



Community Connection

As we reach the midway point of the Fall 2020 semester, the Office of Residential Student Services hopes everyone is continuing to enjoy their experiences this semester!

This newsletter, Community Connection, is part of our service to you, offering information about resources and policies available and provide you important information to the community within the Office of Residential Student Services. You can also find out more about residential living on our website at <http://www.kean.edu/rss>.

What else to expect: healthy eating tips, community service opportunities, resident spotlight, and much more!



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Campus Police: 908-737-4800

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NOVEMBER HOUSING ANNOUNCEMENTS

Thanksgiving Break

Thanksgiving break is from **Thursday, November 26 - Sunday, November 29th**. The residence halls will remain open as classes move from hybrid to fully virtual.

The services on campus such as the dining hall, computer labs, game rooms, and athletic facilities will have an adjusted operating schedule.

Reminder for packing.- Take advantage of your time & pack items that might no longer be needed on campus. Minimizing the items in your room after the break will ease your move out process at the end of the semester.

Testing Before Thanksgiving Break

In order to keep our community, family and friends safe, **testing** for the week of Thanksgiving Break will be conducted on **Monday, November 23rd**.

WINTER BREAK (DECEMBER 18TH-JANUARY 19TH)

The residence halls officially close on **Friday, December 18, 2020**.

Students interested in staying on campus during the winter break due to hardships please complete a winter application located on the applications page of the housing portal.



MIND & BODY

The seasons are quickly changing, but you don't have to let the weather get the best of you. Below we have listed different ways to keep your mind and body occupied right from your room!

WELLNESS TIPS

Get Moving

Activities such as Zumba and Yoga are physical activities that can help maintain a healthy balance.

Game Day

Make an effort to keep socializing. Enjoy a day full of games with your family and friends. Many different clubs and organizations offer virtual activities that can be found on Cougar Link.

Write it Down

Writing down your goals helps you accomplish them easier throughout the day.

If at any point you feel like you need to reach out and speak to someone, you can reach out to your Resident Assistant or the Kean Counseling Center who offers their services, even online. counseling@kean.edu





Navigating life as a college student presents its own set of challenges. Balancing classes, work, and your personal life can be overwhelming; you may find yourself not prioritizing your health and wellness.

- Healthy eating isn't about cutting out foods, it's about eating a wide variety of foods in the right amounts to give your body what it needs. Healthy eating has many benefits such as sleeping better and having more energy and better concentration.
-

LET'S IMPROVE OUR EATING HABITS:



- *Start your day with a healthy breakfast*

Breakfast really is the most important meal of the day. Avoid the temptation to rush out the door on an empty stomach by planning ahead.

- *Keep healthy snacks on hand*

Not all snacks are created equal. This is why it's important to keep healthy, energy-boosting snacks in your room, backpack, and other easily accessible locations.

- *Practice Moderation*
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Eating well and avoiding weight gain doesn't mean you have to throw out all of your favorite treats. Be mindful of your portions and practice moderation when eating sugary snacks, fried foods, and other indulgences.



LEAD THE WAY COMMUNITY SERVICE

Get involved with your community and make a change. There are many ways you can help your community in-person or virtually by volunteering!

Join the Center for Leadership and Service for "Coloring for a cause." Students are able to color and draw pieces of art that will be sent to the Atria Senior Living, bringing smiles and comfort to the residents during this time of uncertainty.



RSVP NOW THROUGH COUGAR
LINK FOR THE UPCOMING
COMMUNITY SERVICE EVENTS!

Fire Safety *Guidelines*



Fire safety should be practiced at all times! Always utilize your best judgement and when in doubt, seek assistance. The Office of Residential Student Services works to ensure all residence halls are upkeep and residents are safe from harm. Continue to do your part by reviewing the prohibited items list to prevent any hazards to yourself and our community.

Fire Safety Tips:

- Review the cooking instructions on all meals to prevent setting off the fire alarm due to burnt food.
- Do not leave food cooking unattended in room microwave units or community kitchen areas.
- Use those appliances that are permitted by the Office of Residential Student Services. Toasters/broiler ovens, hot plates, etc. are not permitted.
- Do not leave the bathroom door open while showering as the steam may activate the alarm system.
- Do not attach, hang, or store anything on or from sprinkler heads or from sprinklers or other pipes.

We're Back Open!

MSC GAME ROOM REOPENING



Hours of Operations

Monday-Thursday: 3:00PM-10:00PM

Friday: 3:00PM-7:00PM

Saturday & Sunday: 1:00PM-5:00PM

Due to COVID-19, only 20 students in at any given time. Only current Kean students are permitted and must present a valid Kean ID for entry.

Resident Spotlight



Cougar Hall's Star Resident is Rachel Rosales. She is a freshman majoring in Biology Health Professions. Rachel is originally from High Bridge, New Jersey. One of Rachel's goals is to become a physical therapist. Currently, she is interested in reading, exercising, and traveling!



Freshman Residence Hall's Star Resident is Oscar Stuchinski. He is a freshman and is originally from Westampton, New Jersey. Oscar is attending Kean as a Business major. Oscar is currently focusing on finishing college and obtaining a good degree and job. In Oscar's free time, he enjoys traveling and playing basketball!

Resident Spotlight



Bartlett Hall's Star Resident is Taylor Pasqualini. She is graduating in Fall 2022 and is a Design major with a minor in Art History! Taylor is from Jackson, New Jersey and is interested in furniture making. One goal that is set for Taylor is to work in a well-known interior design firm while having her own business making furniture!



Upper Residence Hall's Star Resident is Shay Colon. Shay is from Bergen County, New Jersey. Shay majors in Theatre and is a member of the Kean Theatre Council! She loves anything related to performing arts and visual arts. Shay's one goal is to be on the Dean's List this semester!

Resident Spotlight



Burch Hall's Star Resident is Sarah Argumedo. Sarah is a senior studying Psychology with a minor in Biology and a focus in Physical Therapy. Sarah's hometown is Alpha, New Jersey. In her downtime, Sarah enjoys calligraphy, photography, and streaming Twitch! In the future, she hopes to earn her PT certification to assist others who have undergone surgery or other types of trauma.



Sozio Hall's Star Resident is Sarah Curtis. Sarah is a sophomore originally from Spring Lake Heights, New Jersey. She is a chemistry expanded major and is very interested in science and mythology!

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Residence Hall Director

Shanita Ray

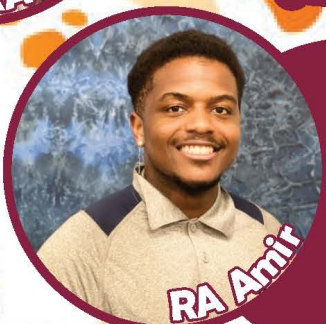
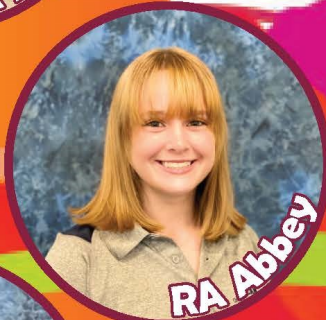
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