



# Community Connection

As we enter a new year, the Office of Residential Student Services hopes everyone had a wonderful winter break! The start of the Spring 2022 semester is here, and we are looking forward to sharing another semester with you all!

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: New Year's tips, ways to stay healthy in the midst of COVID-19, guest policy updates, and much more! Be sure to check out our January welcome back programming calendar. We have countless events for you to take advantage of!



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

**reslife@kean.edu**

Campus Police:

**908-737-4800**

**Follow Us on Social Media**



@KEANRSS



# NEW YEAR'S *Tips*

## CHOOSE A SPECIFIC GOAL

Instead of selecting such an ambiguous goal, focus on something more concrete that you can realistically set your sights on. In other words, choose a very specific, achievable goal.

## PUT TIME INTO PLANNING

Creating a detailed written plan can help you stick to your goal. Why is this stage so critical for success? For one thing, it allows you to consider what tactics you will use when you're faced with challenges.

## START WITH SMALL STEPS

Taking on too much too quickly is a common reason why many New Year's resolutions fail. Starting an unsustainably restrictive diet, overdoing it at the gym, or radically altering your normal behavior are surefire ways to derail your plans. Instead, focus on taking tiny steps that will help you reach your larger goal.

## KNOW CHANGE IS A PROCESS

Those unhealthy or undesired habits that you are trying to change probably took years to develop, so how can you expect to change them in just a matter of days, weeks, or months? Be patient with yourself. Understand that working toward your resolution is a process.

## GET SUPPORT

Having a solid support system can help you stay motivated and accountable.<sup>6</sup> Camaraderie makes sticking to your resolution more fun, too. So, ideally, find a like-minded pal or loved one to join you in your goal.



# COVID-19

## Tips

### 1 **Wear a mask**

In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.

### 2 **Wash your hands often**

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

### 3 **Clean and disinfect**

Clean high touch surfaces regularly or as needed and after you have visitors in your home. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

### 4 **Monitor your health daily**

Be alert for symptoms: Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Take your temperature if symptoms develop.

SOURCE: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

# GUEST POLICY

## *Updates*

### **Important Reminders:**

- 1** Students are permitted to invite outside guests such as commuter students, or family & friends to visit them on campus. All non-residential students are required to submit proof of COVID-19 vaccination at the time of arrival to the front security desk, in addition to a valid state ID. Guests will not be permitted into the building until February 1, 2022.
- 2** Residential students are permitted to have to host visitors overnight. Each student is allowed a maximum of 10 overnight guests per semester, and all overnight visitors must be approved by all roommates and suitemates. Overnight guest forms can be found in your building's community center. Guests will not be permitted into the building until February 1, 2022.



# Prohibited ITEMS AND ACTIVITIES

## ACTIVITIES

- Covering smoke detectors or any action that interferes with the building fire detection system.
- Use or storage of battery-powered or liquid fuel transportation equipment, including hoverboards and skateboards, anywhere on campus.
- Excessive accumulation of trash in the rooms. Take out the trash regularly!
- Moving furniture to create barriers or obstructions which may hinder egress from the room.
- Failure to promptly evacuate upon activation of the fire alarm.
- The false activation of the fire alarm or discharging of the fire extinguishers.

## ANIMALS

- No animals allowed (except fish in a 10-gallon tank or approved service/emotional support animals)

## COOKING ITEMS

- Portable cooking appliances like rice cookers, waffle makers, etc.
- Toasters and toaster ovens
- Electric grills (such as George Foreman Grills) or skillets
- Hot plates
- Microwaves or mini-fridges (only those provided by Kean University are allowed)

## ELECTRONICS

- Transmitting equipment/CB radios
- Radio and TV masts or aerials (indoor antennas excluded)

## LIGHTING

- Kerosene lamps and other highly flammable substances (such as gas-containing devices)
- Neon signs
- String lights (limit to 2 strings of decorative or holiday lights)

## ROOM ITEMS

- Candles (including decorative candles)
- Incense
- Waterbeds
- Air Mattresses
- Fans with exposed blades
- Any supplementary heating appliance (liquid-fueled or electric)
- Dartboards
- Live Christmas trees
- Weightlifting apparatus
- Music amplifiers
- Resonators
- Extension Cords
- Outlet adapters (only surge protectors are allowed with an on and off switch)
- Hairdryers requiring over 1500 watts of power
- Wall and ceiling hangings cannot exceed 50% of the aggregate wall space (tapestries, posters, etc.)
- Furniture, such as chairs, couches, mattresses, etc. other than those provided by the University

## SMOKING, DRUGS, & ALCOHOL

- Hookahs
- Drugs/narcotics
- Drug/narcotic paraphernalia
- Alcoholic beverages and paraphernalia
- Alcohol containers empty or full
- Kegs of beer, "beer balls," or similar that are empty or full

## WEAPONS

- Firearms
- Paintball guns
- BB guns
- Fireworks
- Firecrackers
- Explosives
- Chemicals
- Any kinds of knives



# Eateries

## STARBUCKS

The Learning Commons  
Monday- Friday  
**8:00 AM- 4:00 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**

## SMASHBURGER

Miron Student Center  
Monday- Friday  
**CLOSED**  
Saturday- Sunday  
**CLOSED**

## FOOD COURT

Miron Student Center  
Monday- Friday  
**CLOSED**  
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**

## 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**



# Residential MAILROOM

Monday - Friday

**9:00 AM - 8:00 PM**

Saturday

**9:00 AM - 1:00 PM**

Sunday

**12:00 PM- 5:00 PM**

When you receive a package pick-up  
email from [reslifemail@kean.edu](mailto:reslifemail@kean.edu), visit  
**Whiteman Hall** to retrieve your mail.

