IT’S MIDTERMS SEASON

Midterms and essays are already here. Can you believe it is the sixth week of school? From tutoring sessions to de-stressing programs, we have you covered!

6 WAYS TO MANAGE EXAM STRESS

- **Sleep**: Having enough sleep prior to your exam will ensure that you are energized and ready.
- **Exercise!**
- **Set reminders**: Need to review a chapter? Pace yourself and set reminders on your phone so you won’t forget!
- **Study in distraction-free environment**
- **Take a break.**
- **Sleep, Again!**

**ACADEMIC RESOURCE CENTER**

The Academic Resource Center (ARC) offers a variety of academic support—tutoring, Supplemental Instruction (SI), workshops. R’Success workshops cover study and life skills with topics such as time management and public speaking. For those who are experiencing academic difficulty, the ARC also provides customized academic support programs. For more information, please drop by the ARC at Surge 156, visit arc.ucr.edu, or call (951) 827 - 3721.
WELCOME HOME, HIGHLANDERS!

Every day you have the chance to interact, impact and influence peers, faculty and staff. The chance begins right here at your Highlander home.

Every month we will be sending you a newsletter and we hope you take time to see what we have curated for you.

It is our sincerest hope that you feel at home, make some friends, and be apart of the community we develop together. We are all excited for another great year here in the Campus Apartments communities which include Glen Mor, Bannockburn Village, Family Housing at Oban, The Plaza, Falkirk, and Stonehaven.

If there is anything we can do to enhance your growth and achievement, please do not hesitate to let us know. Our staff members have undergone weeks of training over the summer to ensure we can assist each community with its varying and unique needs. You can contact the RSO or any of the Residential Life staff if you need anything at all. Their information can be found at http://housing.ucr.edu/under-roof/resident-services.html and at http://housing.ucr.edu/under-roof/meet-team.html.
COMMUNITY RESOURCES & TIPS

Know Your Resources

You are not alone. There are many people and places to turn to for help, advice and support. For instance, a " Resident Advisor On Duty" is always available to call if you are having a problem and/or need after hours or emergency maintenance repairs. Your Resident Advisors walk around the community a few times each night to ensure that the community is safe and secure, and they are trained to deal with minor facility issues and help resolve conflicts between neighbors and roommates.

Please see additional resources below:

- Campus Safety Escort Service (951) 827-3722
- UCR Police (951) 827-5222
- Housing Administration (951) 827-6350
- Your Resident Advisor
- Your Resident Services Office (RSO)
- Health and Wellness Resources (http://housing.ucr.edu/residential-life/health-wellness.html)
- Sexual Harassment Office (951) 827-7070
- Emergency Notification System (http://cnc.ucr.edu/ens/)
- UCR Emergency Procedures (http://ehs.ucr.edu/)
- Housing Community Guidelines http://housing.ucr.edu/residential-life/handbooks-policies.html

Be Observant

Please take the time to be aware of your surroundings. Be on the look out for people who do not belong in our community, and keep an eye open for other safety issues. With your assistance and the help of our neighbors, we can have a safer community!

Take Action

Increase your safety and security, and that of others, by following these steps:

- Lock your doors and windows, and keep personal belongings out of view.
- Keep your keys/cards available for quick use.
- Use well-lit and high-traffic pathways.
- Do not allow unknown individuals, even students, access to restricted areas in the community.
- Register your bike with Transportation & Parking Services.

How To Report A Problem

Communicate anything that seems threatening. Inform people in a position to help.

- In emergency and non-emergency (suspicious behavior etc.) contact the UC Police at (951) 827-5222.
- Speak to any Residential Life or Housing staff member about any concern you may have.
- Submit a Service Request to address repairs needed at any UCR Housing location (http://housingservicerequest.ucr.edu/)
- Explore more options online before deciding the next appropriate step of action.

Credit: Campus Safety, R.O.A.R.
CAREER CENTER DROP IN HOURS

Do you need resume advice? Do you want to learn more about networking? Do you want to find out more about professional opportunities? If so, come to our Career Center drop in hours where the Career Center comes to YOU!

The Career Center will be at Glen Mor J-207 (2nd floor of Resident Services Office) or Bannockburn J-102 from 2:00 - 4:00 PM on the following dates in November:

Thursday, 11/16
Thursday, 11/30

CAREER CENTER INFORMATION

Office Hours
Mon, Tues, Thurs and Fri: 8 a.m. - 5 p.m.
Weds: 9 a.m. - 5 p.m.
Closed during breaks and holidays
Drop-In Counseling
Mon - Thurs: 10 a.m. - 3 p.m.
Fri: 10 a.m. - noon
Closed during breaks and holidays
Location: Career Plaza, in front of University Lecture Hall

Phone: (951) 827-
Fax: (951) 827-2447
Student Questions: career counseling@ucr.edu
Credit: careers.ucr.edu
Have you ever wondered what there is to do while living on campus? According to past residents (and our own staff), there’s a LOT!

Be sure to follow our Instagram page: ucr_campusapartments.
CAMPUS APARTMENTS ADVENTURES
Bannockburn, Oban, Plaza, Falkirk and Stonehaven

ADVENTURES Bucket List

- Eat a meal with your neighbors at The Sub Station or Getaway Cafe.
- Snap a pic at sunset at one of our beautiful pools.
- Meet with one of the Campus Apartment Resident Directors and tell them how things are going for you.
- Attend two (2) of your Resident Advisor’s (RA) programs.
- Arrange a hangout session with your neighbor(s) and RA.
- Attend at least one (1) CARA event.
- Attend at least one (1) CARA meeting.
- Meet with your CARA Community President.
- Snap a pic of yourself with the duty staff while they are walking through your community.

Have you ever wondered what there is to do while living on campus?
According to past residents (and our own staff), there’s a LOT!
Find out as you take on the UCR Campus Apartments Adventures!

Be sure to follow our Instagram page:
@ucr_campus_apartments.

Post photos of you completing all of the tasks above with the hashtag UCRApartmentAdventures and the photo caption "BEFORE Week 10" to earn a $5 coupon to any campus dining venue!
Your profile must be public.

Once you have completed all of the tasks, take a short survey: bit.ly/UCRApartAdventures.
If you wish to participate but do not use social media, please email your photos to: chris.williams@ucr.edu. Submit photos by 5pm on 12/8.

If all registered residents in your apartment complete the UCR Campus Apartments Adventures, we’ll buy your whole apartment dinner!

Get all registered residents in eight neighboring units to complete the UCR Campus Apartments Adventures and win a block party!

UCR | Residential Life

MOR EXPERIENCE Bucket List

- Have a Monkey’s Uncle from Scotty’s in Glen Mor.
- Take a picture at sunset at the Glen Mor pool.
- Take a picture at sunrise at the Glen Mor pool with the mountains in the background.
- Have a meal with both Glen Mor Resident Directors.
- Attend two (2) of your Resident Advisor’s programs.
- Attend at least one (1) GM RHA event.
- Attend at least one (1) GM RHA meeting.
- Take a picture with duty staff while they are walking your community.
- Attend an event in Glen Court (between bldgs F, I, G).

Have you ever wondered what there is to do while living on campus?
According to past residents (and our own staff), there’s a LOT!
Don’t miss out on your chance to get the Mor Experience.

Be sure to follow our Instagram page: @ucr_campus_apartments.
Post your photos using the hashtag #MorLife as the photo caption for each photo submission. Or, you can direct message our Instagram page. Your profile must be public.

Once you have completed all of the tasks, take this short survey: bit.ly/MorExperience.
If you wish to participate but do not use social media, email photos to: jamal.myrick@ucr.edu.
Submit all photos by 5pm on 12/8.

UCR | Residential Life
CALANDER OF EVENTS

From academic to DIY programs, we have many offered throughout Campus Apartments!

*Please note that times and locations may change.

**Treat Yo Self!**
Come learn how to treat yourself on a tight budget and enjoy free pizza.
Falkirk Pool House
11/13/17 @ 6:00 pm

**Study Abroad Panel**
To teach residents about studying abroad.
Glen Mor J209
11/13/17 @ 7:00 pm

**Fired Up!**
Residents can enjoy a night by the fire pit while learning about fire safety.
Glen Mor Pool/Fire Pit
11/13/17 @ 8:00 pm

**Fight Highlander Hunger**
Learn local resources to fight food insecurity.
Plaza Pool House
11/14/17 @ 6:00 pm

**CARA 'bout a Game Night?**
Meet your community president with games and food.
Falkirk Pool House
11/14/17 @ 6:30 pm

**Whoopsie, I did an oopsie**
Learn about the role of your RA and what to do in a messy situation.
Oban Community Center
11/15/17 @ 6:00 pm

**Welcome Home!**
Residents will be able to decorate their own doormat, play housing quizzes, and enjoy some light snacks.
BB J-102
11/15/17 @ 6:00 pm

**Pot a Plant**
Pot a plant with residents and encourage sustainability.
Glen Mor B/D Courtyard
11/16/17 @ 6:00 pm

**The Flu ends with U!**
Dont get stuck in bed! Protect yourself from the flu!
Falkirk Pool House
11/15/17 @ 6:30 pm

**A Trail (Mix) to Healthy Choices**
Make your Trail Mix and learn some healthy tips!
Glen Mor E Building Lobby
11/15/17 @ 6:30 pm

**Tie Die Party!**
Come to the Plaza Pool House for DIY Tie Dye.
Plaza Pool House
11/16/17 @ 6:30 pm

**Financial Fun!**
Come out and learn about financial tips while decorating your own piggy bank!
Glen Mor C-001
11/15/17 @ 7:00 pm

**Connect Mor with Us!**
Come out for a fun game night and churros!
Glen Mor Building F Study Lounge
11/15/17 @ 7:00 pm

**Yoga and Boba!**
Take a deep breath and join us for a relaxing session of yoga! Then cool down with some delicious boba!
Glen Mor C-001
11/15/17 @ 7:00 pm

**Brownie Points: Alcohol Safety**
Enjoy Brownies and Lemonade as we learn valuable tips on alcohol safety in our community.
Stonehaven Lobby
11/15/17 @ 7:00 pm
**Sip, Sip, Hooray! Coffee Mug DIY**
Learn about the importance of sleep, decorate your own mug, and snack on milk and cookies with friends!
Glen Mor Building M 3rd Floor Lounge
11/16/17 @ 6:00 pm

**Condom Bingo**
Come test your knowledge and win some prizes.
Stonehaven Lobby
11/17/17 @ 6:00 pm

**Friendsgiving**
Spend an early Thanksgiving with your friends!
BB J102
11/17/17 @ 7:00 pm

**The Highlander Lunar Festival**
Learn, Laugh, and Live it up at the Lunar Festival.
Glen Mor Pool
11/16/17 @ 7:00 pm

**Botanic (Non)Panic!**
Want to stay healthy on a budget? Don’t panic! Come on a hike with RA Korbino and find out how!
Stonehaven Lobby
11/18/17 @ 10:00 am

**Baby It’s Cold Outside**
Come out and design your own hot cocoa mix!
Stonehaven RSO Lounge
11/20/17 @ 6:30 pm

**Party Safety**
Provide a fun, educational program to learn about party safety.
Glen Mor C-001
11/20/17 @ 6:30 pm

**Thanksgiving Table Decorations**
Come out and make DIY crafts for Thanksgiving Table Decorations! Mason jars and coasters!
Glen Mor E Building - 3rd Floor Terrace
11/20/17 @ 6:30 pm

**DIY Wreaths**
Building our own wreath decorations.
GMA Building Lobby
11/20/17 @ 8:00 pm

**It’s the FINAL countdown**
Come destress yourself with a cup of hot cocoa and some study materials!
GM G Building Lobby
11/20/17 @ 7:00 pm

**Rockin’ Resources**
Come learn about all the campus resources UCR has to offer you.
Stonehaven Lobby
11/21/17 @ 6:00 pm

**Deserts Only Thanksgiving**
Decorate deserts and talk about Thanksgiving traditions.
Falkirk Pool House
11/21/17 @ 8:00 pm

**Healthy Highlanders**
An educational program about healthy choices on a budget.
Glen Mor I Building Lobby
11/21/17 @ 6:00 pm

**Treat Yo Self**
Manage stress on a tight schedule with a tight budget.
Oban Pool House
11/21/17 @ 7:00 pm

**F for Finance!**
Review your resume, explore career options, and find your direction!
Glen Mor F Study Lounge
11/23/17 @ 1:30 pm

**Healthy Living Series: Yoga and Morning Routines**
Learn how to begin your morning and start the day off right.
Glen Mor Multipurpose Room
11/27/17 @ 7:00 pm

**Stress Management**
To learn about stress management and study tips before finals.
Glen Mor C-001
11/27/17 @ 7:00 pm
**Cupcakes & Connect**  
Connect with your community, while decorating a cupcake!  
Glen Mor Building L Study Lounge  
11/27/17 @ 7:30 pm

**Let's Talk About Sex**  
Students will discuss healthy relationships and sex.  
Bannockburn J102  
11/28/17 @ 6:00 pm

**Kryptonian Karaoke**  
Come dressed as your favorite super from any universe to throw down in an ultimate lyrical battle.  
Stonehaven G187  
11/28/17 @ 6:00 pm

**Debunk that Stress and Decompress**  
Come play some fun games and win awesome prizes!!  
Falkirk Pool House  
11/28/17 @ 7:30 pm

**Finals? Donut Stress!**  
Week 9 got you stressed about finals? Catch a break with some donuts, OJ, and community friendship!  
QMM Building -- Study Lounge 3rd Floor (or) Lobby  
11/29/17 @ 5:00 pm

**DIY Glitter Jars and Finals Goodie Bags!**  
Come prepare for finals by making a relaxing glitter jar, and a finals goody bag!  
Falkirk Poolhouse  
11/29/17 @ 6:00 pm

**Time Management Tips**  
Presentation about how to manage your time.  
Falkirk Pool House  
11/29/17 @ 6:30 pm

**Food and Mental Health**  
Come out and learn about food and mental health tips before heading back home for the holiday break!  
Glen Mor C-001  
11/29/17 @ 7:00 pm

**DIY Succulent Jar**  
Come make a succulent jar and hang out with your RA.  
Stonehaven Lobby  
11/30/17 @ 6:30 pm