

Student Affairs & Campus Life

Resource Guide

Updated 1/19/21

Crisis Resources

- Ithaca College Office of Public Safety (607) 274-3333 or 911 if you are not on campus
- National 24/7 crisis hotline by calling 1-800-273-8255; (<http://ithacacrisis.org/>).
- National 24/7 texting hotline by texting CONNECT to 741741
- The Trevor Project: TrevorLifeline 1-866-488-7386, available 24/7
- The Advocacy Center: call the 24-hour hotline (607-277-5000) to speak with an advocate

Academic Advising Center

- Point person: Sally Neal, Ph.D.
- Contact options: sneal@ithaca.edu or advisingcenter@ithaca.edu
- Services available:
 - Physical offices remain closed during Spring 2021. All academic advising appointments are conducted via Zoom and offered as either scheduled appointments or as a Drop-In appointments. We are staggering "office hours" to accommodate students in different time zones or needs beyond the typical 9am-4pm workday. To request an appointment, please refer students to: https://www.ithaca.edu/advising/request_an_appointment/
 - Academic Alerts can be submitted at any time if you are concerned about a student's academic success. We will contact them via Zoom or Email. You can find the Academic Alert form at: <https://www.ithaca.edu/advising/earlyalert/>
 - **NEW:** The Academic Advising Center is now administering Leaves of Absences (LOAs) and Withdrawals (WD). If a student has a question, please invite them to make an appointment with an Academic Advisor via the link posted above. We'll meet with them and make the referral. As always, faculty and staff can also make a LOA/WD referral. It will be forwarded to the Academic Advising Center for further processing in Workflow. Here is a link to the updated LOA/WD website: <https://www.ithaca.edu/leave-absence-or-withdrawal>

BOLD Women's Leadership Network

- Point person: Samantha Elebiary
- Contact Options: selebiary@ithaca.edu or bold@ithaca.edu
- Sam will be remote for the spring semester so the office will not be open for meetings/drop-ins, but you can schedule something virtually!
- Services available:
 - Social check-ins: schedule a meeting with Sam via [Calendly](#) and she will send you a zoom link.
 - Other social events and gatherings with BOLD Scholars: follow @ICBOLDWomen on Instagram or “BOLD Women at Ithaca College” on Facebook for event updates and details.

Campus Center

- Open seven days a week 8:00am-7:00pm January 4th through January 24th. Starting January 25th, open seven days a week 8:00am-midnight.
- The information desk is staffed and taking questions and calls whenever the Campus Center is open. The number is 607-274-3011.
- A scanner and printer are available for student use.

Career Services

- Offering both in-person and virtual options to meet with Peer Career Advisors and professional staff for Spring 2021.
 - In-person & virtual Career Check Ins: Monday-Thursday 12 - 2 pm. Due to distancing requirements, you'll see signage that is green or red with whether to come in or please stop back by in a few minutes.
 - In-person & virtual appointments: Monday-Friday 9 am - 4 pm
- Contact us at careers@ithaca.edu or 607-274-3365. We help with a variety of career topics, including resume/cover letter reviews, exploring your interests, job/internship searches, interview prep, graduate school applications, etc.
- Many virtual programs will be happening with alumni and employers. Check out Engage and our weekly newsletter for event announcements and other resources.

Center for Health Promotion (CHP)

- Program Director, Nancy Reynolds, can be reached at nreynolds@ithaca.edu.
- Kristen Lind, Health Promotion Specialist, can be reached at klind@ithaca.edu.
- Both staff members are working on a fully remote basis for the spring 2021 semester.
- Services available:

- The Center's physical space on the lower level of Hammond Health Center remains closed for the duration of the spring 2021 semester.
- THRIVE Wellness Coaching: Free, one-on-one wellness coaching sessions for students are available via telehealth. Wellness coaching sessions are personalized to support student wellbeing concerns such as sleep habits, time management, stress, exercise/nutrition, and more.
- BASICS Program: Free, confidential sessions for students are available via telehealth. BASICS sessions help students to explore patterns and concerns related to alcohol, cannabis, nicotine, or other substance use and identify strategies for reducing harm.
- Presentations and workshops available via Zoom, upon request.
- Wellness-related links, tools, and resources are available on the Center's website at: <https://www.ithaca.edu/center-health-promotion>.

The Center for IDEAS (Inclusion, Diversity, Equity, and Social Change)

- Point person: RahK Lash
- Contact options: ideas@ithaca.edu | Facebook DM: @CenterIDEAS | Instagram: @centerforideas, @seldom96, @cheekyknitter, @rahk_lash
- In addition to various programs being planned and trainings being conducted, the staff is available to connect (virtually) with students in groups or one-on-one.
 - [IDEAS COVID-19 Resources](#)
 - [The IDEAS Peer Education Program](#)
 - [Social Change: Getting Started](#)

Counseling and Psychological Services (CAPS)

- Brian Petersen, PsyD, is the Director of CAPS and can be reached at bpetersen@ithaca.edu, campus phone (607)274-3691
- CAPS On-Call Counselor available outside of business hours and 24 hours on the weekends at (607)274-3136, students are encouraged to call for support and staff/faculty may call if in need of immediate consultation.
- Services available:
 - CAPS is continuing to see students during the current crisis. This is being done through Telehealth: utilizing ZOOM for virtual appointments or conferring with students via phone. Our physical office is currently closed but the phones are staffed between 8:30am and 5pm. We offer counseling, consultation, and/or general orientation to mental health resources for students and can offer guidance for students seeking assistance where they live (if not in the Ithaca area).
 - A counselor is assigned throughout the day to manage crisis calls from students and families and our after-hours crisis services continue. After 5pm Monday-

Thursday or after 3pm on Fridays, students can call the CAPS number—607-274-3136—and follow the prompts to be connected to a live counselor.

- CAPS counselors are also available to offer consultation to faculty and staff re: student or personal mental health needs. If you are unsure on how to work with a student in distress, you can call our main number and ask to speak to a counselor about the student in question. Also, please see our web page for helpful tips.
- If you are having trouble with managing your own level of stress, we can offer guidance on obtaining local services. In addition, faculty and staff can utilize the Ithaca College Employee Assistance Program. Click her for more information: <https://www.ithaca.edu/human-resources/employee-benefits-wellness/family-friendly-wellness-benefits/employee-assistance-program>

Dining Services

- Dining Services Director: Scott McWilliams / smcwilliams@ithaca.edu
- Dining Services Associate Director: Reginald Briggs / rbriggs@ithaca.edu
- Can be reached at dine@ithaca.edu
- Download the Grubhub app to pre-order and pick up all food orders at retail dining locations. This is not a delivery service, pick up only. Mandatory opt-in starts Spring 2021 too de-densify dining operations. In-person transactions will not be accepted.
- CAMPUS CENTER DINING HALL
 - Monday – Friday
 - Breakfast: 7:00 am – 10:15 am | Lunch: 11:00 am – 3:00 pm | Dinner: 4:00 pm – 7:00 pm
 - Saturday
 - Brunch: 8:30 am – 3:00 pm | Dinner: 4:00 pm – 7:00 pm
 - Sunday – CLOSED
- TERRACE DINING HALL – Avoid the crunch at lunchtime; Terrace has available seating!
 - Monday – Friday
 - Breakfast: 8:00 am – 11 am | Lunch: 12:00 pm – 2:00 pm | Dinner: 5:00 pm – 9pm
 - Saturday – CLOSED
 - Sunday
 - Brunch: 8:30 am – 3:00 pm | Dinner: 5:00 pm – 9:00 pm
- ITHACA BAKERY
 - Monday – Sunday | 7:00 am - 1:30 pm
- FOOD COURT: South Hill Grill, IC Fresh
Chick-N-Bap opens on Feb. 1st
 - Monday – Friday
 - 11:00 am – 5:00 pm | Closed Saturday & Sunday
- TOWERS MARKETPLACE (Opens Feb. 8th)
 - Monday – Friday
 - Dinner & Late Night: 5:00 pm – 10:00 pm

- Saturday & Sunday
 - Dinner & Late Night: 3:00 pm – 10:00 pm
- Monday – Thursday (Swipe In/Limited Menu)
 - Swipe in for a meal: 8:00 pm – 10:00 pm
- Follow on social media at @ICDelish

First-Gen Center

- Point person: Justine Avila
- Emails can be sent to nstp@ithaca.edu or javila@ithaca.edu
- Follow @ictransition on Instagram
- Services offered:
 - 1:1 support – contact our interim Assistant Director for New Student and Transition Programs (NSTP) and the First Gen Center, Justine Avila. Justine is a resource, mentor, and guide for any first-generation college student wishing to make a connection. Justine can offer support with transitioning to college, navigating IC processes, completing your new student checklist, navigating resources, and more. Justine is working remotely from the west coast and generally works 11:30a – 8:00p EST. Email javila@ithaca.edu for more information.
 - FIRST Place – a residential learning community specifically for first-generation college students to live in community together within East Tower.
 - FIRST Look – a 2-3 day pre-semester program in late August for incoming first-year, first-generation college students.
 - IC First-Gen – A student organization that is a wonderful place to find community and offers many programs including the April Awards ceremony.
 - Text-message Nudging – a service exclusively for first-gen students to help with their transition to and through IC. All first-gen first-year and sophomores are automatically enrolled and can unenroll at any time.
 - Peer Transition Ambassadors – upper years first-gen students who serve as mentors for incoming first-gen students.
 - Ithaca Firsts mentoring program – any first-gen student can sign up to have a mentor on campus that understands the unique advantages and challenges of being a first-gen student.
 - SLI Workshops – look out for workshops within the Student Leadership Institute geared towards first-generation college students.
 - First Generation Celebration Day – in early November, we celebrate First-Generation college students alongside campus partners with great food, music, and take-aways.

Food Pantry

- Those who would like to access the Food Pantry should go to the Campus Center main lobby and speak to the Information Desk staff for access.
- The Food Pantry is open:
 - Tuesdays through Sundays, 8:00am – 7:00pm through January 24th

- Tuesdays through Sundays, 8:00am – midnight from January 25th through the rest of the spring semester
- Closed on Monday for restocking

Hammond Health Center

- Point Person: Dr. Ellyn Sellers-Selin, phone 607-274-3177, email esellersselin@ithaca.edu · Emails should also be sent to healthcenter@ithaca.edu
- The Health Center hours are 8-5, Monday through Friday and 11-4 on Saturdays.
- Business office staff are available to assist people by phone.
- In order to safely accommodate students, appointments will be done by Telehealth where appropriate. If a student needs to be seen in person, they will be given an appointment time and will be asked to call from outside the building, so they can be let in. All staff will be wearing appropriate PPE.
- Services available:
 - Students may make appointments for a range of health concerns, including illness, minor injuries, Gynecological services, STI testing, and physical exams. We offer standard vaccines (for a fee), and PPDs.
 - X-ray/radiology is available.
 - Allergy injections for students will be available.
 - Lab is available.

ICare/Office of Case Management

- Program Director, Rebecca Cogan, can be reached at rcogan@ithaca.edu
- Case Manager, Emmy LoBrutto, can be reached at elobrutto@ithaca.edu
- Program Coordinator, Chris Wlosinski, can be reached [at cwlosinski@ithaca.edu](mailto:at_cwlosinski@ithaca.edu) or by calling. (607)274-7731. Chris will be in our on-campus office in the Towers Concourse Monday-Friday during business hours, excluding Tuesdays from 2pm-5pm.
- We continue to accept ICare referrals and follow up by extending outreach to each student referred.
- Services available:
 - ICare referrals can be submitted at any point if concerned about the mental health/wellness of a student (referral can be found at www.ithaca.edu/icare). The focus of outreach will be on assisting students in connecting to resources available at IC and/or in their current area. All students will be offered the option of a virtual meeting via phone or zoom.
 - Please direct concerns that are primarily academic in nature to the academic alert process.

International Student Support Services

- Contact Person: Diana Dimitrova, who can be reached by e-mail at ddimitrova@ithaca.edu or by phone (dial +607-274-1284 and leave a voicemail).

- Anyone who'd like a one-on-one virtual appointment can schedule the best time for them at <https://calendly.com/ddimitrova>

LGBT Center

- Director Luca Maurer can be reached at lmaurer@ithaca.edu
Facebook DM: @ICLGBTCenter Instagram: @ic_lgbt Twitter: @iclgbt
- Services available:
 - LGBT Center director provides direct support to students via Zoom, phone, email and social media chat functions.
 - The physical on-campus LGBT Center Resource Room is closed. Weekly Virtual Resource Room hours vary, info posted on social media.
 - LGBT Center provides virtual events that are publicized via IC's main website and social media.
 - LGBT Center director is available as always to provide consultation with faculty and staff regarding infusing LGBTQ info into the curriculum and other academic issues. Please note that due to the volume of requests, requests for curricular and academic consultation will be taken in the order they are received, and advance notice is required.
 - All LGBTQ themed student clubs are meeting by Zoom until further notice.
 - Online Resources: IC's LGBT Center has developed two webpages with resources for our students, staff and faculty and the community. Both sites are updated regularly with additional information:
 - [LGBTQ+ people and COVID-19](#): ways our community may experience unique risk, and tips for faculty, students and staff in a variety of academic fields with ways to engage with these current events. May be particularly useful for faculty including curricular elements about COVID-19 in a variety of disciplines.
 - [Spring 2021 LGBTQ Resources](#). Includes info for finding support in home communities, crisis support, and more.
 - IC's award-winning local LGBTQ history tour is available at any time, on demand. It may dovetail well with courses in sociology, politics, communication, journalism, American studies, social movements, music, health, business, as well as history and LGBTQ studies. Complete info and instructions for downloading the tour app available at ithacalgbtqhistorytour.com. Using virtual mode the tour can be used from anywhere in the world and includes audio and transcript, photos and some video of 32 LGBTQ historic sites over 7 miles in Ithaca. A [desktop version](#) of the tour is also available, also accessible from anywhere with an internet connection.

Offices of Residential Life & Student Conduct and Community Standards

- Assistant Director of Student Conduct and Community Standards, Katie [Newcomb, conduct@ithaca.edu](mailto:conduct@ithaca.edu), 607-274-3375
- Associate Director of Residential Life, [Ron Trunzo](mailto:Ron.Trunzo), 607-274-3141
- Off Campus Community Living Coordinator, [Eileen Roth](mailto:Eileen.Roth)
- reslife@ithaca.edu for general questions and housing@ithaca.edu for housing assignment related questions
- Services:
 - Residential Life provides support and resources for your on-campus housing community, including housing assignments, building maintenance requests, and lockouts.
 - Residential Life Office, East Tower lobby, is open Monday to Friday, 9:00 AM to 9:00 PM. Room Lockout service is provided from this office. 607-274-3141.
 - Live-in staff (RAs and RDs) are available to assist you, plan events, and initiate outreach
 - Contact your Residence or Community Director in our [staff directory](#)
 - Late-night, emergency support is available by contacting the RD on duty, 607-592-2245 or an RA on duty for your building (posted at each residence hall)
 - For general information <https://www.ithaca.edu/residential-life>
 - Follow us! @ResLife on Instagram and Twitter

Office of Religious and Spiritual Life

- Point Person: Hieraal Osorto, Director of Religious & Spiritual Life can be reached at hosorto@ithaca.edu, 607-288-2766 (call or text, M-Thurs: 8:30 PM to 5:00 PM and Friday 8:30 AM to 3:00 PM), Instagram @IC_SpiritualLife
- Services available:
 - The Director of Religious & Spiritual Life and designated partner affiliates are trained religious professionals on campus to serve the needs of students, faculty, and staff of any or no religious affiliation. All conversations are held in confidence. This team will refer to appropriate counseling and psychological resources if necessary. Meetings can be held by appointment or during weekly drop-in hours.
 - ORSL [Weekly virtual “drop-in”](#) hours on Mondays from 2:30 PM EDT – 4:00 PM EDT available to any student, staff, and faculty no appointment necessary. Drop-in hours will resume on Monday, January 25, 2020.
 - Weekly religious services will be available livestream, new times and days will be available on our website: ithaca.edu/spirituallife
 - IC Soul: Weekly Interfaith Gathering will resume on Wednesday, February 10, from 5:15 PM to 5:45 PM, join us [via zoom](#). We’ll meet weekly on Wednesdays.
 - Weekly guided-meditation on M, W, F during the noon hour available via Zoom. Details available on our [Mindful IC page](#).
 - Guidance provided for [religious accommodation](#) process.

Office of Student Engagement

- Point person: Michele Lenhart, Director
- Contact Options: ose@ithaca.edu, 607-279-3222, Instagram: @ose_ic, ithaca.edu/office-student-engagement
- Services available:
 - Virtual Student Leadership Institute workshops and special series of leadership session on the following topics: first-year students, women leaders, and wellness, will be offered throughout the spring semester. These are free and open to all current students. Registration information and a full list of events can be found on IC
Engage: <https://ithaca.campuslabs.com/engage/organization/student-leadership-institute/events>
 - Student Organizations are active and OSE can assist in planning a variety of virtual events this semester. There is funding available for student organizations to request from the Student Governance Council Appropriations Committee. OSE helps students join existing clubs or create new student organizations. For more information, go to: <https://www.ithaca.edu/office-student-engagement/student-clubs-and-organizations>

Student Accessibility Services (SAS)

- New to SAS? Check out the [how to get accommodations](#) page.
- Contact Options: sas@ithaca.edu for general and technology questions, tests@ithaca.edu for test related questions, sasnotes@ithaca.edu to request services/technology related to notetaking accommodation
- Services available:
 - SAS works with student with disabilities to develop accommodation plans. Plans include academic, testing, housing, and dietary needs.
 - During this period of remote instruction, we recognize that the environment is different and therefore the barriers to accessibility may be different
 - Students are invited to discuss adding or modifying existing plans to meet current needs.

Student Emergency Relief Fund

- Students with financial needs can apply for Akademos vouchers to assist in purchasing course materials. Students must apply BEFORE purchasing items, as we are not able to provide reimbursement. Awarded on a first-come, first-serve basis until vouchers have all been awarded.

Title IX

- Point person: Linda Koenig, lkoenig@ithaca.edu, Title IX Coordinator
- Omar Stoute, Deputy Title IX Coordinator, can be reached at ostoute1@ithaca.edu
- Services available:
 - Title IX reports can be made by emailing lkoenig@ithaca.edu or by calling 607-274-7761
 - Referrals will be responded to by the next business day. Please contact OPS if in need of an immediate response.
 - All reports will be responded to by Linda Koenig

Tutoring Services

- Point Person: Yolanda Clarke (yclarke@ithaca.edu), the Tutoring Services Manager for prospect inquiries about services and/or to arrange meetings.
- Email Heather Crider (hcrider@ithaca.edu), for logistical questions.
- Need a Tutor for a challenging course? Check our website for information on how to get join a LEARNING COOPERATIVE (small group) and work with a LEARNING COACH (e.g. peer tutor)
- Contact us at tutoring@ithaca.edu for general questions that are not time sensitive.
- To ensure the safety of all students, all services are being offered remotely via Zoom.
Services available:
 - We offer Learning Cooperatives in many of our larger courses! Learning Cooperatives are equivalent to small tutoring groups of 2-4 people. The emphasis is placed, however, on all members making active contributions to the process as the Learning Coach facilitates.
 - Some individual tutoring is available in select courses contingent upon Learning Coach availability.
 - In addition to our great Learning Coach services, we recommend that all users of our services take advantage of their professor's office hours and utilize any TA support if available.