Welcome to University Housing!

University Housing is home to a great group of students, over 2,300 total students live in our facilities! We encourage our residents to get involved in their communities and meet the other students on their floor. Look through this newsletter for ways to get involved in your community or speak with your RA for ideas on how you can #LionUp with University Housing.

University Housing Fun Facts:
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!

Move In Mane-ia In Review:
Over 850 students checked in at our 2014 Move In Mane-ia event. Representatives from over 20 Departments, Campus Community affiliates and organizations helped to welcome our new Lions as a part of Move In Mane-ia! 200 volunteers helped with the event, representing Greek letter organizations, athletics and religious organizations.

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
Ashley White is the Area Coordinator for Hammond, Louisiana, Tangipahoa, and Taylor halls since Spring 2013. She earned a Bachelor of Science degree in Psychology from LSU and is currently completing her Master of Arts in Psychology at Southeastern. She has worked in both mental health and higher education, with specific interests in trauma psychology and crisis management. A native of New Orleans, she enjoys watching sports, especially Saints football (Who Dat!). Feel free to stop by the Housing Office in Pride Hall to introduce yourself, she loves meeting new people!
University Housing

Important Dates

August 20-28  
Section Meetings

September 1  
Labor Day Holiday

September 6  
Family Day; Register at southeastern.edu/admin/stu_dev/family_day/

September 8-12  
Fraternity Recruitment

September 15-18  
Health and Safety Inspections

September 24-October 3  
Spring Intent Campaign  
(Students request changes for their Spring 2015 Housing Assignments via online form. Check your webmail for more information)

October 2-3  
Fall Break

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.

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-lead 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.

Are you hungry? We can help!

The Southeastern Food Pantry is open to current Southeastern Students who suffer from food insecurity. Whether you need help once or on a regular basis, we are here for you! We ask that everyone who visits the pantry is honest and does have a need for the food they receive.

Please contact us for more information!
Tasha Cooper - tcooper@selu.edu
Brendan Daigle - Brendan.daigle@selu.edu

SUPPORT OUR LIONS AT THE FOLLOWING HOME GAMES:

**Football:**
- August 30: Jacksonville 7 PM
- Sept 6: Southern Utah 7 PM
- October 4: Northwestern State 3 PM
- September 16: USM 6 PM
- September 27: Houston 2 PM

**Volleyball:**
- September 2: Southern 6 PM
- September 25: A&M Corpus Christi 7 PM
- September 15: Mississippi Valley State 4 PM
- September 19: A&M Chri 4 PM
- September 21: McNeese State 1 PM

**Soccer:**
- September 5: ULM– Monroe 4 PM
- September 7: USM 4 PM
- September 15: Mississippi Valley State 4 PM
- September 19: A&M Chri 4 PM
- September 21: McNeese State 1 PM

For more Fall Sports schedules, visit www.LionSports.net