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
Hey! I know that person!

Hey! Did you see your poster in Eckhart?

Unless you really don’t look at the bulletin boards around campus, it was hard to miss the “What Do You Stand For?” posters everywhere the last week of February. But do you know why they were there?

You do if you walked through the Spot or Dunham Atrium or into the cafeteria Thursday, Feb. 25th, around lunchtime. You were probably asked to write a value on a sticker and wear it for the rest of the day. Did you see the stickers on other people in your afternoon classes? Over 220 stickers were passed out to students, faculty and staff across campus.

It was all a simple exercise in order to make a powerful point – what are your values and how do the choices you make in your daily life reflect those values? In our individual personal lives and in our communities, we need to stop and think about what we value and believe and we need to identify those values so that when it comes time to make a decision, we have some guidelines in place to weigh our options and make a careful choice.

For example, if you value “friendliness,” will you ignore the person next to you in class who gives you a shy smile each day when you take a seat?

If you value “honesty” or “integrity,” will you cheat on an exam – or cheat on your significant other in a committed relationship?

If you value “freedom,” will you speak for someone wrongly imprisoned?

If you value “nature,” will you vote for the expansion of a housing development that will plow through a grove of trees that is a habitat for a large variety of plants and animals?

If you’re living your values, you will say “No!” to all of these “ifs.”

Knowing what your values are and living your daily life in harmony with the values will result in your experiencing less conflict in your mind. And less internal conflict results in less stress, more peace, and more confidence. Sometimes it’s difficult to stand up for what you believe in in that moment. But in the long run, you will sleep better. And, as an additional bonus, you will build relationships based on those values because people are comfortable with you when they know where you stand.

If you want some help in exploring your values, internal conflicts or the choices you’ve made in your life, AU Counseling Services is here to help. Counseling’s not just for “problems,” but is a safe, confidential, free place to learn more about yourself, too. Contact us at 630-844-5118 or mhanlon@aurora.edu.
Any Boy Scouts out there?

Spring Break is fast approaching, for many it is the perfect time for some much needed R & R which often entails a little travel. Here in the U.S. we know how to get healthcare, where to get it, and have pretty much the same care available in all 50 states. Unless we are traveling to a remote area we know we will be able to get medical attention, medications, and any supplies we need to care for ourselves. When traveling in a foreign country we can find some obstacles, maybe a language barrier, availability of supplies and over-the-counter medications, access to a healthcare provider, or cost (our health insurance may not be accepted as payment for services). It is best to be prepared to care for any minor situations we may be able to handle ourselves. The CDC recommends that travelers pack a travel health kit to enable them to manage any pre-existing medical conditions, prevent illness related to traveling, and take care of any minor health problems that may occur.

Some things to remember are to pack any medications that you take for any medical conditions you may have. Take enough for the duration of your trip as well as some extra for any unexpected delays of your return. Keep medications in their original containers. Carry a copy of your prescriptions including their generic name. If you will be traveling with any prescribed controlled substances or any injectable meds carry a note from the prescribing doctor on letterhead stationery with you. Some medications may not be permitted in some countries, particularly controlled substances, you can check with the US embassy or consulate in that country if any questions.

To the right is a list of items that may be helpful when traveling. Remember to pack any liquid or gels over the allowable size and the scissors and tweezers in your checked luggage if flying.

For further information and guidance regarding healthcare while travelling visit www.cdc.gov/travel

### Medications:
- Tylenol (pain reliever/fever reducer)
- Ibuprofen (pain reliever/fever reducer/anti-inflammatory)
- Diphenhydramine, e.g. Benadryl (antihistamine for allergic reactions, allergies)
- Pseudoephedrine (decongestant for nasal or sinus congestion/ear pressure or popping)
- Hydrocortisone Cream (anti-inflammatory for insect bites, localized itching, redness, swelling)
- Antibiotic Ointment (for open wounds/break in skin integrity)
- Saline eye wash
- Sunscreen at least SPF 15 and burn relief gel
- Anbesol (dental pain reliever)
- Oil of clove (dental pain reliever)
- Dental wax (temporarily covers a broken tooth)
- Denture adhesive (may temporarily hold a crown in place)

### Equipment:
- Thermometer
- Tweezers
- Scissors
- Safety pins
- Flashlight- small and bright
- Non latex gloves
- First aid guide book or card

### Supplies:
- Bandanna (use as sling or dust mask)
- Antibacterial hand sanitizer
- Antiseptic towelette
- Cotton swabs and cotton balls
- Gauze pads
- Gauze rolls
- Telfa/non-stick dressing pads
- Medical tape
- Band-aids, multiple sizes
- Butterfly closures
- Mole skin
- Ace Bandage- 3” or 4”

### Other recommended basics:
- List of all medications you take with generic names and dosages
- List of all allergies/health problems
- Contact card—contact info of someone in U.S. in case of emergency
- Spare contacts or glasses
- Understanding of how your health insurance plan works outside of U.S.
During the month of March, the Office of Residence Life will be providing current students with the opportunity to participate in the housing sign-up process for the 2010-2011 academic year. Please review the following information carefully in order to enhance your potential for receiving a room assignment for this fall.

In order to be eligible to participate in the housing sign-up process, students must meet the following criteria:

- Students must have a zero balance on their student account.
- Students must have a minimum cumulative GPA of 2.00.
- Students must be in good disciplinary standing:
  ⇒ no more than one violation of the alcohol policy
  ⇒ no violations of the controlled substance policy
  ⇒ all sanctions complete for alcohol violations
  ⇒ currently not on disciplinary probation
  ⇒ Students are expected to maintain these criteria for the duration of the current 2009-2010 academic year, verified in August 2010.

For current residents, the $150 non-refundable deposit will be applied to your student account as pre-payment of your fall on-campus housing cost. For students who are currently commuting, a $100 damage deposit will be required.

We want to assure all current students who desire housing that the Office of Residence Life will maximize its resources to accommodate as many students as possible. In an effort to meet the needs of our students, we will once again be identifying a number of rooms for “expanded occupancy.” In essence, rooms in each of our residence halls will be expanded to accommodate an additional resident. The number of rooms that will be expanded will be based on the number of contracts received. However, it is not guaranteed that Residence Life will be able to provide a fall housing assignment to all students who meet the priority requirements and deadlines. Please note the following regarding expanded room assignments:

- Students assigned to expanded rooms will receive a $600 expanded room credit on their student account, applied $300 in the fall semester and $300 in the spring semester.
- Expanded rooms are implemented to help those wanting housing to be able to receive it; expanded rooms are not designed to generate additional revenue for the University.
- Please understand that depending on your ranking number, there is a realistic chance that when it is your turn to pick a room assignment, the only options remaining may be in expanded rooms.
- In expanded rooms, the students share closet space, but each student has their own desk, chair, bed, and dresser.

For those students who submit a contract and deposit by the deadline, please be sure to check your campus mailbox by the dates listed to the left to receive additional information regarding your rank order and related information.

**RANK ORDER DETERMINATION**
Rank order will be based on earned semester hours (as recorded by the Registrar’s Office at the conclusion of Fall 2009), GPA, and current resident status.

**TIMELINE FOR FALL 2010 HOUSING**

- **Tue, 3/16/2010, 4:00 PM**
  Contract and deposit due to Office of Residence Life
- **Fri, 3/19/2010**
  Notification of ranking via campus mail for Single Rooms/Deluxe Suites Process
- **Sun, 3/21/2010**
  Single Rooms/Deluxe Suites Process, 6:00 PM, UBH
- **Fri, 3/26/2010**
  Notification of ranking via campus mail for Standard Rooms Process
- **Sun, 3/28/2010**
  Standard Rooms Process, 6:00PM, UBH

To learn more about the 2010-2011 Housing Sign-Up Process, please visit www.aurora.edu/student-life/residence/index.html.
The Tunnel of Oppression is a grassroots diversity program that originated at Western Illinois University in the early 1990’s and has since sprung up on campuses across the country. For the past two years, the Tunnel of Oppression has been a main event on Aurora University’s campus, beginning in the spring of 2008. It has been a continued effort between the Office of Residence Life, the Organized Action Council, and several other student organizations, including but not limited to BSA, LASO, AUSA, and ARISE.

The Tunnel is always a great success, but a few campus leaders are looking to make it even bigger and better in 2010. The Office of Residence Life’s Multicultural Resident Assistants, Leah Tefera, Jessica Correa, and Ariane Arlie, as well as the OAC’s President, Jessica Wernli, along with AU student Emily Steinway and Assistant Director of Residence Life Megan Germain, travelled down to Bradley University in the fall to view the BU Tunnel and bring back some great ideas!

This year, the Tunnel’s tag-line is “That was then, this is now...will history repeat itself?” Different historical oppressions will be featured along with the current perspectives of that historical injustice in hopes of helping people connect our history to our current social problems. Some types of oppression that are scheduled to be included are the Holocaust, Slavery and the Civil Rights Movement, Genocide, Women’s Rights, Homosexuality, and Immigration. The Tunnel will feature passive and active displays of oppression, and often brings up strong emotions from those who view the display. Small discussions will be happening after groups tour the Tunnel to talk and learn from one another, and leave the program on an empowered note. All are welcome and encouraged to visit the Tunnel!

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has." - Margaret Mead

Those wanting to be involved in planning the Tunnel of Oppression should contact Megan Germain at mgermain@aurora.edu
Want to be a Peer Advisor for the 2010-2011 academic year?
Applications are available in the Office of Student Activities.
All applications are due on Friday, March 19 @ 5pm
Questions? Contact Brandy Raffel • braffel@aurora.edu • 630/844-3823

What is a PA?
Not a Peaceful Alpaca

Peer Advisors of Aurora University are...
Mentors! Engaging! Fun! Motivated! Leaders!

Learn more about what it means to be a PA!
Come to the info session to meet current PAs and hear about their experiences!
Tuesday, March 2 @ 6pm – Institute 314

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The Office of Campus Public Safety and the Office of Residence Life recently conducted a “locked door” program. During this program, rooms in each residence hall were checked to see if students are locking their doors when they are not present in their rooms. Students received one of three door tags indicating that their door was either locked, unlocked, or residents were present in the room at the time.

We want to thank those who are being proactive in defending their safety and security by locking the door when they leave their residence hall room. Also, we ask all of our residents to be responsible members of our community by locking their doors and notifying their Resident Assistant, Office of Campus Public Safety, or Silent Witness online of suspicious activities.

Name: Ariane C. Arlie
Year: Junior
Hometown: Chicago
Major: Business and Commerce/ Organizational Management
Hobbies: Bowling, Youth Ministry, Taking Pictures, Art and Crafts

Major Job Responsibilities: As a Multicultural Resident Assistant, it is my goal to make sure that students are aware of different cultures and that I help bridge the gaps between them. Building a community amongst students and encouraging unity are my goals!

Favorite thing about AU: The professors and the organizations

Favorite thing about living in the residence halls: Having your own space and making it your own. Making Aurora University your home away from home and being able to connect with others beyond academics.

Why I wanted to work in Residence Life: I wanted work in Residence Life because I enjoy helping freshman transition into the next phase of their life.

One highlight of my time at AU: Becoming a Dunham Scholar. I am thankful for this opportunity!

Additional activities: Dunham Scholar, FLOW, and OAC.

Something most people don’t know about me: I am an introvert.