



# A Parent's Guide

**Grenfell Campus  
Student Housing**

**GRENFELL  
CAMPUS**

**MEMORIAL  
UNIVERSITY**

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Even though your student is in university, you still have an important role to play in their lives. We've created this guide to help ease the transition and give you some information that might be helpful in your efforts to support your student through this exciting and challenging experience.

Rest assured that while at Grenfell, your student will be well taken care of. While increased independence and self-reliance are important parts of university life, our residence staff have gone to great lengths to ensure that the residence experience is safe, supportive, convenient, and fun.

Residence students form close connections to the campus, build relationships easily, and have convenient access to all the facilities and services on campus. They can take advantage of the many programs and activities in residence designed to support their academic and personal growth.

Our residence life team also provides opportunities for students to get involved in recreational, social, and leadership activities. A variety of student leadership opportunities are available and you should encourage your student to pursue them.

# Frequently Asked Questions

02

## WHAT IS RESIDENCE LIFE LIKE?

We develop and foster a community living environment which promotes the academic and personal growth of each individual resident. We strive to promote an appreciation of individual differences and assist students in adapting to both residence and university life. We work to maintain facilities that are comfortable, safe, affordable, and fun. Our offices are always open to students and you should encourage them to visit us with any questions or concerns.

## HOW MUCH STUDYING GETS DONE IN RESIDENCE?

Our residences are conducive to academic success. Private rooms and quiet hours mean fewer disturbances while studying. Residence assistants are always available for support. Also, each bedroom is wired for unlimited internet access which allows students to study in their rooms.

## WHAT IF MY STUDENT HAS CONCERNS?

Each floor has a residence assistant(s). As well, we have two residence coordinators on campus, student housing staff, and campus security is just a phone call away. A host of services, both personal and academic, are available to students at Grenfell. Look for a list and full description on the next page.

## WHAT ABOUT ROOMMATE CONCERNS?

Grenfell's private bedroom design helps to mitigate most roommate concerns. However, students must share some space. They must be open to compromise and be respectful of others. Encourage your student to communicate with other students. Staff members are available to help in mediation only when ongoing student conversations are not successful. Learning to live with another person, to acknowledge and respect each others differences, and to allow each other to grow and develop are some of the most valuable parts of residence life.

## WHAT IF MY STUDENT IS HAVING TROUBLE MEETING PEOPLE?

Students in residence have many opportunities to meet people and make friends. Grenfell Campus offers a variety of clubs and societies, study groups, and lots of social activities to take part in to meet other students. The best advice you can give your student is to get out of their room to participate and the rest should take care of itself.

## HOW DO WE KEEP IN TOUCH?

Mail is received daily by the Housing Office and placed in each student's personally assigned mailbox. Your student's address will be:

Student's name  
Grenfell Campus Student Housing  
P.O. Box 2000 / 20 University Drive  
Corner Brook, NL, Canada A2H 6P9



# Services

## Available



Student Services offer supports for student employment, recreation, financial support programs, scholarships, counseling services, academic support services, and other aspects of student life at Grenfell Campus.

Students may find that professional help in the form of counseling services can assist them with academic or personal problems. Professional counsellors are available for individual appointments by visiting Health Services in the Arts & Science building. Encourage your student to seek counselling if you feel it is necessary. All sessions are confidential.

The Learning Centre, located in the Arts & Science building, is an academic support centre focused on helping students succeed in university. The following services are available at the Learning Centre: academic assistance in math and writing, peer tutoring, supplemental instruction, and personal development sessions including study and life skills seminars.

Academic Support Services can help students with disabilities to arrange for accommodations and liaise with faculty on a student's behalf.

For information on course registration and academic advising, students can visit the Registrar's Office located in the Arts & Science building.

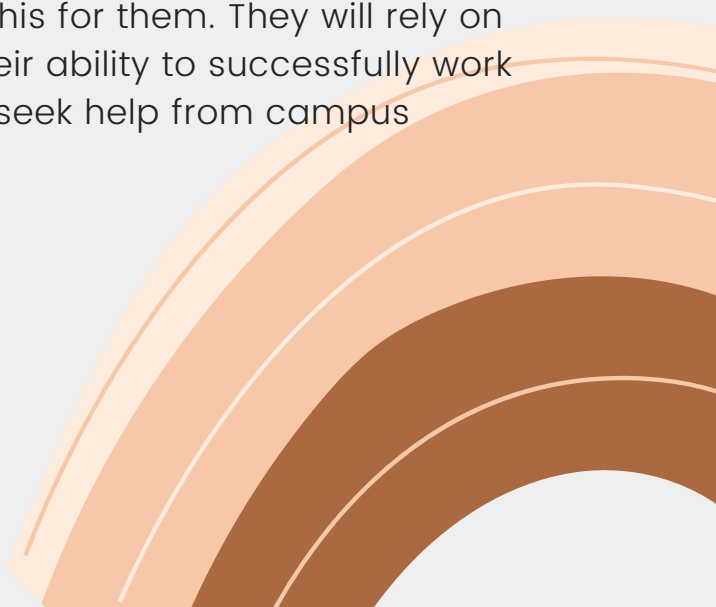
For financial assistance, students can visit the Bursar's Office located in the Arts & Science building.



# How Can You Help

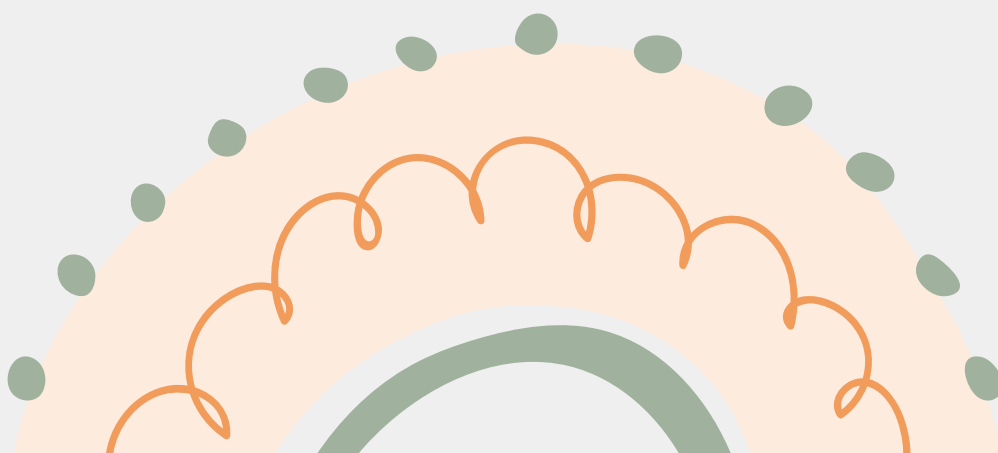
While every family relationship is unique, we have observed some common themes over the years working with new university students. We offer some suggestions with the hope that you may find some of them helpful.

It is important for caregivers/parents/support persons to show concern about students lives and understand their struggles. Ask questions, but try not to invade their privacy. Often students will let you know what is happening, but at their own pace and timing.

- Academic expectations are rigorous at Grenfell Campus. It is not uncommon for student grades to drop in university as your child is experiencing a difficult life transition from high school to university, both in and out of the classroom. If needed, encourage them to get help at the Learning Centre. Students who seek a little assistance typically get back on track and succeed in the classroom.
  - It is important to allow your student to solve some of their own problems before making that phone call. Many students just want to share their problems in the process of working through their issues, rather than wanting you to fix their problem.
  - Students often feel stressed around midterms and near the end of the first term when work is piling up, grades aren't where they'd hoped, and they're feeling overwhelmed. It is important you don't panic. Remember this is normal and as much as you'd like to alleviate their stress, you cannot (and should not) fix this for them. They will rely on you to be calm and reassure them of their ability to successfully work through challenges. Encourage them to seek help from campus resources.
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# How Can You Help cont.

- Understand that your student may have some challenges returning home on academic breaks after experiencing life on their own. For months previous, they've been independent. Sometimes they come home with new expectations for family members. It's a transition time for everyone.
- Be knowledgeable about campus resources. Ask your student to let you read the materials they receive in preparation for coming to Grenfell. Check out the online University Diary for the Academic year in the beginning pages of the Memorial Calendar, so you're aware of significant dates.
- Send food and care packages, a sure sign of support and concern (students are very excited when these arrive).



# Important Dates

<b>THURSDAY, August 15, 2024</b>	<b>Deadline to notify Student Housing of your arrival after posted check in hours or office hours</b>
<b>Sunday &amp; Monday, Sept. 1 &amp; 2</b>	<b>MOVE-IN DAYS - Student Housing opens (10am-7pm)</b>
<b>Monday &amp; Tuesday, Sept. 2 &amp; 3</b>	<b>Orientation for all first year students</b>
<b>Tuesday -Friday, September 3-6, 2024</b>	<b>Student Housing office open from 8:30am-4:30pm for check-ins and information</b>
<b>Wednesday, September 4, 2024</b>	<b>Lectures begin, Fall semester. Deadline for fees payment, Fall semester.</b>
<b>Tuesday, September 17, 2024</b>	<b>Last day for undergraduate students to drop courses and receive a 100% refund of tuition fees, Fall semester. Last day for medical students to withdraw from a Phase and receive 100% refund of tuition fees, Payment 1.</b>
<b>Monday &amp; Tuesday, Oct. 14 &amp; 15, 2024</b>	<b>Fall semester Break</b>
<b>Monday, November 14, 2024</b>	<b>Student Housing office closed for Thanksgiving holiday</b>
<b>Monday, December 2, 2024</b>	<b>Last Day of Classes</b>
<b>December 5-13, 2024</b>	<b>Exam period</b>
<b>Saturday, December 14, 2024</b>	<b>Student Housing closes for Winter break. Return room keys by 12 noon</b>
<b>Monday, January 6, 2024</b>	<b>Student Housing opens for the Winter 2025 semester (10am-7pm)</b>