

# RA magazine

AUGUST 2015

## E-CIGS ON CAMPUS

*The Buzz on Banning  
Electronic Cigarettes*



## FIVE EASY FLOOR ICE BREAKERS

*Quick Games to Help Your  
Floor Bond*

## SEXUAL ASSAULT IN RESIDENCE HALLS

*A Look at How Schools  
are Responding*

## SHUT THE RUMOR MILL DOWN!

*Tips for Managing Rumors  
and Gossip on Your Floor*

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issue twenty-two

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# Programming Guides

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**Movie Discussion Guide**

**INSURGENT**

*"Our Choice Can Destroy Us"*

*Insurgent*, based on the Veronica Roth book and the second film in the *Divergent* film trilogy, follows Tris Prior as she struggles to fight the powerful alliance that threatens to pull apart her society. As she and her boyfriend Four fight the system that is systematically killing all those that oppose the Alliance led by Jeanine. Tris struggles with her own inner demons and attempting to overcome the grief for those she has lost in the fight. Tris must also attempt to come to terms with what she has done and her own self worth. *Insurgent* is a compelling film that ultimately asks the question how do the choices we make define us and what do they do to us.

**Programming Suggestions**

This discussion guide is designed to facilitate educational programs after viewing the film *INSURGENT*. Its purpose is to generate discussion based on social issues found within the movie and for program participants to reflect on those that may be pertinent to them. Therefore, there are no "right" or "wrong" answers to questions in this guide.

The discussion facilitator may choose to utilize one of the following activities as a means of developing discussion:

- Create a bulletin board focusing on young adult fiction. Highlight recent books and movies focusing on this genre.
- Invite a member of your campus's English department to come and discuss the role of young adult and dystopian fiction in today's society.
- Invite a member of your counseling department to come and discuss the stages of grief.

As a means to participate in public discussion:

• Voted

• As a group, write letters to military personnel stationed overseas.



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**Movie Discussion Guide**

**THE HUNGER GAMES: MOCKINGJAY-PART 1**

*"The courage of one will change the world."*

The third movie in the popular Hunger Games series *The Hunger Games: Mockingjay-Part 1* chronicles Katniss Everdeen as she reluctantly becomes the symbol of rebellion for the districts that make up her country against the corrupt Capitol. Katniss, played by Jennifer Lawrence, finds herself struggling between her hatred towards the Capitol and her desire to protect her family and loved ones from further harm. *The Hunger Games: Mockingjay-Part 1*, a faithful adaptation of the popular book, continues the story as it moves from the games to revolution all the while asking how the media shapes our views and ultimately what will you do to protect those you love.

**Programming Suggestions**

This discussion guide is designed to facilitate educational programs after viewing the film *THE HUNGER GAMES: MOCKINGJAY-PART 1*. Its purpose is to generate discussion based on social issues found within the movie and for program participants to reflect on those that may be pertinent to them. Therefore, there are no "right" or "wrong" answers to questions in this guide.


The discussion facilitator may choose to utilize one of the following activities as a means of developing discussion:

- Create a bulletin board focusing on dystopian fiction. Include images, descriptions and film adaptations of popular young adult dystopian fiction.
- Invite a faculty member from the history and media departments to come and discuss civil war in the United States and other countries. Be sure to discuss how media has been used by various factions to build support for their respective causes.
- Go to your campus library and view documents (newspapers, books, etc.) related to the topic.

As a means to participate in public discussion:

• Voted

• As a group, write letters to military personnel stationed overseas.



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**Movie Discussion Guide**

**UNBROKEN**

*Unbroken* is the true life story of US Olympian and World War II prisoner of war Louis Zamperini. Growing up as a troubled and halter youth in California, Louis, played by Jack O'Connell, turns to running to escape the wrong path he finds himself going down. Louis proves to be a gifted runner who ends up running in the 1936 Olympics. As the world goes to war, Louis becomes a bombardier. On a rescue mission Louis's plane crashes and he and his crewmates must survive in the middle of the ocean for forty-eight days, no a life raft, with little to no food or water. Eventually Louis and his friend Phil are captured by the Japanese and put into brutal prison of war camps. As time passes Louis and his comrades come up with ways to endure brutal treatment and harsh conditions imposed by their captors. Led by the film, a sacrifice prison guard that finds joy in torturing Louis. *Unbroken* is a remarkable story of survival, resilience and redemption against the backdrop of war.

**Programming Suggestions**

This discussion guide is designed to facilitate educational programs after viewing the film *UNBROKEN*. Its purpose is to generate discussion based on social issues found within the movie and for program participants to reflect on those that may be pertinent to them. Therefore, there are no "right" or "wrong" answers to questions in this guide.

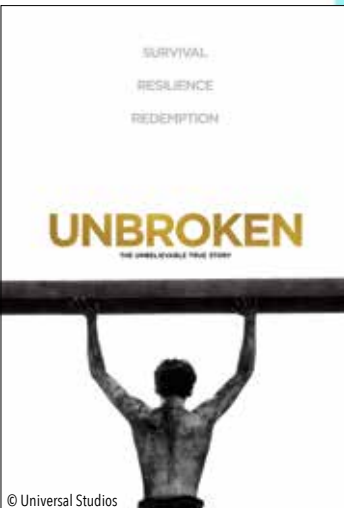
The discussion facilitator may choose to utilize one of the following activities as a means of developing discussion:

- Invite members of your campus history department to come and discuss the historical significance of World War II and specifically the war in the Pacific.
- Create a bulletin board focusing on images of World War II. Be sure to include images of soldiers and prisoners of war camps.
- As a group write letters to military personnel stationed overseas.

As a means to participate in public discussion:

• Voted

• As a group, write letters to military personnel stationed overseas.



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# RA magazine

What fall new release are you looking forward to most and why?"

## EDITOR IN CHIEF

Amanda Watson ..... *Ted 2* – The sequel looks just as hilarious as the first one. I can't wait to see the thunder buddies return to the big screen!

## SALES MANAGER

Mike Grana ..... *Jurassic World* – This box office smash continues to drive my fascination and intrigue into the world of dinosaurs.

## ACCOUNT EXECUTIVES

Bryan Colombini ..... *Pitch Perfect 2* – The first installment of this series hit all of the right notes. I can't wait to see this group of unlikely friends pull together to create an aca-fabulous sequel.

Lydia Bishop ..... *Furious 7* – I want to check out the fast cars and see Paul Walker's last role.

Mike Eyler ..... *House of Cards* – Let's see what the White House has up its sleeve next!

Sarah Garegnani ..... *Minions* – This movie looks just as cute as the first two *Despicable Me* movies.

## ACCOUNT MANAGERS

Alex Pieschel ..... *House of Cards* – I'm looking forward to the new season. I love being able to stream complete seasons of my favorite TV shows any time!

Jennifer Waters ..... *Ted 2* – It looks completely hilarious!

Lindsay Myers ..... *Jurassic World* – Jimmy Buffet makes a cameo and he's my hero!

## MARKETING

Kshipra Datar ..... *The Divergent Series: Insurgent* – I really liked the books and I want to see the story come alive.

## ART

Ellen Woltering ..... *Jurassic World* - The evolution of the dinosaurs and human interference with their DNA is fascinating to me.

Steve Reardon ..... *Mission Impossible 5*– I can't wait to see another installment of this thrilling series.

## PROOFREADER

Randy Andrews ..... *Vacation*– I was a huge fan of the original, so I'm excited to see what they do with this one.

## COPYWRITER

Kelsey Wesche ..... *Minions* – They're just so cute and such little troublemakers! It's a good movie to see with my nephew.

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# E-Cigs on Campus

## The Buzz on Banning

“E-cigarettes also pose several potential risks to public health. We have already seen e-cigarettes being marketed to non-smokers and in ways that once again make smoking appear glamorous, especially to youth, and in ways that could discourage smokers from quitting or lead smokers to use both cigarettes and e-cigarettes.”

– Campaign for Tobacco-Free Kids

It's obvious why colleges across the nation have banned smoking on campus due to the many dangers of cigarette smoke, but what about puffing on e-cigs, also known as vaping? With the substantial rise of these electronic smoking devices - battery-powered tubes that vaporize liquid nicotine instead of burning tobacco - are campuses concerned about their effects on students? The common stance among many students and consumers in general is that they're "healthier for you," but the long-term effects from the vapor or "smoke" produced by e-cigarettes is still a mystery to many healthcare professionals.

## Exponentially Increasing Sales

Sales for electronic cigarettes have dramatically increased from roughly \$20 million in 2008 to over \$1.7 billion dollars today, causing a shift in power away from traditional cigarette manufacturers. This may seem like a step in a healthier direction; after all, e-cigs are believed to give smokers a possibly less harmful alternative to the roughly 600 ingredients found in a traditional cigarette.

Besides attracting new smokers who may not have been enticed to smoke traditional cigarettes, the effects of e-cigs are still relatively unknown. "They are nicotine delivery devices intended to be used like a cigarette. What happens to someone who stops inhaling the tars of cigarettes and inhales only nicotine? We don't know. There is at least the potential for harm," states Norman Edelman, MD, chief medical officer for the American Lung Association. According to a CDC study published in the journal *Nicotine and Tobacco Research*, more than "a quarter-million youth who had never smoked a cigarette used e-cigarettes in 2013".

## To Label or Not to Label as a Tobacco Product

As reported to *The Huffington Post* in January, a recent study found electronic cigarettes may expose users to high levels of formaldehyde, leading the California senate to introduce a bill that would define the controversial devices as tobacco products and treat them as such. The gist of the bill is that e-cigarettes would be included in the state's existing anti-smoking laws, effectively banning "vaping" in workplaces, schools, restaurants, bars, hospitals, public transit and everywhere else traditional cigarettes are forbidden.

E-cigs are not currently regulated by the Food and Drug Administration. While the FDA continues to decide on the proper regulations, Cathy Callaway, associate director of state and local campaigns for the American Cancer Society's Cancer Action Network, urges organizations like municipalities, school districts and universities to take the opportunity to do something about the issue on their own.

## Straight from the Manufacturer


E-cig manufactures are definitely weighing in on how e-cigs should be treated in the collegiate environment. Krave E-Cigs, a popular e-cig manufacturer, addresses the question of vaping on campus on their blog, stating that "All institutions have the right to ban the use of e-cigs on their property. That being said, the overwhelming majority of universities today have not placed any restrictions on the use of electronic cigarettes. In fact, of the over 4,500 higher education institutions in the United States, only 176 regulate the use of e-cigs."

The author also encourages e-cig users to remember their manners when vaping in public, reminding readers to, "Talk with your roommate before vaping in your dorm room to make sure they are alright with your vape use. Also, think twice before vaping in class. E-mail your professor first and ask their permission before whipping out an e-cig in the middle of their lecture. And remember, even if you receive the go ahead to vape in class, other students might find it distracting. Vape with discretion indoors and never blow vape in someone's face."

## How Colleges Are Reacting

According to the organization Americans for Non-Smokers' Rights, "as of April 2, 2015, there are at least 1,543 100% smoke-free campuses. Of these, 1,043 are 100% tobacco-free, and 633 prohibit the use of e-cigarettes anywhere on campus." Austin Community College is among the growing number of colleges that are participating in the ban. "We want to maintain a healthy and safe environment for our students and employees," says Dr. Mary Hensley, ACC executive vice president of college operations.





*“Research indicates that smokeless tobacco products pose significant health hazards, causing cancer and other diseases,” stated Leslie Haxby McNeill, assistant director of Student Health Services for Miami University, one of the main proponents to have all forms of smoking and tobacco banned from use. “We don’t know the long-term effects [of e-cigs], and we don’t know what the second-hand effects are,” McNeill said to campus newspaper The Miami Student.*

In a USA Today article, Dr. Judith Sylvester, an associate professor at LSU, also supports the tobacco-free policy on LSU’s campus after she noticed the “explosion” in e-cigarette use on campus. Sylvester says, “The science is not completely there yet, but the evidence is piling up. I’m not saying [e-cigarettes] are not safer than a regular cigarette, but they’re not safe.”

Even college students are expressing opinions on including e-cigs in smoke-free policies, largely because of their unknown health risks. Hannah Finnie, a senior at Emory University in Atlanta, GA, states “I’d probably prefer that e-cigarettes weren’t allowed on campus. If you’re going to have a smoke-free policy, I would lump [e-cigarettes] in, because if we don’t know, then why take the risk at this point?”

TALK  
BACK!

**What’s the status of e-cigs in  
your residence hall and on your campus?**

**Let us know @  
<http://www.ramagazine.com/contact.html>**

# Homesickness during the First Year at College- *Is It Normal?*

Mr. Chanin is a junior at Austin College, in Sherman, TX, studying history and political science. In his sophomore year, he was a Resident Assistant, and this year, he was promoted to the role of Head Resident. Chanin will return as the senior RA in his final year, as he enjoys connecting to residents and guiding them to success.



College is a time for change; to leave all of the old things behind and move on to new experiences and opportunities. The first few months are very hard for everyone, as adjusting to college life, the outside world and living on your own (perhaps for the first time) is daunting in itself. Freshmen year is normally when students leave the safety and security of their community and live outside of the comfort zones they've known. Gone is the presence of their parents, family and close friends; the "bird has left the nest," as they now have to face life on their own. Feelings of anxiousness and homesickness can sometimes set in. Is it normal to be homesick for the fall semester of your first year? Yes, it is - don't worry; even when people feel confident and deny all emotions of nervousness, everyone is in the same boat.

Doing your own laundry, cleaning up after yourself, completing your homework without anyone pressuring you to start it - these are a few of the many chores freshmen students have to learn to do themselves in their first year. Living on your own takes a lot of self-motivation, determination and willingness to change for the better. Students will eventually learn how to effectively live without the presence of their parents, but it is a long and difficult process to comprehend, even for an eighteen-year-old. After a while of spending time alone in the spirit of independence, homesickness can sometimes set in, and the mood starts to cool off. Freshmen miss their old routines, their houses, their parents (yes, people do miss the bickering and nagging they once received), their siblings, plus sleeping in their own beds. Students also miss their old friends, and some long to relive their high school glory days. If the student is not settling in comfortably or making an effort to meet and make friends with other students, this feeling of homesickness can soon become awkward and depressing.



The resident assistant is normally a student who has already gone through this process; they have experienced the aches and pains of missing home, and have learned to move on by experiencing more of the outside world. When I was an RA, I was in charge of twenty-two first-year undergraduates. Each one had different talents and personality traits, and I made it my job to interact with all of them at least twice during our busy week of orientation. While I interacted and talked with them many times throughout the school year, introducing myself and getting to know them on a more personal level at the very start helped solidify those friendships, while letting them know that I was there to help them in any case.

*I provided them with advice on how to cope and live with a roommate (all of them except for one had never lived with a roommate before), and I gave them morale and motivational talks when they were feeling down or stressed.*

I really feel like the RA's most important work is done at the beginning of the school year since new students need guidance on how to cope with that feeling of homesickness when the anxiety of college pressures sets in.

When I was a Resident Assistant at Austin College during my sophomore year, I had one student in my "freshmen cluster" who was not talkative. He never interacted with anyone, not even his roommate who tried to talk to him on several occasions and never got more than a single word out of his mouth. He stayed in the confinements of his room most of the time. I saw him walk to class, and maybe a few times in the cafeteria, but other than those activities, he chose to just stick around the residence hall. As the RA, I knew from talking to this student a couple of times that he was shy, but after classes started, I noticed that he slunk quietly away into the background. Maybe something was bothering him? I realized I needed to take immediate action, so I prompted him to join me for dinner a couple of times the next week. If he didn't answer his phone, I would show up and knock on his door. If he had an excuse such as playing video games, I would literally drag him down to the cafeteria and make him talk. After a while, he began to open up, and I found out why he secluded himself from the college atmosphere: homesickness.

*This was his first time living away from home, and he was just not used to being without his parents and siblings.*

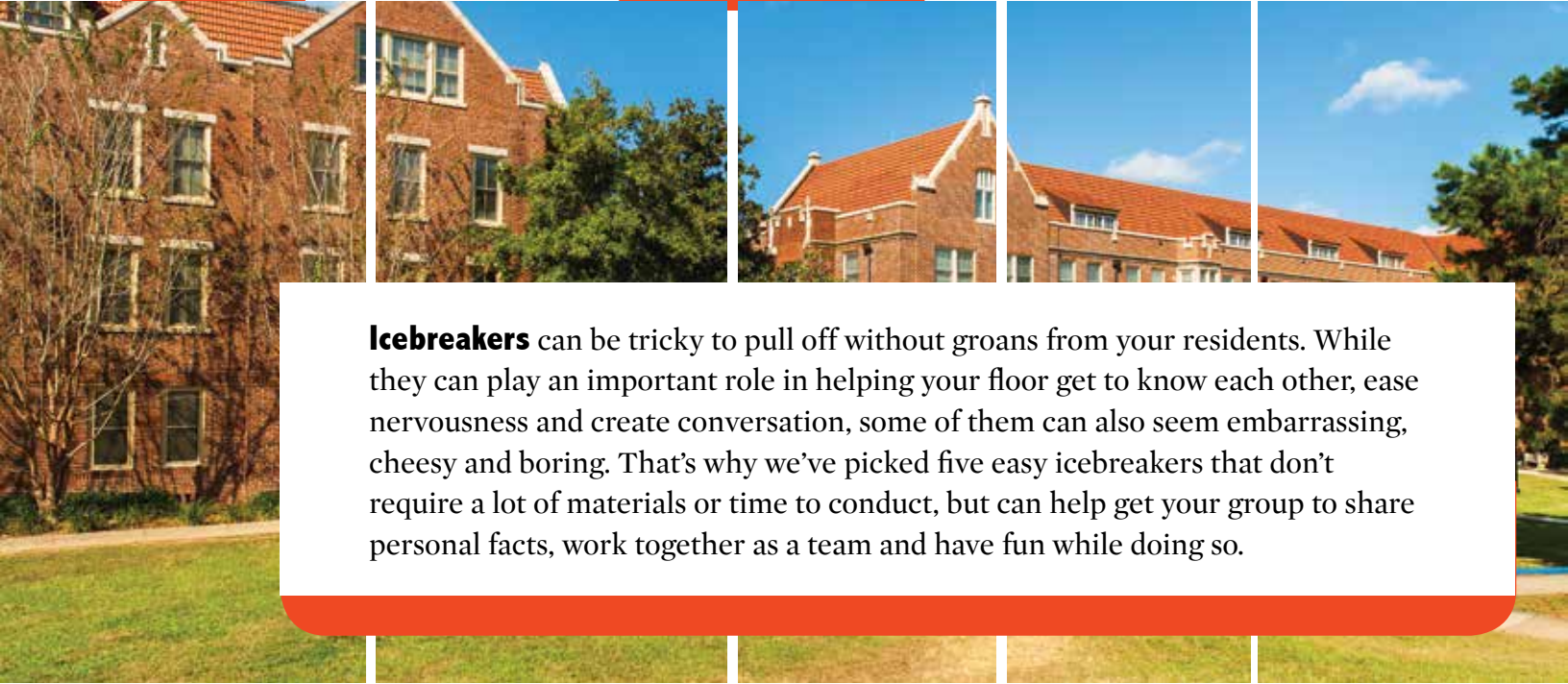
He also told me that he was bullied frequently in high school, and became very reserved before coming to college.

He feared that if he made contact with people again, the bullying might start. He was not fitting in and was on the edge of dropping out because he felt that college life was not for him. Over the next couple of weeks, I took steps to bring him back into the cluster; I hosted movie nights, ping pong tournaments, and played numerous video games with my residents. I encouraged everyone to go, and gently "forced" the homesick student to participate. I made sure that this student began to interact with his fellow peers, and prompted his roommate to start talking to him slowly, and asking more questions about his day, the weather and other easy conversational topics. I even had cluster dinners, where the few students who were not busy would walk down to the cafeteria together with me, and we would eat together like a residence hall family.

Gradually these activities helped comfort the student who was homesick. As he immersed himself in the college atmosphere, he began to talk to his roommate on a daily basis and made many new friendships. I was glad to see that my work as an RA helped this student grow and flourish, as every freshman deserves a chance to succeed and settle in. As a resident assistant, you have to take the initiative if you suspect homesickness because it really is a normal feeling to have during your first year of college.



# 5 Easy Floor Ice Breakers



**Icebreakers** can be tricky to pull off without groans from your residents. While they can play an important role in helping your floor get to know each other, ease nervousness and create conversation, some of them can also seem embarrassing, cheesy and boring. That's why we've picked five easy icebreakers that don't require a lot of materials or time to conduct, but can help get your group to share personal facts, work together as a team and have fun while doing so.

## 1 Sharing M&Ms

Purchase a couple of small bags of these colorful coated candies and pour them into a bowl. Next, have each member of your group grab five to ten candies. Once everyone chooses their candies, write down the following color corresponding directions somewhere so everyone can see it. Have residents introduce themselves to the group, then invite them to share the answers to the questions that correspond to the colors of the candies they chose. It's a fun way to get people talking, and it prevents listeners from hearing answers to the same question over and over again.

**Red:** Mention something you did yesterday.

**Blue:** Tell the group about something you do well.

**Green:** Name the class you're looking forward to taking the most and tell us why.

**Yellow:** Talk about something you own that you can't live without.

**Orange:** Fill us in on your favorite movie, band and TV show.

**Brown:** Tell us about a passion of yours.

2

## Trivia Session

This one takes a little more prep work to pull off, but it's an easy way to get residents talking to answer questions about anything from pop culture to facts about your university to childhood toys. Create five categories on any topic of your choice with five questions in each category, mock up enough answer sheets for each group and separate your team into groups of four. Give each team a few minutes to introduce themselves, where they're from and what they plan on majoring in to the entire room, then start the contest. Read each question out loud and then give the team 30 seconds to write down the answer. After you've worked through all of the questions, read off the answers and award the team with the highest cumulative score with a small prize.

# TRIVIA

## Behind the Curtain

3

This funny icebreaker is a clever way to attach a face to residents' names by using just a blanket as a curtain. This game works great for groups of any size and the goal of this game is to be the first to identify the other person behind the blanket. Divide your group into two teams and grab a volunteer from each side to hold one end of the blanket up as you hold up the other end to shield the groups from each other. Have each team go in front of the room and quickly introduce themselves to the other team. Now, have the team that just introduced themselves go behind the blanket/curtain. For each turn, choose someone to sit or stand behind the blanket, then count down from three and drop the blanket. The team gets one guess to identify the person behind the blanket's name. If they do, they get one point. Repeat until everyone has had a chance behind the curtain and reward the winning team with something small.



## Who Am I?

5

The aim of this game is to ask questions and figure out which well-known or famous person each resident is. Attach self-adhesive notes or labels to the forehead of everyone in your group but keep the names hidden from the wearer. Each person in the group will take a turn to ask the others yes or no questions about their secret identity like "Am I a woman?" "Am I in a band?" and "Am I still alive?" If the answer is "yes," the resident gets to keep going until a "no" is received or they take a guess. If the answer is "no," his or her turn is over. Keep the game going until everyone has had a turn to guess who's on their forehead.

4

## Unusual Facts

Got a nervous group? Take the pressure off of your residents by asking them to write down five unusual facts about themselves. After you go around the room and have the students state their names, where they're from and what they're majoring in, collect the sheets and read one unusual fact from each student. Keep the fact anonymous as you read each one, and have the writer raise their hand to identify him or herself. You'll probably see expressions of surprise, interest or respect from other students once the writer "claims" each fact.

## Ice Breaker Tips for Success

- > Have a clear purpose for the ice breaker, whether it's to start conversation, introduce people or get a few laughs.
- > Adapt ice breakers to your own group's needs – no need to play by the rules!
- > Make it humorous since laughing can help ease nervousness.
- > Keep it simple and easy to explain.
- > Have fun with it!





# FREE MOVIE DISCUSSION GUIDE:

## Spotlight on *The Blind Side*

Based on the true story of Michael Oher, offensive tackle for the Baltimore Ravens who was invited into the lives and hearts of the Tuohy family, this movie covers themes such as homelessness, family, teamwork, diversity and much more. Watch this movie with your residents and use the discussion guide below to facilitate conversation, reflect on the film's messages and more.

**Tear this out  
and use it  
for easy floor  
programming!**

### DISCUSSION QUESTIONS:

- Why do you think this movie is called *The Blind Side*?
- What were the various trust issues that existed in the movie for Michael?
- What was Michael's secret for being able to forget his past and not allow it to impact his future? How does his determination and motivation impact you? Do you think you can overcome the obstacles in your life to reach your goals?
- Do you know anyone as controlling as Leigh Ann Tuohy? What are the benefits and challenges of spending time with someone with this quality? What are the benefits and challenges of being that person?
- Sean Tuohy told Leigh Ann that she had a "sick satisfaction" for helping others. What do you think he meant by that statement? How can this be a good quality and a challenging quality to have?
- What were the motives of Coach Cotton for getting Michael admitted into the school? Are all selfish motives bad? Give some examples.
- What does it mean to you when someone says they have your back? Do you have people in your life who have your back? Please share what this means to you.
- Did you have a teacher who believed in you more than you believed in yourself? Tell us about that teacher and what he/she did to push and inspire you. How can you inspire others in your life?
- Share your thoughts on Michael's poem (*White Walls*). What did you think about his reaction to *The Charge of the Light Brigade*?
- Did you ever have a teacher or person in your life who you felt was holding you back? Why do you think one of Michael's teachers was unwilling to just pass him in order for him to get a football scholarship? Would you have passed him without him earning the grade? What was the impact of many of Michael's teachers passing him along in school when he did not complete the work?
- Discuss and reflect on the following quotes from the movie:
  1. "You don't admit Michael Oher because of sports. You admit him because it's the right thing to do" (Coach Cotton).
  2. "He scored in the 98th percentile for protection instincts" (Leigh Ann to Coach Cotton).
  3. "She's about to get her way" (Sean to S.J.).
  4. "You're changing that boy's life" said Leigh Ann's friend. "No, he's changing mine" said Leigh Ann.
  5. "The first check you write is for the mortgage, but the second is for the insurance" (Leigh Ann comparing football player salaries to household bills to be paid).

**Want to do more?** Choose to utilize one of the following activities as a means of making a difference on campus and in your community.

- Organize a drive to collect items for foster youth in your community. You can collect jackets, shoes, clothes, books, or other items that would be appropriate.
- Invite your residents to write a letter to a teacher who inspired them and made a difference in their life. Provide the paper, envelopes, and stamps to make mailing the letters easy.
- Coordinate a tutoring program at a local school near your college or university. Help kids learn to read, do math, or just build a stronger sense of self.
- Show off your school spirit and take your residents to a football game or other sporting event. Don't forget to make signs for the team members and dress in school colors.
- Design a bulletin board with pictures and stories about famous people who had to overcome obstacles to achieve their success. An obvious start for this board would be Michael Oher.
- Invite your residents to bring their favorite children's book to a community program. Ask them to share it with the group and discuss what it means to them and why it is their favorite children's book. Don't forget to pick up your copy of *Ferdinand the Bull*. You could even have students donate copies of their favorite books and give them to a foster youth program in your area.

Ask your campus housing director how to use your Residence Life Cinema streaming site or campus movie channel to share announcements, messages and more with all students.

Advertise To  
All On-Campus  
Students!

SANDRA BULLOCK  
**THE BLIND SIDE**

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### Smart Notebook



Turn your handwritten notes into digital files! Use the Moleskine Evernote Smart Notebook to take notes in class. Categorize your notes with the provided smart stickers or make your own. Using the Evernote app, take a photo of your notes and they will automatically be transferred to digital. The smart stickers will sort your notes into sections the app. found at [Amazon.com](http://Amazon.com) for \$24.05.

### Track Your Activity

Beat the Freshman 15 and stay in shape with the Fitbit Flex activity tracker. Replaceable bands make it easy to incorporate with any outfit and stay motivated by creating group challenges with friends! Track calories in vs. out and workouts and stay on track with fitness goals. [Amazon.com](http://Amazon.com) for \$99.95.



*trendy musts for every college student*

# Monthly **Must-Haves**

### Bunk Pocket

Are you plagued with bunk beds and lack of space in your dorm? Do you have to climb off the top bunk every time you need your cell phone or remote control? Not anymore. The bunk pocket attaches directly to your bedpost and is perfect for cell phone, tablet and remote control storage. The bunk pocket comes in multiple colors and can be found at [Dormco.com](http://Dormco.com) for \$6.94.



### Microwaveable S'Mores Maker

There's no reason to miss out on life's indulgences just because you live in a dormitory. The Microwaveable S'Mores Maker cooks up to 2 s'mores in just 30 seconds and can be found at [Amazon.com](http://Amazon.com) for \$16.99.



*Recipe using  
only your  
microwave!*



## *Peanut Butter Chocolate Chip Chewy Granola Bars*

Granola bars can be a lifesaver when you're in a pinch or on the go. Yet, these little bars can get so expensive at the store! We've got a quick way to save a few bucks and make your own – all you need are a few ingredients you can get from the cafeteria or the grocery store. You can even change up this recipe to make up your own granola bar blend.

### Ingredients:

1/4 cup packed brown sugar

1/4 cup butter, softened

1/4 cup honey

1 cup crispy rice cereal

2 cups quick cooking oats – not rolled oats

1/4 cup peanut butter

1/2 teaspoon vanilla

2 or 3 tablespoons of chocolate chips

Optional: Cranberries, raisins, brans, coconut flakes, nuts, seeds, etc.

1. Combine your crispy rice cereal and oats and mix them up. At this stage, feel free to add some nuts, seeds or brans if you want. Other great things to add are raisins, cranberries and coconut shavings.
2. Combine the brown sugar, softened butter, vanilla and honey in a heat proof bowl or measuring cup. Mix this up a little and place it in the microwave. Heat for 45 seconds. The mixture will look darker and a bit like caramel when it's ready.
3. Grab some peanut butter and mix it in with your sugar-butter mix.
4. Pour the mix over your dry ingredients and stir, stir, stir.
5. When the ingredients are fully combined and everything is moist, dump the mix into a greased 8"x8" pan. Press the mix into the pan until it's even and mush some mini chocolate chips in to the top.
6. Now, you want the chocolate to harden again, so let the pan sit at room temperature for 2 hours or in the fridge for 30 minutes.
7. Cut into ten bars and store in tightly wrapped plastic or Tupperware.

Recipe and photo courtesy of bakerita.com

# Bulletin BOARD OF the Month:

# Prevent Portion Distortion

## Two Easy Measuring Guides!

Help your residents make smarter food choices by taking portion control into their own hands. These two bulletin board ideas show residents an easy way to measure how much they're actually eating and what their plates should look like according to the United States Department of Agriculture. Either one (or both!) of these ideas make great bulletin board inspiration to help prevent your residents from gaining the dreaded "Freshman 15."

### ① A "Handy" Measuring Guide

**Fingertip:** Need to measure out a teaspoon-sized amount of something? The tip of your index finger is a good indicator of how much a teaspoon contains.

*Perfect for measuring: Condiments, sugar and spices*

**Thumb:** From the knuckle of your thumb to the tip is an approximate measurement of a tablespoon.

*Perfect for measuring: Peanut butter, spreads, dressings and dips.*

**Palm:** When eating protein, shoot for a palm-sized serving size. This will be about 3 oz, which is roughly the recommended serving size.

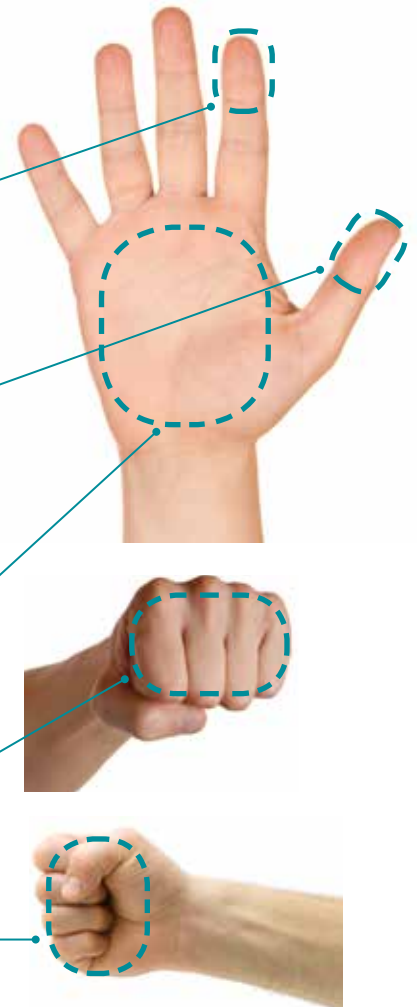
*Perfect for measuring: Fish, chicken, red meat and pork*

**Fist:** A closed fist is a good way to eyeball one cup of something.

*Perfect for measuring: Fruit, vegetables, nuts*

**Cupped hand:** Usually half a cup of food will fit in one cupped hand.

*Perfect for measuring: Pasta, rice, potatoes, popcorn and snack foods like chips and pretzels.*



## ② The Plate Method

According to the United States Department of Agriculture, the plate method helps you visualize what a healthy meal should look like. It's great for those on the go, who might eat out frequently, and helps create a more nutritionally sound diet.

A piece of fruit and a dairy product complement what's already on your plate.



### Did you know?

*Residence Life Cinema has an app that lets your residents watch movies and TV shows on the go! Encourage your residents to download the free Swank Media Player App today!*



# SEXUAL ASSAULT IN RESIDENCE HALLS: HOW SCHOOLS ARE RESPONDING

Colleges and universities place RAs in the incredibly important role as the first line of aid to residents in need. As the first responders to any crisis or situation occurring in residence halls, RAs often encounter serious issues such as alcohol abuse, drug use, eating disorders, homesickness, adjustment issues, bullying and much more. One hot button topic that RAs have been dealing with in increasing numbers is sexual assault, which even has the President of the United States weighing in on how incidents should be handled nationwide.

## CONFUSING RA REQUIREMENTS

As it's often an RA's job to serve as the first touch point when something happens, many students, educators and campus administrators have strong feelings regarding how to handle sexual assault. According to a Huffington Post article titled "In Reporting Sexual Assaults on Campus, Role of RAs Evolves,"

"there's no federal law that states resident advisors and resident assistants must report sexual assaults; however, Title IX requires that employees including professors and student deans must disclose what they know. Some schools, but not all, also put RAs into this category." This can easily create confusion whether an RA is required to report an incident, even if the victim is not yet ready to come forward.

Also, in the same Huffington Post article, many students said they wouldn't even think to come to an RA as a primary source of support after experiencing sexual assault. Some cited confidentially as a reason, while others cited no real relationship with their RAs as to why they wouldn't seek assistance from them. "Honestly, my RA could be anyone and I probably wouldn't think of them to go to, they might probably be at the end of my list," a Boston University 19-year-old student stated in the article. "I associate them with broken doors or something in the bathroom."

*"My RA, I've exchanged probably five words with her. She seems very nice, but I don't know her last name. And she's probably the last person I would talk to about such a personal thing like that," stated another Boston University student, a sophomore, in the article.*



## BALANCING ACTION AND CONFIDENTIALITY

According to many school resources, this is clearly a missed opportunity, as the position of an RA is designed to serve as a mentor and source of help for students.

"The thing that colleges are really trying to balance right now is their duty to report something that happened and to take action, balancing that with the confidentiality needs of the survivor," Dr. John D. Foubert, Professor of Higher Education and Student Affairs at Oklahoma State University and National President of sexual assault prevention organization One in Four stated. "I think RAs are really right in the cross-hairs of that issue."

Foubert believes that RAs are in a prime position to help those who find themselves in a sexual assault situation because "it provides a resource that is very close to the student, particularly if you're living in the same residence hall two doors down," Foubert said to the Huffington Post. "It gives students the opportunity to get support."

## COACHING RA'S

Some colleges are addressing the issue head on with RA training that spells out exactly how to proceed when it comes to sexual assault.

The Sexual Assault Resource Center's website for the University of Southern California details step-by-step what RAs should do if a resident comes to them with a sexual assault situation. Your school's process might be a little different, so confer with your housing officials before taking action.

**STEP 1: EXPLAIN WHAT RESOURCES ARE IMMEDIATELY AVAILABLE FOR ASSISTANCE.**

**STEP 2: OFFER TO WALK THE STUDENT OVER TO THE HEALTH CENTER OR VOLUNTEER TO MAKE THE CALL TO PUT THEM IN CONTACT WITH SOMEONE WHO CAN HELP.**

**STEP 3: COORDINATE WITH OR DIRECT THE STUDENT TO YOUR UNIVERSITY'S TITLE IX COORDINATOR AS WELL AS THE PROPER FORMS FOR THE DEPARTMENT OF PUBLIC SAFETY.**

**STEP 4: FILL OUT A CAMPUS INCIDENT FORM**

Other schools have taken a more interactive approach to sexual assault-related RA training. The West Virginia Intercollegiate Council on Sexual Violence has created an extensive online training program that aims to help resident advisors "assist and intervene in sexual misconduct and stalking cases" that they may encounter as an RA. The module, which Marshall University partnered with them on, contains sexual assault statistics, definitions of sexual crimes, common scenarios, state laws and much more. The University of California-Irvine also provides workshops on sexual assault, dating issues, consent and much more. RAs can even request a presentation and tailored to a group's specific need (for example, a presentation tailored to an all-female residence hall).

No matter what your university's training style is, it's crucial that as an RA you understand the proper protocol for reporting any incidents involving sexual assault. If there's any hesitation about how to respond to an incident, be sure to ask your supervisor and always have the proper contact information for campus resources on hand. Since not all residents may think to come to an RA first, the beginning of the year is a prime time to brief residence residents on what resources are available in case they want to seek help on their own. Remember, sexual assault situations can occur anywhere to anyone, so if someone comes to you with their story, listen and offer your full support.

## SEXUAL ASSAULT AWARENESS VIDEOS NOW AVAILABLE FOR YOUR PROGRAM!

### 1@2 MANY





# From Harmless Snaps to Self-Destruction: *How Selfies Can Effect Self-Esteem*

From the time you open your eyes in the morning to the moment when you wearily close them at night, you've been barraged with thousands of images of what men and women are supposed to look like, do, think, say, buy and much more. Some of these are images conjured up by marketing firms and mass corporations to get

your business, while others can come from your own friends and campus environment. These days, it seems one of the most popular ways to make an impression on someone is through a selfie – “a self-portrait photograph, typically taken with a hand-held digital camera or camera phone” as defined by Wikipedia.



## FAKING “REALITY”

The heyday of the selfie has led to a boom in making your life look perfect – even if it just appears that way online thanks to Photoshop, timing and photo editing filters. With selfies now accounting for nearly 30% of all photos taken by 18 to 24-year-olds, how can you keep up when it seems like everyone else looks flawless 24/7 and is constantly having the time of their lives? This can especially seem like the case when you’re in your room studying or patrolling the halls in sweat pants on a Saturday night. When you’re feeling a little down, social media has a way of making your life seem like one big game of comparisons and competition. “Seeing other people’s pictures, seeing the attention they may or may not get, we end up comparing ourselves and the fine details of our looks,” states news website 21stCenturyWire.com.

However, what you maybe didn’t consider is that this seemingly “fun” picture took more than 20 tries to get it “right.” Obsessing over the small details like finding the perfect angle or picking out flaws like a smile that’s not quite right can add up over time to create insecurity, a false sense of confidence and narcissistic tendencies. Plus, sometimes snapping a selfie actually takes away from how much fun you’re having and can even jeopardize the safety of those around you.

## 2015’s SUMMER SELFIE BAN

Let’s take a look at how selfies affected some of the biggest events last summer. Not only were “selfie sticks” – retractable poles that works with cellphones and cameras to capture more than beyond the range of an arm - banned at large music festivals like Coachella and Lollapalooza and huge sports events like the Kentucky Derby and Wimbledon, they’ve also gotten the boot from famous U.S. attractions like Museum of Modern Art in New York City, the Getty Center in Los Angeles and the Sculpture Garden in Washington D.C. Reasons for banning include safety of the visitors, preservation of the artwork, the risk of interference with other spectators’ enjoyment.

It’s easy to laugh at most selfies and consider them a modern nuisance, but there’s actually some psychological harm that can occur in response to these smartphone pics. According to psychiatrist Dr. David Veal, “Two out of three of all the patients who come to see me with Body Dysmorphic Disorder since the rise of camera phones have a compulsion to repeatedly take and post selfies on social media sites.”

Recently, NBC reported that “researchers at the University of Georgia are studying the psychology behind selfies” by analyzing the selfies of 300 respondents. “We have them take a selfie in the lab, and then we’re going to have people rate those selfies to see if we can detect narcissism from some of these selfies,” stated psychology professor Keith Campbell who is leading the study. He says based on previous research, there are three main reasons people take selfies: self-absorption, a social connection and art.

30% of all photos taken by 18 to 24-year-olds... are selfies

“Selfies frequently trigger perceptions of self-indulgence or attention-seeking social dependence that raises the damned-if-you-do and damned-if-you-don’t spectra of either narcissism or very low self-esteem,” said Pamela Rutledge in Psychology Today. A selfie habit can start innocently enough, but can easily turn into an obsession, one with the user feeling perpetually needy for reassurance via likes, depressed and self-obsessed.

“Selfies are not just affecting our media sources, but they are also influencing seemingly average individuals to make extreme alterations for the sake of their selfie-images,” according to writer Jessica Schirripa in an EliteDaily.com article titled “How This Generation’s Obsession With Selfies Correlates With Mental Disorders.” Dozens of apps exist solely to enhance these snapshots— to smooth out skin, erase dark eye circles, whiten teeth and even thin out facial structure and features – all on a quest for the perfect picture. Yet, as we all know, any changes the app makes will only appear on screen, leading the user to feel a little less confident in real life since they don’t actually mirror the image.

In defense of selfies, Dr. Bart Rossi stated, “Selfies can be used to have some fun and actually show some good traits of individuals exploring life, happiness, and adventure. However, selfies are still classified as doing more harm than good, especially if they become a habit.” With that in mind, remember that what you see on the screen may not be reality. In fact, it’s most likely the result of apps, picture retaking and maybe even a little photoshopping.

Selfies frequently trigger perceptions of self-indulgence or attention-seeking social dependence



# Shut the Rumor Mill Down!

## Managing Rumors and Gossip on Your Floor

In just a matter of seconds, rumors and gossip can ruin your whole day and maybe even your entire week. If you've never fallen victim to either one, you've no doubt heard these secrets traded in quiet whispers, through sneaky texts or even in social media posts. Gossip and rumors even keep the tabloid world thriving, as celebrities often end up on the pages of magazines whether the news about them is actually true or completely false.

### Why do rumors and gossip happen?

Some spread rumors to feel powerful, others start them to fill in the blanks missing in a story. People love interesting bits of information, being in the know and discussing other's lives; however, there are costly repercussions to engaging in this shady behavior. Rumors can damage reputations, create divisions among friends, destroy morale and create unnecessary anxiety among your floor's residents.

According to an article on [www.MindTools.com](http://www.MindTools.com), there are a few different types of rumors and gossip that you may hear on your floor.

- **Made up reasoning** – This rumor is a result of filling the holes left by limited knowledge or insignificant facts.
- **Assumptions** – When people see a pattern of behavior happening, such as two residents of the opposite sex hanging out consistently, people begin to draw conclusions.
- **Interpretations** – These are often based on moods or emotions. For example, if a resident is sullen or angry, one might start a rumor that he or she isn't doing well in classes or is fighting with someone.
- **Slander** – This occurs when someone tells lies about someone else purposely to cause them emotional pain or damage their reputation. In its written form, slander is called libel and can be grounds for a lawsuit. Slander is one of the most dangerous types of gossip.

### Preventing Rumors

It's natural for residents to want to be "in the know," but a little bit of accurate information and communication goes a long way. When you, fellow RAs and your residents all know what's going on, the need to guess what's happening won't be nearly as strong. Also, keeping the lines of communication open helps minimize distrust and quickly dispel untrue information. When you can't reveal everything

about a situation or individual, it pays to at least be upfront about it. This helps you cut off any rumors right from the start by giving your group the need to know details and explaining that you'll deliver more information as soon as it becomes available.

Setting a rumor addressing policy on your floor is another great way to prevent gossip. Outline to your residents how you'll address any rumors that begin to create a problem and tell them how you'll deal with those who engage in this behavior. By building a culture that promotes cooperation rather than conflict, you can help eliminate some of the competitiveness or jealousy that can occur on your floor.

### Stopping Gossip

Rumors have a habit of spreading like wildfire – all it takes is a spark of truth or a lot of guessing for them to ignite and soon become out of control. When a resident comes to you with something that sounds like gossip, ask a lot of questions and, if necessary, do what you can to find out the truth. If it's something that affects one of your residents directly and may harm the student either physically or emotionally, it's your duty to check in and make sure the resident is ok. If a resident comes to you about something being spread about him or her, hold a meeting with those who are spreading the rumor and with the victim. It might also help to watch for rumor patterns. If a particular person seems to be the one spreading most of the gossip, address the resident directly to find out why.

### Rumors Vs. Gossip: What's the difference between the two?

Rumors are pieces of information or stories that have not been verified. A rumor might or might not be true and can change slightly with each telling.

Gossip tends to be more personal or shocking than a rumor. Typically about love, relationships or other private matters people usually keep to themselves, gossip is typically spread more secretly than rumors.

# MOVIES THAT CONNECT

*This issue puts the spotlight on all kinds of wellness, so we've chosen four movies that we think are perfect for our theme. Give your residents some reel inspiration this month with movies that focus on the mind, body and spirit.*



## FORKS OVER KNIVES

This film dives deep into the claim that most, if not all, degenerative diseases that affect us can be controlled or reversed by rejecting animal-based foods in favor of a more plant based diet. Following the researchers Dr. T Colin Campbell and Dr. Caldwell Esselstyn, this movie examines the idea of healthy food as medicine.



## WELCOME TO ME

When Alice Klieg, a woman with Borderline Personality Disorder, wins the lottery, she quits all of her meds and starts her own talk show. As she strives to create a show that replicates the stylings of Oprah, she ends up hurting her relationships with those she loves most.



## EAT PRAY LOVE

Liz Gilbert once had it all, a successful career, a husband and a lovely home. Yet, she wasn't happy, leading her to say goodbye to her husband, home and job in favor of traveling the world to find the real meaning of life. Based on the 2006 memoir, this movie shows that sometimes not all who wander are lost.



## WHEN THE GAME STANDS TALL

The De La Salle High School Spartans are on the winning streak of a lifetime, with a 151-game record that shattered all records for any American sport. Inspired by a true story, this movie covers issues such as loss, team work, physical limits and much more.

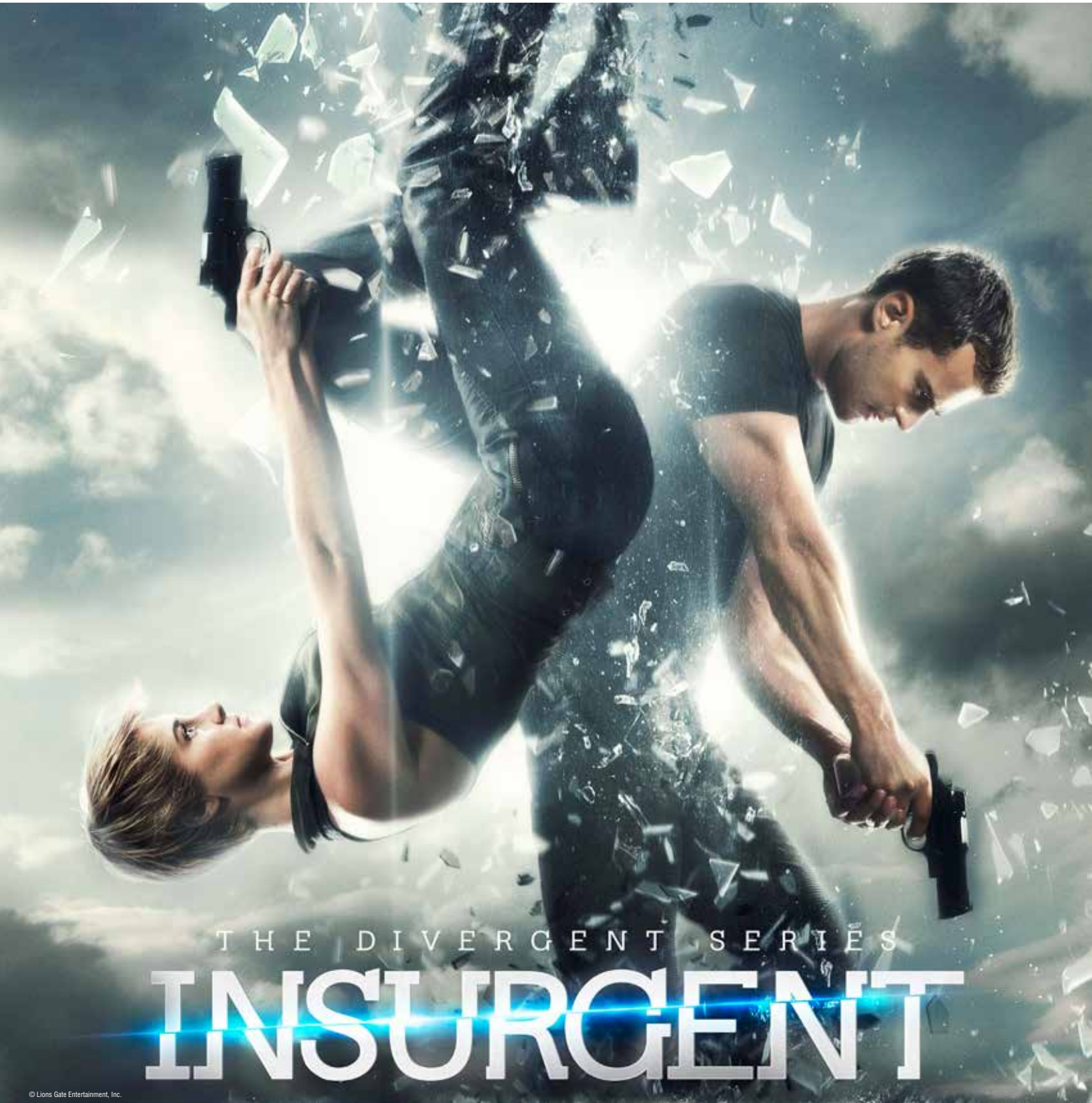
Visit [RAMAGAZINE.COM](http://RAMAGAZINE.COM) for additional movie suggestions



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