




# Residential Life Weekly

## Announcements

<p>Weekly Dining Menu</p>  <p>View the weekly menu &amp; see what's open now.</p> <p><a href="#">Menu</a></p>	<p>Late Stay Request</p>  <p>Need extra time to leave after finals? Submit a request.</p> <p><a href="#">Housing Portal</a></p>	<p>Scholarship Deadline</p>  <p>Carkoski Scholarship deadline is Wednesday. Apply today!</p> <p><a href="#">Scholarship</a></p>
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## Grab your Friends & Go!

**THURSDAY**



**Kiwanis Holiday Lights**  
Sibley Park, 5-9 p.m.  
FREE (walk or drive thru)

[See Lights](#)



**SUNDAY**



**Moonlight Yoga & Breakfast**  
Yoga: 8-9 and 9-10 p.m.  
Breakfast: 10-11:30 p.m.

**NEED A STUDY BREAK?!**

Join us for moonlight yoga & breakfast!

Sunday, December 5th  
Yoga - PH 102, 8pm-9pm & 9pm-10pm  
Breakfast - UDC, 10pm-11:30pm



## Focus on Academics

**Are you ready for finals?**

- Use a planner to create a study schedule for yourself and keep track of exams and due dates.
- Lower your stress levels by mastering the 4 S's of finals week:
  - Sleep
  - Shower
  - Stretch
  - Study



## Newsworthy

**THINKING ABOUT BEING A CA NEXT YEAR?**

**FALL 2022 CA INFO SESSION & SOCIAL**  
Tuesday, November 30  
7 pm in Preska 126  
meet current CAs & HDs and learn what it's like to work in Residential Life!



## Plan for Fire Drills on Tuesday and Wednesday

**Fire Drills This Week**

**TUES, NOV 30**  
4:30 p.m. Julia Sears  
5 p.m. Preska  
5:30 p.m. McElroy

**WED, DEC 1**  
5 p.m. Crawford  
5:30 p.m. Stadium Heights



## Have a Knack for Holiday Decorating?

**Holiday DECORATING GUIDELINES**

**DON'T** hang decorations from hallway ceilings. Use a power strip for all of your electrical items.  
**DON'T** cover more than 20% of your room door. Use fire-resistant or flame-proof decorations.  
**DON'T** use real holiday greens (i.e. fir tree). Use light strings with the "Underwriter's Laboratory (UL)" label.  
**DON'T** use candles (policy violation).

**All decorations must be removed from public areas prior to Winter Break.**



## Get Warmed Up to Ride the Smoothie Bike

**WEEK OF WELLNESS**  
NOV 30 - DEC 2  
University Dining Center

<b>TUES, NOV 30</b>	SMOOTHIE BIKES 8 AM - 10:30 AM	SALAD BAR
<b>WED, DEC 1</b>	OATMEAL BAR 7 AM - 10:30 AM	VEGAN
<b>THURS, DEC 2</b>	AVOCADO TOAST BAR 10 AM - 2 PM	VEGAN
<b>FRI, DEC 3</b>	PARFAIT BAR 11 AM - 2 PM	CREATIONS

JOIN HOLLY ELLISON, CAMPUS DIETITIAN, IN THE UDC AS SHE CELEBRATES #WEEKOFWELLNESS!



## 11 Days Until the Winter Break (but who's counting?)

**Before You Leave For Winter Break**

**DON'T FORGET TO TAKE ANYTHING HOME THAT YOU USE ON A DAILY BASIS.**  
(PRESCRIPTIONS, LAPTOP, ETC.)  
DOORS WILL BE LOCKED OVER BREAK!

**TAKE YOUR CAR WITH YOU!**  
YOU CANNOT LEAVE IT HERE OVER BREAK.

**MAIL AND PACKAGES ARE NOT DELIVERED TO YOUR MAILBOX OVER WINTER BREAK.**  
(WE ONLY DELIVER MAIL & PACKAGES TO STUDENTS WHO HAVE REGISTERED TO BE HERE OVER BREAK.)  
IT WILL BE WAITING FOR YOU WHEN YOU RETURN.

**LEAVE THE RESIDENCE COMMUNITIES BY 7 P.M. ON FRIDAY, 12/10.**  
OUR STAFF WILL BE DOING ROOM CHECKS THAT EVENING TO SECURE THE BUILDINGS.

**Good Luck on Final Exams & Projects!**

