



Community Connection

As we embrace the wintry enchantment of December, we find ourselves standing on the threshold of both a festive season and the conclusion of another remarkable semester. With the semester winding down, let's celebrate our accomplishments, acknowledge the resilience within our community, and embrace the spirit of togetherness! The Office of Residence Life wishes you the best of luck with any upcoming finals. Stay safe and remain healthy this holiday season!

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

What else to expect: Fall 2023 move-out information, exam study tips, resident spotlight, and much more!



Move Out Information	2
Midnight Breakfast	3
Final Exam Study Tips	4
Winter & Wellness Tips	5
Resident Spotlight	6

Res Life Office: 908-737-1700

reslife@kean.edu

Campus Police: 908-737-4800

Follow Us on Social Media



@keanreslife

MOVEOUTS

Fall move-outs will take place from **Saturday, December 16th** through **Friday, December 22nd**. As follows are guidelines for completing your move-out:

1

Appointments

Schedule a move-out appointment with your Resident Assistant(s) by **Monday, December 11th, 2023, by 11:59 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 and 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 2024 semester, you will only pack what you may need for winter break. Returning residents will keep their room key.

4

Non-Returning Residents

If you are not returning for the Spring 2024 semester, you will take all of your belongings and return your room key. Please ensure you submit a Petition to Break contract. The Petition to Break Housing Contract is located on the Housing Portal.

The residence halls will officially close **Friday, December 22nd, 2023, at 6 PM**.

MIDNIGHT BREAKFAST

KEANU'S KITCHEN

DECEMBER 18, 2023
9 PM - 12 AM



FEELING STRESSED ABOUT FINALS?

Enjoy a midnight breakfast!

Study Tips

TO SUCCEED

1

Avoid Cramming

Instead of trying to cover everything the night before (which doesn't lead to long-term learning and prevents you from getting a good night's rest), begin your test review at least a few days before the exam.

2

Seek Extra Help

Sometimes, learning the material takes a few tries before it "clicks." Find a tutor, use a study buddy, or meet with the professor during office hours to get extra help. Do it well before test time!

3

Maximize Productivity

It's easy for a group study session to turn into a social event. Set an agenda before the meeting begins and have a deadline to help stay on task. Otherwise, it's very easy for the group to meet for three hours and only spend 45 minutes actually going over the material.

WINTER WELLNESS



EXERCISE

Regular aerobic exercise works like an antidepressant charm. A morning exercise routine is best, especially one that includes outdoor activity. Outside is best. If that's not possible, exercise under bright lights to boost your mood.



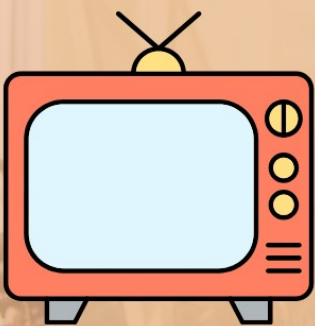
TREAT YOURSELF

Why not make a list of all the things you are looking forward to this winter? Look at it whenever you start to feel down about the season. Even better, plan things to look forward to and put them on your calendar. Research shows that simply anticipating something you like makes you happier, and this is a practical way to put that into action.

Think back to what you enjoyed as a child or always wanted to do. Maybe you've always wanted to learn how to play an instrument. Or study a new language. Or make something. It doesn't have to cost anything.

KEEP IT COMFORTABLE

Laughter can help to decrease stress hormones and lighten your mood. Watch funny movies, play board games, or try laughter yoga.



STAY HYDRATED

It's important to stay hydrated. Water helps keep your skin glowing and healthy in the harsher weather and helps remove toxins and waste from your body. It can prevent headaches and reduce joint and muscle pain. Try adding a slice of lemon, lime, or cucumber for increased flavor and a flash of color.

RESIDENT *Spotlight*



PRINCE | COUGAR HALL

Prince William is Cougar Hall's resident spotlight this month! Prince is a freshman majoring in Computer Science and Cyber Security. They are from Mount Holy, NJ, and love anything with technology, science, and food! One goal Prince has is to pursue a career in Cyber Security.

THAIRAH | FRESHMAN HALL

Thairah Castillo is Freshman Residence Hall's resident spotlight this month! Thairah is a Mathematics - STEM Education major from Paterson, NJ. Their interests include reading, hanging out with friends, and cooking! One goal Thairah has is to pass all of their classes!



CARMEN | UPPER HALL

Carmen Santiago is Upperclassman Residence Hall's resident spotlight this month! Carmen is a senior from Woodstown, NJ, majoring in Interior Design. Carmen hopes to achieve their doctoral degree and establish themselves as a designer and public speaker.



CYNTHIA | BARTLETT HALL

Cynthia Owusu-Forkuo is Bartlett Hall's resident spotlight this month! Their hometown is Old Bridge, NJ, and they are a sophomore. Cynthia is majoring in Information Technology and aims to complete their 2024 vision board with full success. They have an interest in crime documentaries and art museums!

LUNA | BURCH HALL

Luna Barraza is Burch Hall's resident spotlight this month! Luna is from Brooklyn, NY, and is a sophomore majoring in Forensic Psychology. They enjoy baking and crocheting! Luna hopes to accomplish college with their doctorate degree.



AALIYAH | ROGERS HALL

Aaliyah Lee is Rogers Hall's resident spotlight this month! They are a Spanish - Teacher Certification major from Warwick, Bermuda. Aaliyah is a junior and is interested in reading and traveling! One goal Aaliyah would like to achieve is to travel to more Spanish-speaking countries.

EMILY | SOZIO HALL

Emily Ventura is Sozio Hall's resident spotlight this month! Emily is a junior majoring in Interior Design with a minor in Marketing. Their hometown is Fairview, NJ, and they are interested in sustainability. Emily's one goal is to one day own their own bookstore!

