Where do you want to live next year?

The Office of Housing and Residence Life is excited about the upcoming year and the opportunity we have to welcome you back to campus housing. In order to prepare for this exciting upcoming academic year, Housing and Residence Life has created a way for returning students to self select their own room (and roommates) for the fall 2014 term.

The reserve your room program is available for any current resident who wants to renew their housing contract for next academic year. We want all renewing students to take advantage of our priority pricing! **Apply prior to May 1 and you will receive a 5% reduction in your housing cost, regardless of your housing assignment.**

March 24 - March 26 will be dedicated to any student that wishes to **renew their same housing bedroom.**

March 27 - April 10 will be dedicated to any student that wished to **renew to any new room on campus.**

Here are some important notes about renewals for academic year 14-15:

- Windward Commons residents will not be permitted to renew online to their current space, but we will have a few Windward Commons rooms set aside for people interested in returning to Windward for a second year. Contact housing if you are interested in returning to Windward Commons.
- Compass Point 5000 Building residents that wish to renew will have to relocate to a different building for the next academic year in order to free space for the incoming residents.
- University Terrace Building B will be utilized for students participating in the Finish Strong residential community. Finish Strong residents will be assigned prior to renewals and notified of their acceptance into the community no later than Friday, March 21.

All housing renewals will be performed through your online housing application. We advise you to submit your housing application now and then go back during your renewal period to select your room and roommates.

**Steps for completing the online housing application:**

- Log into your Port of Armstrong account
- Click on the Register tab
- Click the tab for Housing and Residence Life Application
- Continue to the 2014-2015 Academic Year Application
- Complete all steps in the application process.

It is important to have all of your roommates confirmed prior to renewal selection. If you do not complete a Housing application prior to March 26, you will not have the ability to renew to the bedroom you are in now. Your room will then be put up so that any student can select it.

If you complete an application and do not self select by April 11th you will be assigned to any open space that remains (we will try to adhere to your room type preferences as listed on your housing application).

**Reservations fill up fast, so renew your housing as early as possible in your time slot!**
Have a pattern of leaving things to the last minute? Learning how to stop procrastinating during your time in college can literally change your life -- for the better. After all, if you’ve made it to college, you obviously know how to do things successfully, right? Follow the steps below to learn how to stop procrastinating once and for all.

Decide on a time management system and use it -- for one month. Having an awesome time management system isn’t going to do you any good if you don’t stick with it. And sticking with a strong time management system means you’ll be the tortoise (slow and steady) with your college workload instead of the procrastinating rabbit (racing at the end). There are tons of time management systems available; choose one and stick with it, no matter what, for 30 days. After that, it should feel like a habit and you can consider your procrastination partly cured.

1. **Have someone else hold you accountable.** Not good at making yourself sit down and write that paper when there’s tons of fun stuff going on right down the hall? Find a friend who is either great at time management or who wants to stop procrastinating, too. Have them hold you accountable for how you’re spending your time so you aren’t stuck with 3 papers to write, at the last minute, within 2 days.

2. **Get help from folks on campus.** Chances are, your campus has some awesome support services you may not even know about, like professors who are great at mentoring, class advisers, academic support offices, teaching and learning centers, or even a rock-star hall director or TA. And chances are, you aren’t the first student who will come to them for help with procrastination. Ask them to mentor you as you try to break your procrastination habit. If you’re in college, why not learn from the best while you’re there?

3. **Talk with your professors.** If you know procrastination is a problem for you, talk to your professors as soon as possible to set up a system where you, for example, have to turn in drafts of your paper throughout the semester - - instead of just the final paper, right at the end. Doing so will help make sure you are constantly staying on track while also helping your grade.

4. **Track your time for 1 day, 1 week, 2 weeks, 1 month ...** You might be shocked to see where all of your time goes. Using your time management system (see #1, above), write down how you spend your days in as much detail as possible. Then look to see patterns that you can help plan around as you aim to end your procrastination pattern. For example, do you usually spend 3 or 4 hours just hanging out once you return to your residence hall after classes finish? Realize that you probably need an hour or so to decompress -- and that after that, you might be better off heading to the library so you can get some study time in.

### 3 Quick Ways to Relieve Midterm Stress

Regular college stress: Annoying but manageable. College midterm stress: Annoying to the point that you can’t ignore it anymore ... especially when all of your midterms seem to happen within a few days of each other and everyone on campus -- including you -- seems to have come down with a cold.

Taking care of yourself during midterms is just as important as being prepared for your upcoming exams and papers. So just how can you relax amidst the stress of college midterms?

- Do something physical. Go for a walk, join an intramural game, go for a bike ride, go for a run. Just go do something.
- Get some alone time. This may sound strange, but finding a few moments of privacy, peace, and quiet for yourself can do wonders for your mental health. Grab a carrel in the library and hide while tackling a major project or just meditating for a few sacred moments.
- Do something for pleasure. Often, when things are crazy, everything you do is goal-oriented: read this for class, write that up for lab, organize this for a group presentation. Do something fun without setting any goals (other than to just enjoy yourself, of course). Try reading a trashy magazine, playing a video game, or making a new music playlist.
St. Patrick’s Day Savannah!

Savannah has been celebrating its Irish heritage for almost two centuries. Traditional Irish values and customs of old and new are mingled with the vibrancy and charm of a city whose quirky personality comes out in those who call Savannah home and those that are just here to visit for the Annual Savannah St. Patrick’s Day celebration on Monday, March 17, 2014!

The St. Patrick’s Day celebration in Savannah, Georgia is the city’s largest annual celebration and the second largest St. Patrick’s Day gathering in the United States. Attracting roughly 400,000 Irish and honorary Irish visitors and local celebrators each year, Savannah’s St. Patrick’s Day traditions are steeped in the area’s rich Irish heritage.

Many St. Patrick’s Day themed events are planned in Savannah each year, including religious ceremonies and traditional cultural festivities. Popular highlights that visitors may enjoy include the annual Greening of the Fountain in Forsyth Park, the Tara Feis Irish Celebration, the ex-citing St. Patrick’s Day parade, River Street and City Market celebrations, plus more.

St. Patrick’s Day Events Calendar:
- Greening of the Fountain, Forsyth Park, 12 noon Monday, March 17th.
- Celtic Cross Ceremony Sunday, March 16th.
- Irish Heritage Dance, Alee Temple, 8 p.m. Monday, March 17th.
- St. Patrick’s On The River Festival Friday thru Monday, March 14th thru 17th.
- Saint Patrick’s Day Mass, Cathedral of St. John the Baptist, 8 a.m. Saturday, March 16th.
- Tara Feis, Emmet Park, 11-5 p.m. Saturday, March 15th.
- Tybee Island Parade 3 p.m. Saturday, March 15th.
- Jasper Green Ceremony, Madison Square, 4:30 p.m. Sunday, March 16th.
- 2014 Saint Patrick’s Day Parade Monday, March 17th.

Most Popular Spring Break Locations

Spring break is approaching fairly quickly. For college students, it’s a time to take a much needed break from studies and enjoy time in the sun. Whether spending the time with friends or with family, most tend to want to retreat from the winter cold and visit a place that is warm and fun.

Popular spring break destinations include: Florida (Panama City Beach, Miami Beach and Key West), and San Diego California. According to an article from Student Universe Travel Guides, “Panama City Beach’s golden-white beach haven is quickly replacing Daytona Beach as the top Spring Break destination in Florida.” The magazine also stated that “Miami Beach, the King of spring break, still holds strong as one of the east-coast’s hottest spring break 2013 destinations.” White-sand beaches that stretch for miles, sunshine and ever-warm waters have made Florida a student favorite for Spring Break travelers.

Miami’s South Beach is catering more and more to students with cheap hostels and hotels popping up on every corner. Taking a break from the hectic but fun environment that Panama City and Miami Beach may offer, many go to Key West or San Diego just have a more relaxing and peaceful time.

Key West’s, “…tropical weather, friendly locals and unique heritage have made it a fan-favorite for Spring Break…”

Student Universe stated that, “SD’s cool, casual and laid-back atmosphere have made it a Spring Break favorite, year after year. With plenty of California sunshine, a multitude of nightlife options, entertainment and world-renowned tourist attractions, San Diego remains one of the top destinations for Spring Break.”

So pick and choose where you want to spend your next Spring Break! You don’t have to go far to have a great time! Please visit http://www.studentuniverse.com/travelguides/spring-break/Top-7-Spring-Break-Party-Destinations-in-the-USA for more information.
Spring Break: Have fun and be safe!

On the road... Buckle up, disco dancers! Also take turns behind the wheel, and whoever sits shotgun should stay awake to keep the driver company. Make sure everyone has a valid driver’s license and the vehicle registration is in the car before driving off.

In hotels... Reserve a room that’s above the 1st floor but below the 6th floor. Why? First floor rooms are easier to break into, and rooms above the sixth floor are sometimes too high for fire ladders to reach. If safes are provided, definitely use them for any valuables you may have. Keep doors and sliding doors locked, and don’t let anyone into your room unless you can trust them. Make a mental note of where the nearest fire exits and stairwells are located in case you need to evacuate.

At the ATM... Try to go the ATM in groups, but avoid getting overly complacent about safety just be-cause you’re traveling in numbers. Also try to go during daylight hours. When you approach the ATM, do a full 360 degree scan, looking completely around you to see if anyone is hanging out where they shouldn’t be. When punching in your pin number, use your other hand to cover the keypad. Always be on the lookout for anyone suspicious. If someone is creeping you out, go to another ATM. (There are plenty of them, especially in vacation spots!)

While drinkin’... Do us all a favor (including yourself) and party smart. Be responsible. Pace yourself if you choose to drink, and avoid hard alcohol or other drinks that are powerful and have fast effects. (And remember that drunks = easy targets.) Also be aware of alcohol poisoning. According to a University of Wisconsin study, 75 percent of college males and 43 percent of females reported being intoxicated on a daily basis during spring break. If you do decide to drink, know the liquor laws of wherever you’ll be vacationing. Drinking & driving is always a dangerous situation, so avoid this by having your safe mode of transportation home planned before you go out. Click here for more tips and facts about drinking alcohol at the BAC-CHUS website.

Access a helpful tool right from your cell phone by visiting B4UDrink.Mobi and estimating your Blood Alcohol Concentration (BAC) levels anywhere and everywhere you take your mobile phone.

On the beach... Drinking + sun can equal a bad sunburn and an even worse hangover. Sun can maximize the effects of alcohol so keep this in mind if you party on the beach. Take it slow and stay hydrated by drinking lots of water. If you start feeling faint or light headed, get shade and water immediately. And don’t be a lobster...use sunscreen of at least SPF 30 and reapply often. Pay extra special attention to ears, nose, face and shoulders. Fair skinned friends should wear sunglasses and even a hat. Avoid sun exposure during the hottest hours of the sun’s rays and remember you can burn even when it’s cloudy.

While swimming...Jumping into the water without a lifeguard is putting yourself at risk. Even the most experienced swimmer can get caught in an undertow. In case you get caught in a rip current, don’t bother swimming against it. Instead, swim parallel to shore until the rip passes. Try to stay within the designated swimming area and always swim with a buddy. Also know the flag system for water safety: -Red Flag: Stay out of the water because of strong undertow and riptides. -Yellow Flag: Use CAUTION in the water. There are some undertow and riptides possible. -Blue Flag: Calm water. Swim safely.

Goin’ out... My cardinal rule is this: Go out with your friends, go home with your friends. It’s one of those things that keeps you a whole lot safer, and eliminates about 98% of the bad drama. This way you can look out for one another, and get a friend home who is too intoxicated to be out. Also be on the lookout for signs of predatory drugs: extreme wooziness, confusion, difficulty standing and slurring speech. If you notice these symptoms in yourself, find your friends immediately and tell them to get you outta there. If you see these signs in a friend, do your friend duty and take them back to the hotel, or to a hospital if symptoms are severe.

Hookin’ up...No, not everyone is doing it. (Don’t believe the hype.) But if you do choose to have sex, make sure it’s protected. Stock up on protection before you leave home so you never find yourself in a compromised situation. Decide before even going on spring break what you’re willing to do, and then get to work setting your boundaries early and often. If you meet someone and decide to shack up, be up front with them if sex isn’t in the plan. Maybe something like, “Hey good lookin’. I’ve had fun this evening, but no fornication tonight.” How’s that for smooth? But seriously, don’t ever let anyone talk you into doing something you’re uncomfortable with. Click here for more safe sex tips from Smarter-Sex.org.

Leaving the country... First things first: if you’re leaving the country you’ll need a passport. These are not quick and easy documents to attain, so file your application about 6 months before going on a trip abroad. Safety has a lot to do with what you pack when traveling abroad. Don’t bring flashy valuables (like expensive jewelry) and dress conservatively so you don’t stick out too much. And do your homework beforehand about your destination, keeping in mind you are subject to the laws of the country you visit. To get a full list of tips for traveling abroad (as well as travel warnings for certain countries) check out the Bureau of Consular Affairs website by clicking here.

Gone cruisin’... Vacationing on a cruise ship is a blast, but there are a whole different set of rules when you have a few thousand people aboard a boat. Stick with your friends, and watch your pockets when you get off the boat for stops. There are many cases of people being pick pocketed by island residents who prey on tourists. For a whole list o’ tips about cruise safety, click here. For the full article, click here.
Students transfer between colleges every year for a variety of valid (and not so valid) reasons.

Transferring can be a great idea if you're sure that the new school offers something your current school lacks. That said, the college transfer process is a big hassle, and competition for open spots can be fierce. So if you're just hoping to score a bigger dorm room or trade up on your significant other, best to stay put.

Why Transfer?

One excellent reason to transfer is because you are unhappy. You don't have to settle for four years of misery. With such a wide variety of schools available, you are bound to find one that will meet your academic and social expectations. Before you set out on this new journey that you are sure is going to be so much better, make sure you have given your current school a fair shake. There may be resources you have not availed yourself of or ways to make the experience better that you have not considered.

Another reason to transfer is if your current school does not have a strong program (or even have a program) in your area of interest. If you've decided to be a doctor and your college has a weak pre-med program, don't be afraid to look elsewhere. Make sure to time your exit to avoid any unnecessary fees and transfer hassles.

Some students who are rejected from their first-choice school attend another school with the intention of transferring. Others begin their education at a two-year college but ultimately want a four-year degree. Again, visit with a counselor who can give you advice on the best time to transfer and how to maximize your course credits.

If your goal is simply to enroll in a college with a bigger name, you might want to reconsider. The difference in recognition between your old school and your new one may not justify the hassle of transferring. Whatever reason you have, do your research. Pay a visit to the campus of your prospective school and be sure to sit in on the specific classes that interest you. You don't want to find yourself transferring...again.

Plan Your College Transfer

Transferring to another college is not like applying to college the first time. Your high school transcript and test scores will take a back seat to your college transcript. So earn strong grades in college if you hope to transfer (some schools will still want to see your SAT or ACT scores as well).

Colleges have different policies for transfer students but typically expect you to have acquired a minimum of credits. You'll have a harder time transferring if you've completed more than two years of study, even if you abandon some of the credit you've accrued.

Of course, transferring can impact your intended graduation date or study abroad plans. Be aware of your prospective transfer school’s rules. Not all classes/credits are transferable and some schools won't accept credit from a class if you earned below a C.

Avoid a spring semester transfer unless waiting until Fall will cause a great hardship. With fall grades not posting until mid December, you may end up enrolling at your new school and retaking courses unnecessarily. It takes a while for your transcripts to be received by your new school. You want to ensure your new school has adequate time to evaluate your transcripts so you can avoid any course mix-ups.

Taking Action

Get recommendations from your college professors. High school recommendations are beneficial, but the opinion of someone who has seen you handle college coursework will hold more weight. Seek out professors who have taken a shine to you (especially ones within your academic discipline). Don't be afraid that they'll be unhappy with your decision to leave; ultimately, educators want their students to be content. If a professor agrees to your request, let him or her know how much it means to you. A thank you note goes a long way towards making an overworked academic feel appreciated.

Be mindful of deadlines. Deadlines vary from school to school, though you'll probably need to send in an application by March or April if you're hoping to transfer in the fall.

Financial Considerations

Typically, transfer students are eligible for less scholarship funds, though some schools set aside money specifically for transfer students. Be sure to ask your prospective schools about their financial aid policies.

https://www.princetonreview.com/college/transfer.aspx
Advertisements

For their practicum Master of Public Health students Michelle Pompeii and Billie Amatus-Salaam are conducting an anonymous survey on student knowledge of condoms and the availability of condoms and other sexual health resources on campus. The data will be used to improve the health of students on campus as well as improve access to sexual health resources and condoms.

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MARCH IS WOMEN’S HISTORY MONTH

Want to share your stories of an empowering person (he or she) that has impacted your life or those around you as it relates to gender awareness and support of gender issues? We would like to offer you the ability to share with us the “Empowered Women” in your life that have helped shape you into the person you are today!!

Please submit the following information to Jessica.Strong@armstrong.edu and it will be showcased within the Windward Commons Lobby:

1. The Name of your Empowering Person
2. A Photograph of your Empowering Person or a picture of you together
3. A brief (less than 100 words) paragraph describing how this person has impacted your life or the lives of individuals around you.
4. Your name and connection to this individual (i.e. parent, sibling, teacher, etc.)

Submissions will be taken immediately and continue throughout the entire Month of March! Participation is limited to Armstrong residential students only.

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Spend your weekdays in class...

... and your weekends at the beach!

Apply for Summer Housing today!

Did you know 3 credit hours enrollment qualifies you for summer housing?

Apply for Summer Housing via Port of Armstrong

Check out http://housing.armstrong.edu/ for info.

Contact us if you have any questions, housing@armstrong.edu

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The Housing Games

Join the Academic Success Revolution!

Earn tickets for:
- A & B grades
- Program Attendance
- College Knowledge workshops
- Like us on Facebook
- Follow us on Twitter

Bring your grades to the Main Housing Office
(2nd floor Compass Point Annex)

This semester’s prize: Kindle Fire HDX!

Now – May 2nd