

Morehouse School of Medicine
HBCU- Center for Excellence
Behavioral Health Webinar Series
Presents



THE 411
AN INTRODUCTION TO COLLEGE DORM LIFE

PRESENTED BY DR. FRANKIE PELLERIN



The 411

An Introduction to College Dorm Life



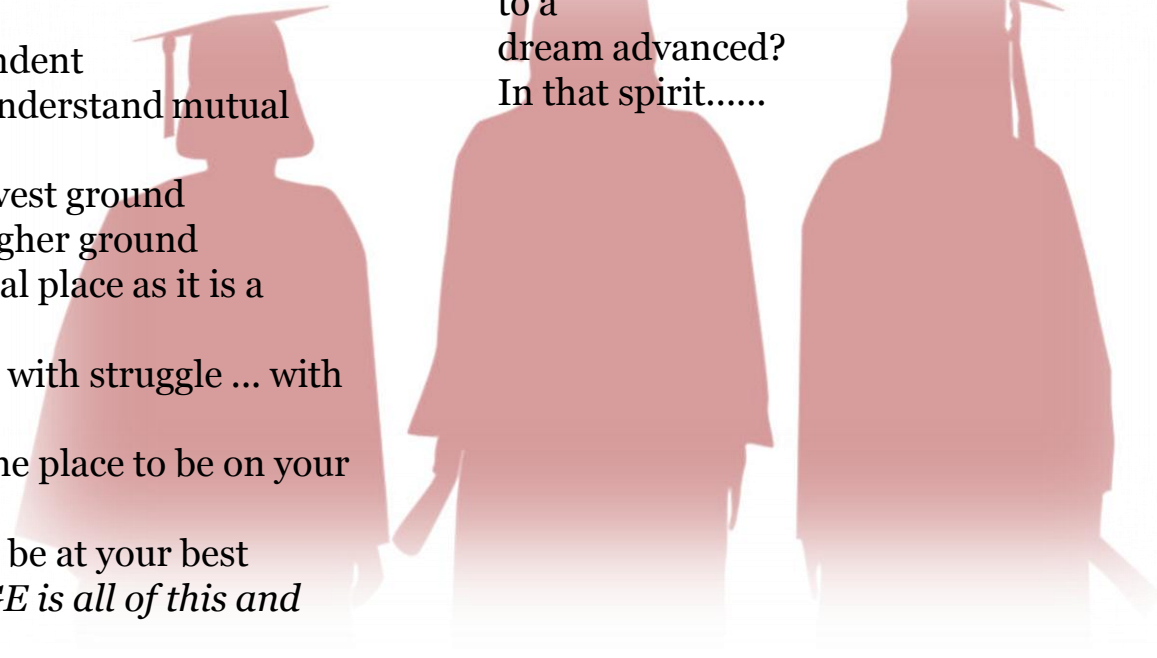
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a *BLACK COLLEGE* is...

not so much a place to go
as it is a place to grow
it is not so much a place to learn, your
history
as it is a place to express your truth
that you are somebody of value
*a BLACK COLLEGE is not so much a
place*
to become independent
as it is a place to understand mutual
dependence
not so much a harvest ground
as it is a path to higher ground
not so much a social place as it is a
sacred place
rich with history... with struggle ... with
meaning
it is not so much the place to be on your
own
as it is the place to be at your best
*a BLACK COLLEGE is all of this and
more*
and now, because of you
the legacy continues!

There's no denying the special mission and
contributions
Of the BLACK COLLEGE. To set foot on its' campus is
to
literally stand on the shoulders of those who could
only
dream of such opportunity. We know, perhaps too
well,
what happens to a dream deferred; but what happens
to a
dream advanced?
In that spirit.....



(1989) Judith Boswell Griffie

Introduction



Merriam Webster notes that 411 is slang for “relevant information” or the “skinny”. This webinar provides relevant information on student adjustment from life at home to life in a college dorm.

When students move into the college dorm, they are faced with many new challenges in their social and academic lives. These students no longer have the same support system; they are under a new roof with different rules. College dorm life can assist students make this transition.

The dorm life experience provides opportunities for student growth.

Dorm life is an experience that many times becomes a memorable part their traditional college experience.

The 411: Adjusting to College Dorm Life!



- The transition from high school to college can be a giant leap for students.
- When young people graduate from high school they enter a transitional period, a critical stage in mental health and developmental growth from adolescence to adulthood (Rickwood, Deane, Wilson & Ciarrochi, 2005).

The 411



- This period of transition requires that they all deal with issues that touch on their mental health and wellness.
- These issues may at times appear insurmountable like enrollment, grades, emotional adjustment, forming relationships, career choices, and physical health (Rickwood et. al., 2005).

The 411 continue



- The ability of students to cope with these concerns is important to their adjustment to the college environment.
- Dormitory living can help students better understand how to cope with the college environment.
- Learning to live successfully in a dorm with other students who may not share similar goals can serve to introduce to students to problem solving, building their self esteem, and how to face life challenges.

Dorm Selections



- Freshman Dorm
- International Students
- Living Learning Communities
- Honors Dorms
- All Male/All Female
- Coed Dorms

- American Disability Act
- Substance Free
- Special Focus
- Quiet Dorms
- Sexual Orientation

Dorm Life



Advantages

- Academic success
- Access
- Socializing
- Savings

Disadvantages

- Conflict
- Noise
- stranger
- Roommate
- Fire drills

Development of a Sense of Belonging and Community



- Transition with Family and Friends
- Meaningful interaction with peers, CAs, other dorm staff
- Contribute to and respect rules
- Understand differences in cultures
- Participate in leadership activities
- Understand “2Cs”; communication and compromise

Students Acquire Skills to Meaningfully Interact with Peers, CA's and Dorm Staff!



- Student request support and assistance from their dorm leaders: CAs, RAs, housing administrators, etc,. Opportunities are provided in dorms when roommates openly communicate and compromise with each other and other residents.
- Student become more comfortable in relating to adults and their peers. This may occur through participation in floor and dorm programs.
- Student acquire additional social and *leadership skills*. *Floor and dorm meetings may serve to facilitate growth in these areas.*

Contribute to and respect established rules



- Students become familiar with those dorm rules and regulations identifying expected student behavior.
- Students first understand they accept and respect college and university rules through their agreement to attend the institution
- Students developing skills to live in a community by showing respect for rules and being sensitive to other students. (They are enhancing dorm living-learning experience)
- Students advocate fair enforcement of dorm rules and regulations for protection of themselves and others existence-quality in dorm life
- Students respect the facilities they live in showing appreciating to living in their dorm community
- Students provide feedback on impact of certain rules or policies that affect student life

Student Objectives



**WHILE RESIDING
IN A DORMITORY**

Understand differences in cultures



- Because dorm living can be similar to living in the American “melting pot”, opportunity for students to learn about different cultures is always present.
- Students engage/participate in conversations and activities in their dormitory where they learn about different cultures and lifestyles and grow to understand them better
- International students engage/participate in activities that allow integration into the social life of their new “community”.

Live Cooperatively With Others



Students adjust to daily living challenges

- appreciate and understand differences in cultures and lifestyles
- identify and utilize dorm resources for assistance with issues or concerns
- exercise responsible behavior
- participate in dorm meetings and other events
- communicate openly
- network

Participation in Leadership Activities



Students take advantage of leadership opportunities found in joining organizations and clubs, and in planning floor and dorm events



Understand Communication and Compromise in a Dormitory



- Student understands they will have some differences with roommate, they won't always agree
- Student understands that setting ground rules from the beginning can offset some conflicts
- Student understands that compromise is necessary in the roommate relationship, allows a blending of lifestyles

Understand Communication and Compromise in a Dormitory-continue



- Student understands that compromise is agreement from both sides; is not giving in
- Student understands that communication works from both sides and shows respect for one another

“Enhance social, and academic coping skills”



- Understand and appreciate dorm policies that can impact academic progress
- Time management and sound study habits
- Transition to campus life

Sound Transition to Campus Life



- Student engages in campus life through joining clubs and organizations
- Student get a part time job on campus
- Students keep an open mind to the possibilities dorm life can ease transition to campus life

Understand and Appreciate Dorm Policies that can impact academic progress



Student understand that rules may be
different among dorms and schools

Time Management and Sound Study Habits

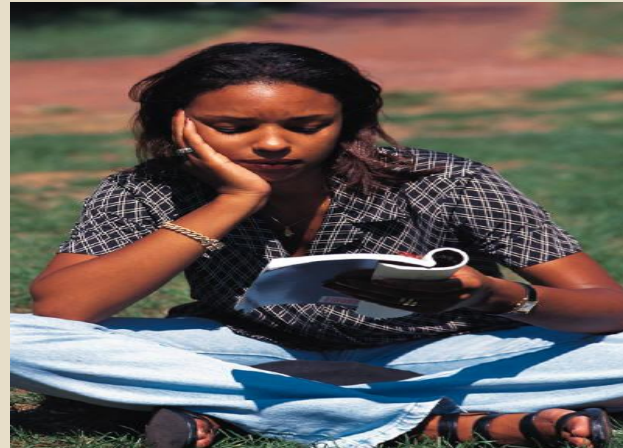


Student understand that dorm rules on quiet hours, banding loud music, and unruly conduct exist for student personal safety; encourage student development of strong study habits

“Development of self and awareness of others”



- Pursue self-reflection and self-discovery
- Engage in personal health and wellness lifestyle



To Conclude



- College dorm experience assists students in their personal growth and development and their overall adjustment to campus life.

Student understand differences in cultures

Learn to live cooperatively with others

Participate in leadership activities

Understand communication and compromise

Enhance social and academic coping skills

Time management and study habits

Understand and appreciate dorm policies

Sound transition to campus life

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QUESTIONS



For More Information



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