

# Residence Life Newsletter



December 2017

This month's Department of Residence Life Newsletter features information about tips and tools to help solve conflict and the importance of treating others in a civil manner, how to make some delicious desserts in your microwave to help you get through finals, study tips, fall closing/spring opening information, our Departmental Shining Star Award winners, the December Dining Menu, some upcoming events and more.

Make sure to read on!

## Featured Topic: [Civility and Conflict Resolution](#)

Conflict is an inevitable part of living with others, and how we process through these conflicts determines how our relationships and communities will grow.

Communication is the key to preventing and resolving any conflict. Conflict typically arises because of a lack of communication, miscommunication, or a failure to be honest during the initial conversations.

Getting to know each other and being accepting of each other's lifestyles, beliefs and values are the foundation of any good relationship.

Having a conflict... We are here to help!

- o Residence Life has both roommate and suitemate agreements that can be used as tools to help resolve any conflicts in your current living situation.
- o Think you need a mediator... We can help. Whether your conflict is with someone you live with or not, the residence life team is trained to help you mediate through challenging situations. Just reach out to an RA or RD to schedule a meeting.



Source: <http://civilityproject.onmason.com/>

Stay Connected with Us!

Twitter: @WPreslife

Like us on Facebook – wpunjreslife

Instagram: WPreslife

Email us: athome@wpunj.edu



### VANILLA CAKE BATTER MUG CAKE



#### INGREDIENTS:

- |                       |                       |
|-----------------------|-----------------------|
| 5 Tbsp flour          | 1 egg                 |
| 1/4 tsp baking powder | 2 tsp vanilla extract |
| 3 Tbsp sugar          | 2 Tbsp butter, melted |
| 1/4 cup milk          |                       |

#### INSTRUCTIONS:

- Whisk together dry ingredients in a 16-ounce mug.
- In a measuring cup, whisk together wet ingredients, then pour into the mug and stir until the batter is smooth.
- Microwave for 50-70 seconds.

### COFFEE CAKE IN A MUG



#### INGREDIENTS:

- 1 1/2 Tbsp butter, softened
- 2 1/2 Tbsp sugar
- 2 Tbsp applesauce
- 1/8 tsp vanilla extract
- 1/4 cup flour

#### TOPPING:

- |                       |                         |
|-----------------------|-------------------------|
| 1 Tbsp brown sugar    | 1 Tbsp butter, softened |
| 1/4 tsp cinnamon      | 2 Tbsp flour            |
| 1/8 tsp baking powder | pinch of salt           |
| 1/8 tsp cinnamon      |                         |

#### INSTRUCTIONS:

- In a 16-ounce mug, combine butter and sugar. Add applesauce, flour, baking powder, cinnamon, vanilla, and a pinch of salt. Stir until just combined.
- For the topping, combine flour, brown sugar, and cinnamon in another small bowl. Cut in softened butter. Sprinkle over cake batter.
- Microwave for 45-75 seconds. Be careful not to over-cook the cake.

### FUDGY CHOCOLATE MUG CAKE



#### INGREDIENTS:

- |                         |                          |
|-------------------------|--------------------------|
| 2 Tbsp unsalted butter  | 2 Tbsp cocoa powder      |
| 1/4 cup chocolate chips | 1 Tbsp brown sugar       |
| 1/4 cup buttermilk      | 1/2 tsp vanilla extract  |
| 3 Tbsp sugar            | 2 Tbsp self-rising flour |
|                         | 1 egg                    |

#### INSTRUCTIONS:

- In a small bowl, melt the butter in microwave. Stir in chocolate chips until they are melted, microwaving mixture for 10-15 seconds if needed.
- Add the egg, buttermilk, sugar, vanilla, brown sugar, and cocoa powder. Whisk together until smooth.
- Add the flour and stir until just combined.
- Pour the batter into the mug. Do not fill mug more than halfway.
- Microwave for 60-90 seconds.

## Featured Topic: Shining Star Winners

Residence life would like to recognize the following RAs who were nominated by their fellow staff members to be the shining star of this month. These individuals show exemplary commitment and dedication to the department of residence life and the university at large. They consistently demonstrate their passion for service, teamwork, and community building.

Century – Kaylah Howard

Heritage – Jane Friedman

High Mountain – Brittany Line

Hillside – Jae Jurado

Overlook North – Da'nashia Clay

Overlook South – Bianca Petrosino

Pioneer – Lucia Corado

White and Matelson – Andrew Masefski



Please join us in congratulating the RA in your hall on this great achievement this month!

## Featured Topic: Occupancy Verification

You should have received an email containing an occupancy verification survey regarding your housing plans for Spring 2018.

If you haven't yet responded... Please do so as soon as possible. Any questions, send an email to [athome@wpunj.edu](mailto:athome@wpunj.edu)

Featured Topic: Preparing for Finals

# CHENG LIBRARY

OPEN  
24/7

## OPEN 24 HOURS

PRE-EXAM WEEK & EXAM WEEK

Sunday, December 10th, 12:00 NOON through  
Friday, December 22nd, 4:30 PM

## SHHHH...

24 HOUR QUIET HOURS ARE IN  
EFFECT STARTING SUNDAY,  
DECEMBER 10<sup>TH</sup> AT 10PM  
UNTIL FRIDAY, DECEMBER  
22<sup>ND</sup> AT 6PM

PLEASE RESPECT YOUR NEIGHBORS  
PREPARING FOR FINAL EXAMS!



## 10 FINALS *Study tips*

- 1** *keep every levels high*  
sleep 7-9 hours so you can feel  
more energized
- 2** *50-10 Rule*  
study 50 minutes every hour; spend 10  
clearing your mind
- 3** *organize your calendar*  
designate time for studying, free time  
and exam times
- 4** *make study guides*  
designate time for studying, free time  
and exam times
- 5** *study in groups*  
but only if it helps you, don't let it be a  
distraction
- 6** *take your time*  
plan ahead and take your time  
studying
- 7** *exercise*  
let off steam and clear your mind; an  
active mind is more productive
- 8** *relax*  
keep your stress levels low and  
worry less
- 9** *do a practice quiz*  
ask friends to quiz you on subjects  
that are difficult
- 10** *eat healthy*  
you body will feel better and you  
will be more alert

## Featured Topic: Fall Semester Closing

### Residence Halls officially close Friday December 22<sup>nd</sup> at 6:00pm.

Last meal served will be dinner on Friday, December 22<sup>nd</sup>, Wayne Hall will close at 6:00pm.

To assist student's in checking out for the fall semester, the Lot 5 residential gate will be open from 10am until 10pm beginning Thursday, December 14<sup>th</sup> thru Friday, December 22<sup>nd</sup>.

Please note that access is only for when actively moving items out.

All students are required to check out before leaving for the semester break.

**Step 1:** Pick up an Express Check-out form from your hall office or Front Desk

**Step 2:** Complete the Form

**Step 3:** Remove the yellow top copy, this serves as your check-out receipt

**Step 4:** Place your apartment and/or room keys in the envelope portion of the form and seal it

*(High Mountain and Overlook residents who are returning to the same room for the spring semester do not return any keys... Skip this step)*

**Step 5:** Put the completed Express Check-out form in the box located by the front desk of your residence hall

### Make sure to do the follow before departing:

- Refrigerators must be cleaned and defrosted. (*Apartments residents do not need to defrost the refrigerator.*)
- We suggest that you move your refrigerator into the shower for defrosting purposes.
- ALL APPLIANCES need to be unplugged for safety purposes.
- Take home all valuable items.
- Be sure to lock your room and your bathroom door & lock all windows and close all curtains.
- Turn off all lights and remove all garbage before departure.

Residence Life will be completing inspections of all rooms.

### Good Luck on Finals!

If you have any questions about the closing process, please see your RA or stop by the Hall Office.

Residence Halls Re-Open on Tuesday, January 16, 2018.

You may check-in to your building between 10:00am-6:00 pm.

Featured Topic: The December Dining Calendar

# December

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

**Win \$5,000 to help pay your holiday bills!**

**GRAB SOME CHEER**

Sodexo & Coca-Cola are giving back to help you pay off your holiday bills! One lucky winner will receive \$5,000, but everyone who participates receives a \$10 Amazon gift card! Purchase 5 Coca-Cola 20oz products and enter your codes into our Bite App from the App store to enter into the contest and receive your \$10 Amazon gift card.

**MAC & CHEESE**

1

**BILLY BEAR GRILL MONTHLY SPECIAL**

2

**CUSTOM PIZZA**

3

**National Cookie Day!**

4

**Enter To Win**

5

**SHARE THE MOMENT**

Holiday Lunch  
Wayne Hall

**TACO NIGHT**

7

8

**PREMIUM DINNERS**

9

10

11

**National Hot Cocoa Day!**

12

13

**LUNCH with CHEF LARRY**

14

**Spotlight on... Stephanie**

15

**EVERY SATURDAY**

16

17

18

**Holiday Giveway Winners Chosen**

19

**Holiday Cookies**

20

**Ravioli Bar**

21

22

23

24

25

26

27

28

29

30

Have a Safe & Happy Holiday. See You Next Year!

**Happy New Year**

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**William Paterson Dining**


www.wpudining.com

sodexo 2017


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## Featured Topic: Opportunities to get involved!



**THIS HOLIDAY DISCOVER YOUR INNER ELF WITH THE CENTURY HALL STAFF AS THEY PRESENT THE MOVIE:**



sunday, december 10<sup>th</sup> at 3:00pm  
century hall gazebo  
ice cream sundae bar  
attire: pajamas encouraged



**RESIDENCE LIFE COMEDY NIGHT**

**HIGHLIGHT:** Handpicked by NICK CANNON for 1 on 1 audition for **WILD ONE**

**AS SEEN ON:** Kevin Hart's LOL Network, CollegeHumor, SiriusXM, FusionTV, Netflix, Cosmopolitan, Elite Daily, Reddit StandupShots

**Snacks Door Prizes**

**FEATURING:** Dominic Leonelli, Alexander Payne

**Eagle Witt**

THURSDAY, DECEMBER 7  
8:00pm—9:30pm

### Res Life's Season of Giving

Help make the season magical and safe for a homeless LGBT youth!

Grab a snowflake from your hall lobby, purchase a gift card for \$5 - \$25 for the store on the snowflake, and bring the gift card to your hall office by **Friday Dec. 15th** at noon.

All collected gift cards will be sent to the Ali Forney Center in NYC and be given to youths in need.

For more information about the Ali Forney Center, check out [www.aliforneycenter.org](http://www.aliforneycenter.org)

