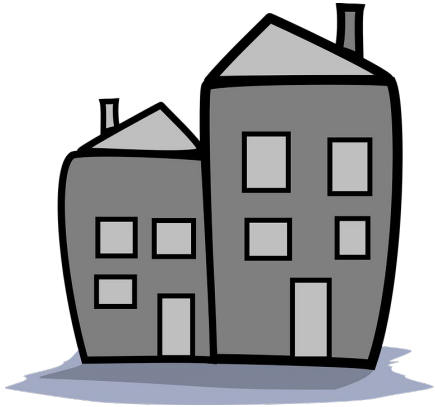

Living Away From Home

SF: Rose DeMuro

Section: 063

Instructor: Cheryl Smith

Topic: Living with Roommates/ Away from Home



In my lesson, I covered multiple issues first year students have living away from home and with others, and how to resolve these issues as a student at SUNY Cortland. I also discussed different resources on campus that may be useful as a first-year student and beyond.

Why did I choose to talk about this lesson?



When preparing for the semester, my instructor gave me the freedom to choose what topic I wanted to teach. I provided her a list of 5 topics and she chose the two which she thought would be most beneficial to students. When creating this lesson, I was approaching it with a goal of creating a space where students could speak freely about the new life they had acquired through moving on campus.

Knowing the amount of stress I encountered living away from home my first year, I wanted this class to be an opportunity for students to speak about their own stress and questions, in an environment away from their roommates. This was also a space where I shared resources which students could use on campus, which I had learned through my four years at Cortland. I also encouraged students to share anything they might have learned already.

Lesson Preparation

How did I prepare for this lesson?

To prepare for this lesson, I wrote an outline of a lesson plan to follow throughout my presentation. This outline assisted me in maintaining a good time schedule and discussing salient points that I wanted to make.

While finding information for my presentation, I heavily utilized the college website. I provided students with information on certain important resources are available to them on campus. These sources are cited under my “References”.

References

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Why was this lesson important for these first year students?

This lesson is very important for all incoming freshmen to be educated on. Many students come from environments in which they have never had a roommate before, never had to take care of their own wellness, and never have been so independent. Especially after emerging from the pandemic, a lot of these students have been isolated from their peers and are readjusting to normal life in a new environment.



Being a student comes with many challenges, but navigating building a new life away from home and building a new support group for yourself is an added stress. Creating a space in which my students could learn from me, the instructor, and their peers created a welcoming and supportive environment in the classroom.

College Life: Living with Roommates / Living Away from Home

Campus Resources

[Residence Life and Housing](#)

[Health and Wellness](#)

[Counseling Center](#)

[Campus Police](#)

[The Learning Center](#)

[Student Health Services](#)

Questions

How are things going in your residence hall?

Did you have the monthly meeting with your RA?

Did you complete the roommate sheet? Room Condition Report? Has it been helpful?

How's the laundry room?

How are things going with your roommate?

What are some issues you're encountering living away from home?

Common Issues Freshmen Encounter

- Roommates!
 - Resolve conflicts
 - Messy spaces
 - "Quiet Hours"
 - Maintaining privacy / Security
- Laundry Room
- Bus Schedule (*DoubleMap GPS*)
- [Dining Halls](#)

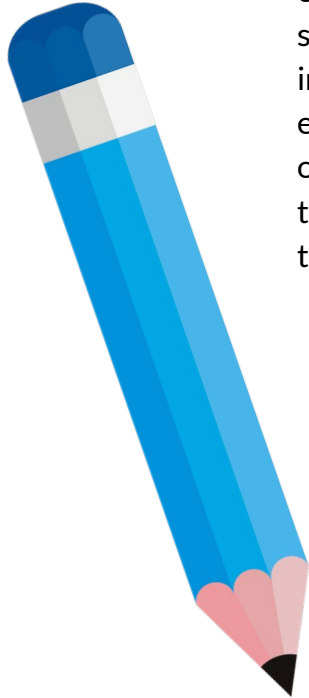
Presentation Materials - Above are some of the slides I used in my lesson. I had a total of 8 slides.

Methods

For the first activity of my lesson, I began with an ice-breaker. I did this to get discussion flowing and hear every voice in the class. When I moved to the second part of my lesson, I divided students into small groups by their residence halls and campus location and asked them to discuss the questions I provided. I did this so students could become acquainted with others who may be in their hall or live near their hall. Following small group discussion, I asked students to share what they had discussed and were willing to share.

After large class discussion and sharing, I moved to the informational section of my lesson. In this part, I had prepared a slide which displayed different issues many first year students encounter and asked students if they had already encountered these issues - many had. I then proceeded to share what I thought were good solutions to these issues and some students shared what they thought would be good resolutions too. I shared apps that were useful to me as an on-campus student and encouraged students to download them as well.

Diving into more information, I showed students select campus resources and explained how each one would be useful to them. For example, I explained to students that the Residence Life and Housing Office will be a great website to refer to when looking for housing for their next year on campus. I also explained, if they are ultimately unhappy or feel unsafe in their living environment, Residence Life and Housing will work with them to find the best solution.



Learning Objectives

Approaching this lesson, I had two objectives for my class. The first was that students will be able to apply the information I provided them to their everyday life at SUNY Cortland. The second one was, students will be able to strengthen their connection with their classmates through class discussion.

Learning Outcomes

As the instructor for the day, I provided students with vital information and tips for living with roommates and away from home. I was able to facilitate an open discussion and provide helpful answers for any questions that students had.

How is living on-campus going? Do you like it? Is it a tough adjustment?

13 responses

It has been tough me and my roommates have been struggling to get along.

I do like living on campus, yet I still feel like I am struggling to adjust completely so I hope that it will get easier with time. I really enjoy spending time alone, so living this close with someone is a little challenging for me.

It is completely fine for me. It's not too hard of an adjustment but it is weird not having a roommate like everybody else.

It is going well. I like it. It was tough at first but now im used to it.

It is going well, doing laundry and keeping my space clean is not as big an issue as everyone have said. I kinda like it? I hat ebeing away from my mom honestly, and my chickens. Its really hard, but being close to home is helping me get through the week. It is tough because I am used to being surrounding by familiar faces but everything is so new here, but as the days go on it gets easier.

It's going well. I enjoy it a lot

What is something new you learned through our discussion?

11 responses

Absent

Not necessarily something new I learned but I liked getting in the small group with people from my hall because we were able to have a nice discussion on how we were feeling about college

That being away from home will get easier overtime.

There's an app for the laundry machines.

idk

I learned about all of the services that the school offers

I was in isolation at the time of the discussion.

I learned about the Learning Center, which is something I will use in the future.

I learned about all the different services the campus offers

Assessment / Feedback

Following my presentation, I asked students to complete a google form anonymously so I could receive feedback on my lesson. I asked the questions pertaining to specifics of my lessons but also, what else would they like to learn in this course? Attached are some screenshots of the google form.

If yes, what part of my presentation did you find most useful?

13 responses

I liked that you went through a lot of the individual services and described what they were rather than brisiking over them

When you talked about the different resources the campus offered.

The app for the bus, laundry machine, and honestly it being you as our ta. I appreciate all you are doing for us to help us become adjusted. I feel welcomed in the classroom and dont feel so anxious before class, but I do feel so comfortable talking to you and Cheryl. I was really sad when I realized that COR is only a first semester course :(

the group discussions, helped me warm up to me classmates a little more

Seeing all of the resources available on campus.

All of the services you introduced along with the solutions to dorm problems

hearing about the bus schedule app

Reflection

Through teaching this lesson, I learned things about myself as a teacher, and new things about my students. As a teacher, I realized I value student opinions highly and prefer classes to be student led rather than lecture style. I was able to create deeper connections with students through visiting each group during small group discussion and had a chance to speak briefly to each student one-on-one. Immediately following the lesson, my instructor told me she felt it went very well! I feel that doing this lesson early on in the semester while I still did not know the students very well, forced me to open up and be a confident leader for class which was overall beneficial for the classroom dynamic. I've been so grateful for this opportunity as a Student Facilitator to not only create more connections and meaningful opportunities in the SUNY Cortland community, but also to prepare for my future as an educator.

