

COLLEGE EXCEL

WHAT TO BRING & NOT TO BRING TO COLLEGE EXCEL

Important! We do not provide transportation for students. Our houses are all within walking distance of the college, downtown, restaurants, coffee houses, public library, shopping and grocery stores. Many of our students choose to get a bike or there is a public bus system. Students are allowed to bring cars and street parking is available.

FOR ALL COLLEGE EXCEL STUDENTS BOTH RESIDENTIAL AND NON-RESIDENTIAL:

Identification

All students need to bring the following identification to make copies for our files:

- Copy of social security card
- Certified copy of birth certificate or passport
- Copy of latest school transcript
- Current drivers license (if applicable)
- State picture ID (if available)
- Insurance card
- Prescription info
- Names and numbers of dentists, doctors
- Names and numbers of references for job hunting
- Health history

Cell phone

- All students are required to have a cell phone, preferably with a local number. College Excel coaches routinely call students on their cell phones to check in. If students don't have a local number, they should consider a plan with no roaming or long distance charges.

Clothing

- Please bring clothing appropriate to the time of your stay. Central Oregon is located at 3,500 feet on the eastern base of the Cascade Mountain Range. The area enjoys a high desert climate with plenty of sunshine and four distinct seasons. Winter is from November through March and the temperature generally ranges from 15-45 degrees with a mixture of snow and rain. By mid-winter, Mt. Bachelor, directly west of Bend, can easily have a 10-foot snow pack. Spring doesn't arrive until mid-April and is accompanied by a mix of rain and sun with temperatures ranging from 35-70 degrees. June welcomes the sunny days with temperatures beginning to rise into the 70s. July, August and September bring summer weather with temperatures soaring into the 80s and 90s. Fall sets in from late September into October and both days and evenings cool down to 30-60 degrees.
- Central Oregon college students dress very casually. The campus terrain is hilly and students need comfortable walking shoes. In the winter, shoes or boots with good tread, winter jackets, gloves and hats are necessary.
- Students who plan to participate in our Fitness Coaching should have both warm and cold weather workout clothes and good trail running shoes.

Daily planner (highly recommended) or PDA with weekly calendar

Backpack (highly recommended)

Bike & helmet (highly recommended)

FOR STUDENTS LIVING IN COLLEGE EXCEL RESIDENCES:

What we provide for students residing in our College Excel residences:

- Each house has cable internet access and a wireless router. Students provide their own computers and peripheral accessories (like printers, printer ink and paper). Students are not required to have their own computers and will have access to computers at the College Excel Community Center, the Academic Center for Academic, the college and the local library. For students who do bring their own computer, we recommend installing a wireless card.
- Bedrooms each come equipped with a twin bed, nightstand, lamp, desk and chair, dresser, bookshelves, and wastebaskets. Please understand that we can't promise each student a single room. Depending on the time of enrollment and the availability of space, some students may need to share a room; but, each individual will be provided with the furnishings listed above.
- Living rooms are completely furnished with a couch, comfortable chair, end table, coffee table, lamps, TV and DVD player, CD stereo, book shelves, artwork, telephone and answering machine. The telephone is limited to local calls only.
- Kitchens are furnished with a dining table and chairs. Most appliances are provided including microwaves, toasters, coffee makers, mixers, etc. Also provided are dishes, utensils, knife sets, pots and pans, baking pans, mixing and serving bowls, cutting boards, spices, dish towels and cookbooks.
- Bathrooms are supplied with a shower curtain, plunger, bath rugs and wastebasket.
- Food and household supplies. Each student is supplied with \$45.00/week to buy food and household supplies. Students are issued grocery cards in the \$45.00 amount and will be transported to and from a grocery store once a week. Assistance with healthy shopping will be provided. Students living together may choose to pool their grocery money, if desired.

Miscellaneous items provided in each house:

- Broom, mop, dust pan
- Message board
- Wall clock
- Vacuum
- Ironing board, iron
- Washer and dryer

Each house is completely furnished. Due to limited space, we ask that students not bring or buy extra furniture or an excess of personal belongings.

As with any rental experience, a thorough inspection will take place with the student at move-out to determine any damage beyond normal wear and tear and/or missing items. The \$1000 damage deposit will be refunded within 30 days if all is found to be in order. When students move out, they are expected to leave their personal living space in immaculate condition.

What students are expected to provide while living in our College Excel residence:

- ☞ Personal care items (shampoo, soap, lotion, hair dryers, etc.)
- ☞ Food and food staples (oil, flour, sugar, etc.). The weekly grocery money should cover this.
- ☞ Basic cleaning and paper supplies including sponges, paper towels, trash bags, toilet paper, laundry detergent, dishwasher soap, vacuum bags, etc. Students are expected to have the necessary cleaning supplies to keep their home clean. Again, the weekly grocery money should cover this.
- ☞ One or two sets of twin size sheets
- ☞ Pillow
- ☞ Mattress pad – twin size (required)
- ☞ Warm comforter or bedspread for a twin bed
- ☞ Extra blanket or sleeping bag
- ☞ Two or three bath towels
- ☞ Washcloths and/or hand towels
- ☞ Laundry basket
- ☞ Desk lamp
- ☞ Alarm clock
- ☞ Cell phone (mandatory)
- ☞ Spending money

Optional items

- ☞ Bike and helmet (highly recommended)
- ☞ Computer & peripheral accessories
- ☞ Daily planner (highly recommended) or PDA
- ☞ Backpack (highly recommended)
- ☞ Car or other mode of transportation
- ☞ Personal computers and peripherals
- ☞ Small TVs or stereos, gaming systems
- ☞ Tasteful posters/artwork for room
- ☞ Skis, snowboards, skateboards, other recreational equipment
- ☞ Musical instruments
- ☞ Small exercise equipment
- ☞ Phone card if long distance calls are to be made from the house phone

What is not allowed:

- ☞ No alcohol, illegal drugs or related paraphernalia
- ☞ No pornography or distasteful artwork
- ☞ No pets of any kind
- ☞ No weapons of any kind