

Off-Campus Student Resources Guide



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

Juilliard

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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

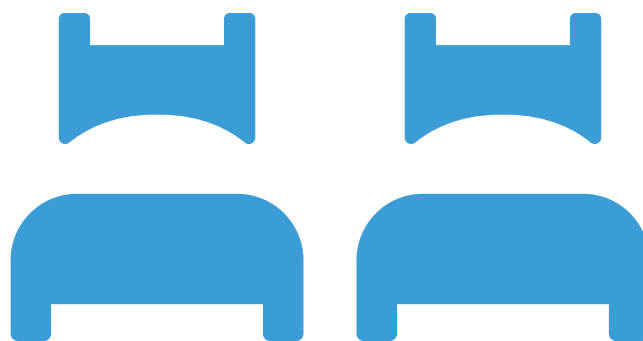
DESIGNED TO HELP OFF-CAMPUS
STUDENTS THRIVE IN THEIR NEW
LIVING ENVIRONMENT

Juilliard offers roommate mediation services for our off-campus students. Please see the eligibility requirements below. 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.

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.

Scan the QR Code below to download a pdf.



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!

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.

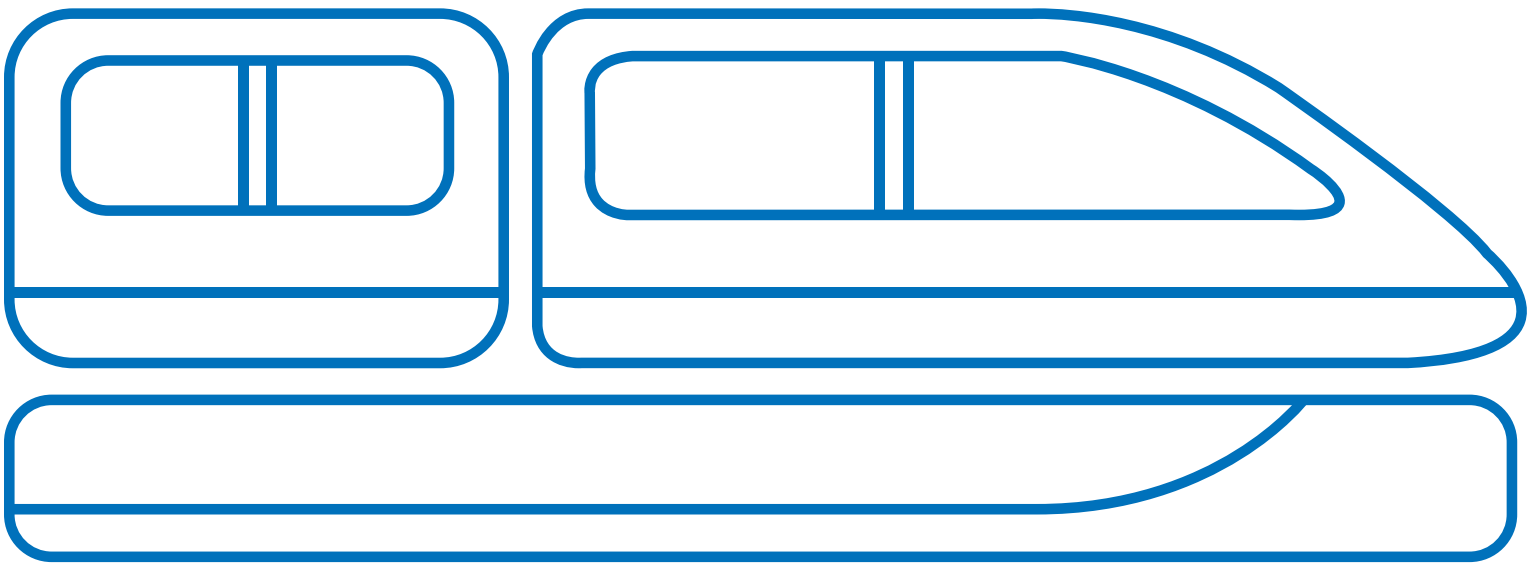
Be patient with yourself

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

FAIR FARES

FAIR FARES NYC OFFERS HALF-PRICED METROCARDS TO ELIGIBLE NEW YORKERS

Scan the QR Code to find out if you are eligible for
reduced metrocard fare or go to
<https://www1.nyc.gov/site/fairfares/index.page>



THRIVING: A RESOURCE GUIDE

We all face various challenges and uncertainties. These challenges are different depending on who you are and your personal experiences. The Student Development team and Health and Counseling Services understand that students handle many stressors, and we are here to support you.

By scanning the QR code below there are resources to help you with your physical, emotional, career-related and financial well-being. These tools are designed to meet the needs of students with different backgrounds and identities.

Rundown of resources include

Counseling
Identity Based Resources
Hotlines
Mental Health Wellness
Health/Medical Resources
General Nutrition
Sports and Performance Nutrition
Eating Disorder Resources
Fitness Classes
and more



OFF CAMPUS STUDENT REFRIGERATOR

We are excited to announce that there is a new refrigerator available for use on the fifth floor for commuter students. We recognized that there was very limited space for student's meals and items, and hope that this added refrigerator will be more convenient for you all. Located on the refrigerator is a list of policies and reminders that come with using the fridge, but below you will find some of the policies mentioned.

- Label everything with your name and the date that you are putting it in the refrigerator. Anything without a label may be taken out.
- Please only store 2 meals maximum at a time, there is limited space to be shared by all.
- Please clean up after yourself in terms of spills and messes.

We thank you for abiding by these policies in advance and look forward to students taking advantage of this resource.

