

Commuter Student Resources Guide



Juilliard is here to provide you with resources to ease your transition to living off-campus.

Juilliard

Table of Contents

CONTENTS	PAGE
Finding Housing	3
Roommate Mediation Services	4
Roommate Agreements	5
Smoke and Carbon Monoxide Detector	6
Commuter of the Month Metrocard	7
Monthly Breakfast	8
Taking Care of Yourself	9

FINDING HOUSING

JUILLIARD PROVIDES THESE RESOURCES TO ASSIST STUDENTS IN SECURING OFF-CAMPUS HOUSING

Juilliard Off-Campus Housing Forum on Facebook

This Facebook page is a resource for students to view housing listings from the Juilliard community and can aid in finding roommates as well.

Off-Campus Resources on Juilliard's website

This page lists multiple search engines and informational websites to help you find housing off-campus.

How to Rent in NYC

Juilliard works with a local reality company to host webinar's called "How to rent in NYC". Email OSA for a copy of the most recent webinar.



ROOMMATE MEDIATION SERVICES

**DESIGNED TO HELP OFF-CAMPUS STUDENTS THRIVE IN
THEIR NEW LIVING ENVIRONMENT**

Juilliard now offers roommate mediation services for our off-campus students. Please see the eligibility requirements. These mediation services are designed to help roommates navigate daily life in a new living environment. Mediation services help roommates discuss issues such as cleaning, cooking, noise, splitting rent & bills, et cetera. are typically helpful in situations where students need help discussing things like splitting bills, cleaning, cooking, noise, etc. Please note: Mediation services are not confidential, therefore they are not designed for students to disclose violations of the Juilliard Code of Conduct.

Eligibility:

- All roommates must be Full Time Juilliard Students
- Mediations must take place at The Juilliard School between 9AM - 5PM
- All Parties involved must sign a release form



ROOMMATE AGREEMENT FORMS

The Office of Student Affairs can provide a roommate agreement form to help students negotiate apartment rules and guidelines and minimize conflicts and arguments. A hard copy is available at the Office of Student Affairs or pdf format.



SMOKE AND CARBON MONOXIDE DETECTOR

SAFETY FIRST!

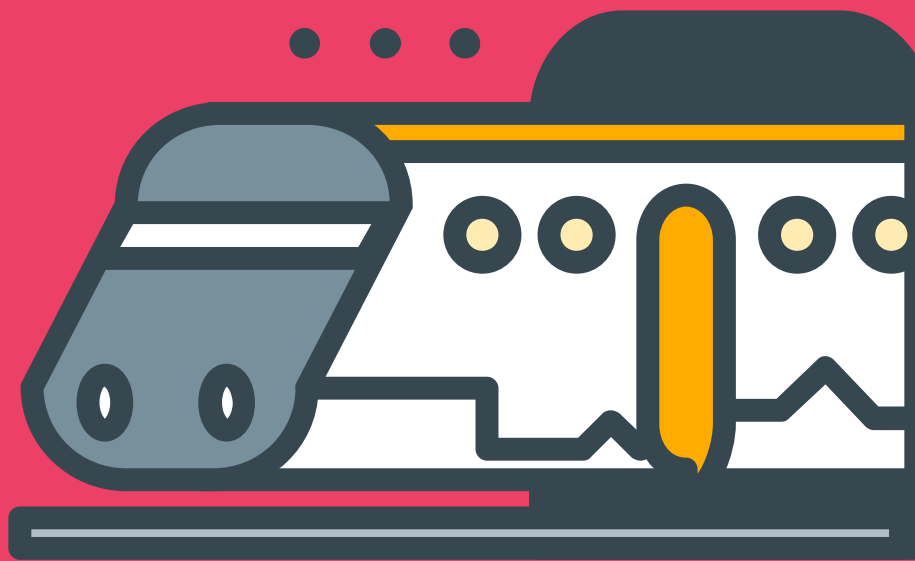
All commuter students are eligible for one free Smoke and Carbon Monoxide Detector. The National Fire Protection Association recommends that there be one in every room including bedrooms. Visit the Office of Student Affairs to receive your free smoke detector. (While supplies last).



COMMUTER OF THE MONTH METROCARD

NOMINATE YOURSELF OR OTHERS

Each month the Office of Student Affairs will purchase a monthly MetroCard for the Commuter of the Month. Nominations can be submitted via a google form which will be sent to commuter students each month. They can be for oneself or others, and all students living off-campus are eligible. Nominations will not carry over month to month, so they must be resubmitted after a winner is selected.



MONTHLY BREAKFAST

FREE FOOD!

Student Affairs will host a breakfast once a month for commuter students to communicate, collaborate, and learn together. At each event, there will be a guest representing an on-campus partner or local organization to share helpful tips on commuting, and free or low cost services available to NYC residents. Student Affairs welcomes your suggestions and ideas for topics and special guests. We also appreciate your input on how we can support commuter students.



TAKE CARE OF YOURSELF

QUICK TIPS

Living off campus, especially for the first time in New York City, can be a big transition for some students. With this in mind, doing your best to take care of your mental and physical health is important and will benefit you inside and outside the classroom! Here are a few tips below:

Create a routine

Write down your classes, meal times, and leisure time to help stay balanced

Make time to exercise

Take a walk, go to the gym or whichever form of exercise feels best for you!

Nourish your body

Fuel your body with food that will sustain you during the day.

If you need assistance, schedule a nutrition appointment via Health Services by calling 212-799-5000 ext. 282 or emailing healthservices@juilliard.edu.

Support your emotional and mental health

Talk to a friend, journal, meditate, or anything else that is helpful to you!

If you need additional help or tools, schedule a counseling appointment by calling Counseling Services at (212) 769-3918.

Be patient with yourself

This may be a new experience for you so this adjustment may take time!

