For U @ AU

a monthly newsletter from the Office of Student Life at Aurora University

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The Choices That Count
Empowering students to make informed choices
December, Christmastime. The lights, the shopping, the parties. But wait!

Two more weeks of classes and finals are left before the celebrating can begin. How do you maintain focus with the pull of the holidays?

Don’t let the hard work of the past months fall apart in the final weeks! Make your projects and finals the number one priority in the final days of the semester. Let your family and friends know that you have work to do, and you’ll join them in the festivities when your work is finished.

**Create a calendar just for December.** (Customize your own calendar by using the tools on this website: [http://www.pdfcalendar.com/monthly/](http://www.pdfcalendar.com/monthly/).) Write in all of your class meetings, group meetings, due dates for papers and projects, finals schedule, work schedule, and any other responsibilities you have. You can make it as detailed as you want. If it’s helpful to break down and schedule time to work on specific research topics, sections to write, and revision and rewrite hours, go ahead and do it! Carry your December calendar with you at all times so that you follow it daily.

Try to **eliminate all of the unnecessary drains on your time**, just for the remaining weeks of the semester. You don’t have to keep your room perfectly clean; you can hide the controllers for your video game; and really, you **can** stay off Facebook -- just for the remaining days of the semester.

**Take good care of yourself.** You need all of your mental and physical strength to do your best work. You don’t have time to get sick! Eat well, get enough sleep, and fit in some exercise – all are necessary for you to be at your best.

Perhaps you need to **add work-out times to your December schedule**. Exercise is one of the best defenses against paralyzing stress and anxiety that make your muscles feel tight and achy. You want to stay active to keep the oxygen flowing through your system to function at your best. For now, it’s not about working out to lose 10 pounds or to cut your time running the mile. It’s working out to take good care of yourself – you need it and you deserve it.

Finally, **motivate yourself to do your BEST work**. Listen to inspirational music – whatever you enjoy to bring your spirits up. (Try this video and listen to the words of the song: [http://www.youtube.com/watch?v=-w5F1pYhuxc](http://www.youtube.com/watch?v=-w5F1pYhuxc).) Talk with people who support you, avoiding people who bring you down. Put notes around – on your mirror, in your car, at your desk – with words of encouragement.

When finals are over, it’s time to celebrate! Not only can you join in the joys of the holiday season, but celebrate the joy you’ll feel in your sense of accomplishment. You’ve done your best work. You’ve given it your all.

**Congratulations! Happy Holidays!**
Aurora University offers four meal plan options: two traditional and two block

<table>
<thead>
<tr>
<th>Meal Plan</th>
<th>Points*</th>
<th>Meals</th>
<th>Cost</th>
<th>Ideal for Students Who:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Premium Plan</strong></td>
<td>270 per</td>
<td>14 meals per week (Friday-Thursday).</td>
<td>$2350 per</td>
<td>Have predictable schedules and anticipate eating 14 meals</td>
</tr>
<tr>
<td>(Traditional)</td>
<td>semester</td>
<td>Limit of 3 meals per day.</td>
<td>semester</td>
<td>on campus per week</td>
</tr>
<tr>
<td><strong>Basic Plan</strong></td>
<td>100 per</td>
<td>9 meals per week (Friday-Thursday).</td>
<td>$1950 per</td>
<td>Have predictable schedules and anticipate eating 9 meals</td>
</tr>
<tr>
<td>(Traditional)</td>
<td>semester</td>
<td>Limit of 3 meals per day.</td>
<td>semester</td>
<td>on campus per week</td>
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<tr>
<td><strong>Block 125 Plan</strong></td>
<td>400 per</td>
<td>Unlimited meals per day and per week with a</td>
<td>$2050 per</td>
<td>Want a flexible meal plan and tend to use more points</td>
</tr>
<tr>
<td>(Block)</td>
<td>semester</td>
<td>maximum of 125 meals per semester. Add’l</td>
<td>semester</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>meals can be purchased (10 meals for $25).</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Block 175 Plan</strong></td>
<td>150 per</td>
<td>Unlimited meals per day and per week with a</td>
<td>$2050 per</td>
<td>Want a flexible meal plan and tend to use more meals</td>
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<tr>
<td>(Block)</td>
<td>semester</td>
<td>maximum of 175 meals per semester. Add’l</td>
<td>semester</td>
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<tr>
<td></td>
<td></td>
<td>meals can be purchased (10 meals for $25).</td>
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</tbody>
</table>

* Unused points carry-over from fall to spring semester only

If you would like to select a different meal plan for the spring semester, please visit the Office of Residence Life in the Lower Level of Wilkinson Hall to complete and submit a Meal Plan Change Form. If you have any questions regarding meal plans, please contact Theresa Bishop at 630-844-5789 or Amy Andrzejewski at 630-844-5467.

Study and Snack @ Phillips Library!

As you prepare for finals, fortify yourself with free food including cookies, cocoa, and ice cream!

Snacks available from 7:30 p.m. to 9:00 p.m. on December 7–10, 13 & 15.

Compliments of Sodexo Food Service and the Alumni Relations Office
Coming “back” from break is the perfect time to pay a little attention to our frequently used, abused, and under appreciated backs. Eight of every ten Americans experience back pain at some point in their lives that can interfere with routine daily activities. Sudden back pain is often due to poor body mechanics/posture or muscle fatigue/strain with exercise or daily activity. Back pain can last a few days to a few weeks.

Every day millions of students in the U.S. are lugging their lives around in a backpack. While this is effective for transporting books and supplies, backpack users frequently load their packs over the recommended backpack weight of less than 15 percent of ideal body weight. Exceeding this can lead to back, shoulder, and neck pain. Preventing muscle fatigue/strain can be accomplished by knowing what’s important and following a simple rule: **PACK LIGHT AND WEAR IT RIGHT!**

**How do I know if my pack is too heavy?**
- Weigh it!
- You are leaning forward or back to compensate for the weight.
- Your shoulders are rounded while carrying your pack.
- You have frequent back, shoulder, neck pain or headaches.
- You have tingling or weakness to arms or hands.
- You have to struggle to get your pack on or off.

**How can I prevent an injury?**
- Keep it light!
- Position your pack evenly in the middle of your back.
- Bend your knees to pick up your backpack.
- Put on the straps one at a time and Wear both shoulder straps.
- Tighten straps to keep the backpack close to your body.
- Distribute the weight evenly in pack with the heaviest items closest to your back and closest to your pelvis.

**How do I LIGHTEN UP? I need everything in my backpack!**
- Go through your backpack daily to eliminate the things you don’t need.
- Make pit stops at your room or car more frequently to change out books.
- Fill your water bottle after you get to class. Aurora’s city water has won state-wide water taste test contests for the past 2 years. So drink up!
- Get a wheelie backpack if you are unable to lighten up, just make sure the pull handle is the appropriate length for you.

**WHAT TO LOOK FOR IN A BACKPACK:**
- Choose a backpack that fits your back, not too long or too short
- Padded shoulder straps and back
- Wide shoulder straps
- Pockets to distribute weight evenly
- Waist strap

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**Watch for the Wellness Works “Back from Break” Event**
December 3, 2009
11am-1pm
Dunham Atrium
Register for chance to win a prize!
Securing the safety of our students is a major responsibility of Aurora University and the Office of Residence Life. Additionally, it is our responsibility to protect the right of privacy of students living in the residence halls. Visitation within the residence halls is a privilege for students, not an inherent right. Environment of the residence hall be disrupted. A “guest” is defined as any person not assigned by the Office of Residence Life to live in that residence hall room, even if that person is an AU student.

- In cases where roommates do not agree regarding guests, the right of a resident to occupy his or her room without the presence of a guest shall take precedence over the privilege of a roommate to host a guest.
- Guests are the responsibility of their host and must be escorted in the halls and rooms at all times. If a resident’s guest is involved in any policy violation, the host will be subject to student conduct action. Guests will be held accountable for their actions, as appropriate.
- Guests who engage in behavior which violates AU policy will be escorted out of the residence halls; guests under the age of 18 will be escorted out of the residence halls and the parents/legal guardians may be contacted.
- It is not always possible to predict behavior of persons who are friends. If a host contacts Residence Life staff, Campus Public Safety, or other administrators indicating that a guest is behaving inappropriately and asks for assistance, it may be interpreted that the host was acting responsibly, and disciplinary action for the host may not apply.
- Residents are allowed to have two guests stay overnight on campus a maximum of three nights per seven day period, provided that all other residents assigned to that room are consulted and provide permission. No guest is allowed to stay overnight in any residence hall room on campus, regardless of roommate permission, more than three nights per seven day period.
- Residents under the age of 18 must have parental/legal guardian consent to have overnight guests by the signing of a consent form when the resident completes his or her housing registration.
- Guests under the age of 18 need parental/legal guardian permission to stay overnight in the halls.
- Infants and children under the age of 12 are not allowed to stay overnight in the residence halls.
- Babysitting is not allowed in AU residence halls at ANY time.

If you have a guest who will be in the hall during quiet hours, s/he must be registered by midnight with the RA on duty. Following these steps will help you avoid losing your guest privileges:
- Complete a guest registration form, available from the RA on duty, and provide picture ID (e.g. student ID, state ID, or driver’s license) for both the host and the guest(s).
- Each guest will receive a pass that they must show upon request. Make sure that your guest keeps the pass with him/her at all times.

All guests must be registered by midnight. Unregistered guests after this time will be asked to leave campus and the host and guests will face student conduct action, as appropriate.

WANT 2 KNOW MORE?
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<th>SUN</th>
<th>MON</th>
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<td>30</td>
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<td><strong>TAPS</strong>, Spoof Night, Perry Theatre, 8-10pm</td>
<td><strong>FEAU</strong>, Sign Up for Big Brothers/Big Sisters, Dunham Atrium, 11am-1pm Christmas Wednesday, Spartan Spot, 5-6pm</td>
<td><strong>Intervarsity</strong>, Extreme Heart Makeover, Cafeteria Lobby 11:30am-1:00pm Kwanzaa Thursday, Spartan Spot, 5-6pm <strong>Student Marketing Association</strong>, Next Door Extravaganza, Prisco’s Next Door Café, 6-9pm <strong>Intervarsity</strong>, “Never Good Enough: Self Image,” Large Group Meeting, Chapel, 8-9:30pm <strong>TAPS</strong>, Ladies Spoof Night, Perry Theatre, 9:30-11pm</td>
<td></td>
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<tr>
<td>5</td>
<td></td>
<td><strong>TAPS</strong>, Spoof Night, Riverfront Playhouse (off campus), 8-10pm</td>
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**STUDY AND SNACKS @ PHILLIPS LIBRARY**
November 7-10, 7:30-9:00pm

Study & Snacks, Phillips Library
7:30-9:00pm

**FINALS WEEK, DECEMBER 14-19—STUDY HARD!**

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**WINTER BREAK, DECEMBER 20-JANUARY 10—ENJOY THE HOLIDAY SEASON!**

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**EXTENDED EVENTS:** **ACJA and Political Science Club**, Toys for Tots Drive, collection box located in Spartan Spot, 11/30-12/11; **Delta Mu Delta**, Coat Drive for Hesed House, collection boxes located in Spartan Spot, Dunham Atrium, Eckhart Hall, Institute Lobby, Cafeteria Lobby, 12/1-12/10.

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Student Organization Events are listed in **BLUE**
Activities Programming Board Events are listed in **PURPLE**
Arts & Ideas Series Events are listed in **RED**
Student Life Events are listed in **GREEN**
AUSA Events are listed in **YELLOW**
Academic Calendar Information is listed in **BROWN**

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**WANT TO KNOW MORE?**
To learn more about upcoming campus events, visit the Student Activities website (http://www.aurora.edu/activities). An exciting event is always right around the corner!
Celebrating Arts and Ideas

The Aurora University Music Department presents

Goodwill to All

Christmas Concert
featuring the University Chorale and Women’s Ensemble

Sunday, December 6, 2009
3:00 p.m. and 7:00 p.m.
Crimi Auditorium • Institute for Collaboration

Join us for a wonderful performance of song and light as we celebrate the season of giving. The holidays will come alive as the talented choirs and instrumentalists of Aurora University perform familiar carols and new favorites — it promises to be an inspirational concert for all!

Seating is limited and reservations are required for this free event. Please call 630-844-1924, e-mail artsandideas@aurora.edu or visit www.aurora.edu/artsandideas.

We extend our appreciation to the Wadsworth Family Cultural Arts Endowment Fund for helping to make this event possible.

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A special thanks to Comcast and The Beacon-News for media support.

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