

Under One Roof

THE DIRECTORS OFFICE: NOTES FROM OUR DIRECTORS!

'The Check-Up' with Dr. Leah...

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Hello and Happy 2016!

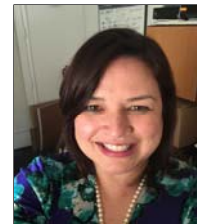
Welcome to our new residents and welcome back to our returning residents – we are so thrilled you are here!

As I write this opening letter to you, there is a rousing 1-1 game of basketball being played outside my office in Bldg. X. It's a sound I had missed and hadn't heard in a while given the cold, wet and long winter break. It really is good to have you all back in housing – you've been missed.

I hope you enjoy the short articles and informative pieces the staff has put together for this newsletter. I'm impressed with their dedication to make sure this becomes a newsletter you look forward to each month.

And to kick off the spring semester and calendar year, I'd like to share a bit of inspiration from Inc. magazine. Recently, they had an article titled, "11 Affirmations Successful People Repeat Every Single Day" – I hope you find these to be inspirational and challenging reminders and that they help set the tone for a great spring semester! The premise is that achievements are based on actions, not simply on thoughts. However, you have to have the thought first and then follow up with action. Here are Inc.'s 11 daily affirmations to kick off a successful life:

1. I can't do everything today, but I can take one small step.
2. I will do what no one else is willing to do.
3. I will face a fear.
4. I will appreciate someone unappreciated.
5. I will listen 10 times more than I speak.
6. I will not care what other people think. (I know, this is a dangerous one, but yes, we still have quiet hours!)
7. I will answer the question that wasn't asked.
8. I will be OK with less than perfect.
9. I will try to do better.
10. The one thing I can always do is outwork them. (Remember, this is from Inc. online!)
11. I will stop and smell my roses. (We even have some at the entrance gate – enjoy!)



What might these affirmations lead you to do this semester and year? What are you going to do to help you be successful? Let us know and let us help you have a great semester!

Take good care; Dr. Leah Schueler, Director of University Housing Services

Pg. 1

'From Survival To Success' with Marco Dowell

Welcome to our Newsletter, *Under One Roof!* While we are actually spread out among 22 residential buildings, we are truly neighbors in one separate and distinct community. As the Associate Director of University Housing Services here at Cal State Dominguez Hills, I have the privilege of living where I work, among you, our student residents. That's right, I live here too and I would like to share helpful tips for a positive residential experience here.

While we are living in a safe community on the CSUDH campus, we must all do our part to keep our community safe. Most crimes that occur on college campuses are what are called "crimes of opportunity." Please keep your doors locked when you are away and secure your belonging within the apartment or your safe, especially when you are going to be away for any extended period of time.

Being good apartment mates and neighbors is very important and really not that hard to do. Please remember our quiet hours (Sunday – Thursday, 10pm-10am & 12am – 10am on Friday & Saturday) and other key policies to follow including our Guest Policy, Smoking Policy, and the Party Policy. Also, please don't litter, or allow your guests to do so, and remember, pets are not allowed, even for short visits. The only animals allowed in University Housing are Service and Support Animals which must be approved by disabled student services. All policies and regulations are provided for you at this link; <http://www4.csudh.edu/Assets/CSUDH-Sites/Housing/docs/PDF/UHS%20Policies%20and%20Regulations.pdf> . Contact me with your questions without hesitation at the A Building main office so that we can meet.

Lastly, I strongly urge you to get involved beyond the classroom, in Housing and on campus. There are many activities, including leadership and personal development programs, provided by Student Life and our Residential Life staff here in Housing. There is no greater leadership experience on campus than the role of a Resident Assistant (RA) and we are presently accepting applications online at our website. Our Resident Student Association (RSA) is up and running again this spring, after being on hiatus in the fall, and we need your input and involvement. The role of the RSA is to plan and implement a wide range of programs and events, including off-campus activities, for the University Housing Community. Join and help us make living here more meaningful, enjoyable, and fun!!! Call the main office at (310) 243-2228 and ask to speak with the RSA Advisor, Paola Carbajal today! We are UNDER ONE ROOF!



Marco Dowell
Associate Director

NOTES FROM OUR DIRECTORS CONT. . .

'In and Out': *Helpful Housing Tips!*

Alicia's Tips:

Parking Lot Tips

University Housing parking lots 5A & 5B have a single lane and designed to have traffic flow in one direction.

Please drive according to posted and road directional signage.

In the event you pass by a parking space and you wish to return to that space, please exit, and re-enter the Housing community to return to that space and park.

There are two vehicle exit gates located within Housing; one nearest to Building X and the other located in the back of Building P.

In the event of a power outage, typically, one of the vehicle exit gates is operational. Please contact your RA for assistance and follow the directions of posted signs that will direct you to the quickest way to exit.

Heating Tips

The Gas Company comes to University Housing to relight the pilots once a year. Please do not attempt to relight the pilot yourself.

Before turning on your heater, make sure no furniture or objects are in front of it nor the vents.

Turn off your heater before leaving your apartment to conserve energy.

If you live in Phase I, heaters are located in the living room and operate by turning the dial.

Phase II heater operates by turning the thermostat located in the hallway to the desired temperature.

If your pilot is out, or goes out, make sure the heater is turned off. Submit a work order so Housing maintenance staff can confirm your heater is operating properly and will relight the pilot for you, or will contact the Gas Company for further assistance.

Know the signs of carbon monoxide poisoning, which include headaches, nausea, stomach pain, dizziness, and burning in the eyes and nose. If you think you have a carbon monoxide problem, open your doors and windows immediately. Leave the area and contact your RA.

**** Any work orders submitted or called in after 3:00pm will be addressed the following day****

Building A Hours of Operation:

Monday – Friday 8am – 10pm, Saturday & Sunday 5pm – 10pm, Tel: 310-243-2228

Building X Hours of Operation:

Monday – Friday 8am – 5pm, Saturday & Sunday Closed, Tel: 310.243. 2282



Alicia Amerson
Associate Director of Facilities

RESIDENTS CORNER: *Dates, Deferments & Deadlines*

Payment Plans Next Due Date:

6 Payment Plan Due February 1st

The Administrative Operations Coordinator (AOC) will take care of all your Housing Payment needs. Here are a few important notes:

*If you receive Financial Aid, you must have a Deferment Form on record for the current semester.

*If you have any Pending Financial Aid Updates, please send the most up to date information to amarcel@csudh.edu

*Once your Financial Aid has disbursed, if you still have a balance you may contact the Office – Building A, at 310-243-2228 to make an appointment to meet with the AOC between 9am-3:30pm, M-F.

*Once an appointment is made to meet with the AOC, you will have the opportunity to set-up a Payment Agreement to make payments in installments and take care of the rest of your balance for the current semester.

* Room Transfer Requests: Request www.csudh.edu/housing. All requests must be approved by ResLife Dept.

*** Please take note of the Important Deadlines Below !**

Summer 2016 & Academic Year 2016-17*

Priority Application Dates - March 1- April 15, 2016 for CONTINUING CSUDH students
March 1-May 16, 2016 for NEW CSUDH students

Security Deposit Due Date - May 30, 2016 (For New Residents Only)

1st Rent Payment Due Date - July 11, 2016

Official Move-in Dates - August 15, 2016 for 1st-Year Students; August 17, 2016 for Upperclass Students NEW to Housing;
August 19, 2016 for Returning Housing Residents



Ayesha Marcel
Administrative Operations
Coordinator

RESIDENTIAL LIFE UPDATES

New to Housing?

Have a new roommate?

Want to improve communication in your apartment?

Be sure to complete our new and improved Living Agreements! This comprehensive document can now be accessed on your housing portal under the "Living Agreements" tab. Sometimes communicating with others can be tricky, so we here in Residential Life want to help you navigate dialogue through these agreements. All living agreements are due by **February 5th, 2016!**

Welcome Back Residents!

As we embark on this new semester, we hope that you will be proactive in utilizing Residential Life as a source of support!

If faced with confusion and/or conflict, don't hesitate to contact your friendly Resident Assistants, as they are here to help you with all your housing needs.

When faced with housemate conflict, be **SMART!**

Sustain cordial interaction

Minimize hostile exchanges

Assess the situation and determine your main concerns

Request assistance from your RA

Talk with your housemate(s) with RA support



Chaun Johnson
Assistant Complex
Coordinator

RESIDENT ASSISTANT PROGRAMS

~ February 2016 ~						
? Jan 2016						Mar 2016 ?
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3pm V- Team Strategy	2 N&O Game Night	3 R&S Back to School Sharing 7pm F&G Pizza Rolls & Sem. Games 7:30pm T&U BHM Trivia	4 B&C Karaoke Night in DH Sports Lounge J&K February Trivia W Wnners's Circle - Bball & Bond 7pm P&Q Planning the Semester	5 D&E Puzzle Me In - Puzzle Building	6 H,I,L&M - Game Night
7	8	9	10 N&O Cupcake Creation Night R&S Back to School Sharing	11 J&K Love Yourself Letters to Self W Thirsty Thursday - Delox 3:30pm V Sports Day	12 B&C Dodgeball Game D&E 2K and Madden Tournament H&I Pottluck & Chill L&M Movie Night	13 P&Q Senior Basketball Night
14 Valentine's Day	15 President's Day	14 L&M Make S'More Friends N&O Dodgeball Tournament	17 7pm F&G Campus Scavenger Hunt	18 B&C Dodgeball Game J&K Who Did That BHM Trivia 3pm V Art Therapy; 7pm P,Q,R & S Dream Board Making W Popcorn Time Movie & Discussion	19 D&E Battle of The REzzles H&I Video Game Competition	20
21 All Buildings Collaborative Weekly Programs 21st-27th	22	23	24	25	26	27
			R&S BHM Discussion-Hidden Col.	7pm P&Q Game Night	D&E Pottluck Feast, H&I Field Day Games, 7:45pm V Open Mic & Poetry Slam	
28 L&M Cupcakes, Cassie & Coffee	29	Notes:				

COMMUNITY CORNER...

Welcome back Toros! We hope you had a wonderful winter vacation whether you spent it catching up with hometown friends, earning a little extra money or taking an extra class. As you ease back into the spring semester, we want to remind you of your responsibilities as a resident of our community.

Unlike where you may have lived previously, it is not enough to individually know and abide by the policies. As a member of this community you are expected to be a responsible member of this community that goes beyond thinking and acting as an individual. Residents can be held responsible for policy violations if they don't take a proactive approach to preventing it such as:

1. Inform guests, friends and other residents who may not know or may have forgotten the policies.
2. If residents don't feel comfortable having the conversation directly, find someone who is more influential such as mutual friend, relative or a Resident Assistant, whose main purpose is to help you. Remember, we can't help if we don't know about it.
3. If guests, friends and other residents refuse to listen, consider not inviting them over or leaving the situation.

This is your community and your responsibility to help make it the best possible experience for everyone.

This is your community and your responsibility to help make it the best possible experience for everyone.

One of the policies that has been updated recently is that hoverboards are banned until further notice. Also, we would like to remind residents that our marijuana and pet policy have not changed.

* Marijuana and any drug paraphernalia are not allowed in the complex (even if someone has a valid medical marijuana card or is in the parking lot).

* Pets of any kind (visiting or temporary) are not allowed in the complex. The exceptions are:

1. Housing-approved support and service animals
2. Legal tropical fish in a 10-gallon tank or smaller (1/bedroom)

The full list of policies can be found at <http://www4.csudh.edu/housing/policies/index>.

Locked Out? Here's where to go and what it will cost you:

- * **Lost Key: 8am – 5pm Monday – Friday at Building X**
- * No charge unless you request replacement key
- * Charge is posted to your account so you do not need to have the cash in hand

Key Type	Cost
Complex/Front Door	\$50
Bedroom	\$75
Mailbox	\$35

Forgot Key: 24/7 but location varies depending on time of day

Time	Days of Week	Location	Cost
8am – 5pm	Monday – Friday	Building X	\$0
5pm – 10pm	Monday – Sunday	Building A	\$0
Non-Business Hours		(323) 989-4357 (323) 989-HELP	\$10/Call



Venus Lee
Complex Coordinator

RESIDENT STUDENT ASSOCIATION (RSA)

Residential Student Association

Your Resident Student Association, is an organization that represents the residents of CSUDH Housing. The purpose of this organization is to put on programs, serves as a connection between residents and University Housing Services administration, and to work alongside Resident Assistants. The residents can utilize this group to address problems and concerns they have in housing. It provides a regular meeting place for a representative body of residents to create, organize and promote social, cultural and educational activities.

We are currently looking for a Vice President of Programs, Vice President of Advocacy and a Treasurer to join the RSA leadership board. If you are interested in becoming a leader, please contact the RSA Advisor, Mrs. Paola Carbajal Kerr, at pcarbajal@csudh.edu

Please follow our RSA facebook page & instagram for updates on meeting days, new information, and events.



Follow the RSA on both Facebook and Instagram
CSUDH Resident Student Association
CSUDH_RSA
Sign up to be an active member in Building A



February Event Calendar:

University Housing will have some great programs for all its residents. Be sure to check out all the events.

Feb. 2nd: Toro Day's Basket Ball CSUDH v. CSULA

Housing Pre-game Party 4-5:30pm

On-the-Road 6pm. Game start 7:30pm,

Join us in celebrating our Toro Basketball Teams and showing off our school spirit

Sign up in Build A

Feb. 4th: Performance Night: Albert McNeil Jubilee Choir

The university is proud to host this complimentary performance as part of the Watts Rebellion 50th Anniversary Commemoration and in honor of Black History Month.

Join us we go as a community to this wonderful event.

Tickets are Free. Sign-Up in Building A

Gathering at 7:00pm, Program Start at 7:30pm

Feb. 12th: Housing on-the-road: AOP Dive Night

Join us as we explore the Aquarium of the Pacific in Long Beach. This Adult only event lets you explore the aquarium like never before with live music, food and fun.

Sign-up in Building A. Must be 18 years and older.

On-the-Road: 6pm, Program Starts: 7pm

Feb. 18th: Movie Night

First night of the series, join us for refreshment and a movie.

Building A, 7:30p-10:pm

Feb. 25th: Woman's Appreciation night

Join us as we celebrate Women, concluding black history month and leading into women's history month.

TBA, Building A



**Paola Carbajal –
Kerr
Assistant Complex
Coordinator**

CALENDAR

◀ Jan 2016		~ February 2016 ~					Mar 2016 ▶
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
	TORO DAYS						
		RES LIFE PRE-GAME -4pm - 5:30pm CSUDH VS CSULA- 6pm Leave, 7:30 Start		Performance Night: Jubilee Choir- UT 7:30pm- 9:30pm			
7	8	9	10	11 (Social Event) TBA	12 AOP- Night Dive on the road - 6:00pm	13	
14	15	16	17 The new Black, Ballroom C 5-7pm	18 Movie Night Series Night #1, BLDG A 7:30pm-10:00pm	19	20	
21	22	23	24	25 Women Appreciation, TBA	26	27	
28	29						

Health, Lifestyle & Food

10 Healthy Eating Tips for the Busy College Student

The average college student is often pressed for time, under a lot of stress, and eating on the go. You may find it difficult to avoid bad habits like skipping meals or frequently visiting fast food restaurants. But eating a healthy diet can help you feel better, cope with stress, and perform better in the classroom and on the athletic field. It really isn't that hard to get started.

1. **Eat a good breakfast** - Studies show that skipping breakfast detracts from scholastic achievement. When there isn't time to sit down and enjoy your morning meal, grab a bagel, piece of fruit, and some juice. Most of these items can be easily stored in your residence hall room.
2. **If you must eat fast foods, choose wisely** - Choose pizza with half the cheese, a regular size roast beef sandwich, baked potato, or green salad with reduced calorie dressing. Limit high fat offerings like French fries, fried chicken, or fish sandwiches and watch out for salad dressing!
3. **Keep healthy snacks on hand** - This way, if hunger strikes during a late night study session, you won't be tempted by vending machine candy, chips, or ice cream. Possibilities include fresh or dried fruit, pretzels, unbuttered popcorn, rice cakes, or whole wheat crackers. If you have a refrigerator, consider raw vegetables with low-fat yogurt or cottage cheese dip.
4. **Eat plenty of foods rich in calcium** - People in their early twenties need to be building up stores of calcium in their bodies to prevent osteoporosis later in life. If you don't like milk, try to include ample amounts of low-fat yogurt, low-fat cheese, and green leafy vegetables in your diet.
5. **If you need to lose weight, do it sensibly** - Starvation and/or diets that offer a quick fix usually backfire and are harmful. There is no truth to the theories that suggest eating foods in any particular combination will promote weight loss. The only safe way to lose weight, feel good while doing it, and keep it off, is to eat a balanced diet and exercise.
6. **Limit your sugar intake** - Sugar provides calories in your diet but few other nutrients, and it contributes significantly to tooth decay. Use it sparingly and consider sweetening coffee, tea, cereal, and fruit with diet sweeteners instead.
7. **Visit the salad bar** - The salad bar can be either an asset or a detriment to your diet depending on how you choose from it. Of course, leafy greens, raw vegetables, and fresh fruits are beneficial. But, if you choose a lot of creamy dressings, bacon bits, and mayonnaise-based salads, the calories and fat may equal or even exceed those of a burger and fries—so choose wisely!
8. **Limit your alcohol intake** - If you drink alcohol, keep in mind that it supplies calories but no nutritional value. A light beer, a glass of wine, or an ounce of liquor each has about 100 calories. There may also be health problems associated with drinking alcohol.
9. **Drink lots of water** - Your body needs at least eight glasses a day, and, if you exercise vigorously, you may need more. To remind yourself, carry a water bottle along to class and keep it handy during late night study sessions.
10. **Enjoy your food** - Food is a lot more than nourishment for our bodies, so take the time to enjoy and savor it!