

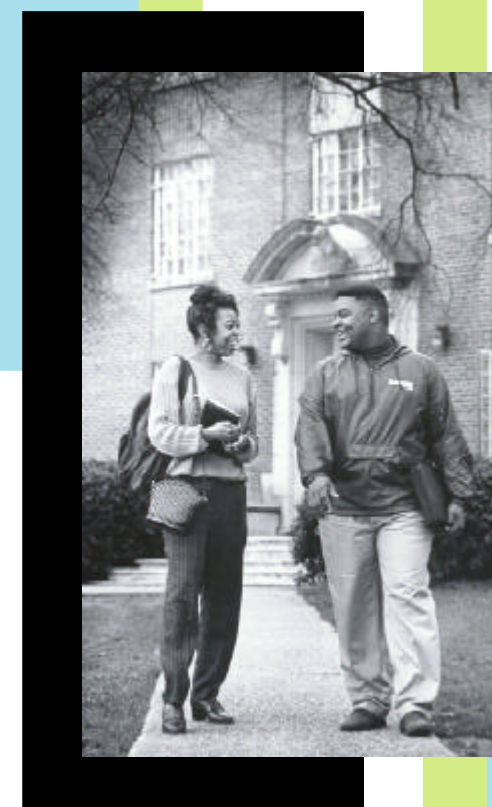


Welcome to Mississippi State University

Making the Most of Your MSU Residence Hall Experience

We hope this brochure will help you become familiar with some of the programs and resources available in Housing and Residence Life at MSU. As a student, you will be making a number of adjustments. These may seem challenging at times, but there are a variety of activities and resources available at both MSU and in Housing and Residence Life to help make this a good year for you. Upcoming events will be publicized, or check with your RA to take advantage of all our different programs. We encourage you to do all you can to become part of MSU. Have a great year!

Housing & Residence Life



Programs and Resources

Mississippi State
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Housing and Residence Life Programs and Resources

Student Leadership Opportunities

Four department-sponsored student organizations provide opportunities for emerging student leaders to interact with housing administration for policy development and to serve other residents as well as the local community. These organizations are the Residence Hall Association (RHA), the Resident Assistant Association (RAA), the National Residence Hall Honorary (NRHH), and the RHA Judicial Board. Contact your resident assistant or residence director for more information.

Pathfinders: Freshman Academic Success Project

Collaborative freshman support program between the Social Science Research Center and Housing and Residence Life. Academic assistants who serve as housing staff stress the importance of class attendance in the early weeks of the freshman year and assist students with academic difficulties. A student academic assistant is assigned to coordinate and act as liaison between the departmental academic assistants and the program coordinator. Contact the Pathfinders coordinator at 325-0595 for more information.

Alcohol 101 CD:

Interactive educational tool. Copies are available for check-out at each hall desk and provide a self-paced virtual tour of alcohol-use facts, moderation strategies, and intervention tips.

BEST

(Bettering Education through Students and Teachers):

Faculty convocations with residents of Hightower and Duggar honors halls. Residents interact with faculty during presentations of interest to residents and the faculty member.

Women's Resource Center:

Located in the basement of Rice Hall, the center is a collaborative project between the Women's Studies Program and Housing and Residence Life, providing women's history and development resources.

Athletic Academic Assistance Center:

Collaborative program between Housing and Residence Life and Athletic Academic Support Services. Located in the basement of Hathorn Hall, this office provides academic assistance, tutoring, and other resources to all resident freshmen.

Resident Assistant Social Programs:

Resident assistants (peer assistants available to students on individual floors) sponsor social programs in addition to wellness programming each semester to involve residents in developing the community on individual floors, based on residents' interest.

Freshman Academic Assistants:

Collateral assignment for resident assistants providing academic assistance to residents of freshman residence halls through tutoring, study buddies, and academic assistance programming.

Community Police Officers, Bully Patrol, and Adopt-a-Cop:

Collaborative programs between the MSU Police Department and Housing and Residence Life providing two police officers with full-time assignments to residence halls for programming, Operation Identification, incident follow-up and education, walking escorts for pedestrian residents, and a police officer "buddy" assigned to each residence hall.



Living With Others

One of your transitions will be living with a roommate in a residence hall. This can be a challenge, especially if you have never lived with another person. Here are some tips to help you:

- **Keep a good attitude.** It can help you in learning more about your roommate and dealing with situations.
- **Talk to each other.** You need to communicate about issues such as noise, cleaning, use of phone, visitors, taking messages, etc.
- **Listen to what your roommate has to say.** Open communication means you talk and listen.
- **Be willing to compromise and be flexible.** It's not a matter of "getting your way," but of finding the best solution for all involved.
- **Remember to ask before you borrow.**



The Wellness Model

MSU residence hall programming utilizes a seven-dimension wellness model. Resident assistants plan and implement seven programs throughout the academic year, both for individual floors and the residence hall, using each of the seven dimensions of wellness listed below as a program topic. Programs may vary within each wellness area. See your resident assistant for more information.

The Academic Side of Life at MSU

Some suggestions on how to be successful academically:

- Go to class and pay attention. You can't get a good grade if you aren't there and aren't participating!
- Go to programs on study skills and time management. They are designed to help you.
- Take a tour of the library and computer lab so you are familiar with the resources.
- Find a place where you can study each day and schedule time for studying.
- Keep up with your reading and homework. Cramming is the least successful way to make good grades.
- Talk with your advisers regularly. They can help.
- See your RA about academic assistance services offered in your residence hall or other places on campus.

Safety on Campus

Some helpful tips on staying safe:

- Always lock your door. It can help keep thieves out.
- Do not leave valuables visible from outside your vehicle.
- Don't walk alone, especially at night. Walk in well-lighted areas and let someone know where you are going.
- NEVER prop open an exit door in your hall. You are jeopardizing the safety of many others if you do.
- When walking or jogging, don't wear a stereo headset. This prevents you from paying attention to what's going on around you.
- Don't flash large amounts of cash.
- Keep your keys in hand as you are walking to/from your car or room.
- Carry your ID with you at all times.
- Call the MSU Police at 325-2121 to report any suspicious persons or activities.

10 Helpful Hints for Surviving College

1. The year will fly by faster than you think, so utilize time management skills.
2. Don't miss any part of the first-year programs.
3. Get to know the resources available to you. These include: hall staff, academic department, advising centers, faculty, and student affairs resources.
4. Pick your friends carefully. Avoid those people who do things that you may not want to do.
5. Learn to manage your time. You will be setting your own schedule.
6. Find a quiet place to study and follow a schedule.
7. Get involved in some type of organization or activity. Try your Residence Hall Association.
8. Talk to your professors. Don't be afraid to approach them.
9. Take care of yourself. Make sure you eat healthy, exercise, and sleep.
10. Hang in there.

What is Wellness?

Wellness affects you as a total person. It means being healthy and well-developed in the different aspects or dimensions of your life that make up who you are. Wellness can be defined as the optimum human functioning of a person as an individual and as a member of a community. When each area of your life is functioning, the ride goes much more smoothly. We have chosen seven different dimensions that address issues most of us face. Many other universities around the country have adopted a similar wellness model.



Seven Dimensions of Wellness

1 EMOTIONAL

Emotional wellness emphasizes the awareness and acceptance of personal feelings. It involves learning to express them appropriately while being sensitive and responsive to the emotions of others. Important components include dealing effectively with stress and being emotionally self-sufficient when necessary. Other aspects of this dimension include: how to love, family relationships, loneliness, anger, friendship, assertiveness, saying goodbye, accepting love, accepting myself, healing past hurts, and being honest and open with inner feelings.

2 PHYSICAL

Physical wellness involves maintaining the body at an optimum level of functioning. Physically well persons follow a healthful eating plan, get adequate rest, exercise regularly, and take care of themselves. This includes avoiding the abuse of food, tobacco, alcohol, and other drugs. This dimension includes: nutrition, fitness, team sports, relaxation, anorexia, alcohol, bulimia, smoking, recognizing when I am sick and need help, weight control, and getting enough sleep.

3 SOCIAL

Social wellness involves balancing the needs of self with the needs of others. Socially helpful people experience the benefits of being alone, being with others, and being in a crowd. They also strive for harmony in relationships but recognize that disagreements are inevitable and need not destroy friendships. This dimension includes: respecting the rights of others, living with a roommate, feeling at home, resolving conflict, having fun, making friends, learning to listen, contributing to the welfare of the community, and meeting new people.

4 SEXUAL

Sexual wellness involves recognizing, accepting, and being satisfied with one's sexual identity. It focuses on making informed choices and taking responsibilities for one's actions. Also included in this dimension are: setting limits, methods of contraception, date rape, sexually transmitted diseases, responsibility in relationships, choosing to wait, and alternative lifestyles.

5 LIFE PLANNING

Life planning begins with choosing an academic major and career options based on personal strengths and values. It also means planning for the future and adequately preparing for change so that adjustments and transitions go smoothly. This dimension covers: choosing a major, exploring career options, the world of work, interview skills, being a good employee, marriage and family, living on a budget, time management, living on my own, making time for leisure outside work and school, financial planning, and parenting.

6 INTELLECTUAL

Intellectual wellness contains the elements of curiosity and creativity. It involves thinking logically, distinguishing facts from opinions, and making appropriate decisions without complete information and recognizing that those answers often generate more questions. It also includes: exploring new ideas, study skill, current events, enjoying learning writing skills, communicating effectively, grades and what they mean, decision making, and becoming a self-directed learner.

7 CULTURAL APPRECIATION

Cultural appreciation means there is recognition, acceptance, and appreciation of diversity--racially, ethnically, culturally, and artistically. Development in this dimension includes seeking opportunities to understand the differences and similarities between people and appreciating a variety of artistic expressions. This dimension includes: appreciating the experiences of others, learning about different ways of life, recognizing my prejudices, music, theater, art, international awareness, literature, diversity, and racism.

