UNIVERSITY HOUSING CELEBRATES
TRADITIONS WEEK

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.

UNIVERSITY HOUSING SNAPSHOT

Total Occupancy
2,300 students

Gender
66.5% Women
33.5% Men

Classification
54% Freshmen
20% Sophomores
13% Juniors
12.5% Seniors
.5% Graduate Students

Country of Origin
18 Counties, including Nepal, France and Holland

State of Origin
27 States including Alaska, California and Maine.

Questions about our guest policy, pet policy, or resident responsibilities? Refer to the 2015 Resident Guidebook available on your Housing Resources Moodle Page.
Welcome, Lions!

Ashley White is the Area Coordinator for Hammond, Louisiana, Livingston, and Taylor halls. She has worked in University Housing since Spring 2013. She earned a Master of Arts degree in Psychology at Southeastern this past spring, as well as a Bachelor of Science degree in Psychology from LSU in 2009.

Ashley 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!

Meet your Area Coordinator

Holly Arroyo
Hammond Hall Resident Assistant
Social Work Major
Hometown: Slidell, LA
Favorite Superhero: Batman
Favorite Social Media: Tumblr
Favorite Campus Spot: Kinesiology Pool
Looking forward to: Starting another great year at Southeastern!

Christine Peairs
Hammond Hall Resident Assistant
Nutrition Major
Hometown: Central, LA
Favorite Superhero: Wonder Woman
Favorite Social Media: Instagram
Favorite Campus Spot: Quizno’s Patio
Looking forward to: Making Straight A’s.

Neal Eli
Hammond Hall Resident Assistant
Vocal Music Performance Major
Hometown: New Orleans, LA
Favorite Superhero: Batman
Favorite Social Media: Instagram
Favorite Campus Spot: Zachary Taylor Courtyard
Looking forward to: Performing in a musical!

Erin Fernandez
Hammond Hall Resident Assistant
Political Science Major
Hometown: Marrero, LA
Favorite Superhero: Batman
Favorite Social Media: Instagram
Favorite Campus Spot: My bed
Looking forward to: Having a peaceful and restful semester.

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

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

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!

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!

#BestDressedDay

Competition Participants

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 Boogiegram in the Union Lobby
**Fear factor**

*WHEN: TUESDAY, SEPTEMBER 29 @ 6PM
WHERE: THE MANE DISH
Bring a few friends to compete through 3 rounds of Unique Cuisine. The winner will take home a prize valued at $75. You don’t want to miss out!

DO YOU HAVE WHAT IT TAKES?

Sponsored by Hall Council and Dining Services*

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## FALL 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>8/16</td>
<td>Welcome Back Luau</td>
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<tr>
<td>9/8</td>
<td>Safeshell the Hypnotist</td>
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<tr>
<td>9/14-28</td>
<td>Monday Night Concerts</td>
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<td><strong>ALL SEMESTER LONG</strong></td>
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<td>Tuesday &amp; Wednesday Movie Night</td>
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<td>Massage Chair Mondays</td>
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<td>Snowballs &amp; much more</td>
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**All events are FREE!**

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**SOAR**

STUDENT OUTREACH & ADVOCACY REPRESENTATIVES

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.

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**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

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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.

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**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

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

Do you Know the Code?

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