



**KUTZTOWN UNIVERSITY  
OF PENNSYLVANIA**

A Member of the State System of Higher Education



**Important News  
for Families of  
Kutztown University  
Students**

**SUMMER 2009**

## Living on Campus? Think Green!

KU students are thinking green by making on-campus water and energy conservation a top priority. To help new and returning students make 2009-2010 residence hall life as energy efficient as possible, the following tips have been developed by NORESKO, an energy service company working in conjunction with the Office of Housing and Residential Services and the Facilities Office of Campus Energy.

### Tip #1:

Reduce the length of showers. Strive for five minutes of running water while taking a shower. This saves water and sewer costs, and the energy to heat the water.

### Tip #2:

Turn off fans and other approved appliances when leaving an unoccupied room.

### Tip #3:

Set your computer to automatically enter sleep mode after 15 minutes of inactivity, and turn off your computer when finished for the day.

### Tip #4:

According to the U.S. Department of Energy, 75 percent of the electricity used by electronic appliances occurs while they are off. This is because DVD players, televisions, stereos and computers continue to draw a small amount of power even when they are switched off. A good idea is to plug all electronic devices into a power strip, and turn off the strip when the electronics are not in use, especially at night.

### Tip #5:

A big savings can be found by exchanging incandescent light bulbs for CFL (compact fluorescent lamp) bulbs in lamps that are CFL compatible. Fluorescent bulbs use 75 percent less energy than normal incandescent light bulbs and are just as bright.

### Tip #6:

It's no secret – these tips can be used in any household to help save energy and conserve resources.

## How to Pack Green for KU

For a greener and more energy-efficient university experience, here is the ideal packing list for students preparing to move into a KU residence hall, apartment or off-campus domicile.

1. CFL (compact fluorescent lamp) light bulbs
2. CFL compatible lamp(s)
3. A power strip to completely turn off all electronic devices
4. Holiday decorations that do not require electricity
5. Appropriate clothing for all seasons
6. Extra blankets for the cold season
7. A water-proof clock to keep shower time down to 5 minutes
8. Recycled paper for the computer printer
9. Recycled printer cartridges
10. A portable fan. Fans use less energy than air conditioners.

Based on data collected over several years at KU, the two greatest opportunities for proactive environmental conservation come from simply decreasing both water and electrical consumption.

## Financial Aid Checklist

**The fall 2009 semester is about to begin! To ensure financial aid for the upcoming academic year, students should review this checklist:**

Students must file the 2009-2010 Free Application for Federal Student Aid (FAFSA). Kutztown University's priority FAFSA filing deadline is March 1 each year to be considered for all forms of financial aid.

Even though the deadlines for scholarships and campus-based aid – the Perkins loan, the SEOG grant, and the PHEAA state grant – have closed,

students can still be considered for the Pell grant in addition to the Stafford loan. If a student wants a Stafford loan, that student must answer question #31 with a 2 or a 3 on the FAFSA.

First-time aid applicants, as well as prior applicants, should file the FAFSA electronically at: [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

The U.S. Department of Education requires students to sign their FAFSA by submitting a PIN (personal identification number), which serves as their electronic signature. Students and parents can apply for a PIN at [www.pin.ed.gov](http://www.pin.ed.gov). Parents of dependent students will also need a PIN.

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## Ready, Set, Move In

The end of August is a busy time on campus as students move into their residence halls, suites or apartments.

To help ease the transition into a new academic year, the Office of Housing and Residential Services has prepared a comprehensive check list for students planning to live on campus, which is available at [www.kutztown.edu/divisions/student-services/departments/hars/fastfacts/index.asp](http://www.kutztown.edu/divisions/student-services/departments/hars/fastfacts/index.asp).

### New Freshmen and Transfer Move-In Day

All new freshmen and transfer students will move into their assigned residence hall on Saturday, Aug. 29. A move-in day brochure with pertinent information, check-in times and parking permits will be mailed to each new freshman and transfer on-campus resident. Mailings are expected to go out during the second week of August.

### Returning Student Move-in Schedule

All returning students will move in Thursday, Aug. 27, through Sunday, Aug. 30, based on their assignment. Returning students will not be sent a brochure or parking permits for move in. Please check the Office of Housing and Residential Services link on the KU Web site for assigned check-in times (see move-in dates below).

#### Thursday, Aug. 27

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Returning students with **even-numbered rooms** in Golden Bear Village, University Place, and Dixon Hall can move in between 10 a.m. and 6 p.m.

#### Friday, Aug. 28

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Returning students with **odd-numbered rooms** in Golden Bear Village, University Place, and Dixon Hall can move in between 10 a.m. and 6 p.m.

#### Sunday, Aug. 30

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The residence halls will open for returning students to move in between 10 a.m. and 6 p.m.

#### Monday, Aug. 31, through Thursday, Sept. 3

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All students who were not able to check in on their designated day can check in any time after 10 a.m.

Students unable to check in by Friday, Sept. 4, are asked to call the Office of Housing and Residential Services at **610-683-4027**.

## Stay Informed and Stay Healthy

Students coming to campus for the first time have many questions: “What building is my class in? Where do I go to buy books? And where can I get a pizza?” But one of the most important questions students should ask is: “Where do I go to receive health care on campus?”

### The Health and Wellness Center

The answer to this and many other health-related questions begins at the Health and Wellness Center located behind Old Main.

The center is an accredited ambulatory healthcare center. Although appointments are encouraged, students can be seen on a walk-in basis. Some of the services available at the center are illness and injury care, health promotion and educational programs, and tips for maintaining a healthy lifestyle.

Health insurance questions are also answered and preventive health screening services are available to all students. For more information call the Health and Wellness Center at **610-683-4082**.

### Counseling Center

When the pressures of final exams, term papers or incompatible roommates seem to become too much, the Counseling Center, located in 205 Stratton Administration Center, is open to all students who need advice and guidance.

Stress, socialization pressures, and poor health choices can easily affect academic performance, grades and self esteem. To help students make healthy choices, the Counseling Center offers a variety of services including individual and group counseling, alcohol and drug assessment, referrals and more.

The Counseling Center is open to all students weekdays from 8 a.m.–noon and 1–4:30 p.m. with extended hours on Tuesdays until 6 p.m. Students seeking counseling when the center is closed should contact the Health Center or Public Safety and Police Services. For more information on the Counseling Center call **610-683-4072**.

### AlcoholEDU

The first year away from home is one of the most important periods of a student’s life. During this time of new experiences, it is very important students maintain healthy habits and avoid high-risk behaviors. To educate students and parents about the risks associated with alcohol abuse, the Division of Student Services & Campus Life requires a complete on-line alcohol education program, “AlcoholEdu for College,” for all incoming freshmen as part of their orientation experience.

A parallel program, “AlcoholEdu for Parents,” is also offered to help educate parents and families about the seriousness of alcohol abuse and to encourage family discussions about health-related, high-risk behaviors.

In addition to the AlcoholEdu programs offered during orientation, Student Services & Campus Life offers “Alcohol and Other Drugs: A Parent’s Guide,” which can be found online at **parents.kutztown.edu**.

### Safety Training for Women

The Rape Aggression Defense (RAD) system is a program of realistic, self-defense tactics and techniques offered to all KU women through the Department of Public Safety and Police Services.

RAD training begins with awareness, prevention, risk reduction and avoidance, and progresses to the basics of hands-on defense training. The course is divided into three sessions, each four hours long, and held in Risley Arena from 6-10 p.m. on the following dates:

**Sept. 21, 23 and 24**

**Oct. 19, 21 and 22**

**Feb. 8, 10 and 11**

**March 8, 10 and 11**

To sign up, or for more information call 610-683-4861 or e-mail **publicsafety@kutztown.edu**.

### Flu Shots/Mist Available

Like it or not, winter is just around the corner, and with it, the flu season begins. This year, seasonal flu shots and flu mist are available on Thursday, Oct. 29 from 10 a.m.-2 p.m. during the annual KU Health Fair. The cost is \$15 for either the shot or the mist and will be billed to the student’s account.

Because it is a separate strain of flu virus, the H1N1 “Swine Flu” may require a separate vaccine. Throughout the summer, Kutztown University has been engaged in surveillance of the developments of the H1N1 flu and vaccine production, and is actively involved in pandemic planning.

For students heading off to college, the best defense against any flu is proper hygiene. To brush up on good hygienic practices, or to find more information about the seasonal and H1N1 flu viruses, **visit [www.cdc.gov](http://www.cdc.gov), [www.swineflu.org](http://www.swineflu.org), or [www.kutztown.edu/flu](http://www.kutztown.edu/flu).**

# You Are Invited

## to a Week Filled with Family Fun

**Don't miss this chance to visit Kutztown, enjoy a traditional football game and participate in the Paint the Town Gold community pride celebration leading up to Family Day on Oct. 3 when the Golden Bears take on Cheyney University.**

Paint the Town Gold is an award-winning event featuring special activities during the week leading up to Family Day including window painting contests, a pep rally supporting the Golden Bears, a "Spirit Strut" to the stadium on game day, and hundreds of golden balloons lining the streets of Kutztown.

Last year's Paint the Town Gold won the 2009 National Collegiate Athletic Association Community Engagement Award of Excellence for Division II.

The event is a cooperative effort among KU, the Borough of Kutztown and Maxatawny Township and is coordinated through the KU Department of Community Relations and Development Services, Athletic Advancement and Athletics Department.

For detailed information about Paint the Town Gold events and activities, please visit [www.PaintTheTownGold.com](http://www.PaintTheTownGold.com). For more information on Family Day activities, visit [familyday.kutztown.edu](http://familyday.kutztown.edu).

## Join the Care Bears

**Just as the Golden Bears score points on University Field, the KU Care Bears student volunteer organization leads the field in community service opportunities for on-campus residents.**



Pictured left to right are KU Care Bears Nicole Stock '11, Jessica Goldman '11, and Jessica Eyrych '11.

Formed in 2008, the Care Bears organization introduces residence hall students to the benefits of community service. Because many KU freshmen were active in community service projects during high school, the program is setup to provide a natural bridge to university life and supports a life-long commitment to community involvement and volunteer service.

During the 2008-2009 academic year, the Care Bears devoted more than 700 hours to community and volunteer service projects and worked to raise awareness and funds for Alex's Lemonade Stand, the CURED Foundation (Campaign Urging Research for Eosinophilic Disease), the Autism Speaks Foundation, and the Alzheimer Association.

Though the Care Bears organization originally was created as a first-year student program, many of the founding members have elected to continue their involvement beyond the freshman year, and today membership in the Care Bears is open to all KU students.

Meetings are held every Wednesday at 4:30 p.m. in the conference room of Johnson Hall. For more information on the Care Bears program, contact the Housing and Residential Services Office or e-mail [stock@kutztown.edu](mailto:stock@kutztown.edu).

## Financial Aid Checklist (continued)

Students selected for the verification process should provide copies of their signed 2008 federal tax forms and W2 forms. Dependent students also need to provide copies of their parents' federal tax forms and W2 forms. The verification form that was mailed with the initial request must also be included. This process must be completed before any federal financial aid can be awarded. Information may be faxed to the Financial Aid Office at 610-683-1380.

Please note any financial aid appearing on an award letter is tentative pending verification that the student meets all eligibility requirements. Students may view their financial aid by logging into Online Student Services using their KU PIN number.

At the completion of summer courses taken at another institution, students must make sure the credits transfer back to Kutztown University. The registrar at the other institution needs to send an official academic transcript to the KU Registrar's Office.

Students interested in an on-campus job should visit the student employment Web site at <https://secure.kutztown.edu/finaidapp/>.

Students will need to provide two proofs of citizenship to the Human Resources Office before applying for any campus employment openings. Acceptable forms of identification are a driver's license, social security card, KU ID card, birth certificate, and/or a U.S. passport.

The Financial Aid Office is open during the summer from 8 a.m. to 4 p.m., Monday through Friday. Parents and students may call 610-683-4077 with concerns or questions relating to the status of a student's financial aid.

## Make a Difference in Your Residence Hall

**Students living on campus can easily become an active part of their residence hall community by joining one of the many governing and volunteering opportunities available each semester.**

Probably the best way to get started is by joining the Hall Council. Each residence hall has its own governing body with an executive board that meets weekly to address residence hall issues, plan special events, and coordinate fund-raising activities for community service projects.

Freshmen can hold an executive board position with the Hall Council, serve as a residence hall wing representative, or be the hall's liaison to the Care Bears or Freshmen Activities Council organizations.

Students seeking a broader understanding of campus life are invited to attend the meetings of the Residence Hall Association (RHA). The association is comprised of an executive board with representatives from the federation of the 13 hall councils who report student viewpoints about campus living to the Office of Housing and Residential Services. The RHA also plans large-scale events and promotes KU pride. RHA meetings are open to everyone and are held every Tuesday at 6:30 p.m. in the Dixon Hall conference room.

Getting involved with your residence hall during the first semester is a great way to meet people and become a vital part of the KU community.

# Student Recreation Center Open to Families

Did you know that family members can join students and enjoy the benefits of a workout in the state-of-the-art Student Recreation Center at KU?

Inside is an 8,800-square-foot fitness center, two gymnasiums, two racquetball courts, two dance studios, a climbing wall, three-lane track, juice bar and much more. In addition, membership at the rec center includes access to the Keystone Hall pool. Membership rates for individual family members are:

**Fall or spring semester membership .....\$119**  
**Annual membership .....\$324**  
**30-Day trial membership .....\$35**

Guests must be 16 years or older to join.

For more information and a virtual tour of the Student Recreation Center visit [recreation.kutztown.edu](http://recreation.kutztown.edu) or call 484-646-4200.

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## MARK YOUR CALENDAR

Saturday, Oct. 3  
 Saturday, Oct. 17  
 Sunday, Nov. 1

Monday, Nov. 2 –  
 Wednesday, Nov 4  
 Wednesday, Nov. 25

Sunday, Nov. 29  
 Monday, Dec. 7 –  
 Thursday, Dec. 10  
 Saturday, Dec. 12  
 Friday, Dec. 18

Saturday, Dec. 19

Sunday, Jan. 17  
 Monday, Jan. 18

Tuesday, Jan. 19

### Family Day

### Homecoming

Last day to contractually cancel housing for the 2009 spring semester without loss of deposit. Students must cancel in person by 4:30 p.m. in the Office of Housing and Residential Services, 106 Old Main.

Housing renewal for fall 2010 will be online at <https://portal.kutztown.edu/oss/login.asp>.

Residence halls close at 11 a.m. for Thanksgiving recess.

Residence halls open at 1 p.m.

Open room change. Check your student e-mail for more detailed information.

Last day of regular classes.

Residence halls close at 6 p.m. for the start of winter recess.

Commencement held at 8:30 a.m. for graduate students and at 11 a.m. for undergraduate students.

Residence halls open at 1 p.m.

University CLOSED in observance of Martin Luther King Jr. Day. Residence halls will remain open.

Spring semester classes begin at 8 a.m.

The KU student handbook "The Key" is available online to students, parents and all members of the university community at:

[thekey.kutztown.edu](http://thekey.kutztown.edu) 

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