August 16’s Move In Mane-ia Event kicked off a week of welcome events at Southeastern. Many joined in the fun activities hosted by Student Engagement, Hall Council, Recreational Sports & Wellness, Athletics and many more.

CARDINAL NEWMAN WELCOMES S.T.E.M. MAJORS

Cardinal Newman is home to a learning community of students studying the sciences, technology, pre-engineering, mathematics and related programs at Southeastern (S.T.E.M.). Residents can expect programming related to these interests and collaborative efforts from the outstanding faculty of the College of Science and Technology. University Housing would like to encourage residents to use the lobby and study room space for academic purposes! Visit the front desk of Cardinal Newman Hall to reserve these spaces.

Look out for upcoming programs in Cardinal Newman including opportunities for partnership with the Southeastern Sustainability Center. Each Resident Assistant will be hosting a welcome program for their floor within the first couple weeks of classes starting.

STEM & related Majors in Cardinal Newman Hall
(Percentage of STEM & Related Majors by Specialty in Cardinal Newman.)

- Biological Sciences: 11%
- Chemistry: 2%
- Computer Science: 17%
- Industrial Technology: 17%
- Kinesiology: 19%
- Mathematics: 4%
- Nursing: 28%
- OSHE: 2%

Questions about our guest policy, pet policy, or resident responsibilities? Refer to the 2015 Resident Guidebook available on your Housing Resources Moodle Page.
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 you University Police!
Office: Pride Hall
Phone: 985.549.2222

Follow UPD on social media!
facebook.com/SoutheasternPD

Meet your Area Coordinator

Marcela Saavedra
Cardinal Newman Hall Resident Assistant
Spanish Education Major
Hometown: St. Rose, LA
Favorite Superhero: Batman
Favorite Social Media: Instagram
Favorite Campus Spot: Student Union
Looking forward to: Representing Student United Way as President

Jacie Folse
Cardinal Newman Hall Resident Assistant
Nursing Major
Hometown: Boutte, LA
Favorite Superhero: Batman
Favorite Social Media: Instagram
Favorite Campus Spot: Student Union
Looking forward to: Meeting new people and participating in Greek Life!

Harley Barnett
Cardinal Newman Hall Resident Assistant
Nursing Major
Hometown: Denham Springs, LA
Favorite Superhero: Goku
Favorite Social Media: Facebook
Favorite Campus Spot: Student Union
Looking forward to: Making great grades!

Charles Black
Cardinal Newman Hall Resident Assistant
OSHE Major
Hometown: Beaufont, S.C.
Favorite Superhero: Sgt. Rock
Favorite Social Media: Facebook
Favorite Campus Spot: Katrina Water Fountain
Looking forward to: Making new friends and continuing to grow.

Blake Thomas serves as an Area Coordinator for University Housing, and oversees the following areas: Cardinal Newman, Southeastern Oaks Apartments, Tangipahoa Hall and Greek 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.

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Remember: tobacco products are not allowed within our Residence Halls. Students must exit campus or remain inside their vehicle to use tobacco products.
Your Roommate... BFF for Life?

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?
How do you relax?
What are your cleaning habits?
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 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 University Counseling Center is able to advise roommates on having successful relationships!

Hall Council

What is Hall Council?
Hall Council is a student led organization that provides the opportunity to get involved in on-campus programming.

Who can join?
All residents can join Hall Council and are welcome to come to our meetings and see what we’re all about.

Meetings:
August 26th @ 7PM
September 9th @ 7PM
September 16th @ 7PM
October 7th @ 7PM
November 4th @ 7PM
November 18th @ 7PM
All meetings will be located in the Student Union Room 2203.

Events:
August 17th @ 7:30PM
- Paint Party in Lee Field
September 7th – 11th
- 9/11 Tribute
September 9th
- Design Your Own Button to Purchase in the Union Lobby
September 29th @ 6:00PM
- Fear Factor in the Mane Dish
October 6th & 20th
- Buy Your Favorite Resident a Boglum in the Union Lobby

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!

Your Roommate... BFF for Life?
Rape Aggression Defense (RAD) class will be offered by University Police in September 2015. RAD is a comprehensive basic self-defense course taught by the UPD at Southeastern. For more details and information about the RAD system, visit rad-systems.com or send an email to RAD@selu.edu. The class is for women only.

R.A.D.
Rape Aggression Defense Systems

Become a Student Outreach and Advocacy Representative. Help advocate good choices and educate other students about healthy behaviors vs. risky ones! More information about SOAR is available by visiting www.selu.edu/soar or email: aalack@selu.edu.

First Interest meeting will be held on September 2 at 4pm in Student Union

Support our Lady Lions Soccer Team at their upcoming home games:

Sept 1: Southern University
Sept 11: University of South Alabama
Sept 13: Texas Southern University
Sept 25: University of the Incarnate Word
Sept 27: Abilene Christian University

Add to your Calendar...

August 30-September 2
Fraternity Recruitment

September 7
Labor Day Holiday

September 12
Family Day;
Register at southeastern.edu/admin/stu_dev/family_day

September 14-17
Health and Safety Inspections

September 14 & 15
Informational about Resident Assistant Positions

September 23
Mocktails Event with Office of Student Engagement

September 28
Fire Drills

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

Do you Know the Code? southeastern.edu/code

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