

Res Life Newsletter

November / December, 2019

Golden Paw

Hi Golden Bears! Check out what the First and Second Year Experience Program has to offer for the month of November!

Bear Tracks Workshops:

- Wednesday November 6th - 7PM Beck Hall 2nd Floor Lounge- Motivation and Balance
- Wednesday November 13th -7PM Dixon Conference Room- Step Up/ Bystander Intervention
- Get a Room Forms are due Friday November 15th! Don't lose out on a chance to get your \$75.00 Housing Fee Waived. Also, the first 5 students to hand in their form will be able to select their housing first!

Habitudes

We are so excited to kick off the introduction of our Habitudes Leadership Series for the Spring Semester. Meet with an intimate group of your peers for an interactive and innovative way to learn and build new habits and attitudes towards Leadership. Students register to participate in the Fall and will get assigned a facilitator/day and time in the beginning of the Spring Semester. To learn more, stop by our tables listed below where you can also register to participate. Every student who registers will receive a fun giveaway!

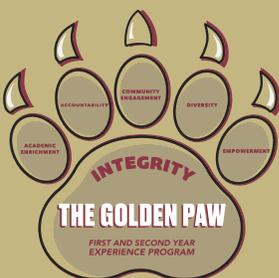
- Thursday, November 7th from 11AM-1PM in the MSU by the Bears Den
- Thursday November 21st from 5PM-7PM on the bottom of the DMZ

Can't make it to a table? No problem! Follow the link below to register. The Registration deadline is Friday December 6th 2019.

https://docs.google.com/forms/d/e/1FAIpQLSeBlyMokKVfTcOuT2qts2msUa-Bnk49yc1uZK7IEPGNfGbDqw/viewform?usp=sf_link

Upcoming Programs

- **Bears at Night:** This is a weekly series occurring throughout the Fall and Spring semesters on a Thursday, Friday, or Saturday night each week. Here are November's / December's:
 - 11/8 8-10pm, Rec Center, Bedsheet Volleyball (sign up your team of 6 here: <https://forms.gle/koyKeJ3Q5Z7wLPjN6>)
 - 11/15 9-11pm, Rec Center, Fall Fun Fest
 - 12/6 7-9pm, Rec Center, Back in My Day (4 Square and Matball)
- 11/13 4-6pm MSU 218, this program sponsored by the Women's Center and the It's on Us Grant will be a presentation focused on male survivors of sexual abuse and assault
- Oxfam Hunger Banquet 11/20 7pm SDH 1, sign up here by November 15th <https://engage.kutztown.edu/submitter/form/start/352766>





Upcoming Processes

2020-2021 Room Selection

Believe it or not, it is time to begin thinking about on-campus living for next year! We will kick off our four-step housing selection process **mid-November** for our current students. Please continue to check your KU e-mail and follow our social media handles later this month for details of the process. All students with less than 60 credits who are under the age of 21 must have an approved residency exception request on file in our office to be able to live off-campus. Please contact our office if you have any questions.



Social Justice

The holiday season is approaching, a time for us to give some thought to what we are thankful for. More than 2.1 billion people live in poverty. Nearly 815 million people suffer from chronic hunger. Every day, 15,000 children under age 5 die from malnutrition or a related, preventable illness. You may think hunger is about too many people and too little food. That is not the case. Our rich and bountiful planet produces enough food to feed every human on earth. Hunger affects everyone, in countries rich and poor, in urban and rural areas. But some of us face greater challenges than others. 22.5% African American households and 18.5% Hispanic households are food insecure, both higher than the national average of 12.3%.

The issues that aid in this disparity are poverty, low wage workforce, and access to education. Lower income families must utilize their earned income to make ends meet. Systematic wage gaps reinforce wealth gaps between minorities and whites. According to the American Civil Liberties Union, African American neighborhoods had access to half as many chain supermarkets as white neighborhoods' Hispanic neighborhoods had access to a third as many. The system must be broken and redefined in order to ensure all people have access to food.

National Hunger and Homelessness Awareness Week in November 16th-24th. This week is used to educate, raise awareness, and bring attention to how poverty impacts our communities. On November 20th, 2019 @ 7:00PM in South Dining Hall room 1, the Residence Life Social Justice Committee will be hosting their 2nd Annual Hunger Banquet. At the banquet we will be collecting food items to donate to our Bear Essentials pantry, which is running low on the following items in case you would like to contribute:

- Granola Bars
- Breakfast Bars
- Ramen Noodles
- Spaghetti Sauce
- Chef Boyardee – Ravioli/SpaghettiOs
- Canned Chicken Breast
- Women's personal care products

Please fill out the registration link by **Friday November 15th** to participate as space is limited.

<https://engage.kutztown.edu/submitter/form/start/352766>

We hope to see you there!



Community Engagement

In Kutztown University's Office of Residence Life, we have 6 core values that we relate all our programs and initiatives to. For the months of November and December, we are highlighting Community Engagement, the ways we help with the core value, and ways that you can embrace it.

In our department, we understand that you are more than just a number on a piece of paper and that what you put into a community is what you receive. We understand that the best way to get your engagement is through asking you what you want! In our department we ask you to complete interest surveys in the beginning of the year so we can best program tailored to your needs, however, make sure you are also getting involved outside of the residence halls to fit your wants as well! Every student has a role on this campus and each student helps create and impact the community even with just their day to day activities. The Residence Life Office works closely with many other offices on campus who assist with getting students further engaged on campus such as the Office of Student Involvement (OSI). The mission of Student Involvement is to enrich the student experience by providing engaging co-curricular opportunities in areas of intellectual, cultural, social, personal, civic and leadership development in the KU community. Students can find ways to get involved and find fun events to attend by utilizing OSI's online database of organizations and programs called ENGAGE@KU!

You can embrace Community Engagement with our office by reaching out to our staff members to see what programs and opportunities are upcoming in the hall! Remember that Hall Council is an in-hall organization students can join at any time in the year so ask our Desk Receptionists and Community Assistants for more information on this organization! Residence Life, the Office of Student Involvement, and Recreational Services are just a few options on campus who are an excellent resource for students to get engaged with the community and figure out what it means to be a Golden Bear. We hope to see you using our resources and remember to never be a stranger!

Campus Resources

Being involved in the communities that you are a part of enhances your experience, allows you to build connections and make a difference for others. There are many ways and resources available to you on campus that can help you engage in your communities. Check out the resources below:

- **Community Outreach Center** - MSU located next to the Info Desk
- **Residence Life Staff and Hall Council**
- **Student Involvement Office** - 153 MSU, involvement@kutztown.edu or 610-683-1383





KUTZTOWN UNIVERSITY
IGNITE YOUR INNER GOLDEN BEAR
RESIDENCE LIFE

Leadership

Sometimes we only think about building leadership skills to better our professional development and increase our career prospects. However, have you thought about how Leadership Development interacts with your Community Engagement? How can building your leadership skills help you live in a community purposefully and make a difference for your community?

“The greatness of a community is most accurately measured by the compassionate actions of its members.” - Coretta Scott King

Our Leadership Theme for November and December is Advocacy and Service. Make sure to check out **Hall Council Mondays at 9:30PM in your hall's Rec Room and RHA at 6PM on Mondays in the Dixon Hall Conference Room** for more information.

Monthly Identity Celebrations Indigenous People

November is Native American Heritage month! During this month, we celebrate the lasting contributions of Indigenous Americans. We strive to honor Indigenous cultures, traditions, and histories. As far back as 1915, “American Indian Days” were celebrated. In 1990, President George H. W. Bush formally declared this month as “National American Indian Heritage Month.” As consciousness of social justice grows, language shifts along with it. Although this is technically “Native American” heritage month, many people who hold this identity prefer “Indigenous People.” Regardless, respecting and using someone’s self-definition is paramount.

Alongside celebrating the rich culture and contributions of indigenous communities, this month is also an especially poignant time to remember the genocide and oppression inflicted on our country's indigenous peoples by European colonialism. For some communities, Thanksgiving is also known as National Mourning Day. The colonizers were not peaceful, and the quaint mythology around Thanksgiving can be viewed as the erasure of a very violent European invasion.

According to Mahtowin Munro, co-leader of United American Indians of New England, “All around the country, schools continue to dress up their children in little Pilgrim and Indian costumes and the Indians welcome the Pilgrims and they all sit down together and everybody says, ‘Isn’t that cute, that’s so nice.’ That’s not at all what happened.”

As we reckon with that history again this November, let’s lift up the true voices and stories of Indigenous People. Celebrate Indigenous icons and leaders such as Jim Thorpe and Marie Smith Jones, and recognize the bold, ongoing efforts of indigenous groups to protect our planet and promote social justice.





Tips for Staying Healthy in College

1. **Maintain Good Eating Habits** - Eating a healthy diet can help boost students' immune systems, help students to maintain a healthy weight and can improve their overall health. Eat breakfast even if it is just a granola bar on your way to class. Avoid eating late at night. If you need to snack throughout the day, throw a carrot or two in with your Doritos.

2. **Exercise** - Everyone is busy. There is no such thing as a typical day for any college student. If you cannot hit the Rec Center, at least get your steps in by skipping the shuttle and walking to class.

3. **Get Enough Sleep** - Sleep deprivation can lead to reduced brain function, fatigue, headaches and weight loss or gain. College students need between seven and nine hours of sleep and getting this amount can improve overall health. To stay rested throughout the day, try taking a short nap during the day, try to stick to a schedule, try to keep your room dark and quiet before bedtime and avoid drinking caffeine, eating, and drinking right before bed.

4. **Wash Your Hands** - You live in close quarters with other students. By simply washing your hands regularly, you can minimize your risks for contracting colds or viruses

5. **Self-Care** - College students are usually pretty stressed with classes and exams, but relaxing and having down-time is essential to staying healthy. Stress can cause numerous problems and getting too run-down can adversely affect your health. The easiest way to relax is to create a routine and give yourself regular breaks. Also, make sure you make time to hang out with friends and de-stress by reading a book, watching your favorite television show or picking up a hobby

