

# RA magazine

OCTOBER 2015

## APP-SOLUTELY BRILLIANT!

*5 Apps That'll Save  
You This Semester*

## SKIP THE SICKNESS

*Surprising Things That  
Could Make You Sick*

## MAKING THE GRADE

*Tips for Better  
Group Projects*

## Combating Humblebrags!

*An Inside Look at Those  
Who Love to Cover Up Brags*

## WHAT KIND OF ROOMMATE ARE YOU?

*A Self-Evaluation Quiz  
for Your Residents*

# The Fall Issue

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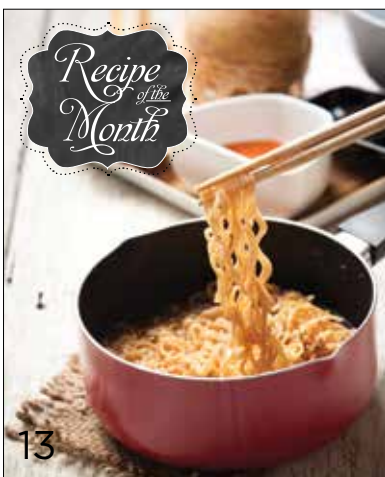
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Head over to [ramagazine.com/subscribe.html](http://ramagazine.com/subscribe.html) for a **FREE** issue.

What is your favorite holiday movie? Why is this movie your favorite?

### EDITOR IN CHIEF

Kelsey Wesche ..... I'll always watch *The Addams Family* when it's on in October. Morticia's outfits were on point!

### SALES MANAGER

Mike Grana ..... *Christmas Vacation* was a family tradition in my house growing up – we watched this as we decorated our tree. Christmas with the Griswolds is a must!

### ACCOUNT EXECUTIVES

Bryan Colombini ..... Watching *Christmas Vacation* with my family every year is now a Christmas tradition.

Lydia Bishop ..... After I saw *The Holiday* for the first time during my junior year of high school, I fell in love and made a shirt that said "Mrs. Law." I really thought I had a chance.

Mike Eyler ..... I always watch *Christmas Vacation* because it shows how one man hilariously navigates family, neighbors and work during the holidays.

Sarah Garegnani ..... You can't beat *Love Actually* and *New Year's Eve* around the holidays. I love how there are so many stories within each film.

Emily Lechiara ..... My favorite holiday movie is *Titanic*. Even though it's not a holiday movie, we always watch it around Christmas—forcing my dad to watch the romantic movie every year!

### ACCOUNT MANAGERS

Alex Pieschel ..... I have been watching *Elf* for over a decade, and it is equally funny every single time. "Buddy the Elf, what's your favorite color?"

Lindsay Myers ..... *White Christmas* is my favorite holiday movie. Every year, I go to an old-fashion movie theater and watch it on the big screen with friends.

Jennifer Waters ..... *Dr. Seuss' How the Grinch Stole Christmas* is my favorite holiday movie because it reminds me of when I was young and watched holiday movies with my family.

Jordi Palmer ..... My favorite Holiday movie is *Christmas Vacation*. Our family watches it every holiday season, starting around Thanksgiving.

### ART

Ellen Woltering ..... *All I Want for Christmas!* I watched it year 'round as a kid. I thought it was so cool their dad owned a diner. I wanted nothing more out of life than to be Hallie O'Fallon.

Steve Reardon ..... I love *A Christmas Story*. Who didn't have a little bit of Ralphie in them growing up during the holidays – just wanting that one Christmas present as a kid.

## Residence Life Cinema Presents: A New Video Series on

# SEXUAL ASSAULT AWARENESS

Increase awareness of bystander intervention tactics, the definition of consent and risk reduction strategies on your campus with these brief, yet impactful videos.

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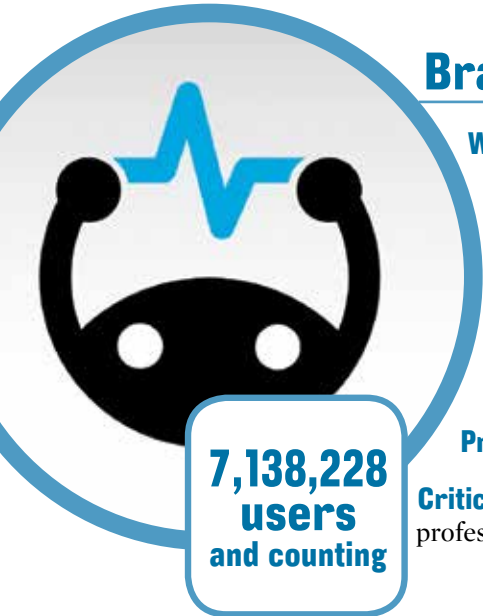
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# App-solutely Brilliant!

## 5 Apps That'll Save You This Semester

With midterms here any week and finals just around the corner, it's time to get serious about how you study and organize all of your assignments, papers and exams. Sure, there's the old fashioned way of doing things with physical calendars, print outs and index card notes, but why not use all of the breakthroughs in app technology to your collegiate advantage? Here are our top 5 app picks to help you out this semester – try them and share any that you like with your residents!





## Brainscape

**FREE**

**What is it?** Smart flashcards

**Where to learn more:** [www.brainscape.com](http://www.brainscape.com)

**Premise:** Complex subjects are made easy to master by allowing you to create your own professional-quality multimedia flashcards for free. Share your card links with class members, track progress and make learning easier from any tablet, smartphone or computer thanks to cloud storage.

**Price?** Free

**Critical acclaim:** More than 7,138,228 students, teachers, professionals and other learners have used Brainscape.

## iStudiez Lite

**What is it?** Organizational tool

**Where to learn more:** [www.istudentpro.com](http://www.istudentpro.com)

**Premise:** This app helps you map out your semester to organize assignments, exam schedules, projects and more. The Lite version allows you to try out the app by managing one semester of up to five courses, 15 assignments and 15 exams. If you like it, \$2.99 gets you the full version with alarms, push notifications, back up capabilities and more.

**Price?** Free for the Lite version, \$2.99 for the full version

**Critical acclaim:** Previously voted Best College Student App at the Best App Ever Awards.

**FREE**  
Lite version  
**\$2.99**  
full version



## Google Drive

**FREE**

more storage  
at an  
additional cost

**What is it?** Online storage for everything

**Where to learn more:** [www.google.com/drive](http://www.google.com/drive)

**Premise:** No more "I forgot my notes!" panic attacks - the cloud becomes your bestie for everything class related. It stores notes and spreadsheets, lets you create diagrams and presentations, collaborate on documents and much more, making them all accessible through any internet-connected computer or mobile device. With a whole stash of apps, Drive gives you lots of storage upon signup, but you can always purchase more.

**Price?** Free but you can buy extra storage for an additional cost

**Critical acclaim:** PC Magazine calls it "one of the best online collaborative platforms you'll find."

## XMind

**FREE**

**What is it?** Mindmapping for studying and writing papers

**Where to learn more:** [www.xmind.net](http://www.xmind.net)

**Premise:** This research and study tool packs quite a punch in terms of “gathering, analyzing and utilizing knowledge, information and ideas.” Powerful search combines with the ability to download in a variety of formats so you can share your maps easily with others. Free to download and free to use forever, one drawback of this tool is that it only works on your computer.

**Price?** Free

**Critical acclaim:** XMind previously claimed the top spot in Lifehacker.com’s poll of the five best mind mapping tools.



**FREE**  
Lite version  
\$9/month  
full version



## RescueTime

**What is it?** Tracks time spent on digital distractions instead of studying

**Where to learn more:** [www.rescuetime.com](http://www.rescuetime.com)

**Premise:** It’s incredibly easy to get sucked into the black hole of the internet, especially when you’re working on something class-related. RescueTime runs in the background on your computer and mobile devices, tracking time spent on applications and websites to give you an accurate picture of your online activity. How is this beneficial? It actually helps refocus your attention back to your task at hand and helps you understand your daily distraction habits.

**Price?** Free forever for the Lite version or \$9 per month for the Premium version

**Critical acclaim:** “You’ll discover things about yourself that will make you wonder how you ever got any work done without RescueTime,” stated the founder of reddit.com Alexis Ohanian.



## MEME WELL: HOW TO USE THEM TO COMMUNICATE WITH RESIDENTS

What do Grumpy Cat, Good Guy Greg and Overly Attached Girlfriend have in common? They're all super famous internet memes that have spawned thousands of imitations and millions of laughs. Where do memes like these come from? Most memes come from the Reddit community and often start off as just an interesting or funny picture. Memes are pretty easy to spot; just check what's trending on Facebook or Twitter and you're sure to spot a few. Most of them have white text laid on top of an image that describes what's happening in a witty way.

### HOW DO MEMES SPREAD SO QUICKLY?

A meme (rhymes with "team") behaves like a flu or cold virus, traveling from person to person, but they transmit ideas instead of illnesses. According to Cecil Adams of the website [TheStraightDope.com](http://TheStraightDope.com), the concept of memes "is either really deep, or really, really obvious." According to Business Insider, "memes are often photos that become cultural symbols; they're passed around the internet and tweaked by millions of viewers as they go along." Here's another quick definition from philosopher Daniel Dennett. "A meme," he says, "is an information-packet with attitude."

### THE HISTORY BEHIND MEMES

How did memes start? Well, the word meme is actually a shortened version of the ancient Greek word *mimeme*, meaning "something imitated." Historically, memes are nothing new. In fact, they originated as a "package of culture" that traveled via word of mouth, usually as a mesmerizing story, fable, parable, joke, or expression of speech according to Smithsonian.com's article "What Defines a Meme" by James Gleick. This article also points out that memes travel much faster today than in their previous simple speech form since they're instantly passed around as email forwards, instant messages, Pinterest pins and social medial posts.

According to an About Tech article, the term meme, as we use it today, was coined by the British evolutionary biologist Richard Dawkins the 1976 book, *The Selfish Gene* as a concept for discussion of evolutionary principles in explaining the spread of ideas and cultural phenomena. Memes often include but are not limited to stories, fashion, inventions, recipes, songs, ways of doing something and much more. And typically, if a particular, standardized image is used, there is a protocol to how the corresponding caption text should be written.



## HERE ARE SOME EXAMPLES OF INSANELY POPULAR MEMES:



### USE MEMES TO REACH YOUR RESIDENTS!

Should you use memes when communicating with your residents? Absolutely - they're a fun and witty way to get someone's attention. Not surprisingly, they're more likely to be noticed and even read since they include current nods to pop culture and recognizable internet elements. Here are some examples of how you can use them in your residence hall:

- Express rules, procedures and expectations for your floor
- Remind students of deadlines, floor meetings, etc.
- Promote a program, activity, event or a floor meeting
- Make an announcement
- As an icebreaker with a contest on who can come up with the funniest or most true one
- As a creative activity to spark discussion

## RA MEMES FOR INSPIRATION. THESE SUBJECTS MAKE GREAT MEMES!



*“Ugh, I just ate like 15 pieces of chocolate in first class on this flight and now I feel sick.”*

*“My new jeans are a size 2 but they’re too big – now I have to send them back!”*

*“My ankle is killing me from pounding the bases after the two homeruns I hit.”*

# Humblebragging

***Statements that sound like covered up bragging are not just obnoxious; they’re part of a new social lexicon that’s hitting social media and spilling over into offline conversations.***

Humblebragging, a term coined by comedian and *Parks and Recreation* writer/producer Harris Wittels, refers to those who love to tell the world how great their life is, yet try to sneakily down play it under the disguise of self-deprecation or humility. Google defines it as “an ostensibly modest or self-deprecating statement whose actual purpose is to draw attention to something of which one is proud.” Humblebragging seems to be a staple of many social media platforms and can get super irritating very quickly, as well as turn perceptions of the humblebragger from positive to negative.

According to a Fortune.com article by Eric Sherman, Harvard Business School professors Francesca Gino and Michael I. Norton, along with doctoral student Ovul Sezer, wrote a paper regarding several experiments that showed that “humblebragging was negatively associated with being liked.” The results exposed that those who engage in it are viewed as less attractive and sincere, and are also perceived as less competent.

This study also found that people who attempt to “mask a brag with a complaint” are woefully ineffective. However, the use of false modesty to tell the world how great they are still reigns supreme in job interviews as a response to the tricky interview question “What’s your biggest weakness?” TheFortune.com article also states that “in a choice between someone humblebragging, bragging or just complaining, people were more inclined, in order of preference, to like the complainer, bragger and, coming up last, humblebragger.”

## Why it happens

Everyone wants to feel valued and important. We want others to recognize how awesome we are and be impressed by what we’ve achieved. “But humblebragging is disingenuous,” says social media expert Karen North, Ph.D., director of the Annenberg Program on Online Communities at the University of Southern California. “It’s manufactured modesty as a guise for overt bragging.” Often when we feel that the real world doesn’t bestow enough praise on us, we turn to the virtual world to feed our egos a little more. It’s a slippery slope due to the lack of face-to-face interaction which makes us unable to see eye rolls, disengaged looks and more.

In an effort to prevent from coming off too braggy, some may (consciously or subconsciously) “try to neutralize the

potential image of themselves as egocentric, narcissistic, or both by tempering the brag with a self-deprecating comment or disclaimer, hoping that social networking friends won't detect the brag — or at least won't be offended by it," says Susan Krauss Whitbourne, Ph.D., a University of Massachusetts Amherst psychology professor in a *Real Simple* article titled "Do You Humblebrag?" The article also states that including something less than positive about ourselves helps us feel more relaxed, according to Fabio Rojas, Ph.D., an assistant professor of sociology at Indiana University.

will certainly want to help you celebrate, especially if you say something positive without negating it. For example, when you land that big internship, resist the urge to say "Just landed my dream internship at Apple! I guess all of those years of spending a ton of cash in their app store finally paid off!" and just say "I landed my dream internship at Apple. I'm so excited!" You might want to also take note of which types of bragging you find annoying. If you're guilty of uttering any types of these statements, consider rephrasing your words. Also, boast sparingly — it should only be a very small fraction of how you communicate both online and in the real world.

# brags!



## Why you hate it

Humblebragging is aggravating because it comes across as somewhat dishonest about the true intention of someone's message. Instead of saying that he or she is at some exclusive party, a humblebragger will hide this fact behind a complaint that the music sucks or the bathroom line is too long. Plus, it asks listeners or readers to make their minds go in two reactionary directions at once. For example, when someone says, "I studied for 20 minutes last night and still missed two exam questions," your mind first thinks about how little this person studied and then how they only missed two questions. This leads you to come to the conclusion that this person is bragging about how little they studied and how smart they are but hiding it in within their statement.

## If you have to brag...

If you're super proud of an accomplishment and just have to tell the world about it, simply be honest advises Walter. Likewise, Sherman states, "If you want to toot your own horn, you're better off bragging than humblebragging." Those who love you





# Making the Grade

## TIPS FOR BETTER GROUP PROJECTS

It's the two words that most college students hate to hear come from a professor's mouth during midterms or finals – group project. To many, this means that your grade in the class is no longer in your own hands but at the mercy of whoever happens to be assigned to your group.

The thought behind group projects is to develop leadership abilities among your peers while showing that you're capable of working as a team. However, more often than not, it seems like the concept of group projects works better in theory thanks to group members who are slacking, uneven delegation of power, too many ideas and not enough direction. How can you and your residents survive the process and even come out ahead when working with a group?

### **CHOOSE YOUR GROUP WISELY**

If your professor lets you pick your group members, choose wisely. Ideally, you want to choose partners

who will make the project a priority. This means working with your good friends in the class may not be to your advantage, especially if they work multiple jobs, don't have the best grades or regularly skip class. Find the best partners by doing a little social media research and by talking to those you've noticed who attend class regularly and pay attention.

## FIGURE OUT THE BEST WAY TO TALK

You've surpassed challenge one with a group that seems to be pretty good. Now, you just need to figure out how to best communicate with everyone. First, make a contact sheet with everyone's name, email address and phone number. Next, have a conversation about what method people prefer (email, text, calls, Facetime, etc.) and how often to meet. Keep in mind, Google Docs and similar tools let you share documents among your group which might mean fewer meetings are needed. Google Hangouts are another option for groups who can't seem to meet regularly to connect.

## CREATE A PLAN

It's not advisable to jump into a project with the first idea that comes to mind, nor is it wise to expect everyone in your group to know which part of the project is theirs. The best tool against procrastination is actually creating a plan of attack. You might even want to delegate a point person for each part of the project.

Setting periodic check-ins will prevent your group from a last minute scramble if something goes awry or someone forgets something. Also, by regularly checking in, you'll be able to make sure that everyone is contributing and discuss any problems or issues that have popped up. Establishing deadlines along the way is another way to ensure quality before the final deadline. You might even want to insist upon a finished project deadline that occurs a week before the final project is due so you can triple check everything before it's submitted. Plus, this will give you a decent time cushion in case someone gets sick, documents get deleted, or group members are slacking.

## CHOOSE A LEADER

Someone needs to act as the leader of your project team and this role might just fall on your shoulders. If no one else is going to take responsibility for the project, you're better off stepping up to the plate. It may sometimes seem like you're acting as the parent to the group, but you never know how serious the others are about their grades in the class or school overall. Also, this is good practice for the real world since it helps prepare you for working with those who could be apathetic toward future projects in your career. As cliché as it sounds, what doesn't kill you will make you stronger, especially when working with a group.

## REMEMBER, IT'S ONLY TEMPORARY

You may be dreading working on this project with a bunch of others, but the end is in sight. With a positive attitude, willingness to help and respect for all group members, you'll get through it. However, if someone is really failing to pull their weight, don't be afraid to ask your professor for help. If he or she is aware of what's happening – or not happening – early on, this person's performance might not have an effect on your final grade.

Visit [ramagazine.com](http://ramagazine.com)'s  
Programming section and  
download our group project game  
board timeline under Study Skills!





### *Dual Snack and Drink Container*

Snacking between classes was just made easier by Snackeeze! The Snackeeze holds 16oz of liquid in this spill-proof cup while providing a convenient snack container in the top section. The cup, as seen on the *Today Show*, comes in 4 colors and sells on **Amazon** for **\$9.99**.



### *Sticker Frames*

Don't fret over not being able to put holes in your dorm walls or decorate your heart out. Hang your photos with Butch & Harold sticker frames! The wall-safe adhesive allows you to swap photos in and out then remove everything at the end of the semester, leaving a clean wall behind. Pick up an 8 pack at **Bed Bath and Beyond** for **\$19.99**.

*trendy musts for every college student*

# Monthly **Must-Haves**



### *DIY Shower Curtain*

Spruce up your dorm bathroom by making your shower curtain a unique piece of art! The Ty DIY Shower Curtain is eco-friendly and made with recycled materials. Use the provided marker and go to town to create an animal scene or doodle a trendy Aztec print. Ty can be found at **Brit.co.com** for **\$33**.





# Recipe of the Month

## EASY RAMEN PAD THAI

Ramen is pretty much a staple of college life because it's easy, cheap and filling. However, eating the same types of flavors can get boring after a while. Spice up your noodles with some additions to what's in the packet like vegetables, spices and more. Here's an easy and tasty recipe for ramen pad thai for when you're tired of regular ramen.

### INGREDIENTS:

1 pkg. chicken flavored ramen noodles  
1 tbsp. soy sauce  
2 tbsp. chunky peanut butter  
2 tbsp. Sriracha chili sauce  
Chopped peanuts for garnish  
½ scallion, thinly sliced

### DIRECTIONS:

1. Grab your package of ramen and boil the noodles. You can either do this in the microwave, in a pot on a hot plate or with hot water from a coffee pot. They usually take about 3 minutes to cook.
2. Drain off most of the liquid and toss in half of your seasoning packet. You can always add more if the end product needs it.
3. Add the soy sauce, peanut butter and Sriracha.
4. Garnish with your scallion and peanuts, then eat immediately.

# Bulletin BOARD OF the Month:

# Stress Less!

Did you know stress is the number one factor for academic disruption? It can also contribute to headaches, illness, rashes, stomachaches and more body issues. Create awareness around stress management with a bulletin board that combines these tips with a fun minion theme.



## Walk it off

Take a breather, get moving and go outside.

## Take a nap

Everything looks a little better after some sleep.

## Breathe deeper

Taking deeper breaths has been shown to both lower cortisol levels to reduce stress and cause a temporary drop in blood pressure to ease anxiety.

## Get creative

Write, draw, paint or color. According to research by Harvard University, creative activity is a highly effective strategy against stress.

## Start organizing

Sometimes your external environment is affecting your internal environment. Organize your desk, rearrange your closet or even clean up your laptop files.

## Listen to music

Turn on your favorite song and sing, dance or just zone out.







### Switch gears

Try a crossword puzzle, read a book or magazine or even play video games for some instant stress relief.

### Laugh a little

Time to turn on a movie! According to the US National Library of Medicine, laughing can increase blood flow and boost immunity.

### Ease some tension

Emotional stress can lead to physical tension. Use a tennis ball, foam roller or warm compress to help massage tension away.

### Focus on right now

Take a quick break to refocus and concentrate on what's going on around you. Pay special attention to your senses and you'll feel less tense according to psychologist Judith Tutin, Ph.D, a certified life coach in Rome, GA.



## • Stress Related Floor Programming Ideas!

*DIY Stress Balls – Make your own stress balls with your floor by filling balloons with flour, essential oils and Playdough. Be sure to add faces when you're done!*

*Finger Painting – Invite your residents to paint their tension away with this throwback childhood activity.*

*Bubble Wrap Strips – Pass out stress relief in the form of bubble wrap strips that residents can pop as needed.*

*Pop the Stress – Have residents write their stressors on balloons and invite them to pop them for release, or fill your hallway with balloons featuring study tips!*



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# SKIP THE SICKNESS

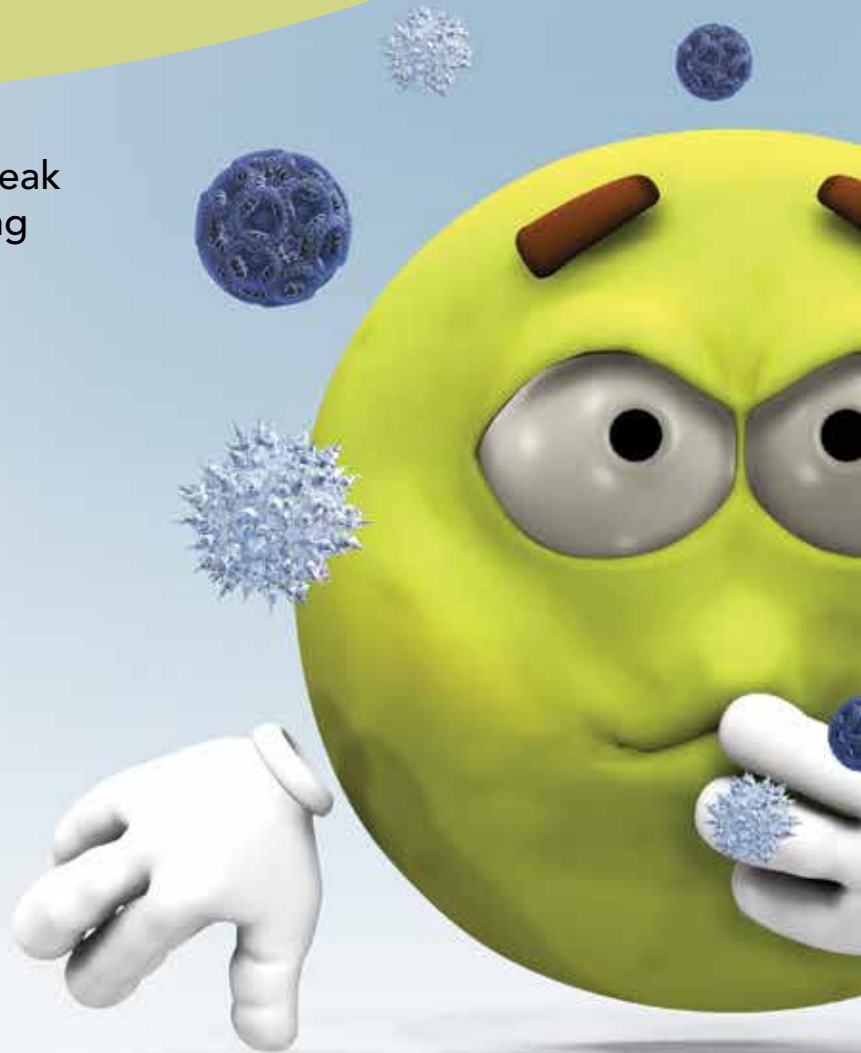
## Surprising Things That Could Make You Sick

When residents are living in such close quarters, sharing bathrooms, dining spaces, work spaces and much more, it's almost impossible to keep your germs to yourself. "Fortunately, most of these illnesses aren't life-threatening," says Alan Glass, director of student health at Washington University in St. Louis and former president of the American College Health Association. "But they do cause students to miss school, and if it's a critical time in the semester, just a few days can make the difference between an A or a B."

Here are 5 sneaky ways germs can wreak havoc on you and your residents, along with what you can do to stop them before they cause a health issue.

### **CULPRIT #1:** Doing your dishes in the bathroom

U.S. News and World Report advises residents "not to wash your dishes where you brush your teeth" and instead urges them to find a utility or kitchen sink to do them at instead. "Bathroom surfaces get contaminated quickly and easily," says Craig Roberts in the article, a physician assistant with University Health Services at the University of Wisconsin-Madison. "Any gastrointestinal infection, such as *E. coli* or salmonella, is a risk in that situation, but norovirus is the big one. It's highly infectious and easy to spread." The same goes for keeping a toothbrush cup or open containers of makeup or face products in a communal bathroom. Remind your residents that they're better off taking these items to and from their rooms each time they use them.



**CULPRIT #2:****Not wiping down or washing your hands after exposure to common touchpoints**

It's hard to reduce your contact with many types of germs. After all, a study in the *Journal of Medical Virology* reported that cold and flu viruses can survive for more than 18 hours on hard surfaces. Cups, utensils, plates, door knobs and handles are touched endlessly in college cafeterias, as are desks, railings, computers and more in other campus spaces. Minimize your risk of getting sick from these can't ignore touchpoints by always washing your hands after you use the restroom and before you eat. Hand sanitizer can also be a health saver when something is particularly grimy. And remember, showers are the perfect spot for germs to thrive so always, always, always wear your shower shoes! You can remind residents of these rules by using Residence Life Cinema's educational videos and message slides available on [www.ramazine.com](http://www.ramazine.com).

The gym can also be a breeding ground for serious germs like the flu, colds and even the serious MRSA virus. Plus, lingering sweat on a machine isn't very courteous to fellow gym members, so use a towel and disinfectant spray to clean off any machine, bench or shared surface you've used and feel free to wipe off any before you start. Since the gym is full of other people's perspiration, you'll also want to cover any cuts, no matter how small, before your workout.

**CULPRIT #3:****Sharing your stuff**

Food, drinks, some makeup, utensils and toothbrushes are all items that come in contact with your mouth so they should remain yours and only yours. Otherwise you risk exposure to strep throat, colds and even the mumps. Also, resist sharing soap, towels, deodorant, razors, makeup and combs. Why combs you might ask? According to [MedicalDaily.com](http://MedicalDaily.com), combs can spread a number of diseases such as head lice, scabies, and sometimes even a staph infection.

**CULPRIT #4:****Sick friends**

You've heard the phrase misery loves company, right? Well, this is especially true for germs that cause others to feel under the weather. When someone you have plans with comes down with something, look into rescheduling for the sake of your health. While it's great to be sympathetic to someone who's sick, you will be better off dropping off some get well entertainment or food and heading back to your room. If you do get sick, having a thermometer on hand can actually help the student health center determine how sick you are. "We ask if they have a fever, and they say 'maybe,' because they have no way of checking," according to Craig Roberts, a physician assistant with University Health Services at the University of Wisconsin-Madison.

**CULPRIT #5:****Your messy room**

A long-term sore throat, watery eyes or a runny nose may be an indicator that your room could be causing some health issues. Heating, ventilation and air conditioning systems along with a hefty amount of dust can sometimes elevate the concentrations of indoor air pollutants according to Andrew Port, director of indoor air quality for Environmental Waste Management Associates, a consulting company in Parsippany, N.J. in a *New York Times* article. Plus, old food that's left out or in the mini fridge past its expiration date is tummy trouble waiting to happen.

**How to Prevent Sick Residents**

Partner with your health services center before cold and flu season starts to lead a discussion on how to stay healthy when living so close to others. Don't forget to use Residence Life Cinema's wellness content for tips on how to stay healthy on your channel or steaming solution before movies and shows play!

# What kind of roommate are you?

As your residents are still settling in, now might be a good time to remind them of what makes a great roommate. Pass out this quiz at your next floor meeting to start conversation around what works and what doesn't when living with someone else.



1 There are dishes piled up on your desk. Some are yours and some are your roommates. You:

- a. Ignore them since they don't stink...yet. Maybe you'll move them to a drawer.
- b. Do your dishes only and move the others to your roommate's desk.
- c. Do all of them since it's nasty to look at them.

2 You come back from studying at midnight and feel like watching a movie. You:

- a. Crank the volume so your roommate wakes up and you don't have to watch alone.
- b. Turn on the TV but keep the volume low.
- c. Plug some headphones into your laptop and hit play.

3 You and your roommate just got into a massive fight. Now, you:

- a. Storm out and avoid the other person. He or she will get over it.
- b. Take some time and just leave it as is. You might try chatting in a few days.
- c. Wait until you both calm down and then talk it out.

4 When was the last time you washed your clothes?

- a. I've had this pair of underwear on for 3 days.
- b. Half of my stuff is dirty, but I've still got some clean stuff.
- c. I make it a habit to do my laundry on a scheduled day each week.

5 What does your bed look like?

- a. The sheets are half on, with various books, wrappers and bottles on top.
- b. The sheets are clean but the bed is messy. Hey, I'm busy!
- c. I make the bed each morning so the room looks presentable.

6 You cannot stand your roommate's significant other, so you frequently:

- a. Hang out while they're together and annoy them in hopes of a breakup.
- b. Try to avoid having to say anything to him or her but silently stew.
- c. Give them some prearranged hang out time in the room. You hope you get the same treatment.

7 You're about to leave the room and your roommate is out. You:

- a. Shut the door.
- b. Shut the door and lock it.
- c. Shut the door, lock it and leave a note about when you'll be back.



8 When it comes to your roommate's stuff, your attitude is:

- If it doesn't say "Don't Touch" it's fair game.
- I mostly ask to borrow, but if it's food, I'll eat it.
- Anything I want to eat or use, I always ask first.

10 You expect your roommate to be:

- Your best friend and nothing less.
- Your buddy or part of your group.
- Someone who you can live with cordially. If you're friends, it's a bonus.

9 You consider privacy to be:

- Optional. Hey, my life is an open book so my roommate's should be, too.
- Subjective. It depends on what the situation is.
- Super important. I don't want anyone else in my business.



## Results

### Mostly As: Wrong Track Roommate

Uh oh, this isn't looking good. At the rate you're heading, there's going to be an epic battle brewing between you two in the next couple of months. Shape up and do your part around the room – Mom isn't here to take care of you anymore. Plus, remember that a little respect goes a long way.

### Mostly Bs: Pretty Reasonable Roommate

You know to pick up after yourself, and you try to be considerate of your roommate's stuff. Sure, there might be a little room for improvement, but overall, you're trying. When you feel like you're slacking a little, remember it's the little things that add up to annoyance.

### Mostly Cs: Top-Rated Roommate

Great job! Based on your answers, you seem to be considerate, do your part to help keep the room clean and stay away from snooping. Keep up the great work and your roommate might just want to room with you again next year!

## Regularly Scheduled Roommates!

Schedule your favorite hilarious shows about roommates with Residence Life Cinema, including:

- Two Broke Girls
- Friends
- The Big Bang Theory
- Gossip Girl
- Will and Grace



**[Get to Know Other RAs]**



*Taylor Jordan*  
UNIVERSITY OF KENTUCKY

**WHERE YOU LIVE:** Ingels Hall

**YOUR MAJOR:** Kinesiology

**STUDENTS LIVING ON YOUR FLOOR:** 22

**FAVORITE THING ABOUT BEING AN RA:** My favorite thing is getting to help the students love UK as much as I do.

**WHAT ARE THE BENEFITS OF INTEGRATING MOVIES INTO YOUR RA PROGRAMMING EVENTS?** Movies are a great way to infuse humor or carefree entertainment into a stressful school week. I also love adding a movie as a pop culture reference to social issues.

**DESCRIBE YOUR FAVORITE PROGRAM WHERE YOU USED MOVIES TO ENHANCE PROGRAM CONTENT.** Since all of my residents are women, I hope to do a program highlighting gender inequality in film by beginning with a poster showing how women are portrayed in movies today. Then, a popular new movie will be shown, and I'll have the residents take note of the roles that women play and how they are portrayed. After the movie, I'll display a poster highlighting the influential women in film - characters, actresses and directors - to encourage support of these influential women.

**WHAT ADVICE WOULD YOU OFFER YOUR FUTURE RAs?** Don't be afraid to tell your other staff members and advisors what you need from them; it's important to lean on others. Also, spend time on yourself. My last piece of advice is to care for your residents and genuinely hope for their success.

**BEING AN RA MEANS:** Being a person that others can look up to.



*Angelica Maria Sepulveda Lopez*  
CUMBERLAND UNIVERSITY

**WHERE YOU LIVE:** Jackson Hall

**YOUR MAJOR:** Psychology

**STUDENTS LIVING ON YOUR FLOOR:** 24

**FAVORITE THING ABOUT BEING AN RA:** I like getting to know all of the people who live in my hall. I especially love that each year, there are so many international students I can learn from and begin to understand a little bit about each culture.

**WHAT ARE THE BENEFITS OF INTEGRATING MOVIES INTO YOUR RA PROGRAMMING EVENTS?** Social culture is huge since residents can acquire knowledge from some of the movies we show and use it in their daily lives.

**DESCRIBE YOUR FAVORITE PROGRAM WHERE YOU USED MOVIES TO ENHANCE PROGRAM CONTENT.** My favorite program is in October. My school hosts scary movies on the lawn, and all of the residents bring blankets to lay on during the screenings. We provide popcorn to snack on during the nighttime movie lineup.

**WHAT ADVICE WOULD YOU OFFER YOUR FUTURE RAs?**

Get to know your residents, and be yourself all of the time. You will also want to meet everyone in your hall before the first week of classes and learn all of their names. Whenever you see them during the school year, be sure to ask how things are going. My last piece of advice is the most important - expect the unexpected.

**BEING AN RA MEANS:** Be an example. Listen, understand and be there for your residents during both good and bad times.

# MOVIES THAT CONNECT

*This issue highlights a little bit of everything college students may encounter during their first semester. From roommate problems and sickness to academic woes and teamwork stress, these films take a brief look at each of these issues. Pair these movies with a floor meeting discussion on corresponding issues like sickness, stress and roommate situations.*



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## ZOOLANDER

When top model Derek Zoolander gets too stressed out to continue modeling due to his waning popularity, he's invited to a day spa by the evil and standoffish fashion designer Mugatu. However, body wraps and facials aren't the only things on Mugatu's agenda; he's planned a comeback for Derek that will literally kill. Derek's only option is to team up with rival model Hansel and a reporter to stop the whole conspiracy.



© Warner Bros. Entertainment, Inc.



## GRAVITY

NASA space shuttle Explorer is on its first space mission, featuring a talented crew and veteran leader Matt Kowalski on his final mission. However, when high speed debris damages the vessel and kills off the crew, both Dr. Ryan Stone and Kowalski must count on each other to find a way to survive before the debris threatens them again.



© 2015 Paramount Pictures



## WORLD WAR Z

Combining a highly contagious virus and zombies into one epic film, this movie tells the story of retired U.N. investigator Gerry Lane and his attempt to stop the rampant plague to save his wife, two daughters and the rest of the world. When all hope seems lost, Lane witnesses the zombies spare those who appear to be sick, elderly or injured, leading him to wonder if curable diseases are the answer to staying safe.



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## THE ROOMMATE

This movie will easily put tricky roommate situations into perspective. Sara Matthews is a freshman in college, living with a girl named Rebecca. As the girls begin to bond, Rebecca quickly starts to become extremely possessive of Sara, threatening other friends to stay away from her and much worse. When Sara tries to move out, Rebecca takes matters into her own hands, grabbing Sara's friend Irene as a hostage.

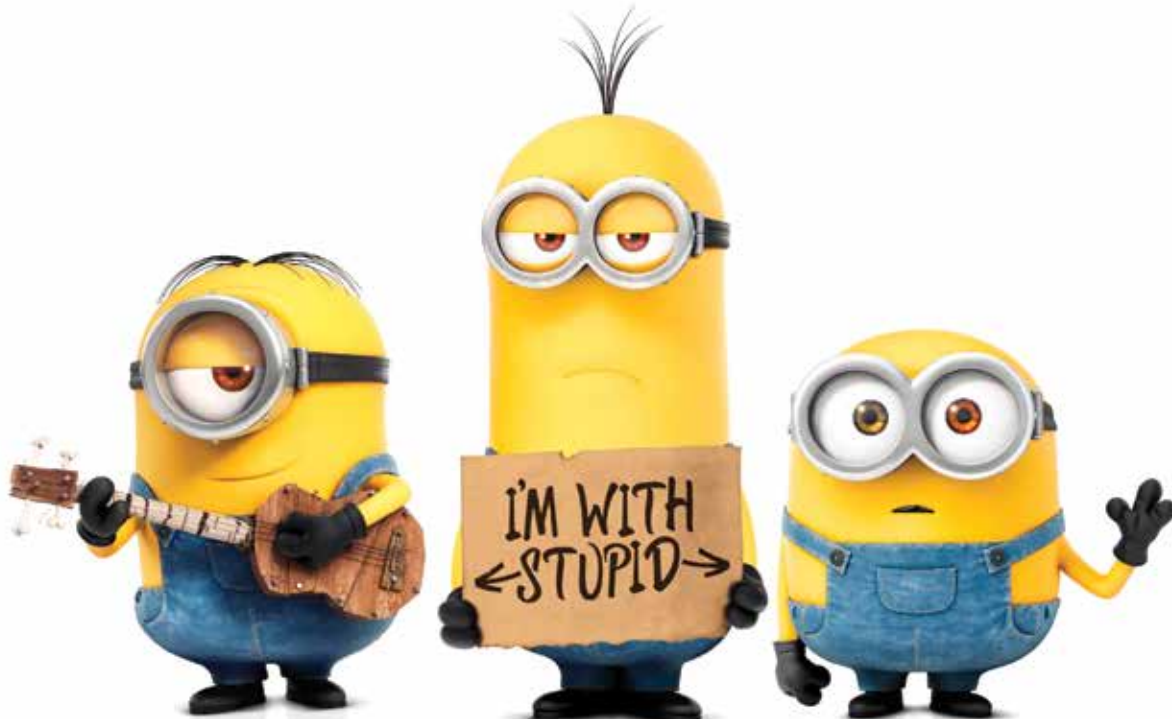


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