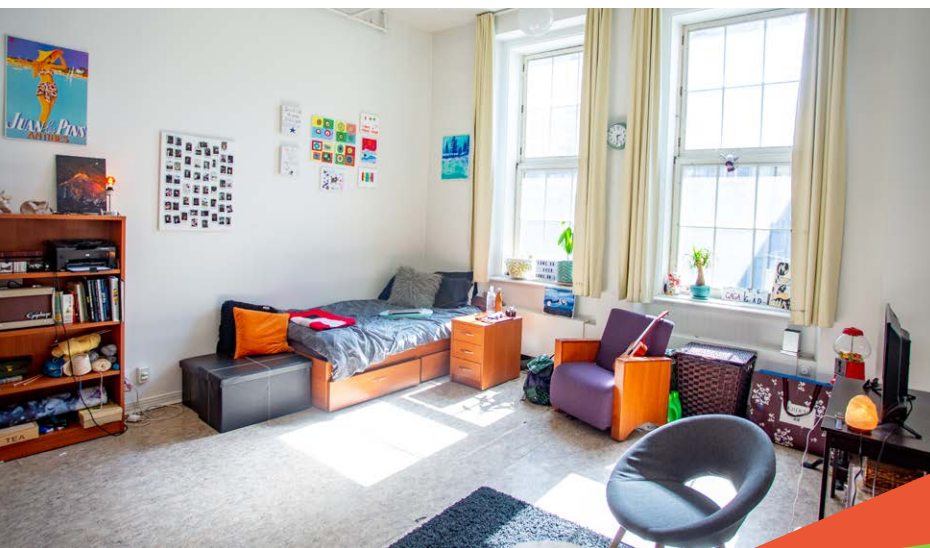
Noise and quiet hours — A resident's right for quiet study and sleep time takes priority over a resident's right to make noise. Quiet hours begin on weekdays at 11 p.m. and Friday and Saturday at 1 a.m. During exam periods, 24-hour quiet hours are in effect.

Damage to property — The individual(s) responsible for damage, when known, will assume complete responsibility.

Key lockouts and key replacements — Residence Life reserves the right to charge for having to grant access to a room. Any lost keys will result in a \$20 replacement charge.

Harm and/or threat to another — Violence or physical aggression will not be tolerated in residence.

Appliances in rooms — There is a list of items outlined in your lease, including kettles, coffee makers, space heaters and rice cookers. Coffee makers, kettles and microwaves are available to residents in common rooms.



Mental Health and Wellness

In Residence Life we are committed to providing support to our residents, no matter what that might entail. Our goal is for our residents to have a successful first year experience in University, and we know that can be difficult at times.

Weekly Psychologist

Each week Dr. Jeff, a Concordia psychologist at Grey Nuns, comes to residence life to provide free sessions exclusively for residents on each campus. You can request an appointment with your manager.

Weekly First Year Support Counsellor - Monica Boulos - M.A., c.o. at Loyola and Grey Nuns

If you feel like this transition is more challenging than you anticipated or you run into some difficulties you're not sure how to handle, please reach out and make an appointment. Monica can take some time to chat about your concerns, questions, doubts, insecurities, or whatever else may be weighing on you. Whether you're feeling a bit overwhelmed, isolated or homesick, questioning your choice of program or just struggling to adjust to the demands of university life, she is here to listen and to help you find ways to thrive on both a personal and academic level. You can request an appointment with your manager.

Counseling and psychological services

Each student at Concordia is entitled to 10 free sessions with counseling and psychological services. There are drop-in sessions daily.

SGW (down town): GM-300

Monday, Wednesday, Thursday, Friday at 10:00 a.m. and 2:00 p.m.

Tuesday at 10:00 a.m. (no afternoon triage available on Tuesdays)

Loyola: AD-103

Monday, Wednesday, Thursday, Friday at 2:00 p.m.

No triage appointments available on Tuesdays at Loyola



Counselling and psychological services



Resident Assistants and Residence Life staff

All the Residence Assistants and Residence Life Staff are trained in active listening, diversity and are knowledgeable about the resources available. If you are struggling personally, or need some extra support with school, we can help you!

During office hours there is always a Residence Life staff member available. In off-hours, there is always an RA on duty.

Other Resources



Sexual Assault Resource Centre

Sir George Williams Campus

514-848-2424, ext. 3353

H-645



Access Centre for Students with Disabilities

Sir George Williams Campus

514-848-2424, ext. 3525

GM-300

Loyola Campus

514-848-2424, ext. 3555

AD-130



Health Services

Sir George Williams Campus

514-848-2424, ext. 3565

GM-200



International Students Office

Sir George Williams Campus

GM-330 (see map)

1550 De Maisonneuve Blvd. W.

514-848-2424, ext. 3515



HOJO

We are located in room H-224,

1455 De Maisonneuve Blvd. W.

Hours of Operation

Monday-Thursday: 10 a.m. – 6 p.m

Friday: 11 a.m. – 4 p.m

Phone: 514-848-7474, ext. 7935



Student Success Centre

As of July 30, you'll find the Student Success Centre in H-745.

SAFETY AND SECURITY

24 Hour Security

Phone number

514-848-3717

Security presence — There is 24-hour security at both campuses. The security team is committed to ensuring the safety of all the residents and buildings. They perform regular building surveillance by monitoring the entrance points and completing rounds.

Access cards — Each resident is provided with an access card at the time of check-in that must be swiped each time he or she enters the building. The initial card is temporary, and you must get a permanent one during the first 2 weeks.
Grey Nuns: On the ground level of the Hall (H) building. Loyola: On the ground level of the SP building.

Safety tips — Each resident is asked to play an active role in ensuring safety within residence. For instance, holding the door open for someone — although usually the polite thing to do — might actually result in letting in an intruder. Any suspicious activity should be reported to security or a Residence Life staff member.



Safe walk

A Safe Walk Program, also commonly referred to as accompaniment services, is available to members of the Concordia community, 24 hours a day.

You can call Security at (514) 848-3717 to request an agent to accompany you to your vehicle, public transport route, or on-campus location. This service is subject to assessment and certain restrictions.

If you feel you are being pursued, harassed or threatened by one or several individuals, on campus, please call Security immediately:

Internal (university) phone: dial 3717, press 1

External phone: 514-848-3717 option 1

We encourage people to call Concordia's Security Department first because our security agents are familiar with our campuses.



WELCOME TO RESIDENCE

We look forward to meeting you!