

THE BUZZ

February 2012



Room Selection Time Line Fall 2012

Monday, January 30

Room Selection Applications Available
(outside of Loyola #130 and
Alexandria #130)

Friday, March 16 ~ 3:00 pm

Housing Deposit \$250 payment deadline in
Campbell Solution Center

Housing Applications Due in #130
Loyola Hall

Friday, March 23

Room Selection Lottery Numbers
Distributed
to student mailboxes

Wednesday, March 28

Room Selection Info Sessions: 3:30, 6 pm
St. Brigid Hall Glass Lounge

Monday/Tuesday, April 2/April 3

Room Selection in Waldron Boardroom

Friday, April 27 ~ 5:00 pm

Last day to Request Full Housing Deposit
Refund for 2012-2013

Room Selection 2012

Room Selection information will be available to students on Monday, January 30, 2012. Any student who is interested in living on campus for Fall 2012 must submit an application to the Office of Resident Life and a \$250 deposit to the Campbell Solution Center. Eligibility for housing will only be considered after BOTH items have been submitted, not on a first-come, first-serve basis.

PLEASE NOTE:

In accordance with Student Billing, the College's policy requires that room deposits for room selection will not be accepted or processed, nor will lottery numbers be issued for any student who has an outstanding balance on his/her account.

Students on Disciplinary Probation Reminder

Consequences for students on disciplinary probation include loss of the privilege to reside in the residence halls during any college break period. In addition, students on disciplinary probation who choose to participate in next year's Room Selection Process this Spring semester will receive their lottery numbers at the end of their rising class; these students are allowed to be "pulled into" a room by another student during the room selection process.

Honors Housing 2012-2013

The Office of Resident Life and the College Honors Program are pleased to announce that, beginning in the fall of 2012, students enrolled in Honors may apply for housing in a section of the residence halls reserved for Honors Program participants. Honors housing will be located on the first floor, A-wing, of Alexandria Hall. Current students and new students who have been accepted into the Honors Program may apply for this specialized housing during the Room Selection Process. If you have any questions about this housing opportunity or if you need further information, please see a member of the Resident Life Staff or the Director of the Honors Program. (originally announced Nov. '11 and reprinted in Jan., Feb. '12)

Spring Break Information

The Residence Halls **close** for Spring Break on Saturday, March 3, 2012 at 10:00 am. They will **re-open** on Sunday, March 11, 2012 at 12:00 noon. Students with a college-related reason to be on campus anytime during the Spring Break period must complete a Break Housing Form, available on-line only.

Please remember, any students on judicial probation will not be approved to remain in the residence halls during any college break period.

All completed forms must be submitted on-line by Friday, **February 24, at 5:00 pm.** Late forms **will not be considered.**

It is important to remember that anyone applying for housing during the break period is not permitted in the Residence Halls unless their request has been approved by the Resident Life Staff. All students who have applied for break housing will be notified through email if their application has or has not been approved. For more detailed information regarding breaks, please refer to the Resident Life Handbook available online.

February – Important Dates

- 2/17** Last day to withdraw Accelerated III
- 2/24** 5:00 pm Request for Spring Break
Housing Forms Due
- 2/24** Accelerated Session III Ends
- 2/27** Accelerated Session IV begins



Vandalism Is Preventable **WINNERS!**

Congratulations to our **January VIP Winners:**

Alexandria Hall: Kurt Flinchbaugh

Siena Hall: Karena Weaver

Loyola Hall: Kelsey Runyen

St. Brigid Hall: Thomas Watts

All winners were randomly picked from floors that remained vandalism free for the month. Each winner receives their choice of GMC Gear and a \$15.00 gift card. The next drawing will be February 24th.

Health and Safety Inspections

Health and Safety Inspections will be occurring on **Saturday, March 3, 2012**. The Resident Life Staff will be entering all rooms between the hours of 9:30 am and 12:30 pm to conduct Health and Safety inspections. Staff will be checking for fire safety, sanitation, and other safety conditions. Resident Life staff can and will confiscate items not allowed in the Residence Halls as well as any items that are identified as College property. Violations of College policy will be noted and will result in judicial hearings.

See the "Room Condition" section in the Resident Life Handbook (on-line) for additional information or contact any member of the Resident Life Staff. Please note that the Office of Resident Life is not responsible for any confiscated items that are lost, broken or damaged in any way.

Resident Assistant (RA) Appreciation

Wednesday, February 15th, is National Resident Assistant Appreciation Day. It is a day to honor our RAs for the many things they do. Remember, they are students too, but they take the time and patience to take care of the residents of their floors and halls. It's not easy to be an RA. Sometimes being a leader means to be more responsible, to step out of the box, and be courageous; to go against the grain. The RAs we have at GMC are strong leaders and we want to thank them all for the hard work they do. Not only do they work hard for the Resident Life Department, but most of all, for their residents. The RA staff enjoys sharing exciting things with the staff that their residents are doing. Even when they are up late at night dealing with a crisis and have to be up for an 8 am class, they try hard not to complain. The RAs do this job because they care. It's not about the money and it's not about the glamour. It's about having a strong desire to teach and have compassion for their fellow students. So, the next time you see an RA, thank them for all they do!

Cable Upgrade Scheduled for Summer 2012

Following the close of the Residence Halls this Spring Semester, Comcast will be installing a new piece of cable equipment referred to as a Head-End on our campus. The purpose of this will be to eliminate the need for each television set to be equipped with a DTA (Digital Transport Adapter) box as is currently necessary in order to receive the channel lineup purchased by the College. The Head-End will allow students the convenience of plugging their cable cord directly from their television set to the cable outlet on the wall without the need of taking responsibility for any additional cable box related equipment that needs to be signed out and returned at the end of the year. Every cable outlet will then provide the College purchased channel line-up signal and the Head-End equipment will not allow for additional channels beyond these to be transmitted to individual student units. As a result, Comcast will no longer accept individual student agreements for channels beyond those purchased by the College.

(originally announced in Jan. '12, repeated in Feb. '12)

February Common Hour

- 2/1 Beyond Your Reflection: The Thin Ideal and How We're Impacted SB#25
- 2/2 Movie: "Something the Lord Has Made"
Special Time: 1 pm
Location: JBA
- 2/8 Mobile Device Apps IDEA Exchange
Location: TBD
- 2/8 Custom Yearbook
Make a custom-made yearbook with your own photos; learn how to sign in on the new yearbook site and customize your yearbook
Location: FH3
- 2/15 Teaching and Learning in the Online Environment – Featuring Adobe Connect
Location: SB14
- 2/22 Ash Wednesday
8:30, 11:30 am Masses in Chapel, CH
1:30 pm Prayer Service in Chapel, CH
8:30 pm Prayer Service in Glass Lounge
- 2/22 Custom Yearbook
Make a custom-made yearbook with your own photos; learn how to sign in on the new yearbook site and customize your yearbook
Location: FH3

Resident Life Appeal Board

The Resident Life Appeal Board is composed of a panel of residence hall students whose primary responsibility is to review cases that have been appealed as a part of the disciplinary process for residence hall students. When a formal appeal is submitted, the board is then charged with the responsibility of convening to review the disciplinary decision in question. The board consists of students who have demonstrated a commitment to the mission and values of the College. These residence hall students are appointed for their ability to be consistent and impartial. Students interested in serving on the Resident Life Appeal Board should contact the Associate Director for Training and Judicial Affairs who is located in Loyola Hall 140 or at johnson.keisha@gmc.edu.

From Career Services

Below is the current list of GMC Career Services events. Go to www.collegecentral.com/gmc to see other recommended events outside of the college.

Interviewing Marathon

When: Wednesday, Feb. 22, 2012~ 4-6:30pm

Where: Waldron Board Room

How: Contact Career Services to reserve your 30 minute appointment: 215-646-7300, ext: 230 or careerservices@gmc.edu

Greater Philadelphia Teacher Job Fair (DVEC)

When: Thursday, March 15, 2012~ 9am-3:30pm

Where: West Chester University

*More information coming soon.

Nonprofit & Government Career Fair

When: Tuesday, March 20, 2012~ 12:30-3:30pm

Where: Saint Joseph's University

*More information coming soon.

Government and Intercollegiate Job Fair (SEPCHE)

When: Wednesday, March 28, 2012~

12:30pm- 3:30pm

Where: Neumann University

*More information coming soon.

The Health & Wellness Center...

...is open Monday through Friday:
8:30 am - 4:30 pm

Dr. Joe is in the office:
Mondays, 8:30 am - 11:30 am
Wednesdays, 1:30 pm - 4:30 pm

Appointments are appreciated and will be seen first.
Call ext. 306 to make yours today.
There is no cost to see the medical staff!
(Located in Loyola Hall)

Residence Hall Security Upgrades

Best practices for College residence halls nationwide include construction and renovation of existing facilities to conform with a one point entry and exit system. The purpose for this practice is to enhance the safety of all residents in buildings that are not open access facilities. College policy allows for only residents, their escorted registered guests and authorized staff to be allowed in the residence halls. One point entry and exit systems strengthen the ability for Public Safety and Security to enforce this important policy.

When Alexandria Hall opened in January 2006, it was constructed in this manner and all other means of emergency exit were constructed with a 15 second delayed alarm system that is designed to automatically release when the fire system is activated. During the past several years similar equipment has been phased into a renovation schedule in St. Brigid and Loyola Halls. During the upcoming year it is anticipated that this work will be scheduled for completion or at least near completion during the 2012 summer throughout Loyola, St. Brigid and Siena Halls. Once completed all residence halls on campus will conform with this important best practice safety system of one point entry and exit which for the Loyola, Siena and St. Brigid complex will be the current St. Brigid Hall main doors located by the existing Public Safety and Security Desk. In the meantime, all students are reminded that the residence halls are not open access facilities and while guests are welcomed, in accordance with the Visitation policy, they must be registered with Public Safety and Security and escorted into and out of the residence halls at all times.

James McNesby

Director Public Safety and Security

Rick LaRosa

Director Resident Life

(originally announced in Sept. '11 and reprinted in Oct., Nov., Dec. '11; Jan. and Feb. '12)

From the Counseling Center

With the semester under way, Counseling Services reminds each student of the available services on campus. Counseling offers a wide range of services from relationship problems to managing stress and depression. Please don't wait to make an appointment, the earlier you address the problem the faster it can be resolved!

Counseling services are free and confidential for all Gwynedd students. All you need to do is email, call or stop by for an appointment.

Counseling Services is located on the 2nd floor of The Griffin Complex (Rotelle Lounge, in the window hallway heading to PepperaZZi).

Director of Counseling Services
Jeanne McGowan, L.C.S.W.
Email counseling@gmc.edu
Or 215-641-5571

Upcoming Counseling Events.....

February 1 Common Hour 1:30pm
"Beyond Your Reflection: The Thin Ideal and How We Are Impacted" Location: SB 25

February 14 & 21

Join Psy Club, Communications Club and PMA in the lobby of St. Bernard and Keiss Halls to offer your thoughts on how media impacts are body image between 11am and 4:30pm

February 29

Student led, interactive Common Hour highlighting information and feedback regarding GMC reactions to media's impact on body image/eating disorders. Location: TBD

Defending Against the Media's Harmful Messages

Our culture's perspective concerning beauty can have a very damaging impact on body image because we are constantly bombarded with messages of the thin ideal. The following are a few tips to help you defend against these harmful messages:

- Variety is the spice of life: If we all looked the same, the world would be incredibly boring. Appreciate your uniqueness, as well as the uniqueness of those around you. There is beauty in everyone!
- Appreciate your body: Reestablish a positive relationship with your body, and treat your body with respect. Don't torture your body with extreme diets in an attempt to meet an impossible standard.
- Pamper yourself: It is important to take the time to do nice things for yourself. For example, take

- a long hot bath, get a massage, or make a date with a friend to get a manicure or pedicure.
- Exercise: Studies have shown that when people participate in even moderate exercise, such as walking, they feel more connected and better about their bodies. Take a walk around campus alone or with a friend!
- You can't judge a book by its cover: There is so much more to you than what you look like. Think about the people you admire and look up to - is it because of the way they look?!
- Surround yourself with support: Seek out others in your life who value you for who you are and not for what you look like. Find people who exhibit a healthy relationship with their body, and avoid those who tease you or are constantly focusing on weight.
- Don't be a bully: You don't deserve to be picked on by yourself! Rather than criticizing your body, write down what it is you like about yourself instead. Are you a good friend? Hard-working? Dependable? Positive affirmations can be very powerful - incorporate them into your daily routine!
- Throw away the scale: It's a great idea to ditch the scale and free yourself from attaching self-worth to a number. How much you weigh should never affect your self-esteem, and your weight DOES NOT define who you are.
- Friends Don't Let Friends Fat Talk: Everyone experiences pressure from the media and peers. Try not to express dissatisfaction with your body, and discourage friends from doing the same. Instead, discuss with your friends the ridiculous nature of the media's portrayal of body image and encourage them not to buy into it.


For more information, please contact Counseling Services at counseling@gmc.edu



Mr. Mackie wants you to know... Sponsored by the PLCB

Many college students find themselves in debt after the holiday season. 55% of GMC students report that they will not drink because they do not want to spend the money [alcohol/Edu 2010-2011].

Be smart about your finances and be a part of the 55% who choose to save rather than drink their money away.



R.A.I.S.E.
Reducing Alcohol Incidents
through Student Education

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