Welcome Home, Pride Hall!

Pride Hall Residence Hall staff is excited to #LionUp with you this semester in your new home. Your Resident Assistants have planned an engaging semester of events focus on women’s leadership skill building, academic success and more. Follow Pride Hall on Snapchat @Pridehall for the latest events and event photos.
Hello Lions!

I am Bevann Dubuisson, Area Coordinator for Washington, St. Tammany, Pride, and Zachary Taylor Halls. I worked as a Resident Assistant for 2 years and have been an Area Coordinator for the last 10 years. I graduated from Southeastern with a Bachelor of Arts degree in Marketing and I am currently enrolled in the Counselor Education Graduate Program. While obtaining my undergraduate degree, I was involved with many extracurricular activities including Gamma Beta Phi Honor and Service Society, 2005 Orientation Leader, original member of the Southeastern Color guard and also a member of the Thirteen Club.

I am so excited that you have chosen to live on campus! There are many exciting upcoming events this semester including Residence Hall Association events, football games, Oktoberfest, and Homecoming! You won’t want to miss these major campus events! I encourage each and every one of you to get involved on campus in at least one organization; it truly makes your college experience fantastic! The Resident Assistants and I are so excited and ready for a fun semester. If you need anything at all please do not hesitate to contact your Resident Assistant or stop by my office located in Pride Hall. I sincerely wish you the best of luck for the Fall 2016 semester! Lion Up!
University Police Department is open 24 hours a day, 7 days a week to protect and serve the Southeastern Community. University Police offers bicycle registration for student bikes used on campus, escorts if a student is uncomfortable walking by themselves after dark and many more services. UPD Officers and student officers/cadets frequently patrol the University Housing facilities to ensure emergency systems are in good working order.

Please report any concerning activity you may see to University Police.

Office: Pride Hall
Phone: 985.549.2222

Follow UPD on social media:
facebook.com/SoutheasternPD

Lasagna in Mug

1 to 2 pieces of lasagna
2 1/2 cups baby spinach, chopped
1/4 medium bell pepper, diced
1/4 cup ricotta cheese
3 basil leaves (optional)
1/8 tsp granulated garlic
6 tsp pasta sauce
1/3 shredded mozzarella

Directions: Heat bowl of hot water, cut lasagna pieces into small pieces, submerge in bowl until tender. Heat spinach in bowl for 1 minute. Mix spinach with ricotta, pepper, garlic, and salt. Pour pasta sauce in mug, top with pasta, add spinach mixture, 2 tablespoons of mozzarella and pasta. Continue forming layers. Sprinkle mozzarella over last layer. Microwave cup for 1 minute, 30 seconds. Serve.

Have an emergency? Contact University Police

Res Hall Recipes

The Residence Hall Association is a student-led organization allowing active resident participation in their hall through educational and social programming, service, leadership opportunities, and residential community enhancements. All on-campus residents are already members of RHA; check us out and take part in your RHA!

Kirsten Lecompte, VP for Public Relations; J’Micah Wilson, VP for Involvement; Zachary Rogers, VP for Communications; and Kristen Stamp, President.

/SLU.RHA
@SLU.RHA
@SLU.RHA
rha@southeastern.edu

Meet your RHA Officers

#Roommates for the Win

Start your roommate relationship off with open conversation! Many roommates become lifelong friends when starting off with open communication.

Ask your roommate:
- What are some of your interests or hobbies?
- What kind of movies, music, etc. do you like?
- Have you ever shared a room before?
- Describe your family and friends.
- What is your major?
- Are you nervous about class?
- What do you want to accomplish this year?
- What really annoys you?
- How do you relax?
- What are your cleaning habits?
- What do you think we need to agree on as roommates?
- What do you like to study? (Music, tv, lights on?)
- When do you like to sleep/wake up?

What if my roommate and I are not getting along?

- Communication is key! Talk to your roommate about what is troubling you. If you feel uncomfortable, ask your RA to help you with this conversation.
- Be respectful! Everyone is on their own journey; no two roads are identical. Try to be understanding if your roommate’s path differs from your own.
- Be honest! If something is bothering you, let your roommate know. Sometimes we do not talk about things until they become big problems. Talking about what is going on will help!
- Know where to go to ask for help. Sharing a space for the first time can be tricky... your RA is trained to help you with roommate conflicts! Get to know your RA and ask for their advice should you need their support. Others who are here to help you include your Area Coordinator (Your RA’s boss), as well as the Counseling Center. The

Reviewed your Resident Guidebook? (Available on Housing Moodle Page)
Completed a Roommate Agreement with your Roommate to set the ground rules for your living space?
Returned your room inventory to your Resident Assistant?
Attended your section meeting to meet your neighbors?

#BestDressedDen Congratulations @picsbyamb
August/ September

2016

August 14-25
Traditions Week (southeastern.edu/traditions)

August 29-September 1
Health & Safety Inspections

September 5
Labor Day Holiday

September 6
Fire Drill

September 12-14
Informational about RA Positions

September 24
Family Day;
Register at southeastern.edu/admin/stu_dev/family_day

September 28
Mocktails Event with Office of Student Engagement

CAB Fall Movie Series (Check CAB website for movie listing and times)

- City Sampler
  - Tuesday, Aug 23 | 10:00AM-2:00PM | Student Union Breezeway (On the S)

- CAB Interest Meeting – Get involved with CAB
  - Wednesday, Aug 23 | 5:00PM | Student Union Theater

- Capture the Flag
  - Wednesday, Aug 24 | 8:00PM-11:00PM | Pennington Center

- Game On, Game Night
  - Tuesday, Aug 30 | 6:00PM-11:00PM | Student Union Theater

- Miss Southeastern 2017 Interest Meeting
  - Sept 7 @ 4PM, Sept 8 @ 4PM & Sept 9 @ 11AM | Student Union 2203

- Southeastern Birthday Celebration
  - Wednesday, Sept 14 | 10:00AM | Student Union Union Mall/Breezeway

- Donuts for Democracy
  - Tuesday, Sept 27 | 9:00AM | Outside Student Union

For a maintenance concern, call the FIXX line at 985.549.3499 or submit the request at southeastern.edu/admin/phys_plant/fixxit/

Call 985.340.8324 to report a problem with your Internet Connection.
(Please leave a voicemail).

Report pests, cleaning issues and cable problems to the University Housing Office at 985.549.2118.