Welcome to Cardinal Newman!

Cardinal Newman is home to a community of our students studying the sciences, technology, pre-engineering and mathematics (S.T.E.M.) Residents can expect programming geared toward science, technology, engineering, and math with collaborative efforts from outstanding faculty. University Housing would like to encourage you to use the lobby and study room space for academic purposes! Visit the front desk of Cardinal Newman Hall to reserve these spaces. Cardinal Newman is also celebrating its 50th anniversary this year! Join your Resident Assistants for a "50th Anniversary Party" on September 2nd at 8:00pm in the lobby of Cardinal Newman.

DID YOU KNOW...

University Housing is home to a great group of students, over 2,300 total students live in our facilities! Students who live on campus come to Southeastern from over 24 states throughout the United States of America. Southeastern University Housing is home to students from over 16 countries, spanning 4 continents!

Questions about our guest policy, pet policy, or resident responsibilities? Refer to the 2014 Resident Guidebook:
http://www.southeastern.edu/admin/housing/assets/guidebook15.pdf
Blake Thomas serves as an Area Coordinator for University Housing, and oversees the following areas: Zachary Taylor, Cardinal Newman, Southeastern Oaks Apartments, and The Village. A Southeastern Louisiana University graduate, Blake received his Bachelor of Arts in Marketing, and was involved with Greek Life, Student Government Association, Hall Council, and more, all while being a Resident Assistant. Blake recently received his Masters of Education in Higher Education: Student Affairs Administration from The University of Southern Mississippi. Blake currently serves as the Adviser for Hall Council, and encourages all students to get involved on campus in order to gain the best possible college experience.
Roommate 101: Questions to 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 can I tell when you are stressed or angry?
What do you think we need to agree on as roommates?
How do you feel about guests?
How 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 life’s 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 small problems 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 University Counseling center is able to advise roommates on having successful relationships! Take advantage of this service.

Res Hall Recipes

Pizza Pita Poppers
1 Whole Grain Pita
1/4 Cup Pizza Sauce
1 Serving Pepperoni
1/4 Cup Mozzarella Cheese

Directions:
Layer items on pita. Heat in microwave for 80 seconds. Eat and enjoy!

Crunchy Cinn-apple Salad
1 egg white
5 cups mixed red leaf salad
1 tbsp. Raspberry Vinaigrette
1/2 apple
1/2 serving apple cinnamon granola
1/4 cup green pepper

Directions:
Mix all ingredients together and enjoy!

Lite S’mores
1 graham cracker
1/2 tbsp. dark chocolate chips
1 jumbo marshmallow

Directions:
Place chocolate on cracker, microwave for 45 sec. Divide the marshmallow and place the halves on top of the chocolate, microwave 10 sec. Cool & Eat!

Get Involved with Hall Council!

Meeting Dates:
September 2  September 16
October 7  November 4
(** All meetings are on Tuesdays at 7PM in Fayard 205).

Hall Council is a student-led organization devoted to residential students involvement in their communities. Attend a meeting and help plan an event for our campus!

Upcoming Events:
Tuesday, September 30: Ice Cream Social (Mane Dish)
Tuesday, October 21: Paint Party (Lee Field)

Tuesday, November 18:
Dinner & A Movie (Mane Dish)
Tuesday, December 2:
End of Semester Party (TBA)
Registration is open for a Rape Aggression Defense (RAD) class scheduled for the weekend of September 13 and 14, 2014. RAD is a comprehensive basic self-defense course taught by the University Police Department at Southeastern. For more details and information about the RAD system, visit www.rad-systems.com or send an e-mail to RAD@selu.edu. The class is for women only and is free for current Southeastern students and employees, but space is limited so sign-up early if you are interested.

Interested in serving on the Hearing Board with the Office of Student Conduct? Apply at www.southeastern.edu/hearingboard.

Do you Know the Code? www.southeastern.edu/code