

# RLA magazine

APRIL 2016

## AVOID INSTA-CRAM!

*April's Bulletin Board  
of the Month*

## "Give Me a Break"

*Fun Floor Ideas for Finals Week*

## TOP INTERVIEWING TRENDS IN 2016

*What to Expect from HR This Year*

## 10 Job Interview Questions You Should Definitely Ask

## BOOST YOUR EVENT ATTENDANCE

*Quick Floor Programming Tips*

# The Employment Issue

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issue twenty-five  
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RESIDENCE LIFE CINEMA

**SWANK**  
RESIDENCE LIFE CINEMA

# FREE Programming Resources

Did you know Residence Life Cinema provides videos, messaging and much more to make spreading important information easier? The best part is it's already included in your programming package!

Log on today for:

- Themed programming ideas
- Programming calendar for the entire academic year
- Movie discussion guides
- Videos on campus safety, student success and more
- Tips for funding and promoting your channel

**Movie Discussion Guide**

**CONCUSSION**

*"We will stop at nothing to expose the truth."*

Football is "America's Game" but what if America's game is killing its players? Concussion is the story of Dr. Bennet Omalu who discovered chronic traumatic encephalopathy in a series of America's greatest players during their autopsy. When Dr. Omalu tries to share this news to the world, the NFL, which has already lost a huge amount of money, tries to silence him.

**Programming Suggestions**

The discussion guide is designed to facilitate discussion programs after viewing the film CONCUSSION. The program is geared toward students based on social issues found within the movie and has program suggestions for students to discuss their own experiences with "concussion" and "fighting" against oppression in their own lives.

The discussion facilitator may choose to utilize any of the following activities as a means of facilitating discussion:

- Create a faculty member from a sports medicine program to discuss concussions, player injuries, and safety measures employed to keep athletes safe.
- Create a student group to compare, contrast, or professionalize the impact of and significance of football in American culture and sociology compared to other sports.
- Create a student board of community concern that would be charged with identifying and the impact and consequences of concussions that could support and help in some ways.
- Learn about concussions and techniques for people with Alzheimer's disease.

Think about a writing center to assist in help people who have Alzheimer's disease.

An important consideration in choosing any facilitator option is that all students have an opportunity to participate. Be aware that many of the topics addressed in the film are often shared about in public settings. Students who attend the program may have varying degrees of comfort level with the discussions.

**Movie Discussion Guide**

**MANDELA: LONG WALK TO FREEDOM**

*"It is an ideal for which I am prepared to die."*

Nelson Mandela: Long Walk to Freedom chronicles Nelson Mandela's life from a young African village to his tenure as President of South Africa, and eventually President of the United Nations. Mandela's life is a story of struggle, sacrifice, and triumph.

**Programming Suggestions**

The discussion guide is designed to facilitate discussion programs after viewing the film MANDELA: LONG WALK TO FREEDOM. The program is geared toward students based on social issues found within the movie and has program suggestions for students to discuss their own experiences with "struggle" and "fighting" against oppression in their own lives.

The discussion facilitator may choose to utilize any of the following activities as a means of facilitating discussion:

- Create a student board of community concern that would be charged with identifying and the impact and consequences of apartheid in South Africa and Nelson Mandela's role in the South African struggle.
- Create a student group to compare, contrast, or professionalize the impact of and significance of apartheid in South Africa with the civil rights movement in the United States.
- Mandela, and the other leaders in the movie used many methods to bring about political change peacefully. Share a letter writing program for students to write to their local representatives and organizations about political processes about political change peacefully.

An important consideration in choosing any facilitator option is that all students have an opportunity to participate. Be aware that many of the topics addressed in the film are often shared about in public settings. Students who attend the program may have varying degrees of comfort level with the discussions.

VISIT [WWW.RESLIFE.COM/PROGRAMMING-RESOURCES](http://WWW.RESLIFE.COM/PROGRAMMING-RESOURCES) TO SEE WHAT'S AVAILABLE NOW.



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EASY DORM RECIPE

### MICROWAVE MAC AND CHEESE

Healthier than the store-bought, instant kind and almost as easy to make, this comfort food is great to make anytime. Creamy and delicious, you can make this tasty treat with just four ingredients. You will need:

- A large bowl or mug
- Whole grain elbow macaroni
- Cheddar, jack, shredded cheese
- A splash of milk
- Water

### Directions:

1. In a big microwave safe bowl (go for a large bowl since you don't want it to boil over), add 1/2 cup whole grain elbow macaroni and 1/2 cup of water. Microwave for 6 minutes, stirring at 4 minutes, 2 minutes and 1 minute. Microwave time may vary depending on your microwave. The pasta should be cooked and there will be a tiny bit of thick pasta water in the bottom. Leave the water.

2. Add 1/2 cup of shredded Cheddar, jack cheese and return to the microwave for 30 to 45 seconds to melt the cheese.

3. Stir well and add two teaspoons of milk.

4. Stir again and enjoy!



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RA magazine

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Presenting Drama Theory for dealing with resistance in your hall

Listening is Harder Than Hearing

GENERATION KEY

The most behind one of the most popular communication methods

The Communication Issue

Also in this Issue

12 MONTHLY MUST-HAVES

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Head over to [RESLIFE.COM](http://RESLIFE.COM) for a **FREE** issue.



What's your favorite summer movie and why?

# RA magazine

## EDITOR IN CHIEF

Kelsey Wesche ..... *Top Gun* gets my vote because of the Kenny Loggins soundtrack and slow motion volleyball.

## SALES MANAGER

Mike Grana ..... You can't go through pool season without watching *Jaws* at least once.

## ACCOUNT EXECUTIVES

Lydia Bishop ..... If you're going on a road trip this summer, *Vacation* is a great movie to watch before you hit the road.

Mike Eyer ..... *Surf Ninjas* is so bad, it's good.

Emily Lechiara ..... My favorite summer movie is *Forrest Gump*! Love the scene with him eating ice cream in the hospital.

## CUSTOMER RELATIONSHIP MANAGERS

Alex Pieschel ..... Mine is *Stand by Me*. I love the thought of taking off with your best friends and being completely disconnected from the world.

Lindsay Myers ..... *Wet Hot American Summer* is a classic I have to watch every year.

## ACCOUNT MANAGERS

Stacie Taylor ..... One of my favorite summer movies is *Now and Then* – a little bit of romance, a little bit of suspense, and a lot of feel-good.

Jennifer Waters ..... I'll go with the 1980s throwback movie *Caddyshack* because it's filled with great comedians like Bill Murray, Chevy Chase and Rodney Dangerfield.

Jordi Palmer ..... Definitely *The Notebook* because it's a classic story about a summer romance that never quite ended.

## ART

Ellen Woltering ..... *A League of Their Own* is my favorite summer movie. Summer isn't summer without baseball!

Katie Powell ..... *Grease!* Any movie with a little singing and dancing is always good!

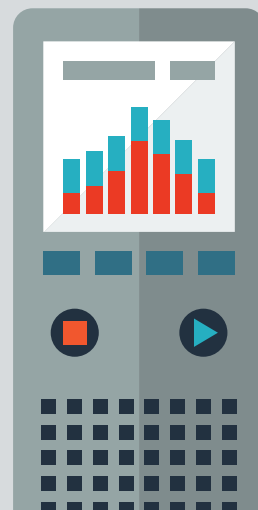


Check out Residence Life Cinema's Best Practices Prezi for easy programming suggestions, promotional ideas, content lineup tips and much more.

Contact your Account Manager at 1-800-244-6175 for more information!

# TOP INTERVIEWING Trends of 2016

Gone may be the days of simple question and answer interviews. HR departments across the country are forecasting that new hiring tactics are being added to company arsenals. "From the resume to the search to the interview, we're moving toward a digital hiring model," said Bob Myhal, CEO of NextHire, to BusinessNewsDaily.com.



## INTERVIEWING *trends*

"Resumes will be displaced by constantly evolving representations of individual experiences, skills and aptitudes that exist purely in the digital realm. By 2016, innovative tools that use social media, big data and other technologies to give tremendous insight into individual job seekers will [be] the primary screening method," notes Mayhal. Jon Bischke, CEO of Entelo, agrees that resumes are now a collection of everything someone can find online about candidates to learn how well they will fit in with a company.

So what does this mean for job and internship seekers this spring? You might be required to complete more than just one standard in-person interview. Be prepared to see the following tactics pop up in your interview processes this year and for the foreseeable future.

### Presentations and Assignments

Brush up on your public speaking skills! These days, some employers are asking for a presentation segment during interviews while others are requiring a presentation via Google Chat or Go-To-Webinar. Virtual presentations typically feature PowerPoint slides delivered via shared screen along with a voice portion through a computer or phone, allowing the applicants to eliminate interview travel.

Writing tests, analytical feedback and design assignments are also common based on the position you're applying for. These tactics have benefits for both the employer and possible employee; they give surprising insight into a candidate's

thought processes and can even help the person applying for the job or internship gain a better understanding of his or her day-to-day responsibilities if hired.

### Psychometric Tests

Employers value psychometric or personality tests because they can level the playing field when it comes to educational backgrounds. They compare candidates' different strengths and weaknesses regardless of academic accolades, are standardized, and measure capability and acumen. These sometimes timed test often consist of numerical, grammatical, logic and reasoning exams and, surprisingly, you can actually prep for these tests. Any sort of visual puzzles, mathematic questions, reading quizzes and comprehension tests can help you increase your answering speed and broaden your knowledge.

"You can't actually 'ace' a psychometric test – the recruiter is using it to see what your strengths and weaknesses are, and how they match up with the job requirements," says Cary Cooper, professor of organizational psychology and health at Lancaster University in Lancaster, England.



This means that while there are no right or wrong answers, you can still make an effort to answer based on the job you're applying for. For example, if you're aiming for a marketing job, you'll want to score high on the sociability and creativity sections, where as if you're applying for an analyst position, you might want to come across as more independent and analytical.

## Video Interviews

Plain and simple, interview skyping saves companies a lot of money. Candidates who are applying for jobs or internships may no longer need to fly in, miss class or be excused from work in order to attend an interview Q&A session with a potential boss. Plus, video interviews help companies see how well a potential team member can communicate virtually, especially since global workforces are continuing to move toward a "work from anywhere" environment.

"More and more employers are leveraging webcam and video interviews to streamline the hiring process," Myhal said. "We are already seeing a steep uptick in one-way videos where applicants record their interviews for later on-demand viewing. Live, two-way webcam interviews will also experience tremendous growth over the next three to five years." What are one-way videos like? These video interviews typically involve a one-way question and answer series. All candidates are given the same list of questions and are required to give a concise, recorded answer. The thought behind this interview tactic is to evaluate a candidate's ability to follow instructions, speak eloquently under pressure and communicate an idea quickly and clearly.

According to a Forbes.com article by staff writer Jenna Goudreau, "More than half (57%) of millennials surveyed [planned] to at least double their spending on online workers in 2013, while 82% [believed] within the next 10 years many businesses will be built completely with virtual teams of online workers." Michael Haaren, cofounder and CEO of job website RatRaceRebellion.com and coauthor of *Work at Home Now* says businesses like American Express, Amazon, United Health and Aetna are already hiring more virtual workers since it widens their candidate pool from potential hires in a 50-mile radius to millions across the country or even the globe.



### PROGRAMMING IDEA:

Help your residents practice for the future job market with mock video interviews, print outs of psychometric test from sites like [PractiveAbilityTests.com](http://PractiveAbilityTests.com) and plenty of public speaking and presentation practice.

**Did You Know?** While the average length of an interview is 40 minutes, 33% of 2,000 surveyed bosses on Business2Community.com indicated they know within the first 90 seconds whether or not they would hire that candidate. Here's why:

- 70% indicated applicants were too fashionable or trendy
- 67% indicated failure to make eye contact
- 55% cited the way the candidate dressed, acted or walked through the door
- 47% stated that candidates had little or no knowledge of the company
- 38% indicated a tie between quality of voice/overall confidence and lack of a smile
- 33% claimed it was because of bad posture
- 26% passed on the candidate because his or her handshake was too weak
- 21% didn't move candidates forward due to crossing their arms over their chest during the interview



# 10 Job

# INTERVIEW QUESTIONS

## *You Should Definitely Ask*

Before an interview, many people mainly focus on and prepare for what questions the interviewer will ask. Yet, it's your job as the interviewee to really figure out if what you're applying for is the right fit for you. By asking positive, open-ended questions, you can come across as a likeable candidate who's genuinely excited about the opportunity and possibly even get the interviewer to envision you in the position. According to these well-known employment advice sources, here are some of the best questions to ask during your next interview.

### **What skills and experience are you looking for?** – Forbes.com

This question is an awesome one to ask because it lets the interviewer specify exactly what they're looking for and why. By asking this question, you can find out the most desirable skills he or she is looking for, then tailor your answers to reflect the ideal skillset.

### **What new skills can I hope to learn here?** - LinkedIn.com

According to Brian Honigman, CEO of Honigman Media, asking this question shows a couple of great points. First, it points out that the applicant is willing to admit that he or she doesn't know everything. Next, it shows a willingness to grow and a curiosity to learn new things.



**How has this position evolved since its creation?** – U.S. News & World Report

This question helps you get a handle on how the role has changed over time and what the growth path looks like for this job. Pay extra attention to whether it seems like there's more room to grow from this opportunity, like a job at the end of the tunnel if this is an internship, or if it seems like more of a stagnant position.

**What's the largest issue the right candidate would face in this position and how do you envision this role helping to solve this issue?** – Forbes.com

This question shows that you're already concerned with helping the team face their biggest issue and gives insight into what issues you'd be facing from day one. It also helps the interviewer imagine that you're already part of the team.

**Can you tell me about the team I'll be working with?** – Glassdoor.com

There's no better question to ask to learn about who you'll be working next to. Finding out more about your potential coworkers may also help you gain more insight into the projects you'll be working on, how the team best operates and even what's expected of you as an employee.

**What have you enjoyed most about working here?** – U.S. News & World Report

From this question, you can learn what your interviewer values most about working at this company and what has led to any success with the organization. It's a great question to see if what you value is being given to the folks who already work at this company.

**What is your mission?** – Ink.com

Research shows that employees are happiest when their personal goals align with the goals of the company. By finding out why your interviewer chose to work here, you can open up conversation around what both parties are looking for.



"Let me answer that, Ozzie. May I call you 'Ozzie'?"

## Don't Go There!

*Never Ask These Questions in Your Interview:*

- What's the policy on arriving late or leaving early?
- How soon do you promote employees?
- Will you monitor my internet usage?
- What's your drug testing policy?
- Am I eligible for overtime?
- What's the salary range?
- Can I work from home?



**How will you judge success in this role? What will have happened six months from now that will demonstrate that I have met your expectations?**

– Monster.com

Asking this gives you the chance to find out exactly how your performance will be measured. Whether you're evaluated on metrics, sales or project success, this question will give you a basis for how your internship or job performance is going to be evaluated before day one.

**Do you have any hesitations about my qualifications?** – BusinessInsider.com

This question allows the interviewer to express any concerns he or she might have about hiring you for the position, which benefits you because you immediately have the chance to swat any of these fears away. This question is also gutsy because it allows you to demonstrate that you're confident about your skills and abilities.

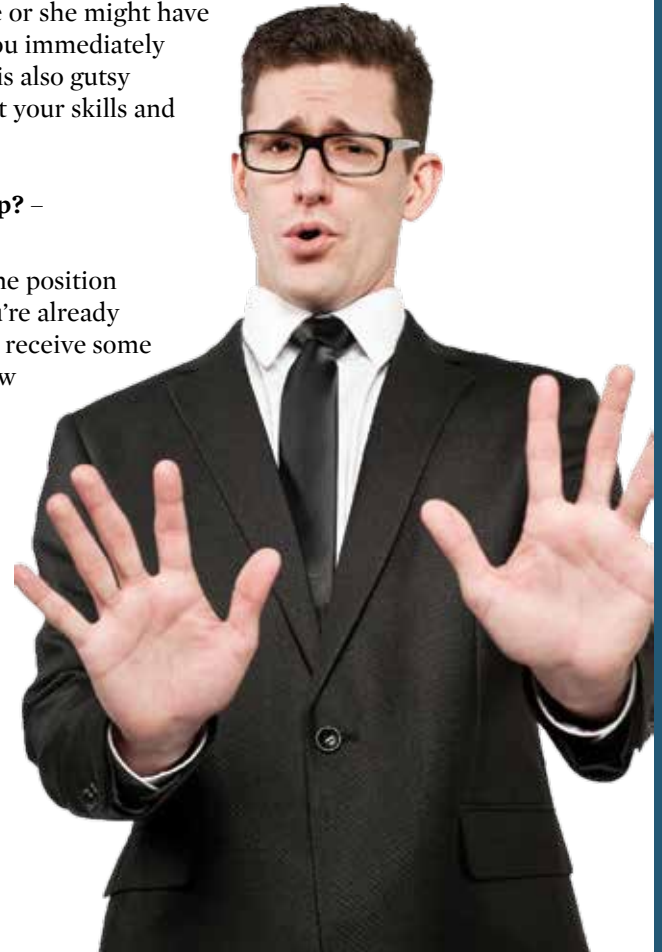
**Where are you in the hiring process and what's our next step?** –

ItBusinessEdge.com

Not only does this question show that you're still interested in the position after finding out more, it also lets the interviewer know that you're already thinking about the next step in the hiring process. You may also receive some information on how many candidates are in the running and how many interviews are left to go.

**Forbes.com reminds you to ask questions to:**

- Make sure the interviewer has no reservations about you
- Show that you're interested in the position
- Find out if the employer is the right fit for you



**Questions an employer can't ask you!**

According to Careerbuilder.com, these questions are illegal for hiring managers to ask.

- What is your political affiliation?
- Do you have children or are you planning on getting pregnant?

- Do you drink or smoke?
- What is your ethnicity?
- What's your religious affiliation?

- Are you disabled?
- Are you in debt?

# Boost Your Event Attendance: QUICK FLOOR PROGRAMMING TIPS

Struggling with attendance at programming events is a common issue many RAs face, especially later in the year. After all, you're competing for residents' time against homework, classes, friends, events and more. Try these two quick ideas which might help you rethink your planning and promotional strategies for the last few events of this academic year.

## 30-DAY PROMOTION PLAN

Are your floor programs looking a little empty attendance-wise? Part of the reason may be the way your program is promoted. Here's a quick month-long timeline of what works best when advertising to busy residents.

4  
weeks  
out

### CREATE A FACEBOOK EVENT

This will get them thinking about the program and let them know it's coming up soon.

3  
weeks  
out

### SEND OUT AN EMAIL

A short email will keep your event top of mind during hectic weeks and will remind residents to keep this date free.

2  
weeks  
out

### PASS OUT FLYERS

This is a great time to slip some flyers under the doors of your residents, hand them out to those hanging out in common areas and tape some inside the bathrooms.

1  
week  
out

### START REMINDING

Create a Facebook reminder, send out another quick email and start asking residents if they're coming when you see them.

3  
Days  
out

### GET PERSONAL

This is your chance to make your residents feel obligated to attend if they don't have a good reason not to.

the  
night  
before

### LAST CHANCE

Remind every resident you see of the time and location of tomorrow's program. Don't forget to emphasize how fun the event will be!

*Word of mouth is often the best way to spread the news about an event. As a bonus, you'll also help build rapport with your residents!*

## CONSIDER THE 5 Ws

Before your next event, be sure to set the stage for an awesome resident experience. Keep in mind these 5 points when planning:

### WHY are you hosting it?

Are you looking to help your floor bond? Are you trying to share something about college life? Do you want to help them find resources on campus? Ask yourself, "What will I accomplish by hosting this event and how will it benefit my residents?" before you develop your entire game plan. You should be able to articulate your program's goal in just one sentence.

### WHAT type of event would be the most successful?

Consider what types of events you would want to participate in. Food tastings, game nights, contests, auctions, swaps and watch parties are just a few popular ideas that are usually pretty well attended.

### WHO are you trying to target?

Is your event for those who are interested in one specific thing? Is it just for one gender or would it be better attended as a co-ed event? Would other floors want to come as well? Keep questions like these in mind as you flesh out your idea and start to market it. You want people to attend who have a genuine interest in what you're going to be doing.

### WHEN are you hosting the event?

Common knowledge says Friday and Saturday night events will most likely be a bust, so consider other times when your residents are most likely to be in their rooms. This may mean a Saturday afternoon or Sunday evening. A Monday night event gives residents something fun to do at the start of a new week, and Wednesday is popular since it gives people a midweek break from the stress of classes.

### WHERE is the event going to happen?

If your event is held in an area that anyone walking by could see and then join in, that's perfect. If your residents have to make a significant effort to attend, your numbers will most likely dwindle. The key here is to make it convenient.





# 5

## Secrets to Writing a Smashing Resume

Before you send your application off to any prospective internships or jobs, scan these tips to make sure you've covered all your bases.

### It's all about the numbers!

Numbers attract attention and speak volumes in just a few characters. According to resume website RockStarCV.com, be sure to always include numerical answers to quantifiable questions like "what size budget did you manage?" or "how much revenue did you bring in?" By doing so, you can add in the real-life impact of your achievements. For example, instead of saying you "managed a large team of sales agents in educational conferences," get more specific and say you "managed a team of 50 sales agents in 10 week-long educational conferences across the Midwest." Likewise, any low or unimpressive numbers like GPAs lower than 3.0 should be left off of the document.

### Customize it to what you're applying for.

This is an essential step to a strong resume, so get familiar with the job description and the company offering the position. It might also help to borrow specific language from the job description's write-up and add that to your own resume. For example, if you're applying for a marketing internship that's all about email analytics, you'll want to include any exposure to statistical software packages, experience with PPC and SEO services, hands-on knowledge of conducting A/B testing.

### Tailor your address to the area.

If you're applying for a job or internship that's out of state, you're better off actually removing your address from your resume. Why? Most businesses are only looking for a phone number and email address to contact. If they see an out-of-state address, it might hinder your chances at a call back even though you may be more than willing to relocate for the opportunity.

### Stick to one page only.

A resume's purpose is to be short, yet succinct. Yours should be organized by sections and bullet points, making it easily scannable for anyone in HR who sees it. Remember to only add job experience that's relevant and keep sections like education, skills and accomplishments separate.

### Pay attention to the details.

Font choice, formatting and other aesthetic elements can separate your resume from the pack. After all, a recent article in *Bloomberg Business* revealed that Times New Roman is "the typeface equivalent of wearing sweatpants to an interview." Opt for a sleek and simple sans-serif font like Calibri or Helvetica, steer clear of busy formatting styles, proof read it at least three times and edit down anything that stretches onto a second page. Lastly, make sure you show your resume to others – they may catch formatting, grammatical or spelling errors you didn't see.

# Spot the Resume Mistakes!

We've planted 7 resume mistakes on this page. Can you find them?

## John Smith

1253 Elm St., Atlanta, GA 30301

### EXPERIENCE:

President, Associated Student Law Council - Wylex University  
Lexington, KY

- Managed and supervised officers
- Supervised application of annual budget
- Acted as a liaison with the Board of Trustees

Bank Teller - United Orange Bank  
Sarasota, Florida

- Operated cash drawer daily
- Managed trainees during orientation
- Organized charity ball for guest for the American Red Cross

### ACOMPLISHMENTS & SKILLS:

- Awarded with Presidential Certificate for Service for work with FEMA
- Proficient in Microsoft Office, Prezi and Adobe
- Video and audio experience for Associated Student Law Council

### EDUCATION

Bachelor of Arts – Anticipated 2016

Wylex University, Lexington, KY

Major: Finance; Minor: Business

GPA: 2.2

1. Inconsistent formatting after 'Education'; 2. 'Accomplishments' is misspelled; 3. No email address or phone number given; 4. No quantifiable numbers and skills for teams managed, budget, number of charity ball guests, etc.; 5. No job employment dates are listed in the Experience section; 6. Accomplishments and skills should be separated; 7. Low GPA listed

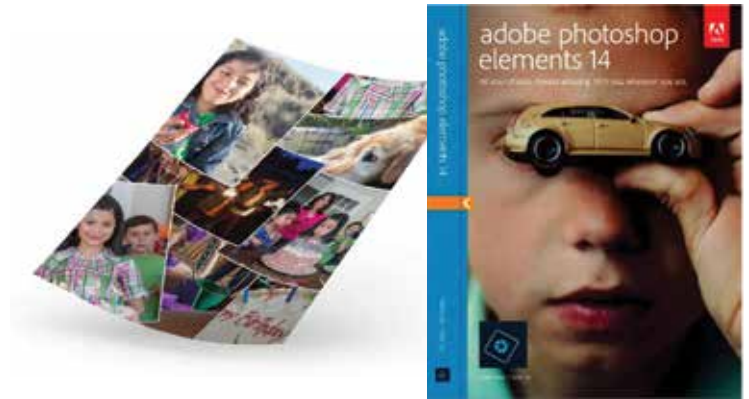


### Mr. Clean Magic Erasers

Clean practically anything in your residence hall with the power of the Magic Eraser. Smudges, marks, grime and dirt are no match for this little miracle. Available at **Walmart**, **Target** and **Amazon** from **\$1.99** for a two-pack.

### Adobe Photoshop Elements 14

Organize all of this year's memories and edit your favorite snapshots from the semester. This software makes it easy to share pictures, create scrapbook pages, edit photos and much more for just a fraction of the cost of regular Photoshop. At **Amazon** for **\$69.99** for both Mac and PC.

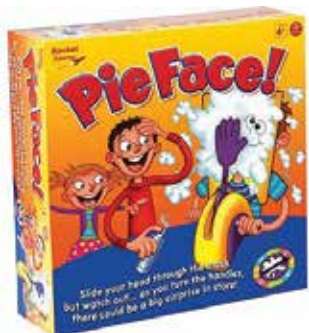


*trendy musts for every college student*

# Monthly **Must-Haves**

### Ziploc Space Bags

Clothes, blankets, coats and more pack small and flat to save valuable storage space thanks to Ziploc's vacuum space bags. Its unique design creates an airtight and watertight seal to protect your stuff from bugs, moths, dirt, mildew and odors. Available at **Amazon**, **Walmart** and **Ziploc.com** starting at **\$22.99**.



### Pie Face Game

Want to have some fun during group study sessions? Bust out this best-selling game and turn it into part of your review. For every question someone answers incorrectly, have this person spin the wheel and take a chance at getting a pie in the face. At **Amazon**, **Walmart** and **Target** for **\$19.99**.





# Recipe of the Month

## MICROWAVE MAC AND CHEESE

Healthier than the store-bought, instant kind and almost as easy to make, this comfort food is great to eat anytime. Creamy and delicious, you can make this tasty treat with just four ingredients. You will need:

- A large bowl or mug
- Whole grain elbow macaroni
- Cheddar-Jack shredded cheese
- A splash of milk
- Water

Directions:

1. In a big microwave safe bowl (go for a large bowl since you don't want it to boil over), add 1/3 cup whole grain elbow macaroni and 1/3 cup of water. Microwave for 6 minutes, stirring at 4 minutes, 2 minutes and 1 minute. Microwave time may vary depending on your microwave. The pasta should be cooked and there will be a tiny bit of thick pasta water in the bottom. Leave the water.
2. Add 1/3 cup of shredded Cheddar Jack cheese and return to the microwave for 30 to 45 seconds to melt the cheese.
3. Stir well and add in two teaspoons of milk.
4. Stir again and enjoy!





## Avoid Insta-Cram

With finals right around the corner, give your students one last push in the right studying direction with a bulletin board that looks like popular social media app Instagram. Use your favorite study tips or borrow from some of our favorites on these pages to create one last bulletin board encouraging them to do their best.

Instagram

Studying Doesn't Have to Be Solitary

Brainstorming in a group can give you a chance to test your knowledge against others, increase retention and help clear up any misconceptions you may have about the materials you'll be tested over. Just make sure all of your study time isn't group time.

245 likes  
HeartsandHugs

Home, Search, Post, Activity, Profile icons

Instagram

Make Up a Story

Turning the details of what you're studying into a crazy story can help make the information more memorable. This is often used in math and science related courses. A perfect example of this would be "Please Excuse My Dear Aunt Sally" which is an easy way to remember the order of operations in mathematics.

324 likes  
mmk28

Home, Search, Post, Activity, Profile icons

Instagram

Attend All Reviews

Going to review sessions may seem like a no-brainer, but many students skip these. It's a big mistake since most reviews consist of the professor guiding you in the right direction as to what's on the test.

816 likes  
JoeyH129

Home, Search, Post, Activity, Profile icons

Instagram

Eat and Sleep Well

Taking care of yourself during exam week is a crucial step to doing well. You're under a lot of stress so be sure to eat fruits and vegetables daily, get some exercise and aim for a full night's sleep.

575 likes  
 [jasmine90](#)

Instagram

Old Exams are Gold

Chances are that much of the material you'll be tested over is stuff you saw during other exams and the midterm. Use these old tests to review the concepts from previous months that you might get tested on again.

931 likes  
 [LotusFlower23](#)

Instagram

Study the Confusing Stuff First

Spend the most time in the areas you need the most help. This way you'll have more time to deal with anything you don't understand. Plus, you'll be fresher if you tackle the trickiest stuff first, working your way through to the concepts you already have a good handle on.

836 likes  
 [frankandkate1](#)

Instagram

Study in Short Bursts

Research shows that marathon study sessions don't often lead to great test results. You're probably better off breaking up your review schedule into more manageable chunks so you don't wear yourself out. Aim for study periods that are short, frequent and include breaks to recharge your batteries.

731 likes  
 [SAMMYk](#)





## THE SNEAKY SYMPTOMS of Social Anxiety

There isn't a person on your campus who hasn't felt the nauseating butterflies that can come with entering a new class for the first time, introducing yourself to a new group of people, or giving a presentation in a lecture hall. Some may associate these symptoms with someone who is "shy," "quiet" or "introverted," but sometimes these symptoms can be so extreme they actually belong to a condition called Social Anxiety Disorder (SAD) or social phobia.

The National Institute of Health estimates that 5% of the U.S. population has SAD and 80% of those afflicted have not been diagnosed. One of the most common mental health issues, this disorder affects more than 15 million American adults according to the Anxiety and Depression Association of America. Here are some signs of Social Anxiety Disorder and ways to help if it seems like one of your residents is possibly dealing with this manageable issue.

### What Does Social Anxiety Look Like?

Social Anxiety Disorder can be tricky for medical health professionals to directly pinpoint and diagnose. There are even some mental health professionals that still don't recognize this as an illness. "Look at the persistence and the intensity of the symptom or the problem," says Dr. Victor Schwartz, the medical director of The Jed Foundation, whose mission is to promote emotional health and prevent

suicide among college and university students. "If it's lasting longer than you've usually had this problem or if it's intense to the point that it's disrupting your basic function[ing], that's a sign of a disorder."

According to Schwartz, the transition to college life can trigger feelings of inadequacy, loneliness and shyness that might make you feel anxious in situations that you used to feel comfortable in, leading to a full blown disorder for some. Some other common symptoms for this disorder can include:

- A fear, dread or even complete avoidance of social situations, especially those that are new and unfamiliar
- An unreasonable or unfounded fear of being made a fool of, being teased, or doing something humiliating or embarrassing in a social setting
- Extreme anxiety in large social gatherings
- A reluctance to participate that has negatively impacted work situations, social impressions or personal relationships
- Feeling insecure or out of place, embarrassing easily or inability to look others in the eye, especially when meeting authority
- A phobia of being the center of attention, participating in an activity in front of others, public speaking or other situations that call attention to the individual

It's important to note that many of those suffering from SAD may not realize that this disorder is the reason why they avoid certain occasions, skip out on social activities or even make the daily choices they do. Many with these symptoms may notice that "something isn't quite right" or "feeling off or out of sorts," but may not directly associate these feelings with an actual illness. Many of these symptoms can also be linked to other disorders including obsessive compulsive disorder, depression and panic disorder.

### How Can an RA Help?

If you spot a reluctant resident who often avoids floor activities and prefers to spend time alone in his or her room, make an effort to connect with this person. Start by casually mentioning this resident's avoidance of social situations by saying something like "I've noticed you've missed out on the floor movie screening. Why is that?" You'll want to have this conversation in a private setting, which may mean catching this person while he or she is walking down the hall and pulling them aside or knocking on his or her door for a quick chat. Be sure to make your observations objective and stick to just the facts. Shame or making the other person feel "wrong" isn't the aim of your game here.

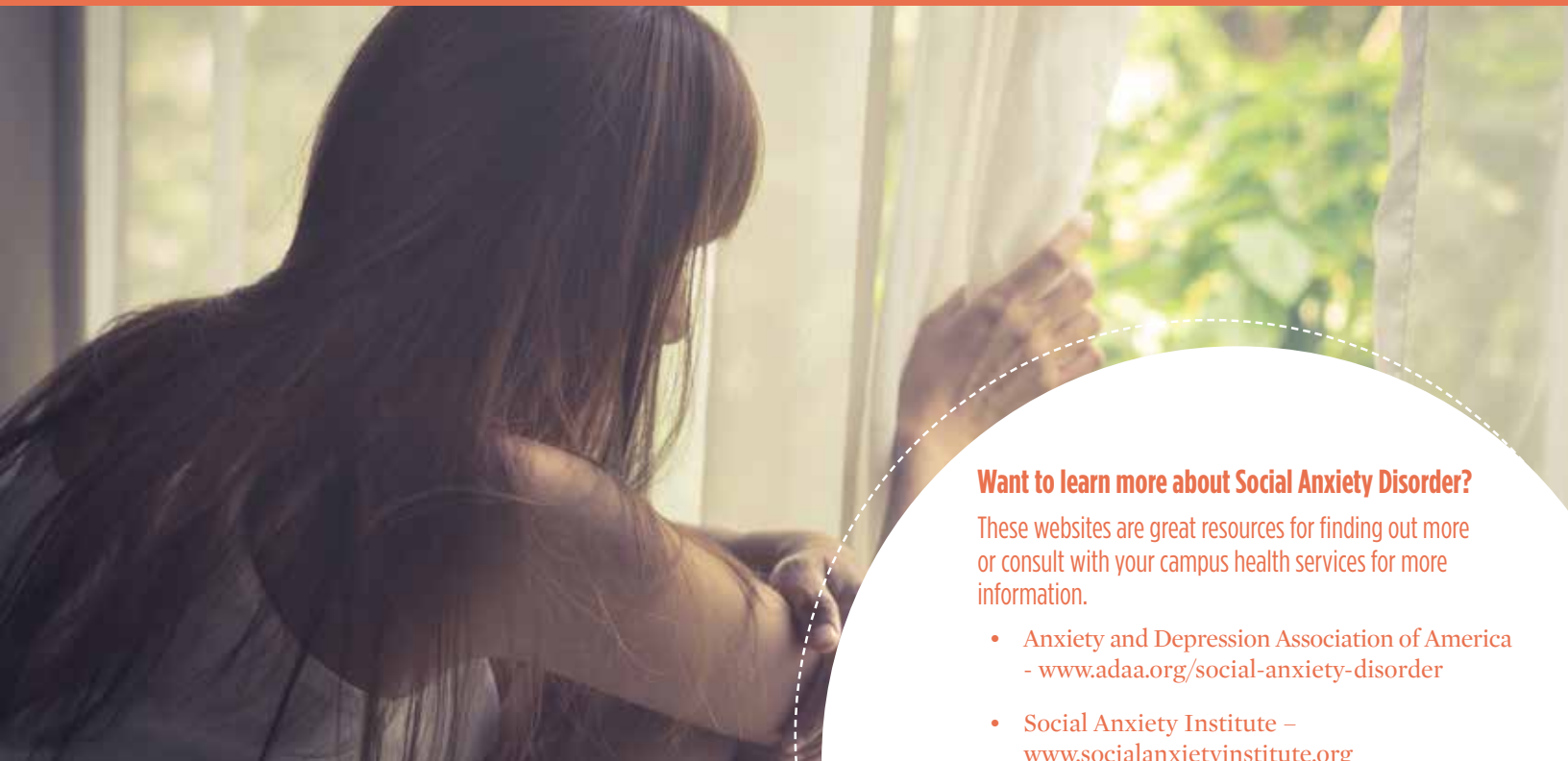
Once your resident responds, you may receive dozens of excuses as to why he or she doesn't want to attend something, hang out more outside of his or her room or join

a club or organization outside of the classroom. This is the time for reassurance. If he or she comes up with negative thoughts or beliefs, try to help them challenge these ideas. For example if the resident says "I know I won't have anything to say," at a floor event, you can respond with "I'll be there to help out if the conversation starts to slow down."

The next step is to help your resident break out of his or her routine. Extend an invite to dinner with other residents of your floor, make sure he or she participates in any floor activities and only mention or chat about his or her anxiety after leaving a potentially triggering situation. Also, be sure to remind your resident that professional help is always available and provide information on any counseling services offered by your campus that may help with handling anxiety.

*"The transition to college life can trigger feelings of inadequacy, loneliness and shyness that might make you feel anxious in situations that you used to feel comfortable in."*

*-Dr. Victor Schwartz, medical director of The Jed Foundation*



### Want to learn more about Social Anxiety Disorder?

These websites are great resources for finding out more or consult with your campus health services for more information.

- Anxiety and Depression Association of America - [www.adaa.org/social-anxiety-disorder](http://www.adaa.org/social-anxiety-disorder)
- Social Anxiety Institute – [www.socialanxietyinstitute.org](http://www.socialanxietyinstitute.org)
- Social Anxiety Association – [www.socialphobia.org](http://www.socialphobia.org)



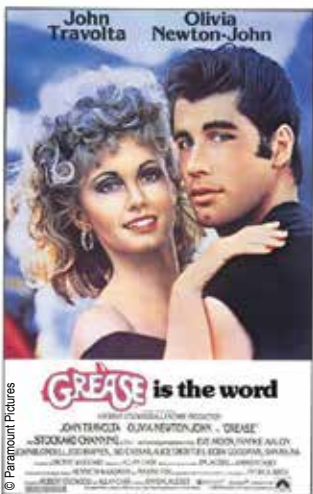
# "Give Me a Break"

## Fun Floor Ideas for Finals Week

Looking for some creative ideas to help your residents take a break while studying for finals? These five ideas will help stressed out students burn off steam, laugh away stress and refocus their minds for their next round of studying.

### Get Active with an Obstacle Course

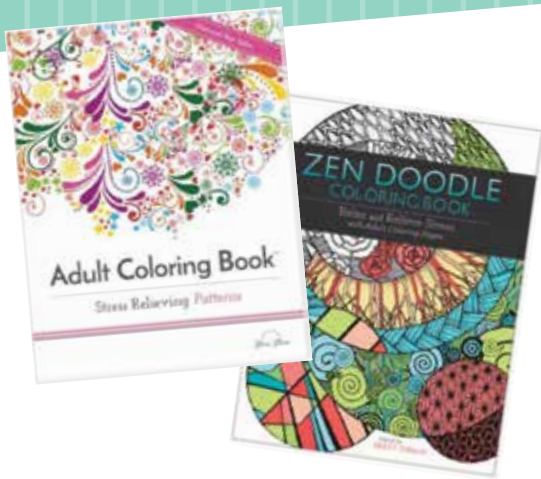
May the odds be ever in your favor with a Hunger Games-themed training session, obstacle course and movie marathon. Divide your residents into different districts and have them compete against each other in activities like archery, identifying edible plants, fort building, first aid knowledge and much more. Hold a reaping ceremony as seen in the first movie and draw two names from a bowl to compete in each activity. You can then allow someone else to volunteer as tribute if the district thinks he or she would be better suited for the task than the person originally chosen. Not only will this activity provide teambuilding, it'll also get your residents' brains working in clever ways that can reenergize them if they're tired of studying. Finish off your event with a showing of the final film in the series, *The Hunger Games: Mockingjay Part 2*.



### Sing Away Stress with Karaoke Night

Invite residents to musically ease frazzled nerves with a karaoke contest in your lounge or common area. Karaoke machines are available at Walmart, Target and Best Buy for less than \$100, or sing along to a showing of a movie like *Pitch Perfect*, *Pitch Perfect 2*, *Grease*, *Mamma Mia*, *Les Miserables* or *Rent*. Provide some brain food for this study break like popcorn, fruit or trail mix to help your residents fuel up for their performances. One word of advice – don't hold your singing session during quiet hours if the event will be held in an area close to studying students.





## Focus on Fun with Adult Coloring

Coloring was a trend on the rise for adults in 2015 and its popularity continues to soar this year. In fact, at the end of 2015, eight of the top 20 selling books on Amazon were coloring books for adults! Kate Whelan, director of trend and design for Michaels Crafts Stores, told TV show *Inside Edition*, “It’s crazy. As soon as we get them, they’re gone.”

Why the sudden boom in popularity? It’s relaxing, according to Detroit Lakes, Minnesota, art studio owner Becky Mitchell. “We’re always plugged in, and I think people are wanting more and more to just play a board game or get out a coloring book [and] get back to the basics. I think it’s there that you will find a little more peace and lower stress levels.” Treat your residents to a coloring party with plenty of childhood art tools like colored pencils, crayons and markers along with kid-friendly snacks like ants on a log, fruit snacks, and peanut butter and jelly sandwiches. You can pick up adult coloring books at craft stores or on Amazon.com.



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© Universal Studios

## Beat Pre-test Nerves with Nostalgia Movie Night

Remember those nights as a kid when pizza and a movie were the highlight of your day? Relive those simple times with a floor pizza party and a showing of one of the movies you loved as a kid like *Jurassic Park*, *Jumanji*, *Harry Potter and the Sorcerer’s Stone* or *Teenage Mutant Ninja Turtles* (the original). Invite everyone to dress up in their pajamas and pick up some of your favorite childhood treats like candy, chips and ice cream to give it an old school slumber party vibe. Not interested something vintage? You could also show something newer like *Ted 2*, *Vacation*, *Trainwreck* or *Minions*.



## Melt Away Stress with Meditation Lessons

Did you know that according to the National Institutes of Health that meditation can not only decrease stress, but it can also improve concentration and overall emotional well-being? According to Craig Pearson, executive vice president of the Maharishi University of Management in Fairfield, Iowa, students who meditate regularly often experience a variety of benefits, from increased grade point averages to better focus, memory, energy, ego development and brain integration. Meditation, he adds, can also improve relationships and lower stress and anxiety levels. “The benefits usually begin to be evident quickly,” he says. Invite a meditation expert or someone from your health system to discuss the benefits of meditation and teach a beginner’s class.





# See Your Name in Our Next Issue!

RA Magazine wants your stories to feature next year. We're looking for advice from fellow RAs, fun floor programming ideas, information on campus trends and more!

## Why write something for RA Magazine?

- Build your resume
- Be published in a national magazine
- Add to your personal portfolio
- Highlight your university

## Not into writing an article?

We have RA Spotlight positions open which feature your picture and a quick profile of your school. Contact us to receive a questionnaire!



Send us your ideas or ask for a spotlight questionnaire at [info@reslife.com](mailto:info@reslife.com)!

# MOVIES THAT CONNECT

We've filled this issue with tips and information on how to get a job or internship, but the movies below demonstrate life after the interview process. From a budding journalist to a highflying vet who takes a new employee under his wing, these films show the challenges, surprises, disappointments and victories one can experience when starting a career at a new company.



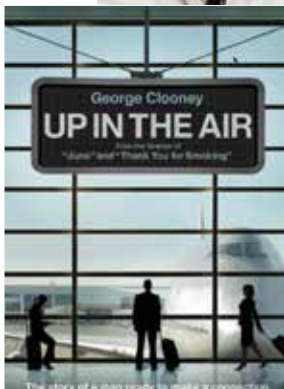
## THE INTERN

Seventy-year-old Ben joins a senior citizen internship program after his wife passes away and retirement becomes monotonous. While slowly winning the fashion e-commerce office over with his likeability, Ben ends up impressing CEO Jules and is hired for a full-time position. Serving as an unlikely mentor to Jules as she struggles with managing her company and improving her relationship with her family, Ben's can-do attitude and willingness to help at any cost are skills worth emulating in your own work life.



## ALMOST FAMOUS

Teenage journalist William lands his dream job of writing for *Rolling Stone* to cover the upcoming band Stillwater as they go on tour. He faces numerous frustrations while trying to interview the musicians, yet is successful in building a friendship with groupie Penny. When the band loses Penny in a bad hand of poker, she decides to follow them on her own to NYC only to be asked to leave upon arrival. Upset with the band's actions toward Penny, William writes his story truthfully, leading to a conflict between band and writer.



## UP IN THE AIR

An idealistic, young college grad named Natalie is paired with seasoned vet Ryan at an HR consultancy firm that specializes in terminating employees. Natalie's idea to cut costs using videoconferencing termination instead of doing the job in person leads Ryan to show her that she knows nothing of how to handle upset people. As they travel together so Ryan can show her the ropes of how to fire people, they both begin to challenge their initial beliefs of relationships, work and love.



## ERIN BROCKOVICH

Erin is an unemployed mom of three who loses her traffic accident injury court case due to her temper. Since her lawyer Ed told her things would work out, she shows up at his law firm to ask for a job. He hires her to work on a real-estate case, but she's surprised to see medical records in the files. After visiting the residents involved in the case, Erin begins digging and finds evidence that the groundwater in the town is contaminated with a dangerous chemical. As evidence snowballs, Erin and Ed find themselves battling huge energy corporation PG&E with the hopes of an entire town fueling their fight for justice.



Visit [reslife.com](http://reslife.com) or email us at [info@reslife.com](mailto:info@reslife.com) for additional movie suggestions



