In any community, there is a mixture of residents, often including senior citizens, families with children and single professionals. In the communities surrounding Aurora University, student residents are often considered to be representatives of the university, even at their off-campus residences. As a result, the University is concerned about the impact of students’ conduct in the community.

We ask students to be considerate of their neighbors. Students should recognize that their schedules may differ considerably from other residents’ schedules and be considerate of community issues such as noise, parking, trash, property maintenance and alcohol usage. It is the student’s responsibility to know and follow the City of Aurora Ordinances. These can be found at (http://www.aurora-il.org/).

General expectations include the following:
- Be aware that loud music or cars, shouting individuals or increased traffic will disrupt your neighbors. Keep the noise level to a minimum.
- Take responsibility for your guests and ask them to respect your neighbors’ property and quality of life.
- Park cars in the street or in your driveway, not on the lawn; keep parked cars to a minimum and do not infringe on the ability of others to get in and out of their driveways without their view being obstructed.
- Check your lease to determine who is responsible for lawn maintenance and trash. It is important that you keep your home and yard clean and managed.
- Comply with all Aurora University policies and City of Aurora ordinances.
- NO UNDERAGE DRINKING OR OTHER ILLEGAL ACTIVITIES.

In order to encourage these positive behaviors, the university has implemented the following “Good Neighbor” incentive program:

Receive $50 bookstore voucher at the end of each semester if:
- You rent off-campus housing within the following boundaries: Edgelawn east to Highland; Galena south to Prairie
- You register as an Off-Campus Student using the “Good Neighbor” Student Registration Form available at www.aurora.edu/student-life/resources/off-campus-housing/
- You are not found responsible for any violations of the Off-Campus Housing policies during the semester (including the break period preceding that semester, i.e. summer and winter break)
**CODE OF CONDUCT—Off-Campus Housing/Community Disturbance:** Unreasonably disrupting or interfering with the rights of neighbors at off-campus locations, including, but not limited to, failure to abide by applicable University regulations and policies as well as local, state and federal laws.

<table>
<thead>
<tr>
<th>AU Student/Tenant Sanctions</th>
<th>Documented underage drinking - NO</th>
<th>Documented underage drinking - YES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; offense in either column</td>
<td>Probation; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
<td>Probation; AlcoholEdu; $100 fine per tenant present; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; offense in either column</td>
<td>Probation to suspension; $100 fine per tenant present; Parental notification; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
<td>Probation to suspension; $200 fine per tenant present; Parental notification; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; offense in either column</td>
<td>Suspension to expulsion; $200 fine per tenant present; Parental notification; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
<td>Probation to suspension; $400 fine per tenant present; Parental notification; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
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<table>
<thead>
<tr>
<th>AU Student/Non-Tenant Sanctions</th>
<th>Contributed to community disturbance</th>
<th>Documented underage drinking</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; offense in either column</td>
<td>Admonition; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
<td>Admonition; AlcoholEdu; $100 fine; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; offense* in either column</td>
<td>Probation; $100 fine; Parental notification; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
<td>Probation; $150 fine; Parental notification; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
</tr>
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</tr>
<tr>
<td>4&lt;sup&gt;th&lt;/sup&gt; offense in either column</td>
<td>Suspension to expulsion; $200 fine; Parental notification; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
<td>Suspension to expulsion; $300 fine; Parental notification; attendance required at the next Good Neighbor presentation (with an additional $100 fine if student chooses not to attend)</td>
</tr>
</tbody>
</table>
Late nights. No curfews. All the pizza you can eat in the Café. Sounds perfect, right? While college life offers all of these things, there is a lot more to gain than the “Freshman 15” when you’re living away from home. You’ll build relationships with your roommates, and people in your classes, you’ll become more independent (or a little less homesick), and you’ll develop a community that we hope you’ll think of as “home.”

Roommate Relations
You’re probably sharing a refrigerator, microwave, and bedroom with one, two, or even more people. But more importantly, you are sharing an experience. To make sure that it’s a positive one, follow these helpful hints:

- **Communicate!** Don’t assume you know what the other person is thinking/feeling or what they want—even if you’re best friends. Be open and honest about what you expect from one another, and confront one another when those expectations aren’t met.
- **Use your RA!** They are full of resources, advice, and they’re really good listeners. If you’re having troubles in the roommate department, set up a mediation or get a roommate agreement from your RA.
- **Spend some time apart.** As roommates, you’ll be around each other constantly. And while you and your roommate may be developing a strong and lasting friendship, remember that too much togetherness can cause problems later on. Make sure you’re spending time with your other friends and floor-mates.

Battling Homesickness
Whether home is a twenty minute drive or a six-hour flight away, we all long for the familiarity of home once in a while. Know that homesickness is completely normal, but it’s important to adjust to your new surroundings. Make sure you keep up with what’s happening at home (Skype, Facebook, phone calls and texts) but start building up similar communication with people here. Get involved! You’ll meet tons of new people by joining clubs, attending floor programs put on by your RA, or working in a study group for your classes. And remember, you’re not the only one who feels homesick sometimes—your friends are probably experiencing similar issues. Talk to each other and build each other up!

Turn Your Room into a Home
When you moved in, you saw two or three beds, white walls and plain carpet/tile floors. You may think of your room as boring, but instead, think of your room as a blank canvas on which you can paint your personality. If you love the Cubs, cover your walls in your most spirited memorabilia (using adhesives that won’t pull off paint, of course). If you are into pictures and scrapbooking, hang photos on your walls, and use your window ledge as a place to set up picture frames. If decorating isn’t really your thing, make sure you have some of your home comforts in your room like a rug, your bunny slippers, or a favorite coffee mug. Look around at other rooms and swap ideas with your RA and floor-mates. You will feel at home in no time!
Aurora University is a member of the Illinois Small College Placement Association (ISCPA) in which we partner together to offer ISCPA Fall Interview Day. This is an excellent opportunity to interview with a variety of companies that are actively looking to fill job and internship openings. Fall Interview Day is held on Friday, October 14th, 2011 from 8:45 a.m. to 4:45 p.m. at Ashton Place in Willowbrook, IL. But you just can’t show up that day and interview – you have to be invited to interview. How do you receive an invitation to interview? There are three easy steps:

1. If you haven’t already, register on ISCPA.org and submitted your resume to the on-line career center (in advance of September 22nd.)
2. Your registration and resume will be accepted into the system by Aurora University’s administrator.
3. Submit your resume to specific employers and positions which are posted beginning Sept 8, 2011.

The deadline for submitting resumes for specific positions is September 22, 2011. As a result, you will want to start the resume submission process well in advance of this deadline. You will be notified regarding whether or not you have been invited to interview.


With unemployment rates hovering around 9%, no one needs to tell you that it is a competitive job market. If job searching is still out in the future for you, it is important that you begin now to prepare yourself for the competition. Without multiple internships on your resume, you will have little with which to convince a prospective employer that you are the right candidate for the job. The summer session in between your freshman and sophomore years is not too early! There are many reasons why having multiple internships is a good strategy. Internships can help you narrow your career goals, give you hands-on experience, look good on your resume, provide academic credit, and lead directly to job offers just to name a few. In fact, the National Association of Colleges and Employers reports that companies extend job offers to nearly 70% of their interns. Take advantage of Fall Interview Day to help you find that next internship opportunity!

If job searching is looming just around the corner for you then it is not too soon to begin making connections with prospective employers. A variety of career management publications report that only 10 to 25% of the available jobs are ever advertised. Jobs go unpublished for a variety of reasons – hiring managers have yet to post the opening, are using their network to fill the position, or are using recruiters to help with the search. A successful job search means meeting with people and finding those unpublished openings. Fall Interview Day is a way to get out from behind a faceless resume and wow the prospective employer with your winning personality and skills. Take advantage of Fall Interview Day to help you find your dream job!

For more information about Aurora University’s Career Services contact us at career@aurora.edu
WEDNESDAYS @ WACKERLIN

Noon–1:00 p.m.
Wackerlin Center for Faith and Action
430 S. Evanslawn Ave.
(south of Vago Field)

Join us for food and fellowship on alternating Wednesdays this semester.

Mark your calendar:
September 7  |  September 21
October 5   |  October 19
November 2  |  November 16
November 30 |

For more information, email cfa@aurora.edu.

WACKERLIN CENTER FOR FAITH AND ACTION
CAMPUS MINISTRIES

AURORA UNIVERSITY
Becca's Blog

For those who don't know me, I'm Becca Smith. I'm a counselor on campus, and I write a blog about sex and relationships in college. I know some of you may not like the idea of coming in to talk to a counselor, so I started writing a blog about relationships to help those who may not seek out counseling. It is completely anonymous, but I use topics from my sessions that may help others out there going through the same thing.

Please feel free to use my blog as a resource. I also encourage any of you to email me or call to make an appointment at the Counseling Center if you feel you need to. The other counselors and I are always here to listen and help.

Click below for the general link to my blog.
AU Vaccination Clinic 2011
Flu shots ($20)
Meningitis shots ($80)
Tetanus shots ($45)

Clinic Dates & Times
Tuesday, September 27
11:30am-1:30pm in the Gym
Wednesday, October 19
5pm-7pm in UBH South

Questions?
Contact the Wellness Center at wellness@aurora.edu or 630-844-5434

GROUP EXERCISE CLASS
AU CAMPUS – FALL 2011
ACTIVITY ROOM (LOWER LEVEL, ALUMNI HALL)
Classes are FREE and open to all current AU students, faculty and staff on a first-come, first-served basis. Class size is limited to 25 participants.

Yoga
Tuesdays
12pm-1pm & 9pm-10pm
Aug. 30 through Dec. 13
Instructed by Jeff Manning
Class focus is on basic yoga poses and breathing. Dress comfortably. Mats provided

Questions? Contact Wellness Center: wellness@aurora.edu or 630-844-5434
GROUP EXERCISE CLASS

AU CAMPUS — FALL 2011
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Zumba

Thursdays

5:30pm-6:30pm
Sept. 8 through Dec. 8*
(No class Nov. 24)

Instructed by Lynda White
Zumba is a dance fitness program that combines Latin and international music with dance, making exercise fun!

Questions? Contact Wellness Center: wellness@aurora.edu or 630-844-5434
Relaxation Station

Contact the Wellness Center to schedule your visit!

What is the Relaxation Station?
Our relaxation training computer software (from Wild Divine) combines state of the art technology with beautiful visuals and soothing sounds to create the ideal relaxation and training environment. Based on principles of biofeedback therapy, you will be guided through a set of instructions and exercises while being able to observe your body's physical responses. Once aware of how your body reacts, you can learn to change those patterns to: reduce stress and anxiety, quiet the mind, develop better coping responses, increase emotional control, and improve general well-being.

What to Expect?

1. Tune In
While seated at our computer station, wearing three finger sensors that track your body's heart rate and skin temperature, you will be guided through a set of exercise to help quiet your mind and body.

2. Game On
Build stairways with your breath, open doors with meditation and juggle balls with your laughter to actually see and feel the effect of the breathing/meditation exercises on your body.

3. Bliss Out
Enjoy the experience and learn how you can create similar relaxation states by performing the same breathing/meditation exercises on your own.

How to Schedule a Session?
It is recommended that you allow an hour for your session. It might be longer for some and shorter for others; in our experience an average session will last approximately 30 minutes with a 10 minute introduction session provide by a member of the Wellness Center staff. Appointments can be made by contacting the Wellness Center (630-844-5434, or stop in Jenks Hall (west entrance)), and will be available Monday-Friday starting at 10am, and then every hour with the last session starting at 3:00pm.

What do you need to bring?
An open mind and a set of headphones. If you do not have a set of your own headphones, headphones can be purchased for $1.00 from the Wellness Center. At the end of the session you will be asked to complete a short survey your experience.

The Relaxation Station was made possible by ... A grant from the Illinois Department of Public Health. Please note that our software is not meant as a medical device and should not be used in place of physician recommended treatments and/or evaluation. The software is purely meant to be used as an educational and entertaining way to learn relaxation techniques.

Learning to relax is like learning any other new skill... the more your practice the easier it can be!