

MILESTONE

Reaching 5280 Feet and Beyond

**Happy
New
Year!** 2012

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NRHH Pillarscope: January 2012 – “Reshaping Recognition”



The sea-goat leaps to the forefront as Capricorn rules the stars. As legend goes, the goat-god Pan, attacked by the “father of all monsters” Typhon, leapt into the Nile in an escape attempt. While Pan’s upper body remained a goat, his submerged legs were reshaped into a fish tail. While traditional methods of recognition are effective, the stars yearn for a renewed flare across the region. Brainstorm a new individual or organization to recognize; push your chapter outside of its comfort zone. Consider the use of digital recognition through online media (Facebook, Twitter, websites, and newsletters) as a quirky twist. Research a recognition fixture to spice up your meetings such as a snap cup, weekly award, or traveling trophy. Stretching toward the unfamiliar will renew your zeal for recognition and your chapter will be reshaped for the better.

Program of the Year Finalists

The Biggest Loser, Utah State University

The IACURH region and its affiliates always strive for community building, and unity among residents' halls across the country. Last Spring at Utah State, in an extremely difficult and unique community, this ideal was created. The Married and Single Area (MASA) at Utah State University is extremely unique to our campus. In order to live in this area you either have to have more than 60 credits, be a graduate student, or be married. One of the spouses is required to be a full time student. Many of the issues that arise in the MASA community are extremely different than issues that arise in single communities. In the spring of 2011, the Resident Assistants in this community saw a need that isn't unlike needs in other Residents Halls across the country.

Event though most students in this community are older and have families, they still struggled as a community with healthy lifestyles. Not only is it really hard for these families to feed themselves and their children a healthy diet on a low budget, but also it is difficult for them to find time to exercise among their busy schedules of being parents, students, and employees.

This is why the Resident Assistants in MASA chose to put together a "Biggest Loser" Program for their residents. The program started in January, and ended in March. The kick-off program was a huge motivator for residents. The staff members invited a participant from NBC's Biggest Loser, Burgandy Keel to be their motivating speaker. She shared with the residents help and advice, specifically to mothers of children, how to keep commitments to themselves, and honor those commitments. Staff members also spent time with the residents to make goals as a community. The goals that they made really helped unify the residents. They were able to hold each other accountable for their goals and help each other through the process. One MASA Resident told us, "I remember during that time when we would have area socials and instead of bringing non-healthy foods such as cake and brownies, people would bring healthy snacks. We knew that we were all working towards a common goal, and we all supported each other in that process. It made it easier to make healthy choices and really stick to our goals."

After the kick-off residents weren't just sent out on their own to try and choose better lifestyles either, they were given opportunities by the RA's to exercise and spend time on themselves with other people in the community. Each RA in the community took a set of days to provide a means of exercise for residents. Some RA's simply exercised to videos and other RA's did strength training and walking exercises. There were such a variety of options for residents to exercise that it kept them motivated and they were able to find something that they enjoyed and liked to do. It also gave residents an opportunity to make friends with people who enjoyed the same type of exercise as them that they could exercise with in the future. Residents were also given the opportunity to attend classes that taught them about healthy lifestyles and how to feed their families' healthier meals.

There were also activities that residents were encouraged to complete on their own. They were encouraged to develop a fitness plan with their doctor, workout at a gym, and attend to the wellness expo (put together by the University). Through all of these avenues of exercise, residents had a blast getting to know each other, losing weight, and all around just building their community.

This program isn't just for this specific community. We all know that residents in every resident's hall are busy. They struggle finding the time, energy and money to exercise as well as eat a healthy diet. This is a program that can be adapted to any resident's hall, on any campus, anywhere.

In order to plan this program, we would suggest three things that were key motivators for the residents in the MASA community. The first thing is, create a common goal and encourage each other to stick with it. The fact that residents had common goals that they were working towards created unity and support. They all knew what each and every individual was striving for and they were able to support each other in that process. Second, provide opportunities for residents to exercise. The RA's in the area were able to provide planned times and means of exercise every night. Residents were able to plan, and stick with their commitments because they had made commitments to their RA's. The exercise was also free and convenient for them to do. 3. Stick with it as ResLife staff members. The Residents gain a ton of

Program of the Year Finalists

The Biggest Loser, Utah State University cont.

knowledge and motivation from their RA's. If residents don't have the support they need, or the excitement from people they know and trust to back them up. This program isn't nearly as effective.

The Biggest Loser program has made a huge difference on our campus and will make a huge difference on yours too. It's a fun program that will really bring your communities together. So, from our Biggest Loser Community to yours, Get excited, stick with it, and good luck!

Talk About Tuesdays, CU Boulder

On December 7th, 2010, the University of Colorado at Boulder hosted the 3rd event in a series of the newest Residence Hall Association program on campus: Talk About Tuesdays. Talk About Tuesdays, (TAT), was designed as a large scale collaboration between several different organizations including Housing and Dining Services (HDS), Student Affairs, and the Residence Hall Association (RHA). The inspiration behind the program arose from the desire to bring together university students, staff, faculty, and Boulder community members in a space conducive to learning from each other, engaging in conversation with each other, and making real, personal, and lasting connections with other members of the community. In today's modern world, 95% of adults ages 18-34 own a cell phone and 70% a laptop computer (Pew Research Center's 2010 Tracking Survey). With all the different ways we have to communicate, the value of face to face, authentic interaction is lessening with each passing decade. So, the question must be asked: How, in a world of ever expanding technology and digital communication, do we remind our community of the importance of meaningful conversation and face-to-face personal engagement, while creating a fun and engaging space for students, professional staff, and community members alike? The answer, once discovered, is really quite simple: We invite them all to dinner.

Each month's TAT is centered on an underlying theme. These themes can range from student group involvement, to athletics, to focusing on a cause like cancer awareness or sustainability. The only real requirement is that the theme be something universal or relatable to the entire community. The actual experience of TAT can be broken down into four key components, each of which focuses on the overall theme for the month. These components are: the RHA table, special guests, an interactive activity, and featured food. Because TAT is held in the dining center, any student or community member who eats dinner during the hours of 5:30p.m. – 7:30p.m. is welcome to participate in the event, and because the Center For Community is the largest dining hall on campus with over a 900 seat capacity, it allows a large group of people to be involved.

The evening begins as the participants walk through the entrance of the dining hall, past large banners and balloons announcing the TAT event that night. When students first walk in the door they are greeted by RHA executives and volunteers at the RHA table where they can ask questions about the event, sign up for more information about RHA, and also fill out a TAT sticker. These stickers are label-sized, name tag-like stickers that have a catchy and fun saying on them, but also have a blank space where students can fill in something fun about themselves. For example, if the theme for the month was Athletics and school spirit, the sticker might say "I Buff Up By..." and then the students could fill it in with sports they play or ways they show Buffalo spirit: "I buff up by playing rugby!" or "I buff up by cheering the Fight Song!" The goal of these stickers is to encourage students, faculty, staff, and community members to start conversations with each other about and around these activities. Even if two individuals have known each other for a while, through participating in Talk About Tuesdays, they may learn something new about each other and be able to start a great conversation!

Program of the Year Finalists

Talk About Tuesdays, CU Boulder cont.

The next component is the special guests. For each TAT, we invite at least one university or community organization or group to attend as featured guests. They set up tables in the atrium and have information to give to the students about how to get involved in their organization, and about services they provide. Sticking with our Athletics theme, the guests might be members of the Rec Center Board to give info about intermural sports or representatives from the dance team about how to join to cheer at the football games! This is a great way to help students get involved in the community while introducing them to new events and activities as well!

The third component is the interactive activity. This is a way in which participants can truly engage with the theme at hand. It could take the form of a performance, activity, or guest speakers. With Athletics, that could mean having an ensemble from the marching band come and play some songs from the halftime show, having a photo op with Chip, our mascot, or having varsity and club athletes and coaches available to talk with participants. This is a wonderful way to build community and is always a blast!

The final important aspect of TAT is the featured food. We are so thankful that we have an amazing dining staff that is always eager to work with RHA to make our events a success! For each TAT, dining features a special food or treat that fits in with the theme. These can range from having guest chefs, to featuring “make-your-own” desserts. For an Athletics night, we might invite the football coach cook up burgers on the grill or serve our famous buffalo shaped cookies at the dessert station! Food is a wonderful way to bring people together, and everyone eating in the dining hall on a TAT night can reap the benefits of this program!

Frank Lloyd Wright, American architect, designer, writer, and educator, once said that “dining is and always was a great artistic opportunity.” And, around here, we’d have to say that we agree. Since the implementation of the Talk About Tuesdays program on the CU Boulder campus, students have been more engaged and excited about the potential RHA has to change the campus than ever before. So, if you ever find yourself in Boulder, Colorado on the first Tuesday of the month, stop on by the Center For Community on the University of Colorado campus, where we invite you to take a load off, eat your fill, and join us to Talk About Tuesdays.



Student Award for Leadership Training Finalists

Elevate, Northern Arizona University

During the Spring 2011 semester, Northern Arizona University's Residence Hall Association hosted a free, campus wide leadership conference, Elevate 2011. Elevate 2011 was not just a regular student conference. It was a conference full of networking, fun, energy, bonding. Most importantly, the conference was full of leadership and interactions with all different NAU students. These aspects are what made Elevate 2011 so amazing. The conference was for all leaders across the NAU campus. The day was dedicated to spirited students educating one another on leadership and other related topics. The opportunities that the delegates were given at Elevate were unlike any others available on a campus level. Elevate provided amazing opportunities which resulted in an unforgettable day filled with learning and friendship!

One of the biggest goals of the Elevate 2011 conference was to enhance the leadership skills of students on our campus. NAU RHA reached out, not only to RHA reps and Hall Councils, but to all clubs and organizations across campus. Student leaders, regardless of their involvement, were invited to take part in the day and learn from one another. The educational piece of the conference was one of the other main focuses for the conference. Programs were presented by students and professionals from different departments across NAU. NAU has amazing student leaders, but RHA recognized that there weren't as many development opportunities for "experienced leaders." This is why RHA really made it a goal to "elevate" their leadership. The conference was able to meet students wherever they were in their leadership career to really help them "elevate" their game.

One of the biggest needs of student leaders at NAU was to get connected to not only each other, but also the professionals on campus. To address this, RHA made sure to include and invite different NAU professionals across NAU. Because of this, students were able to directly network with faculty and staff to truly enhance their professional development. Aside from forming connections with the professionals on campus, RHA really wanted to see student organizations connecting and getting involved with each other. The delegates of the conference made these connections throughout the day when interacting with each other.

Planning Elevate was not an easy process, but it did not prove to be difficult either. It took time and a lot of consulting, but soon enough everything was figured out! The RHA President was the chair of the conference and did a lot of the background planning. Since Elevate was a student leadership conference, programming presented for the students BY the students of NAU ended up being the bulk of the day. Because of this, student leaders across campus ended up doing most of the planning by preparing for their programs.

In the very beginning of the Spring 2011 semester, the RHA president sent out a "call for programs." Advertising was put out in all of the halls and throughout the different colleges on campus. Different clubs and organizations were also invited to propose different programs for the conference. Many proposals

Student Award for Leadership Training Finalists

Elevate, Northern Arizona University cont.

were submitted and it took careful selecting to choose the final programs. After those were chosen, the bulk of the day was planned!

Another vital part to the planning of the conference was the scheduling of guest speakers. In 2011, the planning committee for Elevate wanted to host guest speakers who would not only inspire students, but also engage the students in what they were saying. David Camacho, Special Assistant to the University President, spoke words of encouragement and inspiration while challenging student leaders to continue their leadership past college and into the real world. Rather than having only one keynote speaker, RHA mixed it up and brought another guest later in the afternoon – this time, a student. Jessica Hennessey was the second keynote speaker, and she was fantastic! She gave a student's perspective on leadership and how it had molded her as a person and given her so many opportunities upon graduating. Having both a faculty member and a student perspective on leadership really boosted the morale and inspiration of the conference as a whole.

The implementation of Elevate was the most fun part! Bright and early in the morning, students and professionals gathered up for a day of leadership and fun! Not knowing what exactly to expect, many delegates were geared up and really excited for the day ahead of them! The high energy and excitement of the students is what really made Elevate a success. The day was busy in the eyes of RHA executives and presenters, but in the end it was worth it. Delegates walked out with connections and knowledge that they wouldn't have received otherwise.

Adapting Elevate to other campuses around the nation is definitely possible! It is important to take into account your audience and think about what your goal is for the conference. It would be impossible to dive in without creating a mission statement that fits your university best. After that, work with your budget. Schools do not need to have a huge budget to bring this event to life. The biggest costs for the conference were food that was provided to the student delegates. There are definitely ways to cut costs or to improve upon the conference if your university has a larger than average budget! Theme was also a very important part of the planning process. Our theme was "Elevate your Game" – a sports theme, but there are so many other possibilities! The biggest need is a group of dedicated student leaders willing to make it happen!

Overall, Elevate 2011 was meant to help delegates define who they are, how they can lead, and why they lead. It was a fun and educational experience that proved to be truly valuable for all student leaders. With heart and commitment any school, regardless of size and budget, would be able to create a similar leadership conference and supply their own leaders with the tools they need to succeed! How will you ELEVATE your game and leadership?

Brianna Gomez
RHA President

Student Award for Leadership

Training Finalists

Fall Area Retreat, Utah State University

There's been an epidemic. An outbreak really. Students at Utah State have been out of the norm. They've been part of a social responsibility outbreak where Aggies have been thinking caring and acting. As part of a campus-wide initiative students at Utah State are actively seeking out ways to be socially responsible and make an impact in their communities, this initiative is called Aggies Think Care Act.

This year Utah State's RHA caught the buzz, and has been passing it around to the whole housing community, especially through our Area Governments. Our RHA chapter traditionally does a leadership training retreat each year aimed toward our Area Governments. This conference gives our student leaders an opportunity to build leadership skills, bond together as functional student groups, and learn more about the principles of RHA and Residence Life. This year leadership development was also more poignantly developed through a series of Area Government trainings leading up to the retreat.

This year's retreat was exceptional because it was centered around the theme of Aggies Think, Care, Act. This retreat focused on the notion that there are many student needs that incoming students may not be aware of. These needs range from critical thinking to accountability. The amazing part about this retreat was the ability to teach a wide variety of leadership skills by breaking them into three broad categories; Think, Care, Act.

Planning a retreat with a focus of building student leaders took a lot of preparation, starting back in May with cabin reservation. This being said, it is very important to start planning for a leadership training far in advance. One of the biggest challenges of planning a retreat can be how elements of the training will tie together in a way that impact on student leaders will stay fresh in their minds. Centering the focus of the retreat on a theme really helped overcome this challenge, because there was easy flow through a concept that most of the attendees had already been presented with the concept of Aggies Think Care Act ahead of time. Centering the retreat around a theme was very useful, and is something that we will do again.

Another important element of building leaders on campus this year was developing certain leadership skills throughout the semester. These trainings were called the Area Government six week curriculum and focused on elements of leadership like understanding influence, goal setting, and working together as a team. This leadership development was a way to hold the interest of Area Government members, and build a team that is ready to step out as leaders and make a difference in their community. This six week curriculum was also centered around a theme, which helped tie trainings together, and kept focus for Area Government members who were going through the training.

Aggies Think, Care, Act has continued to be a running theme within our communities even after the retreat. Our leaders are focused on carrying the epidemic to their communities and the rest of campus. We are excited to spread the word, and help IACURH focus on the elements of thinking, caring and acting.

Bryce Sprosty
Advocacy Coordinator

IACURH 2011

What I Learned at IACURH

From an outsider's perspective it may seem that IACURH is all about being loud and crazy spirited, there's much more to it than just that. After all, IACURH is about bringing all of us together to share our experiences with one another and to build relationships with one another throughout the years. No matter how many IACURHs you've been to there's something new and exciting to be learned at each one. Here's what I learned at IACURH 2011 at the University of Wyoming:

1. Size doesn't matter

I used to think that the problems faced by big schools and small schools were not the same problems. Turns out I was wrong. Sure our problems might be different in scale or magnitude, and certainly we all have problems that are different or those that are unique to our campuses. Some of these shared problems include: recruitment and retention, successful programming and interpersonal relations among eboard members. Tackling these problems alone can sometimes feel like an uphill battle, but thankfully the members of IACURH are always there to help you out when you need help tackling a problem.

2. Relationships matter

A lot of what we do as RHAs and NRHH Chapters depends on the relationships we have with other organizations on our campuses. If we don't have good relationships with our room scheduling departments we're limited in where we can host events and meetings. It's easy to see how detrimental bad relationships can be to us. At times it may seem tedious and even one-sided, but the relationships we have are of the utmost importance to our wellbeing. Something that many of us forget is that relationships are neither transferable nor assumed. When transitioning always remember to provide the necessary information to allow your successor to strengthen and build relationships on your campus. But most importantly; relationships need constant work in order to maintain.

3. It's about the journey NOT the destination

As cliché as it might be it's true, and if it weren't then it wouldn't be a cliché. Expectations are a natural part of any experience, so naturally we carry these expectations with us into these experiences; IACURH included. Many of us entered IACURH with defined expectations, and I'm willing to bet that none of us walked away from IACURH with our expectations fully realized and nothing more or nothing less. But just because your reality didn't match your expectations doesn't mean that the experience wasn't worthwhile. Good, bad or indifferent, each and every aspect of every experience has meaning; we just have to find it. At the end of the day the lessons from these experiences are more important than their outcomes.

4. Pass the Torch

I'll be graduating in May, and quite frankly it's a terrifying thought. I've invested four years to serving my campus, and it's scary to think that in less than 5 months I'll be leaving Tucson, RHA and NRHH for good, I'll be obsolete. I think about what it will be like without RHA and NRHH in my life, and how RHA and NRHH will be without me. Having invested my entire college career to these organizations it's sometimes hard to envision them without me. But then I look at the leadership of my fellow IACURHians and I remember the past "me" from other campuses, and look at them now and I know that everything will be ok because there are tons of great leaders out there waiting to carry the torch of leadership. The best thing that we as outgoing leaders can do as leaders is to provide phenomenal training to our future leaders.

Shelby Vogl
RHA President
NRHH VP of Regional Recognition and Scholarship
The University of Arizona

IACURH 2011

What I Learned at IACURH

For the first time in Rocky Mountain College history (RMC), 10 delegates participated in the annual, Intermountain Affiliate of College and University Residence Halls (IACURH) conference. The conference took place from November 11, to November 13.

RMC Delegates participated in different programs and events throughout the conference. Their advisor April Stevenson, who is also the RMC Housing Director worked with other college/university advisors and was always available to help any of her RMC delegates during the conference.

Rocky Mountain College learned several things from IACURH and took everything back to their campus with the goal of implementing each new idea within the next few years. As most IACURH delegations are aware of, RMC is not yet an official Residence Hall Association (RHA). However, they have taken steps to reach that point.

The couple of weeks after IACURH, the Rocky Mountain College delegation met in several meetings discussing the establishment of the RHA constitution. So far, RMC has written a rough draft constitution, and the delegates are currently working on editing its contents to better fit Rocky policies and student population.

Positions for (hopefully) No Frills and NACURH will be filled after Rocky Mountain College returns from winter vacation. They hope to attend No Frills and NACURH but the decision is yet to be made. The RMC delegates are working extremely hard to reach their goal of becoming an official RHA.



Rebecca Galan

NCC

Rocky Mountain College

NACURH Reflections

It seems like just yesterday I was selected to be a 2008 delegate at a conference called IACURH at UC Boulder. I was a freshman, totally lost as to what RHA was, what a region was, and why on earth I signed up to go to a conference that involved flying! Little did I know that this conference would completely change my collegiate career.

Four years and 10 conferences later, NACURH, Inc. has become a place that I have learned, grown as a leader, and made a ton of incredible friends. It boggles my mind that just 7 semesters ago I was considering leaving campus to live at a place with a pool. It's unbelievable the opportunities I would have missed out on.

This winter recess, I have been applying to graduate schools, looking for apartments, and preparing myself to phase out of NACURH, Inc. While I am sad to leave this amazing group of leaders, I am so thankful for the skills I have accumulated, the knowledge I have been able to share with others, and the networks I have made in this organization. I thought I would give a few insights to those just starting their journey in NACURH, deciding whether or not to continue on in the organization, or graduating into new journeys.

Campus News & Development

NACURH Reflections cont.

- 1) Always take advantage of all that IACURH & NACURH have to offer. Attend every conference you can, utilize the resources given to you, and put yourself out there. Considering implementing a new program? Do it! Write a guide for other schools to use. Submit the program for POY. The best feeling I have is knowing that I submerged myself wholly in the organization, taking the time to get involved in every conference, spirit competition, SALT presentation, and committee I could.
- 2) Make connections. Each conference chair encourages their attendees to do this, but have you REALLY been able to do it? It took me several conferences to recognize the importance of meeting new people and making connections. I now have role models and friends in places like Bozeman, Southern Illinois, Mississippi, all the way to British Columbia! I have been able to rely on these friends for support, advice, and just general facebook chats (shout-out to you, Chase). These connections have truly made my experience worthwhile.
- 3) Focus on the big picture. Sometimes the little things get in the way of understanding the big picture of NACURH. When a powerpoint presentation doesn't convert, when your fingers are blistered from trying to hot glue 2500 door decs, when your delegation doesn't win that one award you spent hours on, remember the bigger picture. NACURH is about leadership, networking, friendship, and supporting students in the residence halls. Don't get hung up on the little things. Instead, remember the great things NACURH has done for you and your leadership.



As I close in on my NACURH experiences, I encourage you to have the best opportunity you can. Learn, grow, and succeed. I challenge you to push yourself: compose one more bid, meet one more friend, find one more goal to reach for. I promise you, this organization is life changing. Let it do so for you.

Sarah Herndon
NRHH President
The University of Arizona

Regional News & Updates

Paw Points, Creating an Effective Incentive Based Program

Looking back on this semester, there are many things I would have done differently, one of those things is Paw Points. As the Social and Traditional Events Coordinator (STEC), one of my jobs is to calculate, and track Paw Points for the communities on-campus. Paw Points much like Banana Points is an incentive based program allowing communities to earn points for being involved in there community, the campus and beyond. The Paw Points system has been in place for fours years at UNC, but in the last year has gone through a major overhaul. As the system currently stands, it focuses communities to earn points doing activities for RHA as a whole as well as what there community does within itself. The system has community council programmers fill out trackers, which they turn in at every business meeting (every other week) and then I calculate points and award a “Community of the Week” based on who has the most points for that week and they are awarded the “COW” or trophy to keep in there community until the next business meeting.

There are many issues with the current Paw Points system as it stands today. During the re-vamp of Paw Points, we took out the ability to earn points during RHA meetings. Which in return has made our meetings not as fun and exciting. Not very many people dress to the theme or participate because in a sense, there is not always a reason to.

Within the last month, bigger issues began to occur. Paw Points will always be an incentive based program, and it will always stir up competition between communities, but there is a fine line when competition goes too far. When communities on campus are declaring war on one another because they want to win Paw Points (yes it happened) is where I draw a line. Don’t get me wrong I love competition, and I think that it allows many great resources, but I do not want our communities to be trying to earn Paw Points for the sole reason of earning Paw Points and beating another community. Where is the line? And how do we enforce healthy competition?

Other problems that have occurred are in the process; the points communities are able to earn and how points are tracked. UNC has two separate campuses, west campus, which holds five residence halls each holding between 300 and 500 students and central campus with three residence hall communities in which each community is made up of multiple small buildings. The current Paw Points system favors west campus, it has more opportunities for them because of their size and the way their buildings are built. Communities on central campus struggle simply because of numbers, there are not just as many people on central, and not every way to receive points is feasible for them. For example, communities can earn five points for decorating a window in their community with community pride. This is not an option for communities on central because they do not have windows in which to decorate. Most buildings in their community do not have large windows to decorate, or have screens blocking windows; whereas every building on west campus has large community windows in which to decorate. Other problems include how they are tracked by the communities and turned into myself, and whether the RHA executive board is biased to certain communities, this came up because two communities won the Community of the Week all semester.

As I sort through the mess, and try and decide what to do, I have many options. I however, did not know where to start. I decided to start by sending a survey to a selected group of RHA members, RAs, and Hall Directors. I chose participants at random. At this point, I have received good feedback and good responses. I have taken this feedback as well as my own feedback to re-vamp the Paw Points system yet again. This time I am working to change the system to allow a 50/50 split between points from participating in RHA, both during meetings and outside of meetings, as well as for there individual

Campus News & Development

Paw Points, Creating an Effective Incentive Based Program cont.

communities. The system has a lot of changes, many that will help to benefit and even out both sides of campus, as well as, created more points for realistic opportunities.

I am planning on presenting the new system to the RAs and Hall Directors during our spring training in January and then again to the RHA general council during our first meeting of the semester. I am anxious to see the reaction, and to see if the new system will allow healthy competition, fairness between campuses and more opportunities to help build community.

Anna Korbelt
Social and Tradition Events Coordinator
University of Northern Colorado

Making the Most Out of Winter Break

Winter Break is a much anticipated event for every college student. After toiling over assignments, not to mention working on Residence Life assignments, for months, every student is ready for a break.

Although having a few weeks off from school is fantastic, us student leaders know that we cannot leave our emails untouched for that amount of time. With No Frills quickly approaching, it is necessary that we keep up with our work as student leaders.

My first suggestion to you is to take a few days off. Do not check your email, do not work on RHA or NRHH things. Take a break. This will relieve plenty of the built up stress from this last semester. Your next step is to make a list of each thing you must/want to accomplish over your break. Prioritize the list from the most important to the least. Then start working on that list and checking things off. Work on the list for an hour or two each day.

Some items that you may consider putting on the list is:

- 1) No Frills Bids
- 2) Campus election materials
- 3) Training preparation

By breaking up tasks into a list, the tasks will seem less intimidating and more manageable. By completing the necessary tasks, you are able to have the best of both worlds. You are able to complete work and fit plenty of rest time into your break. By making sure that you take winter break to rest, you ensure that you can return to school ready to go.

Kelsey Murray
RHA President
University of Northern Colorado