Helping Your Loyal Citizens Through the Winter Slump

It’s no secret that the winter can get pretty long, cold, sunless, and at times downright depressing. As an RA, SRA, or RD you have the opportunity to be a warm presence in your building that can turn the winter season around for a lot of students on campus. So how do you do that? How do you help your loyal citizens through the winter slump?

Active programming…literally. Get moving! Co-program with another floor and play a basketball game, set up a Wii bowling tournament, or do yoga together. There are plenty of ways to keep your body moving, blood flowing, and spirits up!

Encourage healthy eating. Fatty foods can make you feel tired and sluggish, so help your residents stay healthy and alert by simply choosing better foods to eat! Pinterest and websites like it are your friend, use them! A cooking program in your hall to show them fun, easy residence hall recipes will be a hit!

Learn a new hobby as a floor! Scrap booking, knitting, card games, the possibilities are endless! You’ll bond over learning as a group and have a great new hobby to share!

Being active, healthy eating, and pursuing a new hobby are just a few options. Have something that has worked well or you want to try? Share with the group! We are not only resources to our residents, but to one another!
KUDOS!

Apartments: Shalom Arellano
Maglott: Hannah English
5UP/Northern House: Kaleb Mukina
Park: Tom Gerberich
Affinity: Abby Copley Stambaugh/Courtyard: Conner Burridge
Founders: Alleah McWilson
Lima: Olivia Johntony

RECAP ON OPEN DOORS

Open Doors shared a lot of great information with us, so what were some of the main takeaways?

1. **Be informed.** Take the time to learn the vocabulary, current issues, and about developmental processes.

2. **Be a resource.** Students who identify as LGBT need to know they are supported and welcomed in the residence halls and across campus.

3. **Be kind.** Never discriminate against students who identify differently than you. We are here to support regardless of our own views.

4. **Be an ally.** This is not required, but a great opportunity to consider and take your support one step further!

UPCOMING EVENTS

1/31: Park Hall Hoops
2/8: RA Interview Day
2/10: BGSU Candidates on Campus
2/21: 5UP & Northern House Bingo
2/24: BGSU Candidates on Campus

Why We Love ResLife #16

No one thinks you’re creepy when you offer them food or candy.

youknowyoureanrawhen.tumblr.com