Make housing move-out painless!

Housing move-out doesn’t have to be a painful process. As a matter of fact, there are a number of ways you can make it a breeze! If you follow the simple steps listed below, you can guarantee yourself a productive and speedy move out without any of the drama!

Sign up for a standard move-out inspection with your RA as early as possible. Your RA only has a certain number of available time slots for move-out inspections, so you'll want to sign up as early as you can to get your preferred time. If you don't find a time that works, don’t worry! You can also opt for an express move-out which can be done with very little hassle at a time that is convenient for you.

Don't forget your bike! So many students completely forget to take their bikes home each year because it just doesn’t occur to them to take it home. Please be advised that any bike that is left on the bike racks after move out will be removed and donated to charity.  If you want to donate your bike to charity, we ask that you disconnect the lock prior to leaving so that it is easier to remove. If you are remaining as a summer school student, please go to the University Police Department to register your bike for the summer term ASAP. Contact the University Police Department at police@armstrong.edu if you have any questions about bike removal.

Don’t forget to donate any items you don’t want to the Goodwill. If you have accumulated too much stuff during the year, don’t throw that stuff away! Gently used non-perishable household items or clothing can be placed in the Goodwill bins that will be located around the residential areas near dumpsters. You may not need that stuff anymore, but I bet someone could use it.

Don’t forget to work with your roommates to clean up your unit prior to leaving! Did you know you will be charged fines if you leave garbage in your apartment? To avoid unnecessary cleaning fees and fines, remember to remove all garbage, clean all hard surfaces (including bathroom fixtures), and vacuum the carpets. Following these simple steps will save you a lot of time and money in the long run. Good luck on your final exams, and have a great summer! Fall semester will be here before you know it.

Important Dates

May 14, 2014 @ 9am
Students must be completely moved out of the residence halls if not continuing for summer. (Does not apply for students remaining for the break between terms.)

May 16, 2014
Residence hall move-in for summer term A/B. Registration payment deadline.

May 19, 2014
First day of classes (1st 5-week and 10-week session courses)

June 4, 2014
Midterm for 1st 5-week session courses

June 20, 2014
Midterm for 10-week session courses
As the end of the semester looms, what better way to avoid thinking about finals than to contemplate picking up some classes in summer school? To help you with your decision, here are some advantages and disadvantages of extending your college experience into the dog days of summer.

**Pros**

You can get into classes that are full in the regular semester. Since enrollment in summer school is significantly less than during the regular school year, there can be spaces to spare in classes that normally have waiting lists out the yin-yang. And you can often get times you like—10 in the morning, for instance, rather than 5 in the evening.

The classes will be smaller. It’s not at all uncommon to see classes that usually have 50 students being offered over the summer with only 15 students. Use the time and availability of your professor to get to know him or her very well and start utilizing your networking opportunities.

Summer classes have a more relaxed atmosphere. Everyone tends to loosen up a little during the summer, even professors. Some might shed their tweed jackets or pencil skirts and show up in shorts. Whether these are fashion faux pas or not, what’s not to like about a more laid-back instructor?

You’ll get a more intensive study of a subject. Summer school often runs for fewer than half the number of weeks of the regular semester, with classes meeting several hours every day. As a result, you get a rare chance to truly concentrate on the subject you’re studying, which is great if you’re really interested in the topic of the course.

You can take courses not usually offered during the year. Sometimes professors take the opportunity to teach courses during a summer session that they aren’t able to handle during the year because of other teaching obligations. Or sometimes there’s fresh blood in the instructor pool—for example, visiting professors from other schools—and these folks provide offerings not available during the year. These classes can be real finds.

You can complete a pre requisite for a course you want to take in the fall. Summer can be a great time to knock off those pesky prerequisites so you can finally take a course you need for your major or are just really interested in.

You can tame requirements that are difficult for you. Some students who have trouble managing the math, science, or foreign-language requirements find that it can help to take the course in summer school. That’s because students usually take only one or two courses in summer school and can have an easier time learning fractional exponents or mastering delta-epsilon proofs when they don’t have to get their mind around other subjects at the same time.

Sound great? Ready to trade in your summer in Anywhere, USA for the classrooms of University Hall? Now consider the cons:

**Cons**

It’s intensive. Summer school classes are very compressed: They almost always meet an hour or two a day, five days a week. For some people, having class and homework every day as well as tests and papers due at more frequent intervals is just more than they can happily swallow.

You might not get the regular faculty. Many faculty members, especially the well-paid ones, don’t want to be bothered teaching summer school. So it’s quite possible that there are lots of teaching summer school who aren’t on the regular staff—and might not be as qualified as the regular staff (think TAs, faculty from other schools in the city, unemployed academics).

The class might not really cover all the material. Yes, technically a summer school class is supposed to have the same stuff that the same class offered at another time covers, but many faculty find it difficult to actually accomplish this. Getting a semester’s worth of material into five weeks requires very careful planning, and it’s hard to plan right when it’s 110 degrees outside.

Summer school costs extra. You’ve already paid thousands and thousands of dollars for fall and spring (and, at many schools, can take as many courses as you like then). So why pay extra?

There’s a smaller selection of courses. Summer school classes tend to be weighted toward required courses that can net enough tuition-paying students to make them worthwhile to offer. Gotta love that capitalistic spirit.

It’s too darned hot to learn. Who wants to be inside some classroom when the only sane place to be is the beach?

You deserve a break today. After two long semesters, you may be much in need of some R&R. In this case, you may want to give summer school a pass. Don’t worry: No one will hold it against you. And you’ll still finish in the four years if you plan well.

For the complete article, click [here](#).
Get a new Parking Decal for Summer Housing

NEW RESIDENTIAL STUDENTS, ORDER YOUR DECAL ONLINE
http://police.armstrong.edu/parking.html

IF YOU ARE A RETURNING RESIDENTIAL STUDENT, YOUR CURRENT DECAL IS VALID THROUGH 7/31/2014. Students who are not currently residents of University Terrace will need to get a decal to park in that area for summer.

- Click Manage My Parking Account
- Login using your PORT ID and Password
- Click Purchase Permit and follow the prompts.

You may register one vehicle that is registered to you or an immediate family member.

Ordering your parking decal online will generate a receipt for use as a parking permit until you pick up your decal (within 48 hrs). Stop by Parking Services located in the Police Department to pick up your decal. A photo ID is required.

Don’t forget to read the parking rules - http://police.armstrong.edu and click on Parking & Transportation. A few of the main ones to remember include:

- Parking decals are required at all times on campus.
- Reverse Parking (backing into a space) is not permitted against curbs.
- Residential students may park only in their assigned lot unless they have purchased the Universal Decal in addition to the Residential Decal.

This year, a Universal Decal will be available for an extra fee that will allow residential students to park in commuter spaces during the academic day.

lease call Parking Services at 912-344-3333 if you have any questions. We are always open!

5 Cheap Summer Activities for College Students

1. Jam On At Local Live Concerts
Instead of saving up hundreds of dollars to go see that one band you have been dying to see, go local! Going to local coffee shops, pubs and nightclubs offer a fun atmosphere and open your eyes and ears to great local talent. There are plenty of fresh and talented musicians out there in your city and it’s a cheap summer college activity every time. Tickets can range from $25, $10 or even free! Check out your local newspaper for a list of gigs. There are also some great websites that offer upcoming events for local live music:
http://www.jambase.com
http://www.livemusicbaby.com
http://thrillicall.com

2. Raise Eyebrows At Art Galleries & Museums
Another great cheap summer activity is visiting art galleries and museums. They aren’t just for art nerds and history majors! Going to these events not only offer wonderful insight on the world around us, but the tickets are cheap and in most cases free! Most galleries and museums hold exhibits that are temporary. If you’re not into what the latest show is, check back later - you may be surprised. In college I would always drag a friend along to free opening shows to meet guys and get free food! We had a blast people watching and it gave a sense of independence doing something more "sophisticated". I've experienced shows on music, sports, science, sex and about anything you can think of - believe me, it's out there!

3. Stay Active Outside With Summer Leagues And Camping
Being outside in the summer is a fun and cheap summer activity for college students. Everyone likes being out soaking up the sun and being flirty! Check out the local resources and be adventurous. If you are more of the athletic type, see what leagues are open for basketball, softball, rugby etc. You will stay in shape and burn off all that dorm room food! For more of the nature types, go camping! You don’t need fancy camping gadgets to have a good time. Bring the basic camping gear and good company. Head to the woods for toasting marshmallows and sharing spooky stories!

4. Did Someone Say Road Trip?
This was one of my favorite things to do in college. It is such an awesome cheap summer activity and creates memories for a lifetime! There are so many exciting places to drive to across America and of course you can always go above and beyond to Canada or Mexico. Having a group of 3 or 4 great friends makes for less driving time per person, more chip-in money for gas and more fun! You can visit a friend, a cool landmark, a sporting event or even shopping! If you attend college in the country, travel into the city for a day! If you and your friends are always stuck in the city, take a road trip to a lake for canoeing or a drive through the mountains. Bring your iPod with all your favorite songs and get driving!

5. Give Back By Volunteering
Well, I have to say that I love the idea of community service from a personal standpoint. But seriously, if you want to do something different and unique, give back to the community either where you live or where you attend college. You could either volunteer your time in a specific interest, such as ushering at theater or sporting events or you could help out an organization that is associated with your career path or college courses. If you are a sociology or health related major, you could volunteer at a senior nursing facility. If you enjoy being around children, volunteer at day camp or be a mentor. Giving back is rewarding, creates lifelong friends and can possibly help build life experience for your resume.

For the complete article and other tips on how to spend your lazy summer days, click here.
10 Smart College Summer Jobs

Having a college summer job is a requirement for most nearly every college student. But with so many types of jobs available, how can you be sure the job you’re getting provides more than just a way to earn money?

1. Get something in your field of study. Clearly, a spring job is a great way to get a bit of experience in your field of study as well as show future employers that you have experience in the field already. Art History major, for example? See if you can work in a museum, even if it’s just taking tickets. Even a small job that doesn’t seem super important can help you see how things run and provide you with relevant experience.

2. Go abroad/have a cultural immersion experience. Not sure what you want to do? Interested in traveling but can’t during the academic year? See if you can work somewhere different during the summer -- even if it’s just in another part of the country. Your job may not be as interesting as you’d like, but you can still have a great experience and gain skills you can market later (like language skills, adaptability, and cultural awareness).

3. Work somewhere that can provide you with networking connections. Even if you get a job that isn’t exactly what you want, getting a job that can provide you with connections -- like professional references from your boss and people you’ll meet during your time in the office -- can be a smart addition to the paycheck you get every week.

4. Get a job at the company you want to work for after graduation. Do you have an ideal place for where you want to work after you graduate? Instead of seeing if they are hiring, approach them about doing some kind of summer work. It can be a great way to get your foot in the door and connect you with people so that, when a position does open up, they’ll already be familiar with you and your great work.

5. Find something that will help you get into graduate school. You may be an English major, for example, but you are planning on going to medical school. Show your dedication to the profession by working somewhere that connects more to your graduate plans than your undergraduate career — like in a doctor’s office or hospital. What you do outside of the classroom can often be incredibly important for you graduate school application; make it count!

6. Look for something that provides amazing benefits. There are jobs out there that provide ben-

10. Find something that demonstrates your intellectual curiosity. College is a great time to explore things that, while perhaps not specifically related to your career choice, are still interesting and once-in-a-lifetime opportunities. So go do an architectural dig in Greece, help organize the archives at a famous library, or work as an artist’s assistant. Jobs like these can help you earn the money you’ll need while also showing future employers that you’re an intellectually curious, hard-working employee.

Being a server can mean big tips for people with the right personality type and skills!

This article is taken from About.com. Please click the link to see the article in its entirety along with links to other helpful articles for college students.
If there is one thing summer is good for, it's getting some much needed rest. Take some time to really rejuvenate during the summer months so that you are ready to go come fall. Here are some tips to help you get that much coveted good night's rest.

Stick to a sleep schedule
Go to bed and get up at the same time every day, even on weekends, holidays and days off. Being consistent reinforces your body's sleep-wake cycle and helps promote better sleep at night. There's a caveat, though. If you don't fall asleep within about 15 minutes, get up and do something relaxing. Go back to bed when you're tired. If you agonize over falling asleep, you might find it even tougher to nod off.

Pay attention to what you eat and drink
Don't go to bed either hungry or stuffed. Your discomfort might keep you up. Also limit how much you drink before bed, to prevent disruptive middle-of-the-night trips to the toilet.

Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine which take hours to wear off can wreak havoc with quality sleep. And even though alcohol might make you feel sleepy at first, it can disrupt sleep later in the night.

Create a bedtime ritual
Do the same things each night to tell your body it's time to wind down. This might include taking a warm bath or shower, reading a book, or listening to soothing music — preferably with the lights dimmed. Relaxing activities can promote better sleep by easing the transition between wakefulness and drowsiness.

Be wary of using the TV or other electronic devices as part of your bedtime ritual. Some research suggests that screen time or other media use before bedtime interferes with sleep.

Get comfortable
Create a room that's ideal for sleeping. Often, this means cool, dark and quiet. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.

Your mattress and pillow can contribute to better sleep, too. Since the features of good bedding are subjective, choose what feels most comfortable to you. If you share your bed, make sure there's enough room for two. If you have children or pets, set limits on how often they sleep with you — or insist on separate sleeping quarters.

Limit daytime naps
Long daytime naps can interfere with nighttime sleep — especially if you're struggling with insomnia or poor sleep quality at night. If you choose to nap during the day, limit yourself to about 10 to 30 minutes and make it during the midafternoon.

If you work nights, you'll need to make an exception to the rules about daytime sleeping. In this case, keep your window coverings closed so that sunlight — which adjusts your internal clock — doesn't interrupt your daytime sleep.

Include physical activity in your daily routine
Regular physical activity can promote better sleep, helping you to fall asleep faster and to enjoy deeper sleep. Timing is important, though. If you exercise too close to bedtime, you might be too energized to fall asleep. If this seems to be an issue for you, exercise earlier in the day.

Manage stress
When you have too much to do and think about your sleep is likely to suffer as a result of this. To help restore peace to your life, consider healthy ways to manage stress. Start with the basics, such as getting organized, setting priorities and delegating tasks. Give yourself permission to take a break when you need one. Share a good laugh with an old friend. Before bed, jot down what's on your mind and then set it aside for tomorrow.