The Official Newsletter of the UCR Campus Apartments

DECEMBER 2018

Reflecting on the Fall Quarter

Daniel Castaneda

As the quarter winds to a close and you near winter break, take a moment. Reflection helps you to grow. Ask yourself the following questions:

- What work/assignments are you pleased with this quarter?
- What did not go according to your plan?
- How did that challenge make you feel?
- What improvements can you make for next quarter?

These questions can help you identify things to be thankful for, acknowledge the challenges you faced and your initial response, and develop an action plan for the future. While you may not always want to think through challenges, if you develop a growth mindset you can improve your chances of achievement and recognize your ability to navigate challenges. You can’t always change that grade, but you can determine your response.
WHEN WRITING GETS TOUGH

Sierra Andrew

As final exam season begins, the days get shorter, and the holidays creep up on us, it can be hard to maintain focus on writing assignments. Instead of procrastinating in fear of writing your fifteen-page term paper, get a head-start by tackling your resistance towards writing directly. Here are some tips to make your next writing session at Starbucks a little more productive:

Set a writing goal: A writing goal can be as simple as completing one paragraph each day or writing two pages each week to accomplish your final project. Writing is easiest when projects are broken into smaller tasks. Start off small by writing the potential title of your essay or typing in your last name and page number header. Create a title page for each assignment you have at the beginning of the quarter. You will feel accomplished by getting started on your assignment.

Revisit assignments: You don’t have to complete an essay in one sitting. Do not feel pressure to keep writing if you are experiencing writer’s block. It is normal to experience days where your writing is not up to par and your creativity levels are low. Do not let this discourage you from picking up where you left off a few hours or days later.

Remember that writing is a process: Over time, students can sharpen their writing skills with practice and experience. Nobody cultivates a skill without proper dedication and effort. The best way to improve your writing capabilities is by editing your own papers or getting a second look by a professional. Most published works are edited, reviewed, and revised several times before being placed on the market or featured on an online platform. To guarantee a higher score on your writing assignments, make time to revise your documents and read your writing aloud.
**Use writing resources on campus:** There is no need to be intimidated by office hours. If you are experiencing trouble forming an argument or understanding what is expected from your professor, you should schedule regular office hour appointments. If your professor is condescending, please seek out additional resources on campus such as the Academic Resource Center or the Graduate Writing Center. Specifically, the Graduate Writing Center and the Rivera Library have several writing and formatting handbooks that teach you how to write and cite your academic references.

**Get to the root cause of your difficulties with writing:** Are you experiencing financial, social, or any other external conflicts that are weighing you down? Are you a serial procrastinator that waits until the last minute to complete writing assignments, causing you numbness due to the thought of failing your course? Being in a perpetual state of stress impacts your ability to communicate your thoughts on paper. Do what is in your power to minimize stress so that you control your thoughts and make space for the production of high-quality work.

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**Campus Apartments Resident Association**

- CARA represents residents from Bannockburn Village, The Plaza, Falkirk and Stonehaven
- Their main goal is to represent the interests of residents and advocate to improve the community
- Meetings are on Tuesday nights from 7:30 pm - 8:30 pm at the Falkirk Poolhouse
- If you are interested in getting involved, please contact Rikki Acuna, Vice President of Marketing, at racun004@ucr.edu
CALL FOR ARTICLES

Are you a good writer? Do you have something that you want to share with other residents? We are looking for articles that appeal to a broad readership, rather than a specialized audience. The article should feature a topic that you are passionate about. Preference will be given to articles that are within these seven categories:

- Campus Connections - Resources on Campus
- Social Justice
- Academic Achievement
- Career & Professional Development
- Civic Engagement and Responsibility
- Wellness
- Personal Growth and Development

Generally, the requirements are as follows:
- 350–750 words (this is not a hard requirement, but the article should be about 0.5–1 page)
- You should be willing to make edits based on our review

If you are interested in writing for the February newsletter, please submit your piece by January 12 to dcast040@ucr.edu. Be sure to include your name, community that you live in, and any other information you would like the editor to be aware of!
RECOMMENDED WINTER READING LIST

East of Eden - John Steinbeck
“But the Hebrew word, the word timshel—‘Thou mayest’—that gives a choice. It might be the most important word in the world. That says the way is open. That throws it right back on a man. For if ‘Thou mayest’—it is also true that ‘Thou mayest not.’”

• Steinbeck beautifully captures the Salinas Valley and human nature in this book. Using the Trask family as the focus of the novel, he explores evil, love, guilt, family, the relationship between fathers and sons, and our capacity to choose.

Little Fires Everywhere - Celeste Ng
“Sometimes you need to scorch everything to the ground and start over. After the burning, the soil is richer, and new things can grow. People are like that, too. They start over. They find a way.”

• In Shaker Heights, Ohio, two families are brought together because of their children. However, their ideal lives are quickly shattered by a series of unexpected events. The major themes this book addresses are motherhood, personal identity, art, love, and race relations in the American suburbs.

Evicted: Poverty and Profit in the American City - Matthew Desmond
“By and large, the poor do not want some small life. They don't want to game the system or eke out an existence; they want to thrive and contribute.”

• This book follows eight families in Milwaukee and describes their experience trying to find (and remain in) affordable housing. Their stories are unique and by the end of the book, you will find yourself caring deeply for certain individuals. You will walk away with a greater understanding of how housing security and poverty are intimately connected.
Crush Your Test Anxiety
Learn the truth about test anxiety and how to help it.
Oban Pool House
12/1/18 @ 6:00 pm

Study Abroad Mor
Learn about how to study abroad!
Glen Mor North, Building E Lobby
12/3/18 @ 8:00 pm

Sound Asleep by the WELL
Learn how the sleep we get affects all aspects of living—attention span, mental health, memory and physical health.
Stonehaven Front Lobby
12/3/18 @ 5:00 pm

DIY Holiday Decorations
Make your own holiday decorations for festivities!
Glen Mor B Building Lobby
12/3/18 @ 7:30 pm

Do You Even Yoga?
Join us as we use yoga to develop a better version of ourselves.
Falkirk Pool House
12/4/18 @ 4:00 pm

The Big Reveal
Reveal the truth about sex and gender through baby shower games!
Bannockburn J102
12/4/18 @ 6:30 pm

Get a Pizza That Action
Think you can create and manage a country? Let’s find out!
Falkirk Pool House
12/5/18 @ 7:30 pm

Stu-TEA Time
Stressed about Finals Week? Come study with your fellow residents/RAs and enjoy snacks, coffee, tea, and free scantrons!
Glen Mor K106/K108
12/6/18 @ 5:00 pm

Take a Walk in Someone Else's Shoes
Learn how to be more socially aware in a diverse community!
Falkirk Pool House
12/6/18 @ 5:00 pm

Stay Well this Finals Szn
Get a chair massage, play with therapy puppies, get face masks and learn self care tips.
Glen Mor North K106/108
12/6/18 @ 12:00 pm

Monster Schedule?
Learn how to manage a busy schedule.
Glen Mor North
12/7/18 @ 5:30 pm

Waffle Way to Take a Study Break!
Take a break from studying & enjoy a delicious waffle!
Glen Mor F Building, Room 604
12/9/18 @8:30 pm

Holiday Wishes
Wishing you good luck on finals with a treat before you leave for break!
Glen Mor Apartments
12/10/18 @ 8:00 pm
CALENDAR EVENTS

*Please note that the times and locations may change

Relax and Unwind
Relax and learn how to deal with test anxiety.
Stonehaven Lobby
12/10/18 @ 6:00 pm

Healthy Trail (Mixer)
Meet fellow residents and learn healthy eating tips while making trailer mix.
Stonehaven RSO
12/13/18 @ 5:00 pm

Self Care With Succulents
Plant succulents to take home and relax.
Falkirk Pool House
1/9/19 @ 5:00 pm

Sip 'N Paint: DiversiTREES
Join in on Sip 'N Paint night, learning more about diverse social identities, while enjoying cheese, crackers, and sparkling apple cider!
Plaza Pool House
1/16/19 @ 7:00 pm