

The Resident Charger

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March 2009

This month, make your own luck. Getting lucky doesn't mean just leaving things to chance – it means having a plan and being prepared. It means that you can concentrate on having fun during Spring Break because you and your friends have a “stay safe” plan. It means that you can stress less when it comes time to find a job because you've already prepared an effective resume and had it looked over at Career Services. It means when room selection comes around, you and your friends are worry-free because you've decided on more than one top room choice and you know that you'll be able to deal with any conflict that comes up next year through good communication.



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(You won't want to miss a single one!)
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March To Do list:

1. *Stop by the Wellness Fair at the Rec Center on March 3rd.*
2. *Make plans for a safe Spring Break.*
3. *Ask your RA what your building is planning in honor of Women's History Month.*
4. *Make sure that all your information is up to date and your account balance is paid off in order to participate in Room Selection!*

ROOMMATE RUMBLES

Q: Choosing roommates for next year is really starting to cause a LOT of drama on my floor. What's the best way to deal with this?

A: Sometimes issues can arise when choosing roommates for next year. Current roommates may not want to live with each other again, or there may be tension about choosing a fourth person to add to your triple. The best advice is to be honest with one another. Don't be secretive about what your plans are. Be upfront and honest with your current or potential roommates. It's no fun to have plans "fall through" at the last minute because one roommate decides to live with someone else.

If you haven't decided who to room with next year or still need an additional person to fill up an apartment, consider coming to a "Roommate Round-Up" meet 'n' greet. You can also fill out a profile in the Roommate Profiles binder in the Office of Residential Life and look through other completed profiles. On Facebook, we've started a group called "Roommate Connections" hoping to help you start making connections with potential roommates – send them a message and see where they're hoping to live and if you think you would be a good fit!

GREEN IS THE NEW BLACK

Short on cash? Drink out of cans and bottles in your room? Frequently buy those 12-packs of soda cans from the Quik Zone? Remember that you can get a 5 cent refund for each can or bottle... you can bring them to Shop Rite right down the street. Between you and your roommates, if you save cans for the rest of the semester, you'll be helping the environment and you could end up making enough money to pay for that inevitable trip to Cold Stone when the weather gets warmer...

BE SMART, STAY SAFE

Spring Break should be a time to relax and have fun! To make sure you're safe, follow some of these safety tips:

1. The "Buddy System" is not just for little kids... use it so you and your friends can look out for one another!
2. Hitting the beach? Don't forget to apply and re-apply your SPF 15! The lobster look is not a good one, and prolonged sun exposure can cause skin cancer.
3. Still at the beach? Make sure you're drinking lots of water – dehydration is worsened by prolonged sun-exposure and can lead to heat exhaustion.
4. Bar-hopping? Sip a glass of water in between alcoholic beverages to prevent dehydration AND hangovers.
5. Going abroad for break? Keep copies of your travel documents in a safe place. Get a special holder for your passport.
6. Make copies of important travel documents and personal identification, and leave the copies with someone you can trust at home.

CONDUCT CORNER

Q: What happens when people tamper with fire-safety equipment like alarms, sprinklers, or smoke-detectors in the residence halls?

A: The handbook states that "anyone involved in endangering public safety and/or tampering with fire safety equipment will face disciplinary action, including possible expulsion."

Tampering with fire safety equipment is a big deal. Anyone caught doing so can be removed from the residence halls, or even from the University. Safety is our number one priority in the residence halls, so help us keep you safe!

UPCOMING EVENTS!

UNH WELLNESS FAIR

Tuesday March 3, 2009

11am – 3pm

Beckerman Recreation Center

Over 30 area vendors will be offering demonstrations (massage, acupuncture, CT Rock Gym, Capoeira & More!) Raffle Prizes include pedometers, jump ropes, exercise balls & More!

If you've ever asked: "How do I find out what is happening on campus?" Here's your answer: Go to

www.newhaven.edu/studentactivities

and click on the calendar. This is where the most up-to-date campus event information can be found!

RESEARCH SHOWS THAT PEOPLE WHO VOLUNTEER TO HELP OTHERS ARE HAPPIER WITH THEIR OWN LIVES. WANT TO GET HAPPIER?

Contact the Community Service Office at: communityservice@newhaven.edu for volunteer opportunities right on our campus and in our local community!

Each Resident Assistant is planning a program for their hall in honor of **Women's History Month**. Check out the cool events (ask your RA for more information) including: "Anything You Can Do... I Can Do Better" in New Hall (3/24, 8pm) and "Battle of the Sexes" in Botwinik Hall (3/10, 7pm)

TWISTED THURSDAY – There's a different event planned by the Office of Student Activities every Thursday at 9:30pm. Look for information posted in Bartels and around campus for what's going on each week.

MUNCHIES ON MONDAY!!!!
4pm on Monday, March 9th in ORL

Cheer for the Chargers!

Here are some upcoming home athletic events. Put on some UNH apparel and check them out!

Women's Lacrosse: Tues March 10, 3:30pm; Fri March 13, 3:30pm; Tues March 24, 3:30pm

Softball: Sat March 28, 12pm; Sun March 29, 12pm; Tues March 31, 3pm

Women's Tennis: Sun March 22, 1pm; Sun March 29, 1pm

Men's Volleyball: Wed March 4, 7pm; Tues March 10, 7pm; Thurs March 26, 7pm

Baseball: Tues March 24, 3pm; Wed March 25, 3pm; Sat March 28, 12pm; Mon March 30, 3pm;
Tues March 31, 3pm

Other Things You Should Know About In March:

MARCH IS WOMEN'S HISTORY MONTH!!

March 13 – Residence Halls close for Spring Break at 5:30pm

March 16 – March 20 – Spring Break

March 20 – First day of Spring!

March 22 – Residence Halls Re-Open at Noon

IMPORTANT ROOM SELECTION DATES

3/2: Room selection numbers posted

3/3: Bursar accounts must be paid!

3/4: Applications due for Ruden (Quiet & CHOICE) and for the sustainability floor.

3/10: Selection for Ruden & Sustainability Dunham Hall Lounge 3pm – 6pm. Roommate selection period begins for Soundview Hall.

3/11: Room Selection for Soundview Hall begins.

3/23: General Roommate selection begins.

SPRING BREAK CLOSING INFORMATION!!!

Halls close Friday, March 13, at 5:30pm.

Rooms should be clean, trash taken out, windows closed and locked with blinds down. All appliances should be unplugged prior to departure with the exception of full-size refrigerators.

*** International students, designated athletes, students from 500 miles away, or students taking a class will be allowed to request housing up until March 6 by completing a form in the Office of Residential Life. If you are taking a class, you must submit a class schedule with your request form.**

UNH Ride Board – HOW ARE YOU GETTING HOME FOR BREAK?

Are you looking for a ride home or maybe someone to help pay for gas and pass the time? Then be sure to check out the UNH Ride Board located on blackboard. In order to access the Ride Board you must first login to your blackboard account. Then follow these simple steps:

1. Click on the community tab
2. Type “Ride Board” in the search box
3. Click enroll

Once you enroll in the Ride Board you may post the date, time, and location that you will be traveling to. You may also search the posts to see if anyone is traveling to the same area as you. Then send a message stating that you are interested in carpooling – RIDE BOARD IS ALSO ON FACEBOOK!

If you have any questions contact the Office of Student Activities at studentactivities@newhaven.edu.

Have ideas for next month’s newsletter? Know somebody who deserves some recognition for their work with residents on the UNH campus? Got a question for “Roommate Rumbles” or “Conduct Corner”?? Send an email to Resident Director Kristin Heller at khell1@newhaven.edu or submit an anonymous note in the Resident Charger box at the front desk of the Office of Residential Life. You could be in the next issue of “The Resident Charger”! Until then, enjoy life here at UNH, be responsible, and make the most of all the great resources available to you!!