

Student Affairs & Campus Life Resource Guide

Spring 2024

Crisis Resources

- Ithaca College Office of Public Safety: (607) 274-3333 or 911 if you are not on campus
- National 24/7 suicide and crisis hotline by calling or texting 988
- [National 24/7 texting hotline](#) by texting CONNECT to 741741
- [The Trevor Project](#): Trevor Lifeline [1-866-488-7386](#), available 24/7
- The Advocacy Center: call the 24-hour hotline (607-277-5000) to speak with an advocate

Support & Emergency Resource: The Rave Guardian app can help turn any smartphone into a personal safety device and is an integral part of Ithaca College's program to promote the well-being of the campus community. In conjunction with the Emergency Notification System, it provides both mass notification services ([IC Alerts](#)) and quick access to important safety and wellness contacts, information, and resources. Features include but are not limited to, a virtual safety timer for an extra layer of safety wherever you are, direct contact with Public Safety and other crisis support and emergency services, on-campus and off-campus support services such as Advocacy Center of Tompkins County, national hotlines and campus directory. Find more information about the [Rave Guardian app here!](#)

Academic Advising

- Faculty advisors and those individuals serving as Advising Contacts in the deans' offices can collaborate to meet the advising needs of students. The names of the advising contacts in the deans' offices are as follows:
 - School of Business: Katy Hall (khall2@ithaca.edu)
 - School of Music, Theatre, and Dance: Music: Shannon Hills (shills@ithaca.edu), Theatre and Dance: Mary Scheidegger (scheideg@ithaca.edu)
 - School of Humanities and Sciences: Jim Riegel (jriegel1@ithaca.edu)
 - School of Health Sciences and Human Performance: Michelle Lang (mlang@ithaca.edu)
 - School of Communications: Kristin Morse (kmorse@ithaca.edu)
- Academic Concerns can be submitted at any time if you are concerned about a student's academic success. Those with access can find the [Academic Concern form](#) on the Student Success Dashboard or via [this link](#).

- Leaves of Absence:
 - Personal Leave: Students wishing to discuss a personal Leave of Absence should meet with Quinten Hernandez, Success Coach in the Center for Student Success, by emailing either success@ithaca.edu or qhernandez@ithaca.edu.
 - Medical Leave: Students wishing to discuss a medical Leave of Absence should meet with Brandi Riker in the Health Center. Email: briker@ithaca.edu
- For more information visit the [LOA/WD website](#).

BIPOC Unity Center

- Point person: Marsha Dawson, Interim Director
- Contact options: bipocunity@ithaca.edu | Phone: 607-274-7777 | Instagram: @icbipocunity
- The Center's physical space is at 339 Egbert Hall, third floor of the Campus Center across from the Elevator.
- The Center coordinates initiatives aimed at creating a sense of belonging for BIPOC (Black, Indigenous, People of Color) students through support, resources, education and programs at Ithaca College. You can always find us in the for our First Friday events starting at 5pm, check our [ENGAGE Page](#) for the location.
- We also have a Sensory Room and Prayer/Medication Space in the suite for any IC Student to use throughout business hours.
- In addition to programs and trainings being conducted, the staff are available to connect (virtually or in person) with students in groups or 1:1. Students may call or email to set up a meeting with any of our staff members, or just stop by the office in between classes.
 - [BIPOC Unity Center Website](#)
 - [Peer Education Program](#)
 - [BIPOC Unity Center Engage Page](#) (Calendar of Events)
 - [BIPOC Unity Center Instagram](#)

Campus Center

- Open seven days a week during the fall and spring semesters, 7:00am-midnight. Break hours will vary and will be posted on [the Campus Center website](#).
- The information desk is staffed and taking questions and calls 9:00am-midnight seven days a week during the fall and spring semester. The number is 607-274-3011.
- A Rec Center (game room), meeting rooms and lounges, food venues, and a scanner and printer are available for student use.

The Center for Career Exploration & Development (formerly Career Services)

- Offering both in-person and virtual options to meet with Peer Career Advisors and professional staff.

- In-person Career Drop-Ins: Monday-Friday 11 am - 2 pm - No appointment necessary.
- In-person & virtual appointments: Monday-Friday 9 am - 5 pm - Please call or email to schedule.
- Contact us at careers@ithaca.edu or 607-274-3365. We help with a variety of career topics, including resumé/cover letter reviews, exploring your interests, job/internship searches, interview prep, graduate school applications, etc.
- Many programs will be happening with alumni and employers, both virtually and in-person, including weekly workshops, career caravans, and a variety of fairs and recruitment opportunities. Check out Engage and follow us on Instagram at IC Careers for event announcements and other important resources.

Center for Health Promotion (CHP)

- Health Promotion staff can be reached at healthpromotion@ithaca.edu.
- Michelle Goode, Program Director, can be reached at mgoode@ithaca.edu.
- Theresa Gustaveson, Health Promotion Specialist
- Located in the lower level of Hammond, share a front desk with CAPS
- Services available:
 - BASICS Program: Free, confidential sessions for students are available via telehealth. BASICS (Balancing Alcohol & Substance Use to Improve College Success) sessions help students to explore patterns and concerns related to alcohol, cannabis, nicotine, or other substance use and identify strategies for reducing harm.
 - Appointments can be scheduled by calling (607)274-3136 or emailing healthpromotion@ithaca.edu (please include some dates/times of availability in the email)
 - [Sanvello](#): IC students and employees have free premium access to Sanvello phone application that uses best practices and CBT to help individuals manage anxiety, depression, stress management, resiliency building or practice mindfulness. Most effective utilization if completing recommended Guided Journey.
 - Wellness Resource Room (B19, Hammond): Open Monday – Friday from 9am to 5pm, wellness space for students to use light therapy box, meditation pillows, puzzles, coloring, buddha board, yoga mats, coloring books etc. Free wellness supplies including sexual health supplies available.
 - Wellness presentations and workshops available in-person or via Zoom, [upon request](#).
 - Quit Kits (for students that want to reduce or quit smoking/vaping), Sleep Kits (tools to help improve sleep), tick kits (have tools and information on identifying and removing ticks), sexual health supplies, and T-Break Guides (tolerance break guide for cannabis) - all available for free pick-up at the front desk (shared with CAPS)

- Wellness-related links, tools, and resources are available on the Center for Health Promotions website or by emailing healthpromotion@ithaca.edu.
- Students and employees looking for leadership opportunities to be involved with different [health and wellness committees](#) on campus can connect with Michelle Goode, mgoode@ithaca.edu.

Center for Student Success (CSS)

- 106 Muller Faculty Center (in tunnel by Career Exploration and Development)
- CSS contact success@ithaca.edu, (x3381)
- Staff:
 - Elizabeth Bleicher, Ph.D., Dean of Student Success (x1531)
 - Allison Davis, Associate Director (Tutoring and Peer Coaching) (x5816)
 - Allison Donnelly, Program Coordinator for Student Success, (x3381)
 - Julian Fuentes, Ph.D., Student Success Coach, (x3727)
 - Quinten Hernandez, Student Success Coach, (x3478)
 - Trisha Mukherjee, Student Success Coach, (x3972)
 - Jacqueline Winslow, Ed.D., Executive Director of Student Success & Retention (x3658)
- Services for Students
 - 1:1 coaching and instruction in academic and personal success, goal setting, accountability and personal management skill building, provided by peer and professional success coaches.
 - Course-specific tutoring for individuals and small groups.
 - Connection to campus resources that match a student's specific needs
 - Support for academic recovery and return from leave or short-term absence.
 - Support for students considering transfer, leave of absence or withdrawal.
 - In-person & virtual student appointments available during business hours.
<https://outlook.office365.com/owa/calendar/StudentSuccessConsultation@ithaca.edu/bookings/> or x3381
- Services for Staff, Faculty and Departments
 - Strategic student communication: if you cannot reach a student through typical measures, we can partner on texting outreach.
 - Partnership on developing programs, practices, and policies to support student success, including data review
 - Student Success Dashboard – instruction in how to use this resource
 - Academic Concerns System – support for students and faculty
 - Two-way referrals between our office & yours to support students
 - Research-based support for faculty advising and pedagogy for success in collaboration with Center for Faculty Excellence
- Tutoring and Peer Coaching Services
tutoring@ithaca.edu or https://student.ithaca.edu/portal/taes_services

- Peer Tutoring – Learning Coaches offer course- and discipline-specific learning assistance in many standard and high-needs courses.
- Peer Coaching – Peer Success Coaches assist students with adjustment to college life and balancing academics, employment and extracurriculars.
- Academic Success Programming – Academic, study and personal management skills sessions to augment and reinforce students’ learning practices. See website and social media for announcements: #IC.Success on Instagram.

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 will offer in-person and Telehealth/Zoom sessions. Our physical office is on the lower floor of The Hammond Health Building and the phones are staffed between 8:30am and 5pm. Please use the side entrance to the building. We offer counseling, consultation, and/or general orientation to mental health resources for students.
 - A counselor is assigned throughout the day to manage crisis calls/visits from students and families and our after-hours crisis services continue. After 5pm Monday-Friday, and on weekends, 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 here for more information on the Employee Assistance Program.](#)
 - Click here for our web page: <https://www.ithaca.edu/center-counseling-and-psychological-services>

Dining Services

- Senior Director of Dining: Reginald Briggs, rbriggs@ithaca.edu
- Assistant Director Campus Retail: Katie Stone, kstone@ithaca.edu
 - Contact for GrubHub & Bomber Bucks questions.
- Terrace & Towers Executive Chef: Kevin Grant, kgrant7@ithaca.edu

- Contact for food allergies and other special dietary needs
- Campus Center Executive Chef: Jack Applegarth, japplegarth@ithaca.edu
- Campus Center Assistant Director: Brandon Innerst, binnerst@ithaca.edu
- Terrace Dining Assistant Director: Cecil Malone II, cmalone@ithaca.edu
- Towers Social & Eatery Manager: Makaylah Hebbard, mhebbard@ithaca.edu
- Send General Inquiries to dine@ithaca.edu or 607-274-1187
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Visit our website <https://www.ithaca.edu/dining> for detailed dining information & updated hours of operations.

Follow on social media at @icdining

Meal Plans begin on Tuesday 01/16/24
<https://www.ithaca.edu/dining/meal-plans-bomber-bucks>

First-Gen Center

- Point person: Shadayvia Wallace
- Emails can be sent to firstgen@ithaca.edu or smwallace@ithaca.edu
- Phone: 607-274-7756
- Services offered:
 - 1:1 support – contact our Program Director for the First Gen Center, Shadayvia Wallace. Shadayvia is a resource, mentor, and guide for any first-generation college student wishing to make a connection. Shadayvia can offer support with transitioning to college, navigating IC processes, completing your new student checklist, navigating resources, and more. Email swallace@ithaca.edu or firstgen@ithaca.edu for more information.
 - Programming for First Generation students hosted throughout the academic year.
 - FIRST Place – a residential learning community specifically for first-generation college students to live in community together within East Tower.
 - FIRST Look – a pre-semester program in late August for incoming first-year, first-generation college students.
 - IC First-Gen Student Organization – A student organization that is a wonderful place to find community and offers many programs including the April Awards ceremony.
 - Ithaca Firsts mentoring program – any first-gen student can sign up to have a faculty or staff mentor on campus that understands the unique advantages and challenges of being a first-gen student. To access additional information, please visit the [First-Gen Mentor website](#).
 - First Gen Week – During the first week of November
 - MLK Scholars/First Gen Study Lounge: Located in Egbert Hall, 343. Students can utilize microwave oven, mini fridge, adjustable desks, charging stations, and

white board. Students can also stop in the MLK Scholars/First Gen Office for coffee and tea.

Food Pantry

- Point person: Karen Walls, email: kwalls@ithaca.edu
- The Food Pantry is open Tuesdays and Thursdays from 12:15-2:00 and Wednesdays and Fridays from 4:00-6:00. The pantry is closed on Mondays for restocking and thorough cleaning.
- More detailed information and pantry location can be found on the [Working for Food Security](#) webpage.
- If you have a food emergency, please email kwalls@ithaca.edu

Student Health Center

- Jennifer Metzgar, FNP Director of Student Health Services. Email jmetzgar@cayugahealth.org. Phone number 607-274-3177. Emails can also be sent to ICHealth@cayugahealth.org
- The Health Center hours are 8am-7pm Monday through Thursday, 8-5 Friday and 10-2 on Saturday
- Visits are by appointment only. Call the Health Center to schedule an appointment 607-274-3177
- Services available:
 - Students may make appointments for a range of health concerns, including illness, minor injuries, gynecological services, STI testing, uncomplicated mental health evaluation and treatment, and physical exams. We offer standard vaccines (for a fee), and PPDs
 - Allergy injections for students will be available
 - Lab is available
 - Medicar services for transportation to/from medical related appointments. There is no charge for this service
- Prepare for your visit:
 - Bring your Student ID
 - Bring your insurance card

Office of ICare and Student Support (formerly Office of Case Management)

- Point Person: Rebecca Cogan Carroll, Program Director
- The Office of ICare and Student Support (ISS) can be reached at (607)274-7731 or icare@ithaca.edu. ISS staff are available Monday-Friday during business hours (office closes at 4pm on Fridays). We are located at 120-124 Towers Concourse.
- Services available:

- ICare referrals can be submitted at any point if a person is concerned about the mental health/wellness of a student. [Click here to access the ICare referral form](#). The focus of outreach will be on assisting students in connecting to resources available at IC and/or in their current area.
- For additional information, please visit our [website](#).
- Please direct concerns that are primarily academic in nature to the [Academic Concern process](#).

International Programs

- International student advising: Diana Dimitrova, who can be reached by e-mail at ddimitrova@ithaca.edu or by phone at +607-274-1284.
- Study Abroad Advising: Rachel Gould, who can be reached by email at rgould@ithaca.edu or by phone at +607-274-3306.
- For more information, please visit our [website](#).

LGBT Center

- Director can be reached at lgbt@ithaca.edu 607-274-7394
- Website ithaca.edu/lgbt Facebook DM: @ICLGBTCenter Instagram: @ic_lgbt
- Services available:
 - LGBT Center offers direct support to students and provides events that are publicized via IC's main website and social media.
 - In addition to various programs being planned and trainings being conducted, the LGBT Center staff are available to connect by appointment with students in groups or one-on-one, as requested/needed.
 - LGBT Center director is available 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.
 - See Instagram or contact the LGBT Center for information about IC LGBTQ themed student clubs meeting times and locations, including Prism and Spectrum.
 - 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 [online](#). 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.

Office of Residential Life

- Director of Residential Life, [Laura Davis](#), 607-274-3141
- Associate Director of Residential Life, [Beth O’Neill](#) 607-274-3141
- reslife@ithaca.edu for general questions, 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 for Terraces, Towers, Quads, Emerson and Garden Apartments, 607-274-3141. Circle Apartment residents utilize lockout service at the Circles Office in Circles Community Building.
 - 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 RA on duty for your building (posted at each residence hall)
 - [Click here for general information regarding Residential Life](#)
 - Follow us! @icreslife on Instagram

Office of Student Conduct & Community Standards

- Administrative Operations Coordinator, [Colleen Barnes](#)
- Contact Student Conduct at conduct@ithaca.edu or (607) 274-3375 for any student conduct related questions.
- Services:
 - Student Conduct oversees the Student Conduct process, meeting with students for policy violations, and working to maintain safety for the campus community.
 - Student Conduct Office, West Tower lobby, is open Monday to Friday, 8:30AM to 5:00PM.
 - For additional information, please visit our website: [Office of Student Conduct & Community Standards](#)
 - Follow us! @ic_studentconduct on Instagram

Office of Student Engagement

- Point person: Mish Lenhart, Director
- Contact Options: ose@ithaca.edu, 607-279-3222, Instagram: @ose_ic, [Office of Student Engagement website](#)
- Services available:
 - The Office of Student Engagement is open Monday-Friday from 9:00am-5:00pm for drop-in assistance by a [Student Leadership Consultant](#), and students can call

- or stop by to schedule appointments with professional staff members at least one day in advance.
- The [Student Activities Center](#) is open Monday-Thursday from 11:00am-8:00pm and Friday from 11:00am-5:00pm. There are resources available for all students involved in student organizations including supplies, a maker space, meeting spaces, and a Keurig! Please visit the SAC to connect and collaborate with other student leaders, or to participate in any of the fun events held there.
 - Student Leadership Institute workshops and weekend retreats on the following topics: social action leadership skills, translating campus leadership to career development, first-year students as emerging leaders, and women in leadership, will be offered throughout the academic year. These are free and open to all current students. Registration information and a full list of events can be found on [IC Engage](#) and [OSE's leadership development website](#)
 - More than 150 Student Organizations are active and OSE staff can assist them with programming logistics, enhancing organization leadership skills, resource utilization, etc. 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. [Click here for information on clubs and organizations.](#)

Public Safety and Emergency Management

- Executive Director and Chief: Scott N. Garin
- Associate Director and Deputy Chief: Thomas E. Dunn
- Associate Director of EH&S: Mike Stone
- Contact information: **(607) 274-3333** or dial 4-3333 or 911 from any campus landline phone; directly contact OPS by activating any blue light phone, or emergency call box on campus or via the [Rave Guardian App](#)
- Main office is open **24/7/365** and a satellite office is located in the Campus Center and is open M-F 10:00 AM – 2:00 PM while classes are in session
- OPS is comprised of six areas:
 - Patrol & Security, Environmental Health & Safety, Parking Services, Clery Act Compliance & Prevention Education, Emergency Management, and the Student Auxiliary Safety Patrol.
- OPS provides education, outreach, and support services to the IC community including but not limited to crime prevention and educational programs, victim support services, preparation for and response to emergencies, medical and mental health response, welfare checks, fire safety programs, inspection of fire safety systems and sprinklers, a repository for lost and found, vehicle/bicycle registrations, provide safety escorts, and assist with special events.
- For more information about community engagement, crime prevention, and trainings offered by Public Safety, please contact Elyse A. Nepa at enepa@ithaca.edu

Student Accessibility Services (SAS)

- Services available:
 - Through the interactive process, SAS works with students with disabilities to develop accommodation plans. This includes academic, testing, housing, and dietary needs.
 - Information related to a disabling condition is kept private, only accommodation information is shared.
 - Students can request remote preference or in-person preference appointments
 - Students are encouraged to discuss barriers and issues related to accessibility at their earliest convenience as some accommodation may take time to put in place.
- New to SAS? Complete our online [Disability Identification Form](#)
- Existing SAS students can use the [Online Student Accommodation System](#) to:
 - Request's plan be sent to faculty
 - Request an appointment with an SAS specialist
 - Request new accommodations
 - Submit Documentation
 - Sign Release Form
 - Request specific accommodations like testing times.
- Contact Options:
 - sas@ithaca.edu for general and technology questions
 - tests@ithaca.edu for test related questions
 - 607-274-1005 during office hours

Student Emergency Relief Fund (SERF)

- The Emergency Relief Fund was established to provide financial assistance to students who have emergency financial needs. Please keep in mind that this fund is specifically focused on assisting students facing unanticipated and unforeseen expenses that the applicant could not have planned for previously.
- Students with financial needs can apply for Akademos vouchers, when available, 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.
- Please visit [IC's Supporting Financial Security website](#) for most up to date information about what resources are currently available.

Title IX

- Point person: Linda Koenig, lkoenig@ithaca.edu, Director for Title IX Compliance & Title IX Coordinator
- Leonardo Wise, Title IX Investigator, can be reached at lwise@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 or designee