

# NOVEMBER NEWS

## Working Through College Transitions

Many articles have been written about the transition to college. As students of Eastern Connecticut State University who have just finished mid-terms, you now know firsthand how difficult it can be. You may be worried that you are not engaged or are not connecting to the campus. You may be getting parents, RAs, Hall Directors asking, "Are you making friends?", "Are you participating in activities?", "Have you thought about joining a club?" Talk about pressure! Being social takes risk. Engaging with others can be difficult. Making friends takes time and it is harder for some. But it also takes effort. Eastern provides many opportunities through organized events for students to engage with others. Look at the calendar of events and find upcoming activities that interest you, there truly is something for everyone.

While the events occurring any day/weekend may not be of interest to you, take the chance to try attending a new event, something that may not initially interest you, you never know what may peak your interest and put you on the path of a new hobby, etc. Encourage your friends and roommates to engage in campus life, even in small ways. If you don't know how to use the washing machines – ask! If you want to know about a certain class or professor – ask! If you want someone to go to Friendly's – ask! Even the smallest gesture can help create a connection. If this is your first time at college, trust me, you will be OK. You will learn to reach out to others and start to see diversity in the world, learn coping strategies, and develop into the self-reliant young men and women that you have worked so hard become.

## Thanksgiving Break Closing

Halls close on Tuesday, November 24, 2015 at 6:00pm and reopen on Sunday, November 29, 2015 at 10:00am.

### ALL RESIDENT STUDENTS ARE EXPECTED TO FOLLOW THESE PROCEDURES

1. Please be sure to take all valuables with you when you leave.
2. Remove all trash from your room and place in the dumpster.
3. Unplug all items (except refrigerator).
4. Close and lock all windows and doors. Turn off lights.
5. This is a great time to take home summer clothing and other items that you no longer need!

The housing staff will be going through all of the rooms to make sure everything has been completed. Any student who has a night class on November 24<sup>th</sup>, and is not able to leave by 6:00pm, should contact their Hall Director by Monday, November 23<sup>rd</sup> to discuss your situation and make alternative arrangements to stay in the hall until Wednesday, November 25<sup>th</sup> at 10am.

## Congratulations High Rise! Winners of Warrior Cup's Volleyball Tournament



## Important Dates

November 18	Warrior Cup Event: Racial Micro – Aggressions in Everyday Life
November 20	Relax with FAD
November 24	Halls Close at 6:00pm, Thanksgiving Break
November 29	Halls reopen at 10:00am
December 1	Winter Housing Applications go Live
December 2	LEAP
December 9	24 Hour Quiet Hours, All Halls
December 10	Classes End
December 11	Reading Day
December 12	Finals Begin