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.

How to Report Maintenance Concerns:
For a maintenance concern, call the FIXX line at 985.549.3499 or submit the request online at southeastern.edu/admin/phys_plant/fixxit/

Call 985.340.8324 to report a problem with your Internet Connection. (Please leave a voicemail)

Report pests, mold and cable problems to the University Housing Office at 985.549.2118.

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

Caitlin Bueche
Louisiana Hall Resident Assistant
Psychology Major
Hometown: Baton Rouge, LA
Favorite Superhero: Captain America
Favorite Social Media: Facebook
Favorite Campus Spot: Louisiana Hall
Looking forward to: Recruiting excellent new RAs.

Christine Jones
Louisiana Hall Resident Assistant
Psychology Major
Hometown: Alexandria, LA
Favorite Superhero: God
Favorite Social Media: Instagram
Favorite Campus Spot: Quizno's Patio
Looking forward to: Everything!

Nicholas Williams
Louisiana Hall Resident Assistant
Athletic Training Major
Hometown: Baton Rouge, LA
Favorite Superhero: Spiderman
Favorite Social Media: Instagram
Favorite Campus Spot: Friendship Oak
Looking forward to: Getting involved on campus.

Andrew Burningham
Louisiana Hall Resident Assistant
Computer Science Major
Hometown: Slidell, LA
Favorite Superhero: Green Arrow
Favorite Social Media: YouTube
Favorite Campus Spot: The Gym
Looking forward to: Getting to know everyone.

Christine Jones
Louisiana Hall Resident Assistant
Psychology Major
Hometown: Alexandria, LA
Favorite Superhero: God
Favorite Social Media: Instagram
Favorite Campus Spot: Quizno's Patio
Looking forward to: Everything!

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

Have an emergency?
Contact University Police!

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

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 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!

What do you want to accomplish this year?
What really annoys you?

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What are your cleaning habits?

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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!

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?
R.A.D. RAPE DEFENSE SYSTEMS

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.

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: galaack@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

Events and Activities... #LionUp @OurSoutheastern

FALL 2015

8/16 Welcome Back Luau
9/8 Sailesh the Hypnotist
9/14-28 Monday Night Concerts
10/8 Bubble Soccer
10/7 Lazer Crystal
10/14 Gumbo Ya Ya
10/24 Miss Southeastern

All Semester Long:
Tuesday&Wednesday Movie Night
Massage Chair Mondays
Snowballs & much more

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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