Relax & Enjoy Your Break!

RAs and RLCs, on behalf of the Programming Committee and the YPS Newsletter Team, we would like to sincerely thank you for a job well done this semester. You have each made an impact on your communities and have made a difference in everyone’s lives that you have touched. The semester is almost over but our jobs are not finished. Enjoy your holiday break, get some well deserved rest and come back ready to have an awesome Spring Semester! Hang in there the rest of the way and good luck with finals and whatever else lies in your paths ahead!

-YPS Newsletter Team

When You Come Back From Break!

REMINDER: We all need to be back in Akron by January 9, 2004 at 5:00pm. Be sure to come back prepared for another challenging semester. Other Spring 2004 Events to look out for are:

THE NEOHO CONFERENCE
(JAN. 24, 2004)

&

RA GROUP INTERVIEWING
(FEB. 21-22, 2004)

Program of the Month

Congratulations to the Diversity Committee for the program “Chit Chattin in the Halls: Living With Students With Disabilities.” This is the first time that an RA committee has been nominated and won the YPS Program of the Month. Jason Tomlinson from the Office of Accessibility facilitated a discussion surrounding the topic of students with disabilities and ADA compliance. To make students aware of the circumstances surrounding student living on campus with disabilities and to give them a better understanding of what their lives are like. Again, congratulations to the Diversity Committee!

Inside this issue:

| Relax & Enjoy Your Break | 1 |
| Spring Dates To Remember | 1 |
| Program of the Month | 1 |

| Ten Things I Wish I Would Have Known Before Becoming An RA (S-1) | 2 |

Quote Of The Month

“We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.”

-Marian Wright Edelman
5. Residents only seem to need to study when you try to get them to come to one of your programs. Sometimes you will put a lot of time and energy into putting on a program and then suddenly all of your residents have other things they “have” to do. Things come up—they always do, but if you personally ask your residents to come to a program, they will be more likely to attend than if they just read one of your posters. In addition, plan programs around the needs and wants of your residents, not just the programs that sound interesting to you. Also, if you can get residents to come to programs from the very beginning of the year, and they have a good time while they are there, then they will be more likely to come to those last few programs at the end of the year. Be excited about your programs, and there is a good chance that your residents will be enthused about attending.

4. You need to remain impartial on controversial issues when interacting with your residents and the decisions they are trying to make. Let the resident come to his or her own conclusions as to how to solve their problems. As a Resident Assistant, you can be a sounding board for an individual’s situation, but you need to let the resident work through the issue on his or her own. They may just need someone to listen to them! Keep an open door and let him or her know your door is always open if they just want to talk. Then, follow up and make sure the resident is doing okay. It will make them feel like you really listened to what they had to say, even if you couldn’t make the decision for them.

3. Leave the past in the past! Start fresh and go with the flow. “I am human and I am fallible.” Saying and believing this about yourself is important when it comes to not only the Resident Assistant position, but also life. As a Resident Assistant, you WILL make mistakes and you WILL forget things, but you cannot dwell on those wrong turns, but only on moving forward and learning from them. Everyone makes mistakes (even returning Resident Assistants), but you just need to learn from them. Move forward and make the most of the situation.

2. Communication with your staff and supervisor is essential. The key to successful relationships with your staff and supervisor is to communicate to them what is going on in your community and your life. If those you work with know you are struggling with a difficult situation—within your community, academically, or personally, they can provide support and understanding to you. Granted, you don’t have to be best friends with those on your staff, but working together effectively requires an open line of communication. Don’t leave your staff and supervisor guessing about what you need from them—tell them! Your staff and supervisor are there to support you!

1. Nine months goes so fast, but being on staff can be one of the most fulfilling experiences you will have ever have. Anyone can tell you that you get out of the Resident Assistant position what you put into it. If you do not extend yourself to your residents or are not available to them with an open door, then do not expect your residents to be excited about coming to community programs or make you feel like they value you. But, if you are accessible, friendly, and excited about what you do as a Resident Assistant, then your residents will see that and be more supportive of your programs and the position you have. In general, if you respect them then they will respect you. The time on staff also flies by, so make use of it and enjoy it as time passes—this once in a lifetime opportunity will go quickly. Know that you can make a difference in the lives of your residents and that they will remember you as being the one individual that was there for them if they needed anything—whether it is their first year of college or their last. Be that person people can count on and show that you love doing what you do. It will make a difference in not only the lives of others, but your own.

Adapted from: Western Oregon University in Monmouth
By: Resident Assistant, Marika Schneider
RA Resources

These websites are very informative and useful tools for programming ideas, staff developments, icebreakers, community builders and much, much more. Take the time to visit these websites and take advantage of what they have to offer. Your Program Source is a site developed by RA’s at The University of Akron.

Your Program Source
- http://www.uakron.edu/yps/
University of Akron’s official RA website.

Reslife . Net
- http://www.reslife.net

Resident Assistant . Com
- http://www.residentassistant.com

RASource
- http://www.wiu.edu/users/mirac/main_page.htm

Friendly RA Advice

Ask for Help:
You aren’t alone, and you probably aren’t the expert. Utilize the resources on your staff, in your hall and on your campus. Think of yourself as an “Referral Agent.” Know when to refer and who to refer to!

Balance is Very Important:
Remember you are a student first, then an RA. Prioritize the various commitments you have and continually self evaluate to find out if you are out of balance. If you find yourself unbalanced, talk to someone about it!

Consistency is Key:
If you aren’t consistent, it will come back to haunt you. Treat everyone fairly and don’t let anything “slide.”

Don’t Take Things Personally:
When residents violate policy, it is not usually directed at you as a person!

Evaluate and Assess the Needs of Your Residents:
At the beginning of the year, and on an ongoing basis, do formal and informal assessments to find out what your residents need!

Fun Should Always be Apart of the Job:
If you aren’t having fun, you need to take a step back and look at what you are doing. If all you do is policy enforcement, you are missing out!

Maintain a Solid Front with your Staff:
If residents are “dissing” another staff member, don’t join in, even if you agree with them! Be loyal to them and hopefully they will be loyal to you!

Adapted From:
- ResidentAssistant.com

Upcoming Events & Weekly/Monthly Themes (For the month of December, 2003)

Upcoming Events
November 08th - A Day In The Life
November 09th - 6-Week Challenge Banquet
November 11th - Comedian Troy Thirdgill
November 18th - Singer Chinua Hawk
November 22nd - Holiday Shopping Trip

(See your calendars for more events).

December Daily Observances
National Parents and Teachers day 8th
Loosen up, Lighten Up Day 14th

December Weekly Observances
Pursuit of Happiness week 8th - 14th
National Game and Puzzle Week 23rd - 30th

December Monthly Observances
American Diabetes Month
Family Stories month
I Am So Thankful Month
Lung Cancer Awareness Month
Nation AIDS Awareness Month
National Healthy Skin Month
National Peanut Butter Lovers Month
To submit an article or general information, Email:
RANewsletter@yahoo.com