



# Community Connection

As we enter into the month of October, Homecoming Week is right around the corner! Homecoming is an exciting time on campus filled with school spirit and events! This year's homecoming will take place October 11, 2021 through October 16, 2021. Before the festivities begin, the Office of Residential Student Services would like to remind residents to stay safe and follow a few general safety tips:

- Stay alert at all times and be aware of your surroundings.
- Carry a charged cellphone at all times and don't leave your personal belongings unattended.
- Trust your instincts! If you feel uncomfortable about something or someone near you, head to a populated place and alert Kean University Police Department.
- Be respectful of others, including police, staff, and homecoming guests.
- Avoid walking alone. Let a friend or family member know where and with who you will be with.



Midterm Nightmares .....2  
Healthy Habits .....3  
Breast Cancer Awareness .....4  
Getting Spooky .....5  
Resident Spotlight .....6

RSS Office: **908-737-6800**

**reslife@kean.edu**

Campus Police:

**908-737-4800**

Follow Us on Social Media



@KEANRSS

# MIDTERM

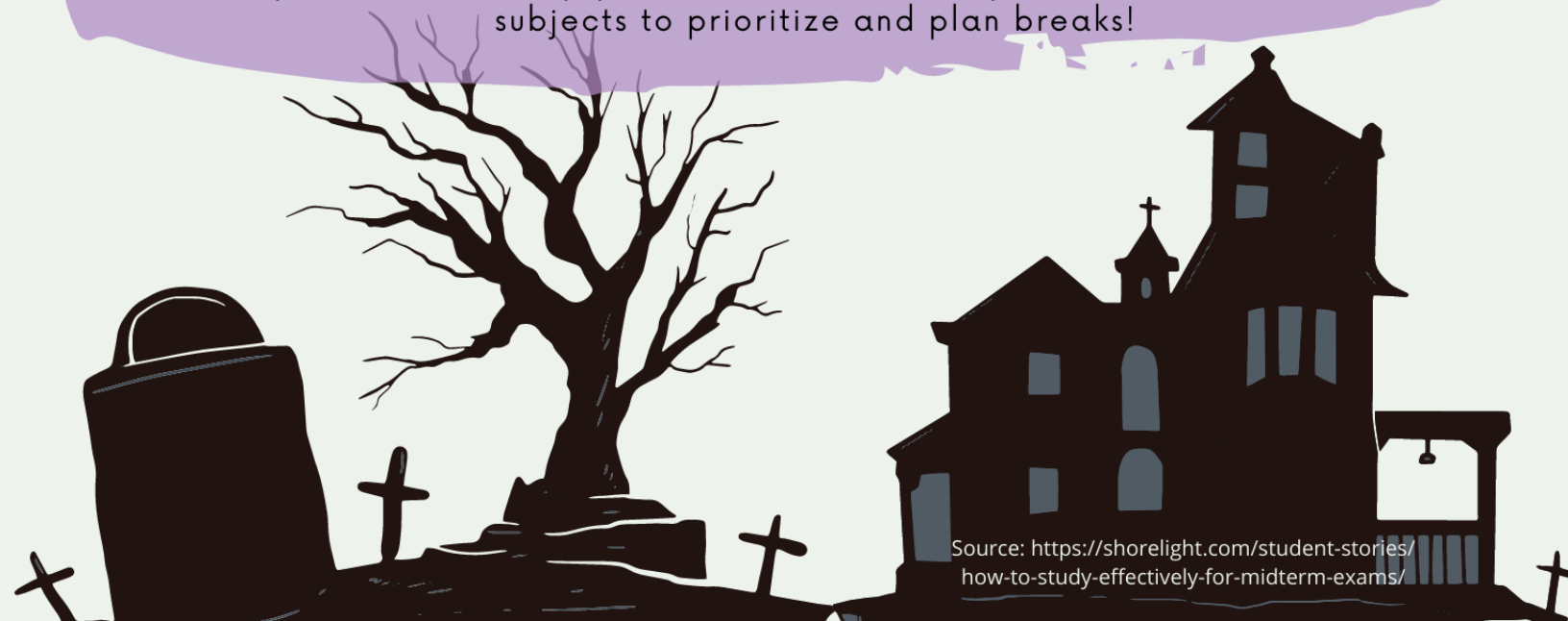
## Nightmares

Midterms are around the corner; while it is normal to feel a little anxious, there is nothing to worry about if you prepare yourself. By knowing how to study effectively, you can prepare for your midterm exams like an expert.

**Understand Your Learning Style.** When you understand your learning style, you will then know which study methods work best for you. If you're a visual learner, for example, you can create color-coded notecards for each course. If you're an auditory learner, record yourself reading your notes or chapters and play it throughout the day. If you are a kinesthetic learner, you can design graphics and create artwork to memorize concepts.

**Keep Up With Your Class Work.** Staying up to date with your assignment can help you immediately address any confusion about the subject instead of seeing concerns come up when you are studying for a midterm exam.

**Prepare A Study Plan.** Staying organized and knowing how to manage your time can help you achieve the results you want. Decide what subjects to prioritize and plan breaks!



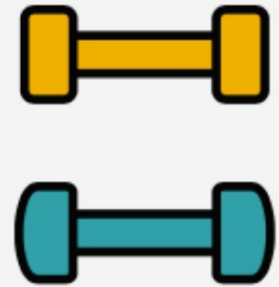
Source: <https://shorelight.com/student-stories/how-to-study-effectively-for-midterm-exams/>

# HEALTHY HABITS

WORTH ADOPTING THIS SEMESTER

## EXERCISE & KEEP ACTIVE

Exercise can profoundly enhance your life in many ways. Make time to hit the gym. If the gym isn't your cup of tea, take the long way to your class or take the stairs instead of the elevator.



## CLEAN YOUR LIVING SPACE

Cleaning your space regularly is a great habit to have. Clean not only for sanitization purposes but for organization. A clean space helps tidy up your brain and keep your thoughts clutter free.

## GET 8 HOURS OF SLEEP

Sleep is one of the most important aspects of staying healthy. From stress levels to blood pressure, sleep is a necessity to have a productive day.



## EAT AND DRINK RIGHT

What you eat is without a doubt important to your health. Try to incorporate more whole foods into your diet and always bring healthy snacks with you. Follow the food pyramid by eating full meals.

SOURCE: [CAMDEN.RUTGERS.EDU](http://CAMDEN.RUTGERS.EDU)



# BREAST CANCER AWARENESS



## Did you know?

1 in 8 women will develop breast cancer in their lifetime  
281,550 people will be diagnosed with breast cancer this year  
2.8 million are breast cancer survivors



## Ways you can help

Participate in awareness walks!  
Donate to the BCRF ( Breast Cancer Research Foundation) or the American Cancer Society.



## Events at Kean

10/14: Pink-Out Night  
10/15: Pretty In Pink  
10/22: Field Day for Breast Cancer Awareness  
10/24: Breast Cancer Walk

Source: <https://www.mana.md/10-facts-about-breast-cancer>

# GETTING SPOOKY

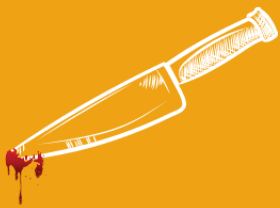
## AROUND THE WORLD

Halloween is one of the world's oldest holidays! Annually celebrated on October 31, 2021 in the United States, many other countries host different Halloween traditions as well. Let's take a look at how other cultures celebrate!

### IN GERMANY...

#### PUT YOUR KNIVES AWAY!

TO PREVENT GIVING AND RECEIVING HARM FROM SPIRITS, GERMANS PUT AWAY THEIR KNIVES ON HALLOWEEN!



### IN KOREA...

#### GIVE THANKS!

CHUSOK IS A FESTIVAL SIMILAR TO HALLOWEEN WHERE FAMILIES PAY RESPECT TO THEIR ANCESTORS BY VISITING THEIR TOMBS WITH OFFERINGS OF RICE AND FRUIT!



### IN CZECHOSLOVAKIA...

#### TAKE A SEAT!

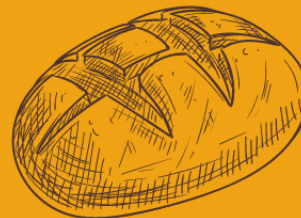
ON HALLOWEEN NIGHT, CHAIRS ARE PLACED BY THE FIRESIDE, WITH ONE CHAIR FOR EVERY LIVING FAMILY MEMBER AND ONE CHAIR FOR EACH FAMILY MEMBER'S SPIRIT!



### IN IRELAND...

#### GET THIS BREAD!

THE OFFICIAL HALLOWEEN DESSERT OF IRELAND IS BARMBRACK, WHICH IS A SWEET BREAD THAT CONTAINS SYMBOLIC OBJECTS THAT TELL YOUR FUTURE!



SOURCE: [HTTPS://WWW.RD.COM/LIST/HALLOWEEN-CELEBRATED-AROUND-WORLD/](https://www.rd.com/list/halloween-celebrated-around-world/)

# RESIDENT

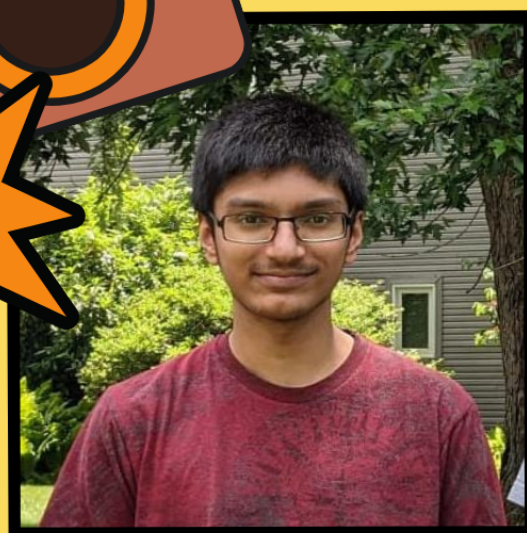
## spotlight



Femi Fadipe  
Cougar Hall

Femi Fadipe is Cougar Hall's resident spotlight for this month! Femi is a freshman majoring in Architecture. They are from the Bronx, New York. Femi is on the LAX team for Kean and plays goalie. In their free time, they enjoy drawing, specifically drawing buildings. Femi is also super religious and takes pride in practicing their faith. Their goal for the semester is to receive a 4.0 GPA!

Freshman Hall's resident spotlight is Pranav Illendula. They are a freshman and originally from South Brunswick Township. Pranav is majoring in Molecular Biology and Biotechnology. A fun fact about Pranav is that they have never done an all-nighter! Their goal this semester is to hang out more with my friends and everyone else that they have met thus far here at Kean!







Stella  
Upperclassmen Hall

Stella is Upperclassmen Hall's resident spotlight for this month! Stella is majoring in Communication Public Relations. Stella comes from Wenzhou Kean University, with their hometown being Guiyang, China. In Stella's spare time, they enjoy horseback riding, skiing, and hang-gliding! This academic year, Stella has set a goal to get into their ideal body shape before Christmas!



Chyna Boyd-Harris  
Burch Hall

Burch Hall's resident spotlight is Chyna Boyd-Harris! Chyna is from Edison, New Jersey, and is currently a junior. Chyna is a Theatre major, and one of the goals they would like to accomplish is making the Dean's List! Currently, Chyna is in love with horror movies!

# RESIDENT spotlight

# RESIDENT

## spotlight



Ramses J. Chan Estrada  
Sozio Hall

Ramses J. Chan Estrada is Sozio Hall's resident spotlight for this month! Ramses' hometown is Trenton, New Jersey. Interestingly, they are the only person in their family that is left-handed! Ramses has been to China before and currently aspires to work with National Geographic and become a well-known environmental photographer.