The weather is a little cooler, the sun sets a little sooner, that means it’s time for Alvernia University’s Annual Trick-or-Treat night! This is a great time to make a difference in the life of a child. The residence halls will be decorating their hallways on Wednesday October 26th before children from around the community come to “tick-or-treat”. Themes for this years hallways include, Nightmare Before Christmas, Creepy Cemetery, Hogwarts, Angry Birds, The Great Big Pumpkin Charlie Brown, Jungle, Nickelodeon, Snow White & Spooky Woods, Super Hero’s, Pac Man, Toonville, Haunted House, and October / Halloween. At the end of the night the children will have a chance to vote for their favorite hallway / lounge. The winning Hall will receive a pizza party! Please contact an RA in your building if you are interested in helping out.

Thank you to the overwhelming amount of students who signed up at the Office of Residence Life to be a tour guide! Hope to see you in your costumes.

Parking

When unloading your car make sure to use your four ways. Any car parked for longer then 5 minutes are subjected to ticketing. Freshmen are to park at Ken Grill or Angelica Park. Upper-classmen with a Purple decal can park in part of the “B” lot and the spaces on Bornemann road. Those with a Black decal can park in the “I” lot. Look for info about parking when the construction starts. No one should be parking on the grass.

Facebook

Check out our Facebook page at Alvernia University Residence Life

Health & Safety

All Residence Halls and Townhouses will be inspected during November. You do not need to be present during these inspections. The Res. Life staff and Facilities will walk through each room to ensure compliance with all health & safety regulations. Possible violations include but are not limited to, candles, alcohol paraphernalia & toaster ovens. You will receive a notice on your door when your inspection has been completed.
Thanksgiving Break Closing Details

While all of campus is thinking about turkey, Residence Life is working on closing the residence halls for the first time this semester. We ask you to please follow our closing guidelines to ensure a safe and friendly closing.

🌟 It is a good idea to take some of your belongings home during Thanksgiving break so you won’t have to take as much home for Winter break.

Closing Checklist:
1. Close and lock all windows
2. Shut Blinds
3. Turn heat on low
4. Take out all trash
5. Clean all dishes
6. Lock all doors

Need to stay late or come back early?
If you are planning on staying past 6pm on Wednesday November 23rd or returning before 12pm on Sunday November 27th you MUST stop by the Office of Residence Life to fill out an Extended Stay Form. If you have any questions please stop by the Office of Residence Life.

Are You Stressed?

30 Stress Management Tips

1. Breathe Easily
2. Visualize Calm
3. Mini Self-Massage
4. Smile
5. Don’t Grit Your Teeth
6. Write Things Down
7. Count to 10
8. Switch to Decaf
9. Set Limits
10. Warm Up
11. Schedule Worry Time
12. Exercise
13. Eat a Snack
14. Take a Vitamin
15. Space Out
16. Try Having a Glass of Tea
17. Take a Walk
18. Take a Bath
19. Play Music
20. Visit a Pet Shop
21. Make a Schedule
22. Call a Friend
23. Sit up Straight
24. Clean
25. Color
26. Play With a Toy
27. Stretch
28. Watch a Movie
29. Make a To Do List and Cross of The First Item
30. Do Something Nice For Someone

Upcoming Construction

Construction for the new residence halls & community center will begin shortly. Please make sure to stay outside the fenced off construction site. As the construction progresses the size of the site will become larger. Also, please be mindful of the construction vehicles that will be driving around campus. It is the University’s goal to have these new buildings open by Fall 2012. The Center for Student Life will be knocked done in the near future. To make up for the loss of the 24 hour computer lab located in the Center for Student Life, the University has installed computers and a printer in the Veronica Hall lobby which is open to everyone 24 hours a day. There will also be individual computers put in the study boxes around the residence halls. Keep your eyes out for updates on the construction process!