Staff Spotlight:

Dr. Paul Jahr
Interim Director
Housing and Residence Life

Paul was born and raised in 'The Lower East Side' of New York City. He holds an A.B. and M.Ed. from the University of Miami and his doctorate from the University of Georgia in Adult Education. He recently retired from Georgia College and State University.

His passion is working with students and staff members and promoting the important role that the residential experience plays in lives of students and the success of the university experience.

Inside this issue:

Dorm Decor 2
Helping Community 2
Get Out and Stay Alive 3
Make Yourself at Home 3
Healthy Eatin 4
Calendar of Events 4
Beach Body Unveiled 5
Important #s 5

Manage Your Work, Don’t Let It Manage You:
Tips For Managing Your Time and Getting Ahead

Don’t let the stresses of classes sneak up on you. Get ahead and start a study plan now before you have too many things to do at once. Here are a few tips to help manage your time and have a productive semester of classes.

Be Organized
- Use time saving tools: appointment calendars, "to do" lists, email, answering machines, file folders, etc.
- Have an organized workplace (don’t waste time constantly looking for your work).
- Use your appointment calendar for everything, including listing study time.
- Use "to do" lists for both long-term and for each day/week.

Plan Ahead (Schedule it and it will happen!)
- Determine how long your tasks will take (do this before agreeing to take on a task!)
- Consider whether any activities can be combined.
- Determine if big tasks can be broken down into smaller tasks that may be easier to schedule (such as studying for exams and visiting the library as part of an assignment to write a term paper).

Prioritize Your Tasks
- Use an A-B-C rating system for items on your "to do" lists with A items being highest priority.
- Set goals for both the short term and long term as to what you want to accomplish.
- Look at all of your "to do"s to gauge the time requirement and whether additional resources will be needed to accomplish them (if yes, schedule time to obtain those resources). Don’t postpone the small tasks (a sense of accomplishment is good and overlooked small tasks can become larger tasks.)

Avoid Overload
- Include time for rest, relaxation, sleep, eating, exercise, and socializing in your schedule.
- Take short breaks during study and work periods.
- Don't put everything off until the last minute (for example, don't cram for exams).
- Learn to say "no" when appropriate and to negotiate better deadlines when appropriate.

Practice Effective Study Techniques
- Have an appropriate study environment.
- Split large tasks into more manageable tasks.
- Read for comprehension, rather than just to get to the end of the chapter.
- Be prepared to ask questions as they come up during study, rather than waiting until just before an exam.
- Do the most difficult work first, perhaps breaking it up with some easier tasks.
- Don’t wait until the last minute to complete your projects.
- Read the syllabus as soon as you get it and note all due dates (and "milestone" times) on your calendar.
- Be a model student! (be attentive and participative in class, and punctual, prepared, and eager to learn)

Be Able to be Flexible
- The unexpected happens (sickness, car troubles, etc.); you need to be able to fit it into your schedule.
- Know how to rearrange your schedule when necessary (so it doesn’t manage you - you manage it).
- Know who to ask for help when needed.

Have a Vision (why are you doing all of this?)
- Don’t forget the "big picture" - why are you doing the task - is it important to your long-term personal goals?
- Have and follow a personal mission statement (personal and career). (Are your activities ultimately helping you achieve your goals?)
- Know what is important to you. (What do you value most?)
- Have a positive attitude!
7 Ways to Decorate Your Dorm Room

To many college students, making their dorm room feel like home can feel like the impossible. This article is here to save the day! Your dorm room does not have to be dull by any means. It actually has full potential to be the room that is very welcoming and makes everyone want to hang out there. Let’s be honest, this will probably be the first time you won’t have mom or dad around trying to alter your decisions, so run free and make your room, YOURS. Here are 7 essential tips to do just that.

**Fill your walls with meaningful pictures.** Having pictures of the people and things that mean the most can be uplifting, all the encouragement is needed while in college. Just be careful not to damage the walls with the items you decide to post up there.

**Mirror, Mirror on the wall.** Get a full length mirror to lean against the wall to give yourself a quick head-to-toe glance of your outfit before stepping out. There’s also a myth that it gives your room the illusion of being bigger.

**Bedding:** It is important to purchase bedding that will last and one that is comfortable! You don’t want to have to keep buying comforters every year, so it’s okay to splurge in that area since it’s important to buy one of good quality.

**Rugs:** Cold tile floors are begging to be covered. You’re feet are going to get cold walking on them. A rug is the solution to this problem. It will add even more style and protect your feet from getting cold.

**Signature your Style:** Add alphabet lettering to initial your space, this helps make your space YOURS!

**Shine Bright like a Diamond!** College dorms normally come with one window on each side of the room. It’s essential to purchase an overhead light to add more lighting to your pad.

**Operation Organization:** It’s vital that a college student remains organized. A dry-erase board is the key for this. It once again, adds style, but also allows you to put important exam/quiz dates to help you remember them.

Helping Out Your Community

Community service is a donated service or activity that is performed by someone or a group of people for the benefit of the public or its institutions. Community service is not just done in someone’s personal community. There are various ways to volunteer globally from making a donation to a non-profit organization whose mission is to help rebuilt less fortunate countries or even traveling to foreign countries to physically offer needed services.

Community evolve-ment is beneficial not only to those being helped but to those providing the services. Volunteering allows you to build connections. When you are in need of a recommendation letter of a reference for a job, you will have relationships in place that will serve as resources to promote your success. Community service gives you the opportunity to meet others with similar interest and also to feel out what best fits you.

Why volunteer? In addition to the immediate reward of knowing you are making a difference in people’s lives, volunteer work provides you with training and skills that can be invaluable to you in your career. Volunteer experience on a resume can give you the edge you need in today's competitive job market. You will also make contacts in the community, both professional and personal. Why wait? Get started today!

To find opportunities to volunteer in the Savannah area go to: [http://www.armstrong.edu/Students/volunteer_opportunities/volunteer_opportunities_welcome](http://www.armstrong.edu/Students/volunteer_opportunities/volunteer_opportunities_welcome)

OR Contact Office of Orientation, Civic Engagement & Student Union (Chris Nowicki, Director)

912.344.2524, Memorial College Center, Rm 215

volunteer@armstrong.edu
We want you to feel at home in your residence hall room or apartment, but for safety and fire-code reasons, there are rules here that govern what you can and cannot have in your residence hall space. Here's a good list of what you SHOULD and SHOULD NOT bring with you to make yourself feel more at home in your residential space.

**BRING:**
- Extra long twin sheets
- Pillow and pillow case
- Bedspread or comforter
- Mattress pad or egg crate mattress topper
- Extra blankets if you run on the cold side
- Radio/Stereo/CD Player/MP3 Player
- Study lamp
- Alarm clock
- Sealed unit coffee maker with automatic shut off
- TV/DVD/VCR/Video game system
- Computer/Printer/Peripherals
- ONE UL-approved 6-plug power strip
- Fan if you run on the warm side
- Posters (white poster putty only NO NAILS or TACKS)
- Pictures of family and friends
- Extra set of car keys
- Stackable storage boxes
- Jacket and Rain gear

**DO NOT BRING:**
- Illegal drugs
- Alcohol and Alcohol Containers (decorative or otherwise)
- Candles or incense
- Knives (excluding cooking knives/cutlery)
- Firearms/Paintball guns/Air Soft/Aerosol Guns/Ammunition/Propelled Missiles
- Slingshots/Projectile Launchers
- Fireworks/Explosives
- Swords
- Bows/Arrows
- Gas/Charcoal Grills
- Kitchen appliances without auto shut off capability
- Miscellaneous weapons
- Replica Weapons
- Dangerous Chemicals
- Flammable Fluids
- Hookahs
- Halogen Lamps
- Internal Combustion Engines
- Portable Heaters/ACs
- Extension cords of any kind
- Large fabric decorations

In addition, Windward Commons Residents in particular CANNOT bring:
- George Foreman Grills
- Hot Plates
- Electric Skillets
- Full size refrigerators
- Toasters
- Fryers
- Any open heat element appliance
- Any flame producing appliance
- Microwaves not supplied by the university

Remember, we absolutely want you to feel at home in your new living space, but protecting the safety of our residential students is Housing’s #1 priority. A complete listing of the Housing Rules and Regulations can be found on the Armstrong Housing Web-site.

**Get Out and Stay Alive!**

Being in college you don’t think about fire drills but they are an important part of living on campus. Students who are living away from home for the first time may not be aware of things that can cause a fire. If an alarm goes off evacuate the building even if you can not see the fire. You need to take fire alarms seriously. Do not ignore the alarm, even though you do not see the fire does not mean there is not one in the building. Do not worry about grabbing you things your safety is more important than the things that can be replaced.

Do you know what to do if you are caught in a fire? I know most of your responses will be, “Well yes I know what to do. We were taught that when we were young.” But you may not know what you would do if you were put in that situation that is why practicing is essential. You may know what to do now while you are sitting down reading this article but if you someone who is put into a burning building most people would panic. These are just a few things to keep in mind if you are put in the situation of a fire.

- **Feel the door handle.** If the door handle is hot DO NOT OPEN IT, go to a window and call for help. If the handle is not hot open it cautiously, check for smoke or fire before going out.
- **don’t look for other people of gather your stuff up.** Knock on doors as you leave and yell “FIRE”. Do not hesitate or stray from your path as you leave.
- **Crawl low to the floor.** Thick smoke can make it impossible to see. Toxic chemicals from smoke can be deadly in minutes.
- **Close the door behind you.** You make help keep the fire from spreading or you may protect your possessions from the fire by doing this.
Eat Healthy While in College!

The average college student is often pressed for time, under a lot of stress, and eating on the go. You may find it difficult to avoid bad habits like skipping meals or frequently visiting fast food restaurants. But eating a healthy diet can help you feel better, cope with stress, and perform better in the classroom and on the athletic field. It really isn’t that hard to get started.

Eat a good breakfast - Studies show that skipping breakfast detracts from scholastic achievement. When there isn’t time to sit down and enjoy your morning meal, grab a bagel, piece of fruit, and some juice. Most of these items can be easily stored in your residence hall room.

If you must eat fast foods, choose wisely - Choose pizza with half the cheese, a regular size roast beef sandwich, baked potato, or green salad with reduced calorie dressing. Limit high fat offerings like French fries, fried chicken, or fish sandwiches and watch out for salad dressing!

Keep healthy snacks on hand - This way, if hunger strikes during a late night study session, you won’t be tempted by vending machine candy, chips, or ice cream. Possibilities include fresh or dried fruit, pretzels, unbuttered popcorn, rice cakes, or whole wheat crackers. If you have a refrigerator, consider raw vegetables with low-fat yogurt or cottage cheese dip.

Eat plenty of foods rich in calcium - People in their early twenties need to be building up stores of calcium in their bodies to prevent osteoporosis later in life.

Limit your sugar intake - Sugar provides calories in your diet but few other nutrients, and it contributes significantly to tooth decay. Use it sparingly and consider sweetening coffee, tea, cereal, and fruit with diet sweeteners instead.

Visit the dining hall salad bar - The dining hall salad bar can be either an asset or a detriment to your diet depending on how you choose from it. Of course, leafy greens, raw vegetables, and fresh fruits are beneficial. But, if you choose a lot of creamy dressings, bacon bits, and mayonnaise-based salads, the calories and fat may equal or even exceed those of a burger and fries—so choose wisely!

Limit your alcohol intake - If you drink alcohol, keep in mind that it supplies calories but no nutritional value. A light beer, a glass of wine, or an ounce of liquor each has about 100 calories. There may also be health problems associated with drinking alcohol.

Drink lots of water - Your body needs at least eight glasses a day, and, if you exercise vigorously, you may need more. To remind yourself, carry a water bottle along to class and keep it handy during late night study sessions.

Enjoy your food - Food is a lot more than nourishment for our bodies, so take the time to enjoy and savor it!

Campus Calendar: September 2013

There are tons of ways to get involved on campus! Don’t be a suitcase student who goes home to visit mom and dad every weekend. Take advantage of the many programs and services you are paying for as a student.

This is a tentative schedule and is just a snapshot of some of the bigger events going on during the Fall term. Please follow up with the offices and departments for more information, and keep an eye on the “What’s Going on Arm-strong” email each Thursday for solidified times and dates.

Un Tejido de Nuestras Culturas: Art and Community in Argentina
September 6th through 26th

Masquers IMPROV Night
September 6-7th; 7:30 p.m.

Writing to Learn Reader Response

Strategies
Saturday, September 7, 2013
10:00am - 1:00pm

A Moveable Feast: Nicholas Mangee Lecture
Thursday, September 12, 2013 at 6 p.m.

Alanna Keenan, voice master class and recital
September 17th; 2 p.m. / 7:30 p.m.

New York City jazz group Tricycle
September 19th; 2 p.m.

Dreams of Anne Frank
Sep 19-22; 7:30 p.m

Faculty Lecture Series: Doug Masini
Friday, September 20, 2013 at Noon

International Art Exhibition Gallery Reception
September 20th; 5:30 p.m.

Steps and Strategies for Teaching Writing
Saturday, September 21, 2013
9:00am - 12:00pm

International Art Exhibition Gallery Talk
September 23rd; noon

Wind Ensemble
September 24th; 7:30 p.m

Andrzej Mokry, guitar recital
September 26th; 2 p.m.

Choral Arts Festival: SECAF 2013 Opening Concert
September 29th; 7:30 p.m.

Choral Arts Festival: SECAF 2013 Grand Finale
September 30th, 7:30 p.m.
Beach Body Unveiled!
Tips to getting that body you have always wanted.

Let’s face it everyone wants to look good at the beach but some people just don’t know how to take the right steps to have that beach body they are looking for. I will provide tips that anyone can pick up on and improve their chances on getting that beach body everyone wants.

Tip 1: The first step is eating and drinking the right things, cut out the fried foods and junk food. Eating healthy is a must because it will provide you with energy throughout the day to do things like exercise.

Tip 2: Stay hydrated with water, not hydrating often enough causes you to retain water underneath the skin’s surface, giving you a puffy look. You don’t want to look puffy do you, so drink the recommended amount of water which is (6-8) 8-oz glasses per day.

Tip 3: Get out and be active!!! Exercise is very important to having a great body. There are all kinds of exercises out there such as lifting weights, running, walking, swimming, cycling, and playing sports just to name a few. Pick one or all but at least get out and be active.

Tip 4: Sleep is very important to a great body because while you are sleeping your body is getting the necessary rejuvenation necessary for activity the next day. Lack of sleep will decrease your metabolism, so be sure to get 6 to 8 hours a day. Lack of sleep can actually cause you to gain unwanted pounds. Get those Z’s when and while you can.

Important Numbers

Counseling Services: 912-344-2529

Counseling Services is an objective and confidential place to help you find solutions to whatever difficulties you are dealing with. Services are free to AASU students and are provided by psychotherapist licensed at the independent practitioner level. Services include:
- Individual and group counseling
- Mental health and substance abuse treatment (referrals as needed)
- Couples therapy
- Crisis intervention
- Stress management skills

Counseling Services is located in the Student Affairs Annex in the 7000 building of Compass Point.

Hours of Operation: M-F 8:15 a.m. – 5 p.m.

Health Services: 912.961.5726

Student Health Center provides quality care in times of sickness and injury to promote and educate about personal health issues for Armstrong Atlantic State University students.

A small co-pay will be charged. Patients may file with their own insurance company if they desire a reimbursement. The Health Center has a number of physicians and specialists available for referrals.

Health Services is located in the Student Affairs Annex in the 7000 building of Compass Point.

Hours of Operation: M-F 8:15 a.m. – 4 p.m. (last appointment time)

Career Services: 912.344.2563

Career Services seeks to assist students with choosing a major and career path, gaining related work experiences, as well as providing guidance in their full-time professional job search through self-assessments, career education, and professional development.

Contact career services for on campus job openings, resume writing, etc.

Career Services is located in the Memorial College Center Room 101

Hours of Operation: M-F 8:15 a.m. – 5 p.m.

Academic Advising: 912.344.2570

Office of Academic Advising and Student Success help students to learn about degree program requirements, university policies and procedures, and campus resources.

Academic Advising is located in Solms Hall Room 212.

Library: 912.344-3027

Hours of Operation: M-Th 8a.m.- 11 p.m., Friday 8a.m.- 5p.m., Saturday 10 a.m.- 6 p.m. Sunday 2p.m.- 11p.m.

http://www.library.armstrong.edu

Writing Center: 912.344.3072

The Writing Center is for all AASU students. You can come in with any type of writing assignment at any stage of the process. We can help you understand the assignment and plan your paper, and we can help you organize and revise your paper. We can even help you learn to proofread for your most common mistakes.

Hours of Operation: M-Th 9am-7pm; Friday 9am-12noon.

Brusar Office: 912-344-3243

The Brusar Office manages student accounts, maintain billing for tuition and fees, apply financial aid and issues refunds, and credits accounts for the bills you pay.

The Brusar Office is located in Burnett Hall.

Hours of Operation: M-F 8 a.m. – 5 p.m.

Financial Aid: 912-344-3266

Financial Aid helps you plan and finance your future.

Financial Aid is located on the 1st floor of Victor Hall

Hours of Operation: M-Th 8:15 a.m. – 6 p.m. & Friday 8:15 a.m. – 5 p.m.

Mailroom: 912-344-2820

Pirate Card Services: 912-344-3292

Recreation Center: 912-344-3072

Housing and Residence Life: 912-244-2940

Campus Police: 912-344-3333