

Student Affairs & Campus Life Resource Guide

Fall 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 begin the process with the Center for Student Success by submitting a request at <https://student.ithaca.edu/register/loaw-student-init> (also located in IC Workflow). Send questions to success@ithaca.edu or ghernandez@ithaca.edu for more information.
 - Medical Leave: Students wishing to discuss a medical Leave of Absence should contact Brandi Riker in the Hammond Health Center. Email: briker@ithaca.edu or call (607) 274-5763. Students can also request a Medical Leave of Absence through the IC Workflow form.
- For more information visit the [LOA/WD website](#).

BIPOC Unity Center

- Point person: Shadayvia Wallace & Cliff-Simon
- 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, and laptop loaner kiosk are available for student use.
- Rec Center hours for the fall 2024 semester are 12pm-10:30pm Mondays through Thursdays, 12pm-midnight Fridays, and 5pm-midnight Saturdays.

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.
- Kayla Katsman, Health Promotion Specialist, can be reached at kkatsman@ithaca.edu
- Yen Wu, Graduate MSW Intern 24-25 AY
- 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)
 - Wysa: IC students, employees and dependents have free premium access to Wysa phone application that uses CBT, DBT and best practice strategies to help individuals manage anxiety, depression, sleep routines, stress management, resiliency building or practice mindfulness. Wysa also uses a closed system AI chatbot feature to help connect individuals to tools.
 - 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.
- Student Learning Opportunities: CHP hosts at least one wellness workshop a week during the academic semester, these are listed and available on the [CHP Engage webpage](#). We host presentations on topics including: alcohol, cannabis and other substance safety; stress management; sleep hygiene; self-care; consent and sexual health and more.
 - Wellness presentations and workshops available in-person or via Zoom, [upon request](#).
 - [Walter's Whaleness Express wellness supply order form](#): Free wellness supplies that can be delivered to student's campus mail locker receptacles or picked up. 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)
 - Wellness Information: Wellness-related links, [campus data](#), tools, and resources are available on the [Center for Health Promotion website](#). Wellness information for students and employees is also available on the [Wellness at IC resource page](#).
 - Get Involved: Students and employees looking for leadership opportunities to be involved with different health and wellness committees (including the [Alcohol and Other Substances Team](#) and the [Mental Health Flock \(Previously JED\)](#)).

Center for Student Success (CSS)

- 106 Muller Faculty Center (in tunnel by Career Exploration and Development)
- CSS contact success@ithaca.edu, (x3381)
- Staff:
 - <https://www.ithaca.edu/center-student-success/meet-team>
 - Elizabeth Bleicher, Ph.D., Dean of Student Success (x1531)
 - Allison Davis, Associate Director (Tutoring and Peer Coaching) (x5816)
 - Alison Copenhaver, 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)
 - Jessica Santiago, Student Success Coach (x3923)
 - Jacqueline Winslow, Ed.D., Executive Director of Student Success (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://student.ithaca.edu/portal/css-consultation> or x3381
- Tutoring and Peer Coaching Services
 - tutoring@ithaca.edu or https://student.ithaca.edu/portal/taes_services
 - Peer Tutoring – Peer Tutors 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 including weekly Success Study Sessions and Peer Learning Groups (PLuGs). 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)274-3631.
- 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 Center 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.
 - Counselors are assigned daily 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>
 - **There is no fee for our services and we do not bill students or insurance.**

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

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 Monday 08/19/24

<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

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. You can make an appointment to meet with Diana at <https://calendly.com/ddimitrova>.
- Study Abroad Advising: Rachel Gould, who can be reached by email at rgould@ithaca.edu or by phone at +607-274-3306. You can make an appointment to meet (in person or online) with a study abroad adviser [here](#).
- For more information, please visit our [website](#).

LGBTQ Center

- Center staff can be reached at: lgbt@ithaca.edu
- Director: Crissi Dalfonzo cdalfonzo@ithaca.edu 607-274-7394
- Pride Fellow: Lee Tyson ltyson@ithaca.edu 607-274-7050
- Location: Towers Concourse
- Hours: 9 am- 5 pm, Monday-Friday
- Website ithaca.edu/lgbt Instagram: @ic_lgbtq
- Services available:
 - LGBTQ Center offers direct support to students and hosts educational and social events designed to create opportunities for connection, community, and learning.

- In addition to various programs being planned and trainings being conducted, the LGBTQ Center staff are available to connect by appointment with students in groups or one-on-one, as requested.
- The LGBTQ Center has a lounge, kitchenette that is stocked with snacks and coffee, a lending library stocked with queer texts, and a cozy rest and relaxation room where you can escape the noise, make a zoom call, or take a nap.
- The Center also manages the Gender Affirming Closet, a donation-based resource that is available to students completely free of charge. A great way to try new gender expressive clothes in a safe and affirming environment, the Closet is open whenever the Center is.
 - PILOT FALL 2024- Gender Affirming Undergarment Program. The Closet now has a stock of binder tops and tucking underwear for students to try on. Students can order one item of their choice free of charge!
- There are also several student groups- check Instagram or contact the LGBTQ Center for information about 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 ICare and Student Support (formerly the 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.
- 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](#).

Office of Public Safety and Emergency Management

- Executive Director and Chief: Scott N. Garin sgarin@ithaca.edu
- Director and Deputy Chief: Thomas E. Dunn tdunn@ithaca.edu
- Associate Director of Environmental Health and Safety (EH&S): Mike Stone mstone1@ithaca.edu
- For specific information please contact the following person
 - Assistant Director, Elyse Nepa enepa@ithaca.edu for more information about community engagement, crime prevention, and training
 - Assistant Director, Samm Swarts sswarts@ithaca.edu for information about emergency preparedness and response
 - Administrative Operations Coordinator, Crystal Young cyoung@ithaca.edu for information about student employment opportunities
 - General inquires Publicsafety@ithaca.edu
- Call **(607) 274-3333** or dial 4-3333 or 911 from a campus landline phone; activating any blue light phone, or emergency call box on campus or using the [Rave Guardian App](#)
- Call **(607)274-1060** to provide an anonymous tip
- Public Safety is here for you **24/7/365** and we are at our satellite office located on the 2nd floor of the Campus Center Monday through Friday from 10:00 am to 2:00 pm when classes are in session
- Public Safety and Emergency Management is comprised of the following areas:
 1. Patrol & Security Services
 2. Environmental Health and Safety
 3. Parking Services
 4. Clery Act Compliance and Prevention Education
 5. Emergency Preparedness and Response
 6. Student Auxiliary Safety Patrol

Our goals are to...

- Provide a safe and secure living, learning, and working environment
- Provide educational outreach to our community
- protect the health, safety, and well-being of our campus community and visitors
- ensure compliance with Federal, State, and Local Laws and College Policy
- educate our community to be prepared for emergencies
- provide parking permits and enforce parking rules and relocations
- provide student employment opportunities
- Return lost and found property
- provide safety escorts

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

- Associate Director, Student Conduct and Community Standards, Samantha Shaffer
- 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.](#)

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 also apply for course material 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.

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

Title IX

- Point person: Linda Koenig, lkoenig@ithaca.edu, Director for Title IX Compliance & Title IX Coordinator
- Kelly McCloe, Title IX Investigator, can be reached at kmccloe@ithaca.edu
- Services available:
 - Title IX reports can be made by emailing lkoenig@ithaca.edu, filling out the online [report form](#), 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