

SAINT JOSEPH SEMINARY COLLEGE

Office of the President-Rector, 75376 River Road, Saint Benedict, Louisiana 70457 Phone: 985-867-2232

General Information for Prospective Seminarians Fall 2016

New seminarians are to arrive for the Fall semester on Saturday, August 13, 2016 by Noon.

Should you need to arrive before or after August 13, 2016, please contact Fr. Gregory's office at 985-867-2232.

Schedule for New Seminarians & Parents Saturday, August 13, 2016

9:00-3:00 PM	Open dorms for new seminarians and parents
11:15 AM	Mass
12:00 PM	Lunch in Seminary Refectory
1:15 PM	Parents Meeting in the Seminary Refectory New Seminarians Meeting in Seminary Oratory (Complete Inventory Form)
3:00 PM	Campus Closes. Parents and guests depart

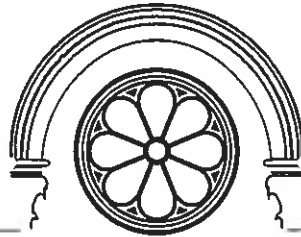
Dorms are open for you and your family from 9:00 AM to 3:00 PM. Since there will be a meeting scheduled for all new seminarians, **we expect everyone to be on campus by Noon.** Should you see this as being a problem, please call me so we can make the necessary arrangements to have someone meet you when you do arrive on campus. At 3:00 PM we will ask that your loved ones give their final good-byes so we can begin the orientation program.

New seminarians and their families are invited to attend Mass in the Abbey Church at 11:15 AM. Lunch will be served in the Seminary Refectory directly following Mass. If you intend to be here for lunch, please call Mrs. Janice Lewis at (985) 867-2241 or Mrs. Michelle Boullion at (985) 867-2257, and advise the number of people you will have accompanying you. There also will be time for family and friends to meet members of the administration.

For additional information, please view our formation calendar located on our website at <http://www.sjasc.edu/calendar-seminary-formation.php>

If you don't mind sharing your cell phone number or email address, please communicate to rectorsec@sjasc.edu as this will be used for contact purposes during the summer if necessary and include your name and diocese.

If you have any questions regarding your arrival or any other matter, please do not hesitate to call Fr. Gregory's office 985-867-2232.



Saint Joseph Seminary College 2016-2017 Room Information

Room Furnishings Provided by the College:

- | | |
|---------------------|---------------------------|
| 1. Bed and Mattress | 4. Air-conditioning |
| 2. Desk and Chair | 5. Trash Can |
| 3. Wardrobe | 6. Mini-blinds on windows |

Students must use the above furnishings provided by the college.

Adequate furniture is provided in all dorm rooms. It is not necessary to bring additional furniture

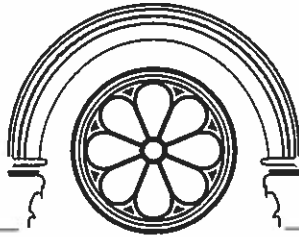
II. Furnishings Not Provided by the College:

1. Pillow and sheets for bed (Twin Mattress Size: some are 7 ½ inches high and some are 11 ½ inches considered deep pocket. Suggest to buy larger as you will not know until room assignments are made just prior to arrival.)
2. Bedspread and blankets; towels and toiletries
3. Desk lamp
4. Radio, TV, Stereo
(These are allowed only as long as they are not a source of disturbance.)
5. Personal computer or word processor
(A computer lab is available for student use.)
6. Carpeting/rug, if desired.
7. Mattress cover – Optional

III. Articles Prohibited in Residence Hall Rooms:

1. Immersion coils, toasters, coffee makers, microwave ovens, or cooking devices of any kind. (Access to a microwave oven is provided to residents.)
2. Candles, incense, or fire in any form
3. Pets or animals of any kind
4. Exterior TV or radio antennae
5. Firearms, ammunition, weapons, fireworks of any kind
6. Smoking is not allowed anywhere in the dorm, including bedrooms.

Each dorm has a student family room with access to a refrigerator, microwave and coffee pot. A student may bring a small refrigerator for their room.



Saint Joseph Seminary College 2016-2017 Dress Code

Sunday / Formal Dress

Black Suit
Solid Black tie
Dark Socks

Plain Black Belt
Solid White dress shirt
Black dress shoes

Weekday / Class Dress

- Shirts: Solid color (no stripes) black or white oxford, polo or Guayabera. Only the Saint Joseph Seminary College or Diocesan crests are allowed on the shirt. There should be no other branding on the shirt.
- Slacks: Black slacks (not jeans or cargo pants)
- Socks: Dark socks
- Shoes: Black only dress / good casual shoes (no stripes or white soles, etc.)
- Belt: Plain black belt

Winter Dress-Outer Wear for Winter with school attire

Solid black sweater or jacket. No sweatshirts of any kind, including sweat jackets.

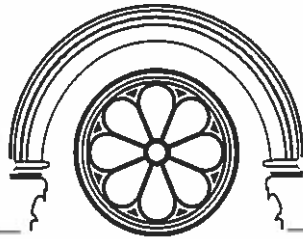
All seminarians must have these particular items in their wardrobe.

- School crest is not required. However, school and diocesan crests may be worn on shirts that fit the above requirements.
- Weekday / class dress is to be worn for class, Morning/Evening Prayer, meals and all formation activities.

Clarification on Attire

- **Coat and Tie:** Black suit with black tie (not a bow tie) and white shirt. Coat and tie is required at Sunday Mass and the meal after, and other formal occasions during the school year.
- **Seminary Normal Attire:** Also known as classroom attire is expected for class attendance, Mass and all meals, including breakfast. Seminary normal attire is detailed in the seminary *Rule of Life*. Seminarians may dress casually after dinner and on weekends after scheduled events and obligations have been completed.
- **Seminary Casual Attire:** Long pants and a shirt with a collar. Pants are not to be jeans or sweatpants and the shirt may be a polo or other type of shirt – no sweatshirts. Seminary casual attire is appropriate for Diocesan night. Shoes are to be worn.
- **Short pants / T-shirts / Sweats / Sandals:** These are for recreational purposes only and are not to be worn in the Oratory, Abbey Church or the refectory during meal times.

Shirts are to be worn at all times in all places on campus. At all times on campus students are to be appropriately dressed. Students are not to leave the dorms in pajamas, robes or bedclothes.



Saint Joseph Seminary College
Fall 2016 FAFSA

All prospective students need to fill out a *Free Application for Federal Student Aid (FAFSA)*. The form may be completed by using the Internet. The address is www.fafsa.ed.gov. If you do not have access to the Internet, please call Ms. Caroline Bizot (985-867-2238) and she will mail you a hard copy.

The School code for SJSC is **002027**. You must enter this code where it asks for the designated college that you will be attending in the fall of 2016. Once you have completed the FAFSA, you are asked to send an e-mail to Ms. Caroline Bizot (acsec@sjasc.edu) or give her a call at (985) 867-2238.

Living Away From Home

Basic Health/Medical Supply List

It is recommended that you bring basic health supplies and over-the-counter medicines so that you are prepared to handle minor illnesses and injuries while you're away from home. Use a heating pad for muscle aches? Bring it! Prone to allergies? Bring your allergy medicine.

If you are covered by your parent's health insurance and prescription *plans*, ask your parent to request an additional insurance and prescription card for you before you leave for college. Keep these cards in your wallet.

Bring a supply of the symptom-reliever medicines you take at home when ill such as Sudafed, Tylenol, Advil, nasal decongestant spray cough medicines, etc. Learn how to use these medications wisely. Learn to recognize ailments needing self-care and those needing medical intervention.

Packing List Reminder:

- Fever & pain reducers such as Acetaminophen (Tylenol), Ibuprofen (Advil, Motrin, Nuprin), or Naproxen (Aleve to treat pain, fever and headache).
- Band aids
- Antibiotic ointment such as Bacitracin, Neosporin, Triple Antibiotic ointment.
- Thermometer
- All health insurance and prescription cards.
- Antacids such as TUMS and Maalox for heartburn or stomach distress,
- Antihistamines such as Claritin, Allegra, Chlortrimeton, and Benadryl to relieve allergy symptoms and itching.
- Anti-itch creams such as hydrocortisone, calamine, and domeboro help relieve minor rashes and itching.
- Antifungal creams are good to have on hand for those prone to ringworm and jock-itch.
- Cough and cold medicine, cough drops and throat lozenges.
- Decongestants to help relieve stuffy noses and sinus pressure. Pseudoephedrine (Sudafed) is generally a good choice.
- Heating pad to relieve discomfort with muscle aches and pains. Don't ever fall asleep with a heating pad on.
- Saline nasal spray.