Inside this issue:
Resident Assistant Staff Introduction 2
Area Coordinator Introduction 2
Roommate Relationships 3
Res Hall Recipes 3
Important Dates 3
Hall Council 3
Events on Campus 4

TANGIPAHOA HALL EMBRACES BUSINESS COMMUNITY

Welcome to Tangipahoa Hall! You have chosen to live in a great community of learners majoring in specialties within the College of Business or are interested in adding the many transferable skills taught within the field of Business to their field of study.

Business Majors in Tangipahoa Hall
(Percentage of Business Majors by Specialty in Tangipahoa Hall.)
Accounting: 20%  Business Administration: 37%
Finance: 6%  Management: 30%
Marketing: 7%  Supply Chain Management: 0%

Tangipahoa Hall has partnered with the College of Business to offer several programs throughout the semester. All residents, Business majors and non-business majors, are encouraged to attend. Topics may include time management, getting your dream job, finance management and more. The Resident Assistants will be hosting a welcome program for the entire building within the first few weeks of classes. University Housing would also like to encourage you to use the fourth floor lobby space for academic purposes!
The Lion’s Tales

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

 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.

Meet your Area Coordinator

**TANGIPAHOA HALL**

Katie Naquin
Tangipahoa Hall Resident Assistant
Marketing Major
Hometown: Mandeville, LA
Favorite Superhero: Wolverine
Favorite Social Media: Facebook
Favorite Campus Spot: Student Union
Looking forward to: Networking and meeting new people.

Kyle Delhom
Tangipahoa Hall Resident Assistant
History Major
Hometown: Slidell, LA
Favorite Superhero: Batman
Favorite Social Media: Instagram
Favorite Campus Spot: Library
Looking forward to: Resident Assistant Training and Meeting Residents

Meet your Area Coordinator

Meet your Area Coordinator

Scott Cooper
Tangipahoa Hall Resident Assistant
History Major
Hometown: Mandeville, LA
Favorite Superhero: Thor
Favorite Social Media: Instagram
Favorite Campus Spot: Fayard and Student Union
Looking forward to: Meeting all the ladies...

Johnquel Jones
Tangipahoa Hall Resident Assistant
Accounting Major
Hometown: Chalmette, LA
Favorite Superhero: The Flash
Favorite Social Media: Instagram
Favorite Campus Spot: Library
Looking forward to: Learning

Meet your Area Coordinator

Meet your Area Coordinator

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.
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!

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!

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 17 @ 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 29 @ 6:00PM
- Fear Factor in the Mane Dish
October 6th & 20th
- Buy your favorite resident a bob gram in the Union Lobby
Events and Activities... #LionUp @OurSoutheastern

Fall 2015

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

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: gallack@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

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.

STUDENT CONDUCT HEARING BOARD

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

### Events and Activities

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

**All Semester Long**
- Tuesday@Wednesday: Movie Night
- Massage Chair Mondays
- Snowball & much more

All events are FREE!

### 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