PARENT & FAMILY CONNECTIONS

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For More Information, visit our website:

www.rowan.edu/studentlife/parentsfamily/
Parent and Family Connections Handbook
Parents Connection Email Group

To join the Parents Connections Email Group, click here!

To unsubscribe from the email service, click here!
Move-In Day Event

Office of Parent & Family Connections
Savitz Hall, 2nd Floor Suite 203
(856) 256-4041

Welcome Aboard
the Brown-Eyed Susan

MOVE-IN DAY 2015
August 29, 2015

Now that you have moved your son or daughter into their residence hall, take some time to relax on the first floor of the Chamberlain Student Center. This is an opportunity to meet other parents and give yourself some pampering after a long day of moving boxes. Take advantage of services including blood pressure screening, relaxation techniques, massages, zumba, games, healthy snacks and activities based on “STEP Up!” It’s a wonderful way to send yourself off in style.
Rowan University

Division of Student Life
Office of Parent and Family Connections

FAMILY WEEKEND 2015

SAVE THE DATE OCTOBER 2nd-4th

Friday, October 2, 2015 – Sunday, October 4, 2015
Department of Public Safety
Office of Emergency Management

CALEA Accredited Agency
University Police Services Section
Campus Security Services Section
Communications/EMS Services
Parking Management Services
The Office of Emergency Management is committed to the health, safety and welfare of the Rowan community

- Support of health, safety and basic care services
- Emergency Operations Plan/Crisis Info App
- Protection of University assets/Cost Recovery
- Assessment of campus damage/Restoration of campus operations
- Strategic Partnerships
Rowan Alert

- Register for Rowan Alert

- Go to http://www.rowan.edu/safety

- Click on Emergency Preparedness

- Click on Rowan Alert and follow the registration instructions

- You will be able to identify up to 18 points of contact
Employ Common Sense

- Walk in groups when going to or from events
- Stay on sidewalks – avoid dark or isolated areas
- Trust your instincts – if you feel something is wrong, act accordingly
- Protect your personal belongings – Theft of unattended property is the number one preventable criminal act on campus
Clery Act Mandates

- Daily Crime Log records criminal incidents and alleged criminal incidents that are reported to the University’s Department of Public Safety.
- Daily Fire Log records all reported fires in on-campus student housing facilities.

http://www.rowan.edu/safety
Report Suspicious Activity

Report suspicious persons or activities by calling Public Safety at extension 4922 or 856-256-4922.

Emergency? Dial 9-1-1
Health Awareness

• You can substantially decrease your chances of victimization by remaining sober – avoid being impaired
• If you plan to drink designate someone in your group to stay sober
• Set up a signal with friends to alert them that you need assistance
Emergency Communications

• “Call 24” emergency telephones – 92 total
• 911 can be dialed directly from any campus phone
• Detailed maps added to county 911 system
Shuttle/Walking Escort Service

• The Glassboro campus shuttle service operates from 7:00 am to 1:00 am during the academic year
  – Shuttle Service has a designated route on campus and in Glassboro

• Dial 856-256-4922 for Walking Escort
It’s in Your Interest

- Make it your responsibility to report unsafe conditions – examples: lights out, emergency phone malfunctions, or exposed wires
- Don’t assume someone else will report it
- Read all messages from Public Safety
- This is your campus – protect yourself and your fellow students
id.rowan.edu
To Retrieve Account Info
Do you know your network username and password?

Yes  No / My password expired

Using this site you may complete any of the following tasks:

- Obtain your Rowan Network Username and Password for the first time.
- Change your Rowan Network password.
- If you have forgotten your password, you may use this site to reset your password.
- If your password has expired and you have been locked out of your account, you may use this site to reset your password.
- You may reset your Banner Self Service PIN.

Your Rowan Network Account along with your Rowan ID Number and PIN are the keys needed to access many of Rowan's computing resources.
The Office of Student Activities (OSA)

- **Mission:** The Office of Student Activities (OSA) plans and implements co-curricular programs for all students that are designed to stimulate personal development, create opportunities for student engagement, and contribute to building campus community through constant collaboration with campus partners.

- **Core Values:**
  - Quality
  - Collaboration
  - Innovation
  - Student Development
  - Fun

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[Logos for Student University Programmers and Rowan University Student Activities]
Student University Programmers (SUP)

- Students plan and implement campus events for their peers
- Examples: Wednesday night movies, the Color Run, Battle of the Bands, the Last Lecture, St. Baldrick’s Day, Bikes & Boards, Winter Ball, Beach Bash, and much more
- 8 Committees
  - Cinema
  - Off Campus Trips
  - Live Events
  - Marketing
  - Special Events
  - Social Activities
  - Charitable Events
  - Technical Services
Rowan After Hours (RAH)

- Thursdays, Fridays, and Saturdays 9PM-1AM
- Free with Rowan ID
- A midnight food bar and game room are always available
- Examples: live concerts, novelty nights, bingos, comedians, movie nights, inflatables, DIY projects, karaoke, hypnotists, and much more
- Paid student positions
Highlights

• RAH won the 2015 Outstanding Community Building Program Award at the ACUI Region VII regional conference
• SUP raised $47,020 for five charities
• During the 2014-2015 year:
  • 75 SUP events
  • 83 RAH events
  • 4919 unique participants at SUP and RAH events
• Multiple student development opportunities:
  • Conferences
  • Presentations
  • Student leadership positions
Campus Recreation
www.rowan.edu/rec
Facebook.com/RowanRecCenter
Twitter.com/RowanRecCenter

live. learn. PLAY!

856-256-4900
rowanreccenter@rowan.edu
Facility Facts

• Semester Hours of Operation
  - Monday – Thursday 6am – midnight
  - Friday 6am – 10pm, Saturdays 8am – 8pm, Sundays 9am – 11pm
• 92,000 square foot facility
• Three-court gymnasium
• Full locker/shower facilities
• Two ping pong tables
• Muscle Maker Grill

• Fitness & free weight room areas
• 8 lane 25-yard pool
• Four racquetball courts
• Cycling studio
• Group Fitness studio
• Indoor track
• Outdoor Recreational Field

live. learn. PLAY!
Informal Recreation

- Provides avenue for open/drop-in play
  - Ping Pong, Volleyball, Basketball, Badminton, Wallyball, Racquetball, Cardio/Weight Training, Swimming
Fitness & Wellness

Group Fitness Program
- Over 55 classes per week

Personal Training

Monthly Wellness Programs
Semester Incentive Programs
Computerized Fitness Assessments
Intramural Sports

Organized sports involving only Rowan students
These recreational activities are for everyone!
Play on a team of your gender and/or play on a co-rec team.

- **Team Sports**: Basketball, Bowling, Dodgeball, Flag Football, Soccer (Indoor/Outdoor), Softball, Street Hockey, Team Handball, Volleyball, Wallyball, Wiffleball
- **Individual Sports**: Racquetball, Ping Pong, Tennis, Gaming Tourneys, Fantasy Sports
- **Special Events**: Golf Tourney, Battleship, Sand Volleyball Tourney, Free Throw Contest, 3 Point Contest, Basketball Knockout, Punt, Pass & Kick

*live. learn. PLAY!*
Aquatics

- Variety of open recreation swim hours
- Lifeguard & CPR/1st Aid Certifications
- Intramural Aquatics Programs
  - Innertube Water Polo League & Water Volleyball League
- Adult learn to swim clinics

live. learn. SWIM
Special Events

- 5K Runs benefiting charities
- Homecoming Battleship
- Health & Fitness Expo
- REC Expo
- Sport Clubs Fair
- Rowan Field Day
- Color Run
- NE Regional Dodgeball Tourney
- National RecSports & Fit Day
- Late Night @ the REC
Important Information

• Participation Restrictions include
  o Sport Clubs
  o Varsity Athletics

• To Contact Us
  o 856-256-4900
  o reccenter@rowan.edu
  o Facebook.com/RowanRecCenter
  o Twitter.com/RowanRecCenter

rowan.edu/rec
ROWANCARD

- Replacement card costs $25
- Student cannot share card with other people
- ISO card number - security for purchases
- id.rowan.edu
- myrowancard.rowan.edu
ROWANCARD

• Official University ID

• Meal Plan
  • 7 weekly – students can increase to a higher plan at the Bursar’s Office
  • Time period restrictions

• Dining Dollars
  • Use or lose each academic year
  • On campus Dining & Rowan Blvd. food merchants

• Boro Bucks
  • Carry over
  • Accepted at all RowanCard merchants on & off campus
  • Can add additional funds
• Door Access
  • Exterior doors
  • Computer labs
  • Library

• Printing/Copying
  • $10 free printing allotment each academic year
  • Boro Bucks in copy machines

• Laundry

• Rec Center
  • Entrance to Rec
  • Rentals
  • Muscle Maker Grill – Accepts Boro Bucks & Dining Dollars

• Off Campus
  • 80+ merchants accepting the RowanCard
  • Transfer FA credit for purchases at B&N
Blackboard eAccounts App

- View balances
- Suspend your card
- Make a deposit
- See transaction history
- Run a report
Card Services Office

- Students experiencing a problem with their RowanCard should contact the Card Office
- In person – Lower level of the Student Center
- Phone: 856-256-4531
- Email: rowancard@rowan.edu
GOURMET DINING
Est. 1987
Our Niche

Gourmet Dining is a locally operated foodservice company based in Madison, NJ. We specialize in providing foodservice on college & university campuses in the New Jersey region.

**Our mission:** We strive to provide an exemplary and unique dining experience for each client built on strong professional and personal relationships. We are committed to meeting the continuously evolving, dynamic dining needs of our clients. Our executive chefs, management teams and dietitians work closely with our clients to help meet each individual’s dining need.

We are driven by quality, value, customer service and student satisfaction.
Meal Plans & Marketplace Dining Stations

• **Weekly**
  All Access - $100 Dining Dollars
  $100 Boro Bucks. $2080
  Any 14 - $100 Dining dollars $200
  Boro Bucks. $1945
  Any 10 - $100 Dining Dollars $200
  Boro Bucks. $1740
  Any 7 - $100 Dining Dollars $200
  Boro Bucks. $1390

• **Block Plan**
  Any 50 - $75 Dining Dollars $100
  Boro Bucks. $565
  Any 25 - $75 Dining Dollars $100
  Boro Bucks. $370

• **New Stations, Coming Fall 2014:**
  **Crust** – Gourmet Dining’s famous handmade pizza
  **Bonzai** – All day every day Sushi
  **Sprout** - Allergy friendly, Vegan
  Vegetarian cuisine
  **Exhibition** – Chefs Inspired cuisine

• **Marketplace Dining Stations**
  Awake – Coffee
  Bonzai – Sushi
  Baked – Bakery
  Butchers Block – Rotisserie & Carving
  Crust – Pizza & pasta
  Char – Grill
  Dish – Exhibition
  Global – 360 international Cuisine
  Harvest – Salad and Vegetables
  Refresh – Beverage station
  Sprout – Vegan and Gluten Free
  Scoop – Ice cream
  Stacked – Deli
Exciting New Brands on Campus...
Theme Events in the Marketplace Dining Hall

Weekly Theme Events

- **Monday** – Meatless Mondays / Monday Night football
- **Tuesday** - Every Other – Local artisanal Feature
- **Wednesday** - Sweet Wednesday
- **Thursday** - Lunch & Dinner – International Thursdays
- **Friday** - Flatbread Fridays and Local Vendor Feature
- **Saturday** - Steak Night
- **Sunday** - 1st Sunday of each month – Jazz Brunch
  - Sunday night Pasta night

Fall Semester Monthly Themes

- **September**
  - Live Local Month
- **October**
  - Breast Cancer Awareness Month
  - & Cancer Fighting Foods
- **November** - Fall Harvest
- **December**
  - 12 Days of Holiday Celebration
Questions?

We look forward to serving you on campus! Any questions, please contact one of the following team members. Please reach out via email. We will be happy to give you a call if you prefer to communicate via phone.

Al Irons – Resident Dining Manager
airons@gourmetdiningllc.com

Sam Deighan – Director of Community Relations
sdeighan@gourmetdiningllc.com