



NCHO

NEWS

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On the Move at Johnson C. Smith

This semester at Johnson C. Smith, two Living and Learning Centers have been established in the residence halls. Each center has a personal computer for the students use, current professional journals, an intensive study area and an area for group study.

Also, for the first time at JCSU, a complete RA selection process is being instituted. Each applicant is encouraged to attend the Leadership Development Program, required to attend a group process session and is interviewed by the Residence Life Staff. After selection the RAs will be attending a spring workshop that will be designed by residence coordinators and current RAs. The theme for next year's RA program is "RAs - Make the Difference".

Submitted by:
Anne Berry

North Carolina School of the Arts

The Residence Life department at the North Carolina School of the Arts is pleased to announce the hiring of Marian Hollinger as Assistant Director of High School Life. Marian is one of four Assistant Directors who live and work in the High School residence halls.

Marian holds an M.A. in Student Personnel and Counseling from Slippery Rock University in Pennsylvania, and has extensive experience in counseling, educational advisement, programming and administration.

Submitted by:
Pat Robertson

NCSA Visual Arts Support Group

NCSA has recently started a support group for its high school Level I Visual Arts students. The group is designed to help these first year V.A. students develop a sense of community outside of the classroom, give them a place to discuss the pressures, concerns and coping skills necessary in their Art, and to provide a means for social and recreational activities.

To date, the students have met to discuss the needs and goals for the group. Future plans include having guest artist speakers, assisting with the design and painting of wall murals in the residence halls, and trips to local art galleries.

For more information about this or other support groups please contact Marian Hollinger, North Carolina School of the Arts, 200 Waughtown St., Winston-Salem, N.C. 27117-2189.

Submitted by:
Marian Hollinger

Springtime at Queens

Queens College is busy planning spring diversions from the RA staff. We began the semester with a RA retreat at Myrtle Beach. Here, we eagerly set our individual and team goals for the coming semester.

Among out "To Do" list is an Alcohol Awareness Week in March. We are jointly planning this venture with two of our student committees: Cultural Events and Religious Life. With diverse groups of students planning the event, we hope to have more campus-wide attendance.

The Resident Assistants are also working on the annual Queens College "Derby Day" which is scheduled for April 18. This is our "blow out" day when the Residence Halls show their hall spirit by competing for prizes and total team points. We conclude the day with a barbecue dinner and a "moon-tanning" beach party.

The warm spring days help to bring smiles to students and staff alike. We are eagerly anticipating a fun-filled spring semester.

Submitted by:
Diana Williams

"In The Wake"

Spring has arrived in Winston-Salem and with it comes all the expected tasks of the season. I'm sure each of you are busy with staff selection, spring training and housing sign-up much the same as we are! However, we have had some out-of-the-ordinary goodies to come our way to break up the hum drum. Perhaps our most exciting news is the excitement and enthusiasm generated by our participation at NCARH. Wake Forest sent 9 students and left Hickory with the Spirit Award and runner-up for Roll Call. This is a real milestone for our students as this is only the second NCARH WFU has ever attended. We were really happy and proud of our student delegation.

On February 14th, we had a "Love Yourself-Stay Well" day to spotlight the grand opening of our Wellness Center located in our newest Residence Hall. Spa, Nautilus, and YMCA memberships were given as door prizes as well as many other surprises supportive of the wellness theme. The afternoon was a tremendous success! We really feel our Wellness Center is off to a great start.

Our Residence Life Campus Programming committee presented Dr. Todd Fay who addressed the topic, "What Men Should Know About Rape." This controversial program received much attention on campus as well as in the community. Most males in attendance learned much about this typically female focused area. Another very successful program was sponsored by a team of R.A.s in our new Residence Hall. They contacted the YMCA and had a masseuse come and demonstrate effective massage techniques

that could reduce stress. Then each of the participants coupled up for about an hour and practiced. (The aerial view must have been interesting!) It was very well attended and truly a "Hands On" experience.

We are still watching our brand new Residence Hall rise to meet the sky and anxiously anticipate its opening. Additionally, we hear from the Administration that our "New Dorm" (that's the official name) will get a bonafide name sometime soon! That's not bad considering the hall was built in 1970!! (So we're a little behind at Wake Forest!!) Keep your fingers crossed!

"That's all to be told from the Old Black & Gold!"

Submitted by:
Suzanne Stevens

From East Carolina University

Bob Sinclair has been employed as a Residence Hall Director in Jones Hall at East Carolina University. A graduate of East Tennessee State University, Bob hails from Hickory, N.C. His wife, Jenny, is enrolled in the physical therapy program at ECU. He replaces Vanessa Higdon, who transferred to the Department of Intramural Recreation at ECU.

Submitted by:
Nancy Smith

Energy Programs

The fifteen residence halls at East Carolina University have been participating in energy contests during the months of October, November, January, February, and March. As an incentive the Department of Residence Life awards the winning residence hall with items for the residents, totalling \$250.00. Some of the ideas that they have used in order to save energy have been: hours without power, wine and cheese by candlelight, no-cook meals, and dorm-wide study sessions in a lobby or study room.

The department plans to compile the ideas into a single publication for later use and distribution.

Submitted by:
Nancy Smith

Extended Orientation Program Initiated

During Spring Semester the Department of Residence Life in conjunction with the University Counseling Center at East Carolina University coordinated an ongoing orientation program to introduce all facets of campus life to new students. It was called "The Road to Graduation."

The information for one portion of the program on "Academic savvy" was compiled and presented by Dr. Phyllis McAllister of the Counseling Center, and Residence Hall Directors Laura Sweet and Nancy Lackey. The material contained tips on time management, note-taking hints, test strategies, and university class ins and outs.

In Fall Semester, the student staff had been trained to present written material. For the original Road to Graduation program, the professional staff made a brief introduction. Then the students presented the study sequence by using the prepared study guide and their own experiences.

Since that time both directors have used the study sequence in their halls. One staff has presented structured programs each month as a part of the hall's ongoing orientation. The other staff has used the material on an "as needed basis" basis. The attendance and remarks have been extremely favorable.

Submitted by:
Laura Sweet

Programming at Brevard College

Alcohol Awareness Week was held recently at Brevard College. The overall theme of the week was "THINK IF YOU DRINK." Programs were aimed at informing students of the legal and physical implications of alcohol use and abuse. Community involvement was strong, with a local judge, sheriff's deputy, physician and substance abuse counselor participating. Those students who had received sanctions for alcohol violations were able to reduce those sanctions by attending at least two of the programs and evaluating the programs they attended. It is hoped that this type of educational program can become an annual event at Brevard. Additional programs will be added, and some changes in format will be made based on comments received from evaluations. Students seemed to be very receptive to this type of programming, and the administration was pleased with the programs offered as well as the student response.

Submitted by:
Betty Hauk

Waves Wilmington

UNC-Wilmington enjoyed seeing each of you at SEAHO. We are in the process of preparing the final details for our new residence hall for Fall of 1985. We are in the process of planning modifications to our residence life staffing pattern. We will fill you in on the details later.

A NOTE ON MEMBERSHIP To each of you in Area III who have responded to my letter concerning questions on membership - THANK YOU. To those of you who have failed to answer my letter on membership, you will be hearing from me in the near future. NCHO is your organization.

Submitted by:
Margaret Taylor

Residence Life at Wingate

The R.A. selection process is currently underway at Wingate. We are very pleased with the number of applications we have received. The new staff will be hired by the end of March in order for us to do some Spring training in April.

Several of our R.A.s participated in the Small College R.A. Days at Catawba. This was a good experience for our staff.

Our residence hall programming efforts have been intensified for the Spring semester. Programs are covering a wide variety of interests and include a campus-wide self defense program, an open house for faculty in some of the residence halls, discussions on relationships, and a strength training and nutrition seminar. Campus and community resources are being used in these programs.

Submitted by:
Mary A. Gowan

ACUHO-I '86 Planning Conference,
July 22-23, 1985

The Housing Staff of Western Carolina University would like to extend an open invitation to the North Carolina delegation to visit the Cullowhee campus on July 22 and 23, 1985. This opportunity will allow for involvement in the planning stages of ACUHO-I '86 Conference, as well as a chance to familiarize yourself with the campus facilities that will be used.

The planning conference will begin with lunch on July 22 and will conclude with lunch on the following day (July 23).

There will be a \$20 charge for those participating. This charge will cover four meals and one night's stay on campus in residence halls where ACUHO-I '86 will be housed. All individuals interested in helping with the planning and reviewing the ACUHO-I '86 Conference should complete the form below and return it by July 1, 1985 to: Western Carolina University Housing Office, Cullowhee, North Carolina 28723. Nothing could be finer than a July evening in Cullowhee. Come and enjoy.

Return to WCU Housing Office, Cullowhee, N.C. 28723 by July 1, 1985.

ACUHO-I '86 PLANNING CONFERENCE
CULLOWHEE, N.C.
JULY 22-23, 1985

NAME _____
SCHOOL _____
POSITION _____ OFFICE PHONE _____
ADDRESS _____

Submitted by:
Lisa G. Sons

Do It For The Health Of It!

In the interest of improving the lifestyles of the students and the Residence Life Program at UNCC, a Wellness House has been established in one of our co-ed highrises. The focus of this Wellness House is to increase an awareness of possible lifestyle improvements, promote the six dimensions of Wellness, and sponsor programs and activities that relate to and promote the Wellness model.

Assignments to these special lifestyle floors are a result of personal requests. As a resident of the Wellness House, I agree to support and participate in the implementation of this lifestyle. Residents living in this area agree to attend or organize programs dealing with Wellness topics, revise their current lifestyle (if necessary), and utilize and promote the Holshouser Wellness Center (Highrise Conference room).

The Wellness Center is a facility that will be opening in the fall of '85. It will be a self-help resource library covering the six dimensions of wellness. Also included will be physical fitness equipment, i.e. a Gympac 3500, rowing machine, free weights, jumpropes, etc. There will be a variety of wellness programming with weekly sessions of aerobics, running, self-defense and Bible study, and at least one special interest seminar per week.

Submitted by:
Daleen Downs

Catawba Happenings

We're preparing for the "run down the stretch" here at Catawba. The Catawba sponsored "Small College R.A. Days," attended by Livingstone, Elon, Guilford, and Wingate, was a huge success with excellent student participation and input in all areas. Our featured guests were Chris Moore, Director of Student Activities and Intramurals, Catawba College; Captain D. L. Bradley, Rowan County Sheriff's Department; and Bill Bolding, Director of Housing, Davidson College. Each participating staff group presented a short program on one aspect of a Resident Assistant's duties. The afternoon program included a "New Games" activity and interest sessions, including "Wellness," "Student Development: There's Method in our Madness," and "Expectations versus Self-Actualization." We concluded the "Days" with a round-table discussion at which time all participants had an opportunity to collectively address some controversial and problematic issues in residence life, as they affect the R.A.

On Wednesday, March 27, the Catawba College Student Development department is sponsoring an Alcohol Awareness Fair featuring guest speakers, films, local police officers, breathalyzer demonstrations, and a controlled alcohol consumption experiment with students and faculty. We're hoping for a large, energetic crowd.

Submitted by:
Chester R. Robinson