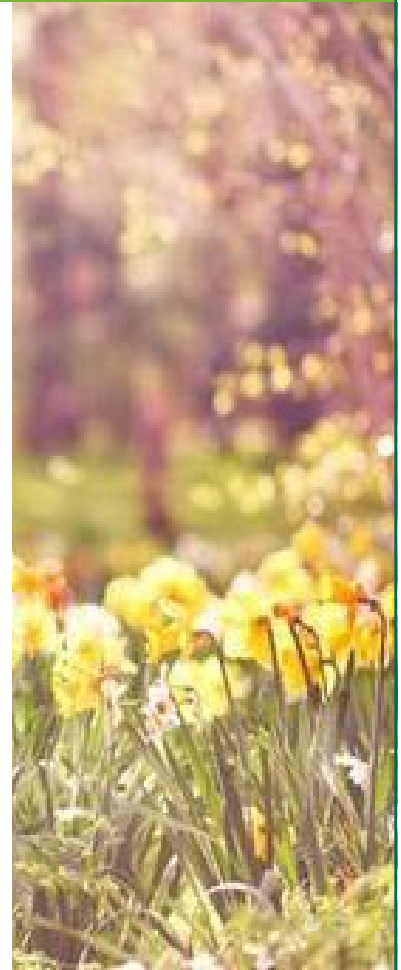


Community Connection

With the Spring 2021 semester well underway, the Office of Residential Student Services wishes everyone the best in their studies and preparing for upcoming midterms!

This newsletter, Community Connection, is part of our service to you, offering information about resources and policies available, and provides 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 www.kean.edu/rss.

What else to expect: Study tips and self care for midterms, Hall Council information and more! Additionally, the scheduled programming for March is full of exciting virtual and in-person events! Check out our programming calendar and visit Cougarlink for more information about upcoming programs and events.



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RSS office: 908-737-6800

reslife@kean.edu

Campus Police: 908-737-4800

We hope our residents are enjoying their experience in the new semester and we continue to recognize their hard work and resilience!

Follow Us on Social Media



@KEANRSS

STUDY TIPS

FOR MIDTERMS

1 **Organize your course materials before your midterm.**

Leaving at least one week of time ahead for yourself to process half a semester's material will help improve your confidence!

2 **Create your own study guide.**

Working on this study guide will help you to process and organize the information that will be on the exam.

3 **Turn off your cell phone.**

The tempting social media outlets of Instagram, Snapchat and Facebook could be distracting when you are trying to study, and turning your phone off could allow you to focus better.

4 **Join or start a study group.**

Studying in a group with your peers always calls for a productive time and can help you gain new perspective on your topic, learn new study techniques and boost your motivation.

5 **Maintain a healthy sleep schedule.**

Sleeping at least seven hours a night and setting an alarm at the same time every morning will help you to better retain information for the exam.

6 **Don't Panic.**

Add relaxation to your equation when studying for midterms. Although jitters could overtake your thoughts entirely, remember to take deep breaths when studying.

7 **Remember to eat.**

Studying for midterms can distract you from life—even eating. Having a snack on hand will keep your mind energized and ready to absorb more information.

8 **Find a good study spot.**

If you find yourself studying on campus or at home, look for a good study spot where you can concentrate.

SELF CARE

for Midterms



1

Maintain connections

Set up a time to regularly connect with friends, classmates and family members with a video call. Seeing a friendly face can be a huge boost to your day.



2

Take care of your body

Do your best to eat healthy meals, exercise regularly and get plenty of sleep. Keeping your body healthy is a critical part to keeping your mind healthy for midterms.



3

Take a break from news & social media

You can stay aware of important updates by checking in from time-to-time, but don't overdo it with continuous updates that feed into fear and anxiety.



4

Pamper yourself

What does self-care mean to you? Self-care can be anything that you enjoy and decreases your stress level, such as cooking, reading, listening to music, dancing, yoga, or anything that you look forward to!



5

Go outdoors

As the weather becomes warmer, consider committing to going outdoors and moving for at least an hour every day if possible. Getting a breath of fresh air can make a difference.



6

Try out meditation

The physical benefits of meditation include decreased blood pressure and lower levels of anxiety, as well as a healthier immune system overall. Try some of the various free apps, podcasts and videos to help you get started.

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Biology-Health
Professions



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TSD History Education
P-12



4th Floor Rep
Kendra Smith
Marketing



5th Floor Rep
Brooke Ferguson
Marketing



5th Floor Rep
Delaney McGlade
Major Undecided



COUGAR HALL

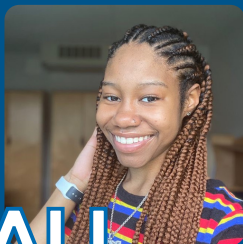
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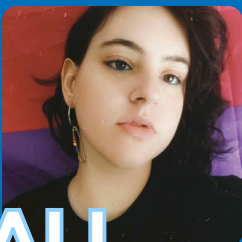
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UPPERCLASSMAN HALL



Hall Council

Office of Residential Student Services | Spring 2021

Are you interested in joining Hall Council? Contact your RA or RHD to join!

HALL COUNCIL SPRING 2021

GENERAL BODY MEETINGS



THURSDAY

Cougar Hall

Biweekly Meetings

Thursdays at 8:00pm

(next meeting will be on March 11th)

SUNDAY

Freshman Hall

Biweekly Meetings

Sundays at 10:00pm

(next meeting will be on March 7th)

SUNDAY

Sozio Hall

Biweekly Meetings

Sundays at 7:00pm

(next meeting will be on March 7th)

SUNDAY

Upperclassman Hall

Biweekly Meetings

Sundays at 7:00pm

(next meeting will be on March 14th)

Hall Council's General Body Meetings are for **all residents** of the building to attend, stay connected, and discuss the community. Visit [Cougarlink](#) for more information and for the link to join your respective building meeting!

RESIDENT Spotlight



FRESHMAN HALL

Freshman Residence Hall's Star Resident is Mollie Engel. They are a freshman majoring in Accounting. Mollie is originally from Freehold, New Jersey. One of Mollie's goals is to pass all of their classes this semester while also getting another tattoo! Currently, Mollie is interested in True Crime.



COUGAR HALL

Cougar Hall's Star Resident is Lydia Raymond. They are a freshman and originally from Irvington, New Jersey. Lydia is attending Kean as a Business Management major. Lydia is hoping to purchase a car by the end of the semester. Currently, Lydia has an interest in cosmetology, specifically makeup!

RESIDENT *Spotlight*



BURCH HALL

Burch Hall's Star Resident is Timur Mironov. They are currently a sophomore and are a Communication- Media/Film major. Timur is from Yakutsk, Russia, and is interested in film and basketball. One goal that is set for Timur is to finish the semester with good grades and become an RA for next semester!



SOZIO HALL

Sozio Hall's Star Resident is Samuel Royster. Samuel is from Princeton, New Jersey. Samuel is a music major and will be graduating at the end of this semester! A fun fact about Samuel is that they write music. Thus far, they are a decorated playwright and are continuing to create animations!

RESIDENT *Spotlight*



UPPERCLASSMAN HALL

Upper Residence Hall's Star Resident is Jillian McGovern. Jillian is from Middlesex, New Jersey. Currently majoring in Photography, Jillian hopes to become a professional photographer! In their free time, Jillian enjoys painting.

Kean University is proud to announce our newly created Kean Recovery Community.

Kean Recovery Community (KRC) is a voluntary, safe, affirming and nurturing environment where students in recovery from substance use have the opportunities to enhance their quality of life, achieve academic and personal goals, and contribute to society through meaningful and sustained engagement.

Some of the benefits of the Recovery Community include:

- **Community Commitment to Recovery**
- **Anonymity**
- **Support Services**
- **Substance Free Programming and Events**
- **Peer to peer support**
- **Targeted Health and Recovery Wellness Programming Specific to KRC**



Kean University students who are in, or considering recovery, can complete the form available on our website or email us to connect with the KRC!

Email:
keanrecovery@kean.edu

www.kean.edu/offices/office-counseling-accessibility-alcohol-and-other-drug-services/kean-recovery-community-krc

*Are you interested in living on a **Recovery Floor**? If so, please make sure to select this option on your housing application.*



Kean Recovery Community

TEST EARLY ON TUESDAY!

COVID-19 TESTING

Testing Days/Times

Tuesday

12:00pm - 1:30pm

Wednesday

10:00am - 1:30pm

Location

Upperclassman

Dining Hall

Sign in to your Vault account prior to arriving to take your test using the following link or QR code: **covid.vlt.co**



If you are unable to test on the dates and times provided, please complete the **Residential Student COVID-19 Test Conflict Form** and we will provide you with additional instructions to test within the testing week.

To access the form, please go to <http://bit.ly/KeanCovidTestConflict>



For more information, please speak with your RHD or RA

DEADLINE REMINDER

ROOM SELECTION

Fall 2021

FALL 2021 HOUSING APPLICATION DEADLINE

FRIDAY,
MARCH 5TH,
2021

Reminder: If you are interested in living on campus, selecting your room, or choosing a roommate/suitemate, the deadline to submit your housing application is **March 5th, 2021.**

Please check your Kean email for more information.



Office of Residential Student Services



March 2021 Programming



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Student Wellness Workshop 2:00pm Pamper Up 7:00pm How to Live an Extraordinary Life 8:00pm	2 Self-care Tuesday 12:30pm Upperclassman Dining Hall Virtual Drop-in Support Spaces - Tuesday 2:00pm	3 Meet the Pros 3:00pm MSC Greek Lounge FITT in your schedule 7:00pm Pride General Body Meeting 8:00pm	4 "In the Know" Drop-in Session 4:00pm Virtual Lip Sync Battle 7:00pm Jackbox Game Night: Quiplash 8:00pm	5 LGBTQ+ Drop-in Talk Space 2:00pm Bodyweight Workout 3:30pm Blend it Healthy 7:00pm	6 Bodyweight Workout 3:30pm Study Skills 6:00pm
7 Washington Valley Park Trip 10:00am Sozio Hall Council Meeting 7:00pm (biweekly) Freshman Hall Council Meeting 10:00pm (biweekly)	8 Virtual Drop-in Support Spaces - Monday 2:00pm World Class Wonder Women 8:00pm	9 Find Your Pulse 3:30pm Nancy Thompson Library JUST DO IT 6:00pm	10 Email Like a Boss 7:00pm From Radium to Monopoly - Who am I? 8:00pm Pride General Body Meeting 8:00pm Freshman Hall Council Program 8:30pm	11 Eat Right for You! 7:00pm Line Up 8:00pm Cougar Hall Council Meeting 8:00pm (biweekly)	12 Purple Reign Yoga Program 6:00pm Hair Tips 7:00pm	13 Coloring for a Cause 11:00am Fitness for Your Mental 7:00pm "Find Your Fit" 7:00pm
14 Grounds for Sculpture Trip 10:00am Upperclassman Hall Building Program 7:00pm Upperclassman Hall Council Program 7:00pm Dear Future Self 7:00pm	15 Women Leading Change in New Jersey - A Celebration of Diverse Achievements 3:15pm	16 Self-care Tuesday 12:30pm Location to be announced on IG Cougar Clash 2:00pm	17 Meet the Pros 3:00pm MSC Greek Lounge Virtual Community Yoga 3:15pm Pride General Body Meeting 8:00pm	18 Travel through Herstory 3:30pm "In the Know" Drop-in Session 4:00pm Forgotten Figures 7:00pm	19 Coloring for a Cause 2:00pm Cougar Hall Building Program 7:00pm Express Not Stress	20 Mind Games 12:00pm Work Hard, Stress Less 2:00pm
21 Unified Sports: Esports 10:00am Freshman Hall Building Program 1:00pm Where do I go on campus for... 5:00pm	22 Virtual Drop-in Support Spaces - Monday 2:00pm <i>Advisement week begins</i>	23 Virtual Drop-in Support Spaces - Tuesday 2:00pm Clothesline Project T-Shirt Pick-up Visit your Community Center during the day	24 Work Hard Play Hard Fitness Class 3:30pm MSC Green Not My Tea 7:00pm Pride General Body Meeting 8:00pm	25 "In the Know" Drop-in Session 4:00pm HERstory Month Lecture 4:30pm Cougar Hall Council Meeting 8:00pm (biweekly)	26 Who Run's the World - Sozio Building Program 7:00pm Epilepsy Awareness - Burch Building Program 8:00pm Together We Can: Mental Health 8:00pm	27 Sozio Hall Council Program 7:00pm
28 Escape Room 8:00pm Upperclassmen Hall Council Meeting 7:00pm (biweekly)	29 What's good for you? 7:00pm Week of Action begins! <i>Program information will be shared!</i>	30 Virtual Drop-in Support Spaces - Tuesday 2:00pm	31 Coloring for a Cause 12:00pm Pride General Body Meeting 8:00pm	Building or Hall Council Program In-Person Program <i>RSVP Required</i>		

For additional details to join events, visit **Cougarlink!**
kean.campuslabs.com/engage/

