

The Resident Charger

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January/February 2009

WELCOME BACK!!!

2009

This month, take small steps in the right direction. Replace your unhealthy habits with healthier ones. Get to know your roommates better, or reach out to someone on your floor. Make your life a little “greener.” Set some academic goals and make them happen by being a little more organized or spending that extra hour in the Library. Talk to your Resident Assistant about easy ways to get more involved on campus.

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

1. *Make and keep a New Year's Resolution!*
2. *Check out some group fitness classes at the Rec Center.*
3. *Try something new.*
4. *Do something green.*
5. *Consider becoming a Resident Assistant next fall – ask yours how they did it!*

GREEN IS THE NEW BLACK

Going green means doing little things that make a big difference. This semester, make a commitment to make some small changes that put more green in your life. Here are a few ideas to get you started:

1. Bring your own bag to the Quik Zone.
2. Get a reusable water bottle and bring a travel mug to Jazzman's.
3. Unplug your appliances when not in use, and turn your computer off at night.
4. Use both sides of paper.
5. Walk and carpool when possible, and pick up your new UPASS in ORL!

ROOMMATE RUMBLES

Q: My roommates and I haven't seen each other in six weeks. What can we do to start the semester off on the right foot and keep from getting on each other's nerves?

A: First of all, take time to reconnect when you first get back from break. Go to dinner, the gym, or a campus event together and use that time to catch up. Decide if you want to rearrange the room. Find out what each other's New Year's Resolutions are. Maybe one of you is trying to get more involved, quit smoking, eat healthier, or go to the gym more. Roommates are one of the best support systems you can get – so discuss your goals and support each other!

If you completed a Roommate Contract at the beginning of the fall semester, revisit it, and see if there is anything you want to change or add. If you didn't complete one, now is a very good time to do so! Ask your Resident Assistant for help with that. He or she can sit down with you to complete it, or give you the form so you can do it on your own.

Also, don't forget to check when your floor meetings and other events planned by your RA are – this is a good time to reconnect with, or get to know the people on your floor! Find out if there are any new residents on your floor, and introduce yourself. Every new student in your building is a potential new friend so get to know them!

BE SMART, STAY SAFE

One way that you can stay safe (and help everyone else stay safe, too) is to be aware of your surroundings. Especially if you live off of the main campus, like in Ruden, Regency, Savin Court, or Forest Hills. Let someone know where you are and make sure you know what's going on! One major thing: If you're walking around with your iPod turned up, there's a good chance you can't hear what's going on around you – like if someone is walking behind you, a car is approaching, or a friend is calling your name. Keep the volume down to be safer – plus, save your eardrums: noise-induced hearing loss is irreversible!

Check out more safety tips that have been posted in the residence halls or ask an ORL staff member.

STUDY BREAK

Q: How can I change my study habits to improve my GPA?

A: To improve at anything, get S.M.A.R.T.! Most people set goals but don't form a plan to help attain them. To make sure you reach your goals academically or personally – use the SMART goal-setting technique. That is, make sure that your goals are:

S: Specific. Ask yourself who, what, when, where, why, and make the goal specific rather than general.

M: Measurable. Figure out how you'll know when you've achieved your goal. Figuring out how to measure your success helps you stay on track.

A: Action-Oriented. Figure out what actions you are going to take to reach this goal.

R: Realistic. Set your standards high, but not impossibly high. Remember, you want to set yourself up to succeed!

T: Time-based. Make sure you set up a certain time period within which you plan to reach your goal.

Here's an example. Rather than, I want to get a better GPA, or I want to get a 4.0, how about something like "My goal is to improve my GPA by .5 points this semester (specific, measurable, time-based, and realistic), by organizing my notes better and reviewing them each night. I will also spend one extra hour per week in the library and complete my papers in advance so I have time to have someone proofread. (action-oriented)" GOOD LUCK!

UPCOMING EVENTS!

Cheer for the Chargers!

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

2/4 [Basketball](#) vs American International Women @ 5:30pm, Men @ 7:30pm

2/14 [Basketball](#) vs Franklin Pierce Women @ 2pm, Men @ 4pm

2/12 [Men's Volleyball](#) vs Endicott @ 7pm

2/21 Men's & Women's [Indoor Track](#) Conference Championships @ SCSU

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!

SOME COOL UPCOMING EVENTS

- 1/28, 9pm – Dating Doctor, Alumni Lounge
- 1/29, Sneak peak of street performer Nate Staniforth during dinner.
- 1/30, 8pm, Nate Staniforth, Dodd's Auditorium
- 2/6, 7pm, Mike McGee spoken word poet, Bartels Lobby

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!

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

MUNCHIES ON MONDAY!!!!
4pm on Monday, February 2nd in ORL

Want to apply to be an Resident Assistant for 2009-2010?

- RA Recruitment Week 2/9 – 2/13.
- Wednesday, February 11, 2pm & 6pm and Thursday, February 12 at 7pm in Bartels – RA Info Sessions
- Friday, February 13 – RA Application Available in the Office of Residential Life
- Friday, February 20 – Applications due!

Other Things You Should Know About In January & February:

January 25 – Residence Halls re-open for Spring Semester!

First week of semester – Hall & Floor Meetings. Check with your RA!

Week of February 22 – Health & Safety Room Inspections

February 24 – Deadline for \$250 deposit for Room Selection, due at Bursar's.

GET READY FOR ROOM SELECTION '09!!!

This year, we're going high-tech and paperless. We'll be completing the whole process online. You'll get more information about the new procedures when the time is closer, but for now, you need to make your \$250 deposit through the Bursar's Office before February 24 in order to participate. This is one deadline you do NOT want to miss! Also, remember that your bursar account must be paid in full by March 3, 2009 in order to participate in Room Selection.

UNH Ride Board

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.

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!!