



Community Connection

As we begin to close out the Fall 2021 semester, the Office of Residential Student Services would like to thank you for your commitment to the residential community and for continuing to make our residence halls a safe and supporting environment. We wish you the best of luck with any final exams. Be sure to stay healthy and safe this holiday season!

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

What else to expect: Fall 2021 move-out expectations, final exam study tips, resident spotlight, and much more! If you have not attended a program as yet, be sure to check out our December programming calendar while visiting Cougar Link for more information about upcoming events!



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MOVE-OUTS

Fall move-outs will take place from **Sunday, December 12th** through **Monday, December 20th**. As follows, are guidelines for completing your move-out:

1

Appointments

Schedule a move-out appointment with your Resident Assistant(s) by **Friday, December 3rd, 2021 by 5 PM**. Students must move out within 24 hours of their last final and check-out with their RA at their scheduled move-out time.

2

How to Prepare

While preparing to move out, all residents must ensure they complete the following:

- Turn off all lights
- Empty trash cans
- Leave window shades up
- Close and secure windows
- Ensure that the bedroom/suite is clean
- Lock (close) front door and bedroom door
- Discard perishable items in their refrigerators
- Unplug appliances and electronics except for refrigerators

3

Returning Residents

If you are a returning resident for the Spring 2022 semester, you will hold on to your bedroom and mailbox key and only pack what you may need for winter break.

4

Non-Returning Residents

If you are not returning for the Spring 2022 semester, you will be returning your key to your RA and taking all belongings. Please ensure you submit a Petition to Break contract. The Petition to Break Housing Contract is located on the Housing Portal **HERE** under Housing Assignments & Changes.



Fall 2021

Moveouts

FAQs



Q: What if I have a final on December 20th after 6 PM?

A: Residents that have a final on December 20th, 2021 must ensure they are scheduling their move-out appointment for 6 PM when the residence halls close or earlier. The Office of Residential Student Services suggests that residents begin packing beforehand while planning their travel arrangements for once their final concludes.

Q: Can I have a guest assist me with my move-out?

A: Residents are permitted to bring two (2) guests for move-out assistance. Similar to the academic year, guests must provide proof of vaccination or submit negative void-19 PCR tests 24 hours prior to arrival.

Q: Do I have to bring all of my belongings home?

A: Returning residents must only pack the necessities that they may need for winter break. The remaining items are able to stay inside the room. Residents who are not returning must pack all of their belongings.

Q: How do I schedule a move-out appointment?

A: Residents must schedule a move-out appointment with their respective Resident Assistant. Residents may begin scheduling their appointment as early of November 24, 2021. Additionally, during the week of December 5th, 2021 through December 10th, 2021 Resident Assistants will be hosting move-out floor meetings covering move-outs.

HOLIDAYS AROUND The World



Hanukkah

Hanukkah, or Chanukah, is an eight-day Jewish celebration that commemorates the re-dedication of the Second Temple in Jerusalem following the Maccabean Revolt.



Christmas

In the Christian faith, Christmas is the historical celebration of the birth of Jesus Christ. Whether celebrated for this religious reason or solely as a cultural celebration, Christmas traditions vary worldwide.



Kwanzaa

Kwanzaa was created by Dr. Maulana Karenga in 1966. He founded the US, a cultural organization, and started to research African "first fruit" (harvest) celebrations. From there, he combined aspects of several different harvest celebrations to form the basis of Kwanzaa.



Boxing Day

Boxing Day takes place on December 26. Only celebrated in a few countries, the holiday originated in the United Kingdom during the Middle Ages. It was the day when the alms box, collection boxes for those in need were often kept in churches and later distributed.



Omisoka

Ōmisoka, New Year's Eve, is considered the second-most important day in Japanese tradition as it is the final day of the old year and the eve of New Year's Day, the most important day of the year.

HOW TO *Beat* THE WINTER BLUES

As the days get shorter, many people find themselves struggling to maintain a happy, healthy mindset. Follow the tips below to ensure you are taking care of yourself!

• BOOST YOUR MOOD WITH FOOD

A simple change to boost your mood is to consider the food you eat.

Consuming protein with breakfast, lunch, and dinner can enhance mood and prevent sugar and carb cravings later in the day.

• DO SOME PHYSICAL ACTIVITY

Physical activity has been shown to boost mood, decrease the symptoms of depression, and reduce stress. Getting outside daily can make a huge impact on your mood and help target the specific symptoms of depression.

• SEEK PROFESSIONAL HELP

If lifestyle modifications and other low-level interventions do not provide enough relief from the winter blues, consider seeking professional help. A therapist can help you train your brain to think more positively, which can also make you feel better physically.

Source: <https://www.verywellmind.com/how-to-beat-the-winter-blues-5087998>

Final Exam STUDY TIPS

Finals can be stressful even for the most prepared students. To prevent this experience from becoming overwhelming, here are some tips to help you succeed:

BEGIN TO STUDY EARLY

Too many students put off studying for finals until the last moment, toiling in all-night cram sessions. Research shows that breaking up your study sessions into smaller chunks over time enhances performance.

CREATE A FINALS GAME PLAN

The best strategy is to break up your studies into shorter, focused sessions with regular breaks. This helps you resist distractions and focus better when you are studying.

CHANGE UP YOUR STUDY SPACE

When studying, it's essential to have a quiet, peaceful study space. However, research has shown that varying where you study actually improves learning. Try changing your routine by alternate between the study area.

CATEGORIZE YOUR LESSON

Spend extra time studying for more challenging classes. You don't have to devote equal time to every subject. Spend more time where you need to, in order to be ready for all the finals!

Source: <https://thecollegepost.com/final-exams-preparation/>

Resident

SPOTLIGHT



COUGAR HALL

Ashley Santos is originally from Staten Island. They are pursuing a major in architecture, and they hope to create eco-friendly buildings and housing for the homeless one day. One of Ashley's goals is to become a Resident Assistant. In their free time, Ashley enjoys making rainbow loom charms and watching anime!

FRESHMAN HALL

Freshman Residence Hall's resident spotlight is Lanee Bollinger. They are from West Middlesex, Pennsylvania, and majoring in Psychology. Lanee's current interest includes playing video games. One goal of Lanee's is to become a neurologist!



NEW UPPER RESIDENCE HALL

Bria Miller resides in New Upper Residence Hall. Bria is from Lawrence, New Jersey, and is pursuing a major in Psychology. In their spare time, they enjoy writing poetry. Their latest poem is titled "Just a Thought," and it references spreading love because it feels good.



Resident

SPOTLIGHT



SOZIO HALL

Da'Shon Curry is currently a sophomore majoring in Political Science. Da'Shon is originally from Atlantic City, New Jersey, and currently, they are interested in learning how to play the guitar. One goal that Da'Shon has set for himself is being accepted into law school!

BURCH HALL

Burch Hall's resident spotlight is Isaac Sam. They are majoring in Computational Science and Engineering. Isaac was born and raised in Tema, Ghana, but currently resides in Hamilton, NJ! Isaac aspires to be a successful software engineer and photographer. Currently, Isaac is interested in photography.





OFFICE OF RESIDENTIAL STUDENT SERVICES

DECEMBER 2021

programming

WED 01 MOVIE NIGHT / 7:00PM / Little Theater
LET'S HAVE A HOT COCO CONVO / 9:00PM / Cougar Business Center
DANCE TIL' DAWN / 9:30PM / Freshmen Multi-Purpose Room

THUR 02 PRIDE MEETING / 6:00PM / Upper Multi-Purpose Room
DID YOU KNOW? / 7:00PM / Cougar Great Room
UPPER NEW YEAR / 9:00PM / Upper Multi-Purpose Room

FRI 03 END THE STIGMA: HIV/AIDS AWARENESS
8:30PM / Freshmen Multi-Purpose Room

SAT 04 RESIDENT ASSISTANT INFO SESSION / 2:00PM / Upper Multi-Purpose Room
BUILD THE DREAM HOUSE / 5:00PM / Freshmen Lounge
AFROBEATS YOGA / 8:00PM / Upper Multi-Purpose Room

SUN 05 FLOATING THOUGHTS / 2:00PM / Upper Multi-Purpose Room
ZUMBA CONMIGO / 7:00PM / Cougar Hall Great Room
DOOR DECORATIONS / 8:00PM / Burch Community Center

MON 06 RESIDENT ASSISTANT INFO SESSION / 7:00PM / Miron Student Center #226
COUGAR HALL COUNCIL GENERAL BODY MEETING
7:30PM / Cougar Business Center

TUES 07 HOLIDAY BASH
7:00PM / Sozio Community Center

THUR 09 RESIDENT ASSISTANT INFO SESSION / 3:30PM / Online
WINTER WONDERLAND / 6:30PM / MSC-Turf
PRIDE MEETING / 6:00PM / Upper Multi-Purpose Room
GINGERBREAD SHOWDOWN / 7:00PM / Cougar Great Room

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**HEAD TO COUGAR LINK TO LEARN
MORE ABOUT UPCOMING EVENTS**



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COUGARLINK