ST. TAMMANY HALL COMMUNITY SERVICE OUTREACH PROGRAMS

Welcome to St. Tammany Hall, your home away from home! Your Resident Assistant staff is excited about the upcoming Fall 2015 semester and having you as a resident on campus. Living in St. Tammany Hall will prove to be exciting and provide opportunities for you to give back to your University community and the local Hammond/Tangipahoa Parish community through special community service initiative programs. Your Resident Assistant staff is working diligently to plan fun and rewarding community service projects for the entire semester. Rideia, Aaron, Calyn & Emily are exploring new and innovative ways of programming that you will enjoy coming to and as always take something meaningful away, while incorporating your ideas into Hall events. Please see your RA for more details and how to get involved; they look forward to hearing your ideas and feedback. Lion Up for a great year in St. Tammany Hall!

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

Let me introduce myself: I am Bevann Dubuisson, Area Coordinator for Washington, St. Tammany, Pride, and Zachary Taylor Halls. I worked as a Resident Assistant for 2 years and have been an Area Coordinator for the last 9 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 extracurricular activities including Gamma Beta Phi Honor and Service Society, 2006 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 2015 semester! Lion Up!

Meet your Area Coordinator

ST. TAMMANY HALL

Emily Elgin
St. Tammany Hall Resident Assistant
English Major
Hometown: Slidell, LA
Favorite Superhero: Catwoman
Favorite Social Media: Instagram
Favorite Campus Spot: Library – 4th floor
Looking forward to: Making lasting friendships!

Rideia Wilson
St. Tammany Hall Resident Assistant
Communication Major
Hometown: New Orleans, LA
Favorite Superhero: Storm
Favorite Social Media: Snapchat & Twitter
Favorite Campus Spot: Library – 4th floor & Mane Dish
Looking forward to: Fresh faces and new ideas!

Aaron Johnson
St. Tammany Hall Resident Assistant
Political Science Major
Hometown: Baton Rouge, LA
Favorite Superhero: Captain America
Favorite Social Media: Instagram
Favorite Campus Spot: Strawberry Stadium – Go Lions!
Looking forward to: Graduating!

Calyn Landaiche
St. Tammany Hall Resident Assistant
Education Major
Hometown: Ponchatoula, LA
Favorite Superhero: Captain America
Favorite Social Media: Instagram
Favorite Campus Spot: The Mane Dish
Looking forward to: Getting to know new RAs and residents!

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.
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!

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

Res Hall Recipes

What is Hall Council?
Hall Council is a student led organization that provides the opportunity to get involved 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.

What does Hall Council do?
Hall Council puts on events throughout the semester for residents to attend and network with one another and just have fun!

When are meetings held?
Meetings are held on Wednesdays during the fall semester at 7pm in 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 29th @ 6pm
- Fear Factor in the Mane Dish

October 6th & 20th
- Buy your favorite resident a bod gram in the union lobby

Hall Council
Events and Activities... #LionUp @OurSoutheastern

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

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

STUDENT OUTREACH & ADVOCACY REPRESENTATIVES

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.

SOAR
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: aalter@selu.edu.

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

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