Welcome to St. Tammany Hall!

The St. Tammany Resident Assistant staff and Housing professional staff are so excited to work with you on some exciting programming initiatives! As a resident of St. Tammany Hall, you will have the opportunity to participate in a variety of community service projects designed to raise social awareness, enhance life and academic skills, and positively contribute to the university and local communities! Some service projects you have the opportunity to participate in are: helping to raise money for the American Cancer Society’s Relay for Life by buying t-shirts, food drives for the Southeastern Food Bank housed in Mims Hall, reading to elementary students at the Southeastern Lab School, creating cards and care packages for American Soldiers, and building homes for families in Tangipahoa Parish with the Fuller Center! We strongly encourage you to get involved with at least one service project this semester to make the most of your residential experience! Your Resident Assistant will have more information available during their mandatory section meeting. Lion Up and help us serve our community!

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
Welcome to Southeastern!

Let me introduce myself: I am Bevann McCartney, Area Coordinator for Washington, St. Tammany, Pride, and Livingston Halls. I worked as a Resident Assistant for 2 years and have been an Area Coordinator for the last 8 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 extra curricular 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 Hall Council 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 2014 semester! Lion Up!

St. Tammany Hall

Krysten Dupuy
St. Tammany Resident Assistant
Senior, Accounting Major
Hometown: Slidell LA

Rideia Wilson
St. Tammany Resident Assistant
Junior, Communication Major
Hometown: Harvey, LA

Aaron Johnson
St. Tammany Resident Assistant
Junior, Political Science Major
Hometown: Baton Rouge, LA

Justin Williamson
St. Tammany Resident Assistant
Senior, Communication Major
Hometown: Columbia, MD

Meet your Area Coordinator

Have an emergency?
Contact University Police!

University Police Department is open 24 hours a day, 7 days a week to protect and serve the Southeastern Community. University Police dedicates an officer to work specifically with the on campus residential community. The Housing Officer, currently Daniel Bergeron, and a support team of student workers, student officers and others frequently patrol the University Housing facilities.

Please report any concerning activity you may see University Police!

Office: Pride Hall
Phone: 985.549.2222

Follow UPD on social media!
facebook.com/SoutheasternPD

Remember: tobacco products are not allowed within our Residence Halls. Students must exit campus or remain inside their vehicle to use tobacco products.

Southeastern Louisiana University

We are tobacco free.
**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.

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**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!

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**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!

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**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!

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**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)
What's happening on campus?

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:

SOUTH EASTERN LIONS

Football: August 30: Jacksonville 7 PM
Sept 6: Southern Utah 7 PM
October 4: Northwestern State 3 PM

Volleyball: September 2: Southern 6 PM
September 25: A&M Corpus Christi 7 PM

Soccer: September 5: ULM– Monroe 4 PM
September 7: USM 4 PM
September 15: Mississippi Valley State 4 PM
September 19: A&M C. Christi 4 PM
September 21: McNeese State 1 PM

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

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