



Community Connection

As we reach the midway point of the Fall 2021 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, ways to stay thankful, Hall Council, resident spotlight, and much more! Additionally, we have a variety of events planned for the month of November! Be sure to check out our November programming calendar while visiting CougarLink for more information about upcoming programs and events on Kean's campus!



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Campus Police:

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HEALTHY Eating Habits

Many individuals during college may find it difficult to avoid bad habits like skipping meals or frequently visiting fast-food restaurants. Maintaining a healthy eating lifestyle can help you feel better, cope with stress, and perform better in the classroom

Drink lots of water.

Your body needs at least eight glasses a day, and if you exercise vigorously, you may need more. To remind yourself, carry a water bottle along to class and keep it handy during late-night study sessions.

Enjoy your food.

Food is a lot more than nourishment for our bodies, so take the time to enjoy and savor it!

Eat a good breakfast.

Studies show that skipping breakfast detracts from scholastic achievement. When there isn't time to sit down and enjoy your morning meal, grab a bagel, piece of fruit, and some juice. Most of these items can be easily stored in your residence hall room.

Keep healthy snacks on hand.

This way, if hunger strikes during a late-night study session, you won't be tempted by vending machine candy, chips, or ice cream. Instead, possibilities include fresh or dried fruit, pretzels, unbuttered popcorn, rice cakes, or whole wheat crackers. If you have a refrigerator, consider raw vegetables with low-fat yogurt or cottage cheese dip.

Limit your sugar intake.

Sugar provides calories in your diet but few other nutrients, and it contributes significantly to tooth decay. So use it sparingly and consider sweetening coffee, tea, cereal, and fruit with diet sweeteners instead.



Gratitude MATTERS

Gratitude is a powerful positive force. It can have a real impact on physical health, emotional wellbeing, motivation, engagement, and belonging.

WAYS WE CAN CULTIVATE OUR GRATITUDE



Begin and end with intention.



Start each day by thinking about all you appreciate and expect from the day.

Give continuous attention.

Throughout each day, find small things about which you can be thankful.

Express yourself.

Gratitude is both an individual and a team sport. So when you share what you're grateful for in a team environment, it holds even more power.



Source: <https://www.forbes.com/sites/tracybrower/2021/01/03/gratitude-is-good-why-its-important-and-how-to-cultivate-it/?sh=f748bd22a0f3>

National CAREER DEVELOPMENT MONTH

Career development, at its core, is about setting goals and acquiring the skills to achieve those goals. Here are some ways to start doing that.



SELF-REFLECT

Set aside some time to reflect on who you are, where you've been, and what you ultimately want from your working life.

JOB SHADOW

Learn about the different types of jobs within your major and find ways to job shadow to see what people are doing on any given day. This will broaden your understanding of how the industry works, how things get done, and how you fit in.

SET SHORT-TERM GOAL

Forget about where you see yourself in five years for the moment. Instead, where do you see yourself in one year? What skills might you need to move up to the next rung of the ladder? Write down your goals and create a timeline for yourself to achieve them.

UPDATED

CAMPUS EATERIES

Order through the Boost Mobile App!

STARBUCKS

The Learning Commons
Monday- Friday
8:00 AM- 4:00 PM
Saturday- Sunday
CLOSED

FOOD COURT

Miron Student Center
Monday- Wednesday
11:00 AM- 7:00 PM
Thursday
11:00 AM- 4:00 PM
Friday- Sunday
CLOSED

OUTTAKES

Miron Student Center
Monday- Friday
9:00 AM- 7:00 PM
Saturday- Sunday
12:00 PM- 6:00 PM

RESIDENCE HALL DINING

Upperclassman Residence Hall
Monday- Thursday
7:30 AM- 10:00 PM
Friday
7:30 AM- 9:00 PM
Saturday- Sunday
9:00 AM- 9:00 PM

SMASHBURGER

Miron Student Center
Monday- Thursday
11:00 AM- 7:00 PM
Friday
11:00 AM- 3:00 PM
Saturday- Sunday
CLOSED

JERSEY MIKE'S

Miron Student Center
Monday- Wednesday
11:00 AM- 7:00 PM
Thursday- Friday
11:00 AM- 4:00 PM
Saturday- Sunday
CLOSED

BAMBOO

Miron Student Center
Monday- Wednesday
11:00 AM- 7:00 PM
Thursday- Friday
11:00 AM- 4:00 PM
Saturday- Sunday
CLOSED

COUGAR'S DEN

Miron Student Center
Monday- Friday
8:00 AM- 11:00 PM
Saturday- Sunday
CLOSED

AUNTIE ANNE'S

Miron Student Center
Monday- Thursday
11:00 AM- 5:00 PM
Friday
11:00 AM- 3:00 PM
Saturday- Sunday
CLOSED

UNITY CAFE

Cougar Hall
Monday- Thursday
11:00 AM- 5:00 PM
Friday
11:00 AM- 3:00 PM
Saturday- Sunday
CLOSED

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Hall Council

E-BOARD REPRESENTATIVES



Shane Gagnon
President
BS Mathematics



Lena Taylor
Vice- President
Early Childhood Ed.



Makenzie Kuntz
Secretary
*Speech Language
Hearing*



Aleesandro DiLeo
Treasurer
Finance



Joe Abramson
Public Relations
Graphic Design

SOZIO HALL



Ramses Chan Estrada
Vice-President
Photography



Chimezie Akagha
Secretary
Political Science

Hall Council

E-BOARD REPRESENTATIVES

FRESHMAN HALL



Rosemary Siguencia
Vice-President
Occupational Therapy



Erin Hak
Secretary
Early Childhood Ed. TSD



Yogi Patel
Secretary
Supply Chain and Information Management



Alexis Balkissoon
Public Relations
Sociology

BURCH HALL



Jessica Sara MacLeon
Secretary
Music



Amanda Sweeney
Public Relations
Graphic Design

Hall Council

E-BOARD REPRESENTATIVES

UPPERCLASSMAN HALL



Mahiyah Sampson
President
Political Science



Michelle Swar
Vice- President
*Biology Health
Professions*



Kathleen Blain
Secretary
*Computational Science
and Engineering*



Jana Mahmoud
Treasurer
Interior Design



Alyssa Morales
Public Relations
*Business management
and entrepreneurship*

Meet Your RHD

Cougar Hall

RHD Bailey Vick
(908) 737-0282
vickb@kean.edu



Freshman Hall

RHD Shanita Ray
(908) 737-4501
sray@kean.edu



Upperclassmen Hall

RHD Lauren Conrad
(908) 737-1678
lconrad@kean.edu



Sozio Hall

RHD Terry Ann
(908) 737-6400
tjoseph@kean.edu



Burch Hall

RHD Lauren Pinkard
(908) 737-6500
pinkardl@kean.edu



RESIDENT Spotlight



COUGAR HALL

Cougar Hall's star resident is Jamil Jalloh. They are a freshman and are originally from North Brunswick, New Jersey. Jamil is majoring in Computer Science and works in the Technology Lounge in the MSC. In their free time, Jamil enjoys playing video games and hanging out with friends! Jamil hopes to get back into drawing because it is something they are very passionate about. Jamil's biggest goal is to always make people happy!

FRESHMAN HALL

Freshman Residence Hall's star resident is Yogi Patel. Yogi is a freshman looking to major in Supply Chain and Information Management. They are originally from Vidalia, Georgia, and are currently interested in flipping, fixing, and racing cars! Yogi's one goal includes expanding the current go-karting business to Edison, New Jersey.



RESIDENT Spotlight

CAMERA



SHY

BURCH HALL

Burch Hall's star resident is Angel "Biggie" Vasquez. They are a junior majoring in Math Education. Biggie is originally from Perth Amboy, New Jersey. One of Biggie's goals is to come back to Kean after they graduate to pursue a master's degree in education. Currently, Biggie is interested in sign language!

UPPERCLASMEN HALL

Upperclassman's star resident is Amy Bellows. Amy is from Metuchen, New Jersey. Currently majoring in Graphic Design, Amy's interests include drawing, reading, and playing video games. Their one goal is to someday get a scuba divers license!

SOZIO HALL

Sozio Hall's star resident is Gianna Lepanto. Gianna is majoring in English with a Writing concentration and has the goal of becoming an author! They are from Rahway, New Jersey, and a fun fact about Gianna is that they are the president of the gardening club on campus!





OFFICE OF RESIDENTIAL STUDENT SERVICES

NOVEMBER 2021

programming

TUES 02 DANCE YOUR STRESS AWAY
7:00PM / Upper Multi-Purpose Room

WED 03 IF YOU WANNA BE MY LOVER, YOU GOTTA GET MY CONSENT
9:30PM / Freshmen Multi-Purpose Room
DANCE TILL DAWN / 9:30PM / Freshmen Multi-Purpose Room

THUR 04 SLAM THE EXAM / 7:00PM / Cougar Great Room
PRIDE MEETING / 8:00PM / Upper Multi-Purpose Room

FRI 05 RIGHT ROUTE TO WORK IT OUT / 8:00PM / Upper Multi-Purpose Room
ADVICE-MENT / 9:00PM / Burch Community Center

SAT 06 DISCOVER YOUR MAJOR / 12:00PM / Freshmen Multi-Purpose Room
ESPRESSO YOURSELF / 2:00PM / Cougar Hall Great Room
SOZIO BUILDING PROGRAM: GAME NIGHT / 4:00PM / Sozio Community Center

SUN 07 BURCH BUILDING PROGRAM: FINISH THAT SONG
8:00PM / Burch Community Center

MON 08 HALL COUNCIL GENERAL BODY MEETING
7:30PM / Cougar Business Center

TUES 09 MANAGING STRESS
8:30PM / Upper Multi-Purpose Room

THUR 11 PRIDE MEETING
8:00PM / Upper Multi-Purposee

FRI 12 DOES THE SHOE FIT? / 8:00PM / Cougar Hall Game Room
WORLD CLASS GAME NIGHT / 10:00PM / Burch Hall Game Room

SAT 13 JUST BREATHE / 2:00PM / Freshmen Multi-Purpose Room
FRESHMEN HALL BUILDING PROGRAM: PUMPKIN PATCH DECOR / 2:00PM / The Green
TINKLING DANCING / 6:00PM / Freshmen Multi-Purpose Room

SUN 14 SWITCH IT UP! / 3:00PM / Upper Multi-Purpose Room
STEM AWAY FROM STRESS / 7:00PM / Cougar Great Room

WED 17 LUNG CANCER AWARENESS / 6:00PM / Upper Multi-Purpose Room
DANCE 'TIL DAWN / 9:30PM / Freshmen Multi-Purpose Room

THUR 18 PAW PALOOZA / 3:30PM / Cougar Hall
PRIDE MEETING / 8:00PM / Upper Multi-Purpose Room

FRI 19 DESTRESS: BE THE BEST / 7:00PM / Freshmen Multi-Purpose Room
WHAT IT'S LIKE TO STUDY ABROAD / 7:00PM / Cougar Hall Business Center
RESUME REVAMP / 7:00PM / Upper Multi-Purpose Room

SUN 20 WHITE RIBBON NIGHT
6:00PM / Burch Hall Community Center

SUN 21 POSITIVELY CROSS THE LINE / 4:00PM / Upper Multi-Purpose Room
BORN TO BE HAPPY / 7:00PM / Cougar Hall 3rd Floor Lounge
COUGAR BUILDING PROGRAM: COUGAR GAMES / 8PM / Cougar Great Room

SAT 22 JUST DANCE YOUR WAY TO FITNESS / 7:00PM / MSC
HALL COUNCIL GENERAL BODY MEETING
7:30PM / Cougar Business Center

TUES 23 STUDY ABROAD
7:00PM / Freshmen Multi-Purpose Room

THUR 25 DANCE 'TIL DAWN
9:30PM / Freshmen Multi-Purpose Room

FRI 26 GOALS, NOT DREAMS
7:00PM / Sozio Community Center

SAT 27 BALLROOM INFECTION
3:00PM / Freshmen Lounge

SUN 28 PIECE OF THE PUZZLE / 6:00PM / Freshmen Lounge
PAINT N' REFRESH! / 6:30PM / Sozio Community Center

FOLLOW US @KEANRSS   

HEAD TO COUGAR LINK TO LEARN MORE ABOUT UPCOMING EVENTS

