

# Top Ten Tips to Reduce Stress on College Move-In Day

Move-In Day is an exciting day that can also be stressful for first-year college students and their families. Kenyon College Assistant Dean of Students for Housing and Residential Life and First Year Dean, Alicia Dugas, offers her top ten tips to help reduce the stress level on Move-In Day.

1. Enjoy the day! First-year student Move-In day is one of the best days of the year for the residential life staff and for the campus. It's the beginning of a new year and a new class. The campus community is happy to see you!
2. If you are driving to Gambier, consider bringing a hand truck or something with wheels on it for moving boxes and big items.
3. Know where you will be living, both the building and room number. You'll need this information once you get to campus. Parent/Guardian note: Keep a copy of this information at home so you'll be able to send mail and care packages.
4. All new students first report to Gund Commons, at the corner of Brooklyn Street and Gaskin Avenue for check-in.
5. Pack cleaning supplies on top. No matter how clean the housekeeping staff makes the student's room, many families like to do a touch-up cleaning before getting everything in the room.
6. Label boxes that aren't see-through. You don't want to go through a dozen boxes looking for one item.
7. Eat a good breakfast. Everyone may be nervous about moving in and leaving the student at school for the first time, but moving in is a big process, which takes lots of energy.
8. Drink plenty of water. In Gambier, it can be very hot during move-in day. Don't wait until you are thirsty to drink water because you'll be on the verge of dehydration when you start to feel thirsty.
9. Know the activities schedule for the day. Kenyon College will start Orientation on the day of move-in and it is important that students make it to their sessions. To view and print a schedule for the Orientation activities visit the website: [www.kenyon.edu/orientation](http://www.kenyon.edu/orientation)
10. For the parents and family members: Enjoy this day with your student. Although it may be difficult to leave at the end of the day, know that your student has started his/her college journey and will be in good hands with the many dedicated professionals who are excited and willing to help the students to have an exceptional college career.

We look forward to meeting and personally welcoming all news students to our campus!

Sincerely,

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