Making your way to the Landmark College Summer High School Program at Southern Oregon University

Southern Oregon University

A guide for high school program students
Table of Contents

New Student Registration and Orientation ........................................... Page 1
The Academic Program ................................................................. Page 1
  High School Program Overview .................................................. Page 1
  Disability Resources ................................................................. Page 2
Living on Campus ....................................................................... Page 2
  Residence Hall Staff ................................................................. Page 2
  The Residence Halls ................................................................. Page 2
  Tobacco Policy .......................................................................... Page 3
  Roommate Assignments ............................................................. Page 3
  Laundry and Laundry Facilities ................................................... Page 3
  Call Phones .............................................................................. Page 3
  Visitors .................................................................................... Page 3
  Leaving Campus ....................................................................... Page 3
  Program End ............................................................................ Page 3
  Dining Facilities ...................................................................... Page 3
  Your Room & What You Should Bring ....................................... Page 4
  Health Services ....................................................................... Page 5
  Recreational & Cultural Activities ............................................. Page 6
  July 4th Weekend ..................................................................... Page 6
  Cars on Campus ....................................................................... Page 6
  Postal Services ........................................................................ Page 7
  University Bookstore ............................................................... Page 7
  Banking & Money ..................................................................... Page 7
Travel & Accommodations ............................................................... Page 8
  Directions to SOU ..................................................................... Page 8
  Transportation and Travel ........................................................ Page 8
  Listing of Hotels and Shuttles .................................................... Page 8
  Listing of Public Transportation and Rental Car Agencies. ............ Page 9
SOU Campus Map ....................................................................... Page 10
New Student Orientation

Introduction
New Student Orientation is your introduction to becoming a student and community member at the Landmark College Summer Program at Southern Oregon University. We have planned a program that will do three things:

- Give you a chance to meet and make connections with your fellow classmates.
- Help you acclimate to your new living & learning environment by giving you time to settle into your residence hall and get to know your way around campus.
- Help you prepare for the first week of your academic program by introducing you to the program and some of the services available to you as a student.

High School Program New Student Orientation Schedule
The program begins on Sunday June 27, 2010 starting with Registration which is held from 9 am-12 pm. The remainder of the day will be spent in orientation sessions. In the afternoon, families and students will go their separate ways.

A more detailed registration and orientation schedule will be sent to families and students before the beginning of the program.

The Academic Program

High School Program Summer Session Overview
The Landmark College Summer High School Program at Southern Oregon University is designed to teach new skills and strategies to students with learning differences and/or AD/HD. Students are typically those entering their junior or senior year of high school.

Landmark College and Southern Oregon University instructors employ teaching methodologies that combine student-centered approaches with innovative and experiential curricula. Special emphasis is placed on developing a writing process, discovering academic strengths and personal learning style, and the integration of strategies and practice into engaging activities.

With class sizes ranging from 8 to 14 students per class, teaching instructors are available to support students in the classroom. Additional support is also available during the academic preparatory time period in the evenings.

In the High School Program each student will enroll in a total of three classes. Classes meet Monday through Friday; the first class begins at 9 am and the last class ends at 2:45 pm. Each class meets for one hour and fifteen minutes.
Disability Resources-Landmark at Southern Oregon University

In 2009, Landmark College and SOU entered into a formal understanding to work closely and to create opportunities for professional development and to provide educational programs for students. From that an agreement came the Landmark College High School Summer Program at SOU.

The 2010 program in Ashland will be directed by long-time LMC faculty member John Kipp, a member of the English department and former Academic Dean in Putney. His assistant will be Matthew Colpitts, a graduate of Clark University, former head resident and program assistant in Landmark’s Summer Program in Putney.

Theresa Lowry, Director of SOU’s Learning Disabilities Office is the SOU coordinator for the joint effort.

Living on Campus

The residence halls at Southern Oregon University are more than just a place for you to sleep. The Residential program, along with all of the other Student Life programs at the University, partners with other departments in order to provide an outstanding residential living and learning experience.

For many students, moving to the residence halls will be their first experience living away from home. As members of the Landmark College and Southern Oregon University community, students have the unique opportunity to contribute to an open and intellectual dialogue about all matters of life. We encourage students to share their ideas and viewpoints, so long as they’re presented in a considerate and respectful manner that is consistent with the standards we’ve established as a community. In doing so, students will be contributing to the diversity of the campus.

Before the program begins, students will receive a copy of the Student Handbook for the High School Program. It is expected that all students and their parents will read this handbook, as these rules apply to every student attending the program.

Residence Hall Staff

Residence halls are staffed with Resident Assistants (RAs) as well as a number of professional staff. The residence hall staff is responsible for maintaining a safe and secure living environment for students living on campus. RAs and the other residential staff are part of the daily support and supervision, and are an excellent resource for students who have questions or need advice.

Resident Assistants (RAs) are para-professionals who live on campus and work in the halls. They will provide direct support and supervision to program participants outside of the classroom. They are great resources for questions about life on campus, as well as about important policies and procedures.

The professionals who work with the residence halls and students include Landmark College’s Assistant Director for the High School Program in Oregon, Southern Oregon University’s Director and Associate Director of Housing and Residential Life, as well as other faculty and staff.

The Residence Halls

All students in the High School Program Summer Session at Southern Oregon University will be housed in double-occupancy rooms. The residence halls are single sex by floor, with separate
community restrooms and showers for men and women. The residence hall has its own social lounge and residential staff office where the residential staff performs duty coverage each night.

The residence halls at Southern Oregon University are smoke and incense free and designed to be comfortable and friendly. There are four residence hall complexes on campus; Greensprings, Cascade, Susanne Homes, and the Madrone Apartments. You will be living in the Cascade complex. Each complex contains recreation areas, vending machines and a computer lab which can only be accessed by residence hall students. Each building has a main lounge with a big screen television, study areas, and at least one kitchen with a microwave oven. Double rooms are equipped with two wooden bunkable beds, two dressers, and two closets. In addition, every room has local phone service provided (you need to provide your own phone), Ethernet Access, and expanded cable TV service (you need to provide your own TV!).

**Tobacco Policy**

It is illegal in the State of Oregon for persons under the age of 18 to possess any tobacco product. Southern Oregon University High School Program students, regardless of age, will not be permitted to use tobacco products for the duration of the program.

**Roommate Assignments**

In this package, you will find a Housing Preference Form. The information you provide on this form will help us identify a roommate that most closely matches your lifestyle and living habits. Please be as specific as possible when filling out this form, as it will improve the likelihood of finding a compatible roommate.

**Laundry & Laundry Facilities**

Students will need to do laundry during the program. Laundry machines will be available for student use.

**Cell Phones**

Cell phones must be turned off during all classes and activities. Please keep in mind that not all cell phones work on campus.

**Visitors**

All visitors must check in the program and residential staff before meeting the student. Visitors are not permitted in the residence halls unless they are under the direct supervision of residential staff.

**Leaving Campus**

Students are not permitted to leave the Southern Oregon University campus unless they have a signed authorization letter, or a signed release form (enclosed in the orientation packet) stating the date(s) and time(s) they will be off campus. These forms require the signature of the student’s parent or guardian. Students leaving campus must also check-out with the residential staff.

**Program End**

Classes are held through Friday, July 16. The 2010 High School Program ends on Saturday, July 17, 2010, and all students are expected to check out of the residence halls and depart campus on Saturday by 5:00 pm at the latest.
Dining Facilities

There are dining facilities located in the residence hall as well as in the Stevenson Union.

Your Room & What You Should Bring

Each student is provided with these basics:

Double rooms are equipped with two wooden bunkable beds, two dressers, and two closets. In addition, every room has local phone service provided (you need to provide your own phone), Ethernet Access, and expanded cable TV service (you need to provide your own TV!).

- a bunkable bed & mattress (a single bed that can be used as a bunk bed)
- dresser
- wardrobe or closet
- desk and desk chair
- one overhead light
- each room has one window with blinds

You will need to provide your own:

- Enough clothes to last two weeks
- Alarm clock (pick a good one!)
- Pillows, sheets, blanket and/or comforter
- Towels & toiletries (shampoo, soap, razors, deodorant, etc.)
- Fan
- Telephone (these can be purchased at the Bookstore on campus)
- Book bag or backpack
- Water bottle
- Long distance calling card
- Spending money (ATM available on campus)
- Non-halogen reading light

You may wish to bring:

- Portable stereo or radio with headset
- Study lamp
- Extension cords (but only with a built-in surge-protector)
- Laptop computer (preferably with an Ethernet connection and cable for Internet access). The program and University is not able to provide technical support on personally-owned computers.

The program strongly encourages you to bring a computer with you, or at least a word-processing machine. Having a personal computer enhances successful work in a College environment, and will be most beneficial during the academic prep periods. While the program will provide access to computer labs for homework, the availability of public-access computers is limited. Laptops are preferred but desktops will be beneficial as well.

- A USB flash drive (this will aid in the use of public computers and printing)
• Shower shoes – ‘flip-flops’
• Shower tote
• Small refrigerator

Things you can’t have in the residence halls:
• No open flames or heating coils. This includes matches, candles, incense, toaster ovens, lanterns and space heaters.
• No alcohol, alcohol containers, illicit or non-prescribed drugs, or drug-use paraphernalia
• No explosives, firearms, knives, firecrackers, or weapons.
• No decorations that hang from the ceiling of your residence hall room.
• No pets
• No wooden constructions (lofts) or over-stuffed furniture
• No cigarettes or tobacco products. Oregon state law prohibits the use of tobacco products by minors.
• Skateboards or scooters.
• Halogen lamps (these are a fire hazard).

The program and University reserves the right to have a student remove an item not on the list that is deemed a fire or safety concern. If you are unsure about an item, do not bring it.

Finally, when you are packing, remember you will be residing at Southern Oregon University for less than a month so pack wisely. All of your belongings must be able to fit on your side of the room. Also, the program, College, or University cannot be held liable for any lost or stolen items, so use your discretion when you decide what to bring. If you are bringing valuables on campus, make sure they are covered under your parents’ homeowner’s policy, or you may want to purchase renter’s insurance.

Health Services
A dedicated on-call nurse is available for students in the High School Program. The nurse will offer routine medical care and manages medication. There is also an on campus clinic that is available during the day. For emergent issues, there is a local hospital close to the campus.

Notice for all students and parents:
Please complete the enclosed Health History form and return it to Landmark College with a copy of your health insurance card by the designated date.

Over-the-counter medications may only be dispensed to those who have returned the Over-The-Counter Medication form with the signature of a parent/guardian.

Notice for students taking prescribed medication:
1. Bring the exact amount of medication for the three week program. Count pills and label outside of bottle with the number of pills enclosed.
2. Keep medications in their original packaging/bottle that identifies prescribing physician, name of medication, dosage and frequency of administration. (If a dosage has been changed and is not reflected on the label, have pharmacy print an updated label)
3. When you arrive on Sunday, keep your medications for that entire day as you will be responsible for taking your medications on your own for that day.
4. Starting Monday morning all medications will be dispensed by the nurses. The schedule for dispensing medications daily will be roughly 8 am, 12 noon, 5:30 pm and 11 pm Monday through Sunday.

5. Parents must notify the program in writing if you do not take your medication on weekends or if you take them on an “as needed” basis.

In the event that more extensive medical care is needed, a physician and/or hospital will be selected by the program and parents will be notified immediately.

Recreational & Cultural Activities

When you are finished with afternoon classes there will be a variety of activities in which you may participate. When you arrive on campus, you will be asked to choose from a range of available activities. Look for a letter later this semester with more information about this summer’s program of activities.

These activities happen Monday- Friday, from roughly 3:30-5:30 pm and are guaranteed to be fun! During the evening, activities will take place in the residential halls and in other areas on campus.

Every weekend you will have an opportunity to go on a field trip. Past weekend field trips include excursions to the Redwoods, the Oregon coast, whitewater rafting and much more!

Other week-end activities include BBQ’s, movies, games, as well as a number of informal events hosted by the program staff. All of our activities are supervised and staffed. Additional supervision of our activities is provided by our RAs who are great resources for good conversation and helping you stay within the guidelines of our community.

Many of the activities will occur outdoors, regardless of weather. Please be sure to include synthetic fabric clothing for activities such as whitewater rafting and camping. All students must also bring a sleeping bag for the camping trip.

Special Note for the Fourth of July Weekend

The Landmark College High School at Southern Oregon University has been designed to provide both a solid academic program and an engaging out-of-classroom experience. We find that over the course of the first week and weekend, many of the connections and experiences that make the program valuable for students happen.

Given the fact that the July 4th weekend occurs during the program, we understand that some may have traditions or other plans for this weekend. However, we wanted to take an extra effort to say that we strongly encourage all students to stay on campus and experience all of what the program has to offer. On the July 4th holiday, all students and residential staff will be going on a whitewater rafting trip and enjoying the holiday in the Ashland area.

Cars on Campus

Automobiles and their use are not allowed on campus by participants of the High School Program. Students with parental permission to arrive on campus using personal transportation will be asked to surrender all keys to the residential staff upon arrival, and park their automobile in a designated area for the duration of the program. Student may also have to pay for a summer parking pass. Students may not return to their automobiles without the permission of the residential staff until the end of the program.
Postal Services

Letters and packages will be distributed during the weekdays.

It is strongly discouraged to send cash in the mail

Your official address format for all mail is:

Your Name  
Southern Oregon University  
Landmark College High School Program Student  
1401 Oregon Street  
Ashland, OR 97520-5020

University Bookstore

The Southern Oregon University Bookstore carries a variety of items, ranging from shampoo and soap to pens and three-ring binders. It also carries a variety of Southern Oregon University warm-ups, caps, and T-shirts.

Banking & Money

There is an ATM machine on the first floor of the Stevenson Union and in the lobby of the dining hall. These machines accept most available ATM cards, allowing you to access an account from your hometown. There is a fee for using the machines.

Travel & Accommodations

Directions to SOU

- By Air: Rogue Valley International Airport in Medford (MFR), 17 miles from Southern Oregon University. Rental cars, taxi and shuttle services provide transportation to the University. SOU has had good luck in working with the Cascade Shuttle. A reliable and fairly prices service (541)488.1988
- By car: Southern Oregon University in Ashland is 14 miles north of the California/Oregon border on Interstate 5. Ashland is a five-hour drive from Portland and approximately six hours from San Francisco.

There are two primary Ashland exits from I-5, exits 14 and 19. The campus is closest to exit 14, the southern Ashland exit. Both exits, however lead to Siskiyou Boulevard. The University is located at 1250 Siskiyou Boulevard, approximately one mile southeast of Ashland's downtown Plaza.

Transportation and Travel

- Traveling in and out of Rogue Valley International Airport in Medford is easy, including transportation from the airport to the SOU campus.
- Transportation to Ashland is also available by train (Amtrak) to Klamath Falls, Oregon and then by shuttle bus to Ashland.
- Public Bus Transportation is available through the Rogue Valley Transportation
Hotels, Transportation - Shuttle Service, Rental Cars, etc.

To assist you in your lodging and transportation needs, please contact one of the following:

### HOTELS

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Candlewood Inn</td>
<td>(541)772-2800</td>
</tr>
<tr>
<td>Comfort Inn North</td>
<td>(541)772-9500</td>
</tr>
<tr>
<td>Comfort Inn South</td>
<td>(541)772-8000</td>
</tr>
<tr>
<td>Courtyard Marriott</td>
<td>(541)772-5656</td>
</tr>
<tr>
<td>Fairfield Inn</td>
<td>(541)665-4141</td>
</tr>
<tr>
<td>Hampton Inn</td>
<td>(541)779-0660</td>
</tr>
<tr>
<td>Holiday Inn Express MFR/CP</td>
<td>(541)423-1010</td>
</tr>
<tr>
<td>Holiday Inn Express</td>
<td>(541)732-1400</td>
</tr>
<tr>
<td>Homewood Suites</td>
<td>(541)779-9800</td>
</tr>
<tr>
<td>Quality Inn</td>
<td>(541)779-0050</td>
</tr>
<tr>
<td>Red Lion</td>
<td>(541)779-5811</td>
</tr>
<tr>
<td>Rogue Regency</td>
<td>(541)770-1234</td>
</tr>
<tr>
<td>Springhill Suites</td>
<td>(541)842-8080</td>
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### TAXI'S AND SHUTTLES

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<th>Company Name</th>
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<tbody>
<tr>
<td>A Taste of Honey Limousine</td>
<td>(541)779-5123</td>
</tr>
<tr>
<td>ABC Taxi</td>
<td>(541)621-8724</td>
</tr>
<tr>
<td>Affordable Taxi</td>
<td>(541)499-6000</td>
</tr>
<tr>
<td>American West Coach</td>
<td>(541)858-9414</td>
</tr>
<tr>
<td>Ashland/Cascade Shuttle</td>
<td>(541)488-1998</td>
</tr>
<tr>
<td>Cloud 9 Shuttle</td>
<td>(541)890-8630</td>
</tr>
<tr>
<td>Bob’s Taxi</td>
<td>(541)261-3516</td>
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<tr>
<td>Crazy Cab</td>
<td>(541)951-3753</td>
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<tr>
<td>Double D Shuttle</td>
<td>(541)476-773</td>
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<tr>
<td>G2G Taxi</td>
<td>(541)245-4545</td>
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<tr>
<td>Grants Pass Cab</td>
<td>(541)476-6444</td>
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<tr>
<td>5 Star</td>
<td>(541)770-1111</td>
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<tr>
<td>PDQ Yellow Cab</td>
<td>(541)890-6205</td>
</tr>
<tr>
<td>Penny -Wise</td>
<td>(541)499-6848</td>
</tr>
<tr>
<td>Road Runner Shuttle</td>
<td>(541)441-3221</td>
</tr>
<tr>
<td>Rogue Valley Towncar</td>
<td>(541)772-3472</td>
</tr>
<tr>
<td>Southwest Point Bus</td>
<td>(888)900-2609</td>
</tr>
<tr>
<td>TLC Yellow Cab</td>
<td>(541)772-6288</td>
</tr>
<tr>
<td>Valley Cab</td>
<td>(541)772-1818</td>
</tr>
<tr>
<td>Wild Hare Taxi</td>
<td>(541)951-9966</td>
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<tr>
<td>Your Shuttle Man</td>
<td>(541)890-8921</td>
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PUBLIC TRANSPORTATION

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<tbody>
<tr>
<td>RVTD Bus</td>
<td>779-2877</td>
<td>608-2400 auto.</td>
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RENTAL CARS

The following car rental agencies are located in the airport terminal. For information regarding their rental rates and availability, please contact the following:

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone</th>
<th>TOLL FREE</th>
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<tbody>
<tr>
<td>Avis</td>
<td>773-3016</td>
<td>(800) 831-2847</td>
</tr>
<tr>
<td>Budget</td>
<td>773-7023</td>
<td></td>
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<tr>
<td>Enterprise</td>
<td>772-0573</td>
<td>(800) 736-8222</td>
</tr>
<tr>
<td>Hertz</td>
<td>773-4293</td>
<td>(800) 654-3131</td>
</tr>
<tr>
<td>National/Alamo</td>
<td>773-3183</td>
<td>(800) 426-3299</td>
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