



FIT RESIDENTIAL LIFE OFFICE



RESIDENTIAL LIFE NEWSLETTER

NOVEMBER 2011

RESIDENTIAL LIFE OFFICE

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http://www.fitnyc.edu/residentallife

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IMPORTANT NOVEMBER DATES

November 1- Winter '12 Housing Application online.

November 14-23(NOON) - Register for Thanksgiving recess.

November 2- Spring '12 E-Bill. Charges posted to all current hall resident's account.

Nov 24-27- Thanksgiving Recess (no food service)

Residents living in the halls for fall 2011 DO NOT reapply for spring 2012.

SPRING HOUSING

Housing charges will be posted to your student account on November 2, 2011. No other bills will be sent. Residents are financially obligated to the college for these charges. Please inform your parent/guardians or anyone responsible for payment when you receive the spring housing bill.

AVOID CHARGES by withdrawing before December 1, 2011. Students withdrawing from the college, exchange students, or graduating students MUST complete the online withdrawal form before December 1, 2011.

For withdrawal information go to: www.fitnyc.edu/3240.asp

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WINTER RECESS HOUSING 2012

DATES: JANUARY 2, 2012 (12:00 NOON) TO SPRING 2012 CHECK-IN

You're eligible if you are currently living in the halls and are returning for Spring '12

APPLICATIONS AVAILABLE ONLINE
www.fitnyc.edu/9098.asp

Due date for applications and payment:
December 2, 2011
(after December 2, 2011 a \$25.00 late fee will apply).



RA SELECTION

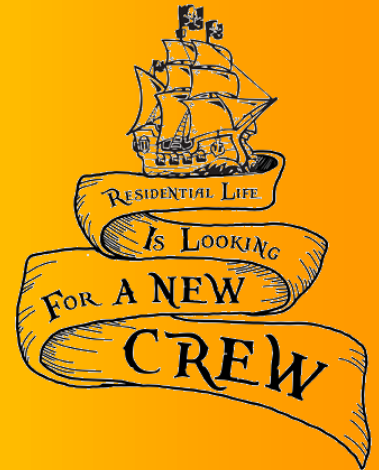
Do you have what it takes to be an RA?

If you are interested in being a student leader, facilitating fun activities, and meeting new people, come to one of our informational sessions:

Thursday, November 3, 1pm, Coed Basement
 Thursday, November 3, 5pm, Coed Basement
 Monday, November 7, 1pm, Kaufman Workroom

Find out if the position is right for you!

You must attend one informational session to receive an application.



Have previous Resident Assistant experience and looking for a great leadership opportunity? Come and learn about the Senior RA position!

You must come to one info session to receive an application.

November 15 1-2pm

November 15 5-6pm

November 17 1-2pm

November 17 5-6pm

All sessions are in the 27th Street Residential Life office

For any questions, please contact Vivian Chen at vivian_chen@fitnyc.edu

SRA Interest Sessions

ROOM SWITCH INFORMATION

If you are interested in swapping rooms with another resident, please go to the online form below to place your request.

Detailed information can be found on the form.

www.tinyurl.com/SwapForm2011

THANKSGIVING BREAK REGISTRATION

Staying at FIT during Thanksgiving break?



Beginning November 14, residents staying in the halls for any part of Thanksgiving break (11/24, 11/25, or 11/26) must register with the Residential Life Department.

If your plans change you can register or make changes up to 12 noon, Wednesday, November 23, 2011.

Those returning on Sunday DO NOT have to register with our office.

Be on the look out for an e-mail to register!

7 TIPS TO STAY IN SHAPE

Sometimes it's the little things that trip you on your path to your healthiest, most ideal weight. Avoid these pitfalls by backing up your weight-loss plan with these 7 helpful tips.

1. Make a smooth start Stress can wreck your best intentions.

So if you are starting a new job, getting a divorce, or there has been a recent death in your family, you might need to delay your plan. Give yourself more time to simply follow good eating habits without trying to lose. Then, when the stress has eased, you'll be ready to start cutting back on calories.

2. Take your time Chew slowly and put down your fork between bites. Your brain needs 20 minutes to get the message your hunger is satisfied.

3. Calm down before you chow down Don't turn to food to relieve tensions. If you are having a stressful day, go for a walk, meditate, or listen to soothing music to calm yourself before eating. You'll be less likely to overindulge.

4. Visualize success Relax and use imagery each day to get a feel for victory. See yourself, having already reached your

goal, slipping into a smaller-sized outfit. Or imagine feeling proud as you step on your bathroom scale and see the numbers. Pretending it's already true enlists the support of your subconscious mind to make it really happen.

5. Juice your way to a slim, trim figure Delicious, vitamin-filled orange juice – or another fructose-rich juice – may be the perfect appetizer for anyone trying to lose weight. Stir in a little pectin, which is used to thicken jams and jellies, and you may reduce your appetite even more.

6. Take up a new – or rediscover an old - hobby Choose a pastime like knitting or cross-stitching. Hook a rug, put a puzzle together, or place family photos in an album. Not only will you keep your hands too busy to reach for a snack, you'll also get the satisfaction of completing a task.

7. Read the labels You'll learn a lot by reading the information on packages in the store. Better yet, many companies provide nutrition data – including calories – online. So surf for the facts before you make your shopping list.

<http://top7business.com/?Top-7-Tips-To-Stay-In-Shape&id=3803>

Parents: Help your students with stress during exams

Recognize that your student is tired and stressed right now.

This may not be the best time for lengthy chats about everyday life. Understand that she is preoccupied by what she needs to get done.

Use your best listening skills. Your student may need to vent.

He may need to complain about the amount of work, the unfairness of the professors, the difficulty of the material or the assignments. Provide an ear and let him know that you understand.

Understand that he may not want to talk about it. Your student may see no point in telling you about every exam or paper or project that he has to do. He may just want to get it done.

Remind your student that this is part of the rhythm of the academic year. He will get through these few days or weeks and then things will level off again. Other students are probably feeling the same stress.

Remind your student to think about his health. Unfortunately, midterm exams often come at about the same time in the semester when students are hit by colds, viruses, flu, and general exhaustion. Remind him to take care of his health and get help if he needs it.

Help your student keep midterms in perspective. It may be a generous portion of his semester grade in a course, but it is just one piece of the class. He is not likely to fail a class based on one exam. If he has been doing his work all semester, he will probably do well on the exam. Don't let him panic and lose perspective on the importance of the exam or paper. Even if he has not been doing well, this course is only half over. He can use this as a good time to decide what needs to be changed to be successful in the second half of the semester.

Don't micromanage. It's okay to suggest a few study skill techniques that may be helpful – time management, study groups, using the library rather than studying in the dorm, getting a tutor, but then let your student decide how he will get through this time and what he will, or will not, do. He needs to learn this lesson on his own, and if whatever he chooses doesn't work, then he will be that much wiser next time.

Help your student have realistic expectations. If your student is a first-year student, and this is the first time that he has faced a major college exam, he may not do as well as he hopes. Remind him that this is a first experience. He should be prepared for a grade that may be lower than he hoped. It will be a learning experience, and like anything else, dealing with midterms may take practice. Many students receive grades during their first semester that are lower than they are used to receiving in high school. This is a new level of study and he may need to learn new ways of approaching it.

Encourage your student not to panic. Even if he feels overwhelmed right now, he needs to take a breath (figuratively and literally) and recognize that he can do something to take control. If he is far behind, he may not be able to accomplish everything, but he can do something. Some students feel so overwhelmed that they panic and do nothing. Anything that he does, even if small steps, will help.

This is an excellent time to send a care package from home and/or send a "cheer up" card for his mailbox. It's the next best thing to an "I know you can do it" hug.

<http://www.collegeparents.org/members/resources/articles/parents-can-help-college-students-end-semester-stress-meltdown>

GET INVOLVED WITH RHCC!

RHCC (Residence Hall Community Council) is a student run organization that enriches the lives of its members as well as the greater FIT community. RHCC's goal is to enhance the student experience by acting as a liaison between residents and the Residential Life Department as well as creating fun and creative programs for all students to enjoy. RHCC hosts such events as the Annual Block Party - where the entire student body enjoys rides, street vendors, prizes and more! RHCC is open to all students. **Meetings are the first Wednesday of each month at 10pm.** Come voice your questions, comments and concerns about your campus. The schedule will be available soon. And don't forget to keep an eye out for our fun filled events!

Feel free to Email RHCC's Executive Board at: RHCC_club@fitnyc.edu or friend us on Facebook: **Residence-Hall Community-Council** to learn how to get involved and ask any questions.

Resident Appreciation Events

Make note of the upcoming resident appreciation events, sponsored by residential life that will be taking place in your hall!

Alumni Hall
11/8 at 8PM in
the Alumni
Workroom

Kaufman Hall
11/8 at 8PM in
the Kaufman
Lobby

Nagler Hall
11/14 at 9:30PM
in the Nagler
Workroom

Coed Hall
11/16 at 8pm in
the Coed
Basement

THINGS TO REMEMBER

November 2: Spring '12 E-Bill to all current residents

Dec 1: fall 2011 residents must withdraw for spring 2012 without charges –withdrawal information – go to: <http://www.fitnyc.edu/3240.asp>

Fall 2011 Check-Out - go to: <http://www.fitnyc.edu/8667.asp>

Spring 2012 Check-in – go to: <http://www.fitnyc.edu/3193.asp>

Thanksgiving Humor!

Teddy bears have what in common with turkeys?
They both have stuffing!

Whats the sleepest thing at the Thanksgiving table?
NAP-kins!

