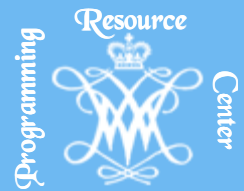


Programming Post

News and Tips from the PRC

Dec 2008



William and Mary
Residence Life

Get a head start on planning for next semester!

Whether you're already thinking ahead to the New Year or you'd rather use this round of boards to spread exams and studying advice, here are some ideas:

BULLETIN BOARD IDEAS

- ⊗ Cramming and All-Nighters Tips
- ⊗ Stress Breaks On- and Off-Campus
- ⊗ World Religions and Holidays
- ⊗ New Years Resolutions Suggestions
- ⊗ Holiday Giving on a Budget
- ⊗ Planning Next Semester
- ⊗ Super Bowl Trivia



PROGRAM IDEAS

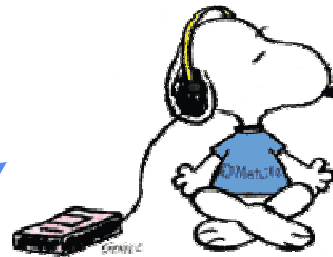
- ⊗ Build Gingerbread Houses with your hall
- ⊗ Cookie Baking and Decorating Party, complete with watching season favorites like *Elf*, *The Grinch*, or *Home Alone*
- ⊗ Create snowflakes with your residents to decorate your hall (lots of guides can be found online, like: www.enchantedlearning.com/crafts/christmas/snowflake/)

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STRESS STRESS STRESS STRESS STRESS

Most W&M students are feeling the crunch of paper-writing season and final exams that are all-too-quickly approaching. Combined with the "Blues," the early weeks of December are hardly our favorite time of year. The fancy name for Winter Blues is "Seasonal Affective Disorder," which over 25% of college students are reported to have. Its symptoms are a depression-like reaction to the shortening amount of daylight, and they can have a severe effect on your lifestyle and grades, so during this crucial end of the semester period, make sure you and your residents are trying to maintain a regular sleep schedule and going outside into the sun often to beat the Blues!



A DAY AWAY FROM STRESS

Conservation in the PRC

Here at the PRC, we are not immune to the recent College budget cuts. In light of both the cuts and our goal to reduce our environmental impact, here are some great tips for conserving PRC supplies:

- ✓ Creating a final exam strategy will also help fend off stress. Though it might be difficult to juggle all of your different finals, try to break up the material you need to study into sections and start studying days, not hours, before the exam.
- ✓ Cramming and pulling all-nighters will only hurt your grade, as the combination of a lack of sleep and trying to force all of the information into your brain will only stress you out more, and that stress will keep you from performing your best.
- ✓ If you're struggling to focus, reach out to friends and classmates and create study groups, as many studies report that students perform better when they study with others.
- ✓ If you find that you are too overwhelmed, don't be afraid to stop into the Counseling Center—that's exactly what they're here for!
- ⊗ Cut stencils in the corner of a sheet instead of in the middle
- ⊗ Reuse bordette and background paper
- ⊗ Fill the page before you print or laminate
- ⊗ Consider working from the screen of a computer instead of printing something if you're only using it as a design guide, instead of as part of your board
- ⊗ Proof something for mistakes before printing so you won't have to waste drafts

Surviving Stress!



From all of us at the PRC, good luck on final exams and have an enjoyable and stress-free break!



www.wm.edu/prc

Meet Posey!



Meghan Marie Posey
Inventory Specialist

As our Inventory Specialist, Posey makes sure we have all those important supplies for your programs & bulletin boards.

From paper to feathers to adhesive, Posey keeps our PRC well-stocked. If there's ever any item you'd like to see added to the PRC's inventory, just ask her. Here are some cool facts about her!

Hometown: Alexandria, VA

Year: Senior

Major: Psychology

Residence: Jamestown South

Favorite College Memory: walking around campus taking pictures

I could not survive W&M without: the carebear my little niece gave me

I want to travel to:

everywhere

If money was no issue I would buy:

everyone adequate housing, food, and health care

Dream Car: Jeep Wrangler

Favorite Quote: "I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today."
~Martin Luther King, Jr.

I Favorite Song/

Artist: Tupac

Random Fact: I have lived in nine different cities

Bulletin Boards in a Bag & Posters: Ideas for December/January

Whether you're looking for some final exams advice, or maybe thinking ahead to a new semester, here are some great ideas for new BBs:



We also have some great premade posters you can print off at the PRC! The poster list is on the website (with previews!), but some great ones to consider for this month are:

- Ø Stress Eating
- Ø Simpsons Final Exams Tips
- Ø Tips for Safe Travel
- Ø Simplifying the Holidays
- Ø Histories of Christmas and Hanukkah
- Ø Semester Revolutions
- Ø Spring '09 Sports Schedule

And more!

- Ø Stressed Out? Things to Do
- Ø 55 Things to Do Before You Graduate
- Ø Quit Tips: Stop Smoking
- Ø Books on a Budget
- Ø Money Doesn't Grow on Trees
- Ø Think Globally, Act Locally
- Ø American Sign Language
- Ø All About the Wren Building



January Ideas: Books, Films, Bubble Wrap, and more!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Monthly		Weekly	2		Daily
	Book Blitz Month		1-7: Diet Resolution Week		Jan 1 NEW YEARS DAY!	4
	National Get Organized Month		2-5: Someday We'll Laugh About This Week		Jan 12 National Clean Off Your Desk Day	
	Financial Wellness Month		4-10: New Year's Resolutions Week		Jan 16 Religious Freedom Day	11
	International Creativity Month		5-11: Women's Self Empowerment Week		Jan 18 World Religions Day	
	Family Fit Lifestyle Month		8-11: Elvis Presley Week		Jan 19 Martin Luther King, Jr. Day	11
	Clean Up Your Computer Month		8-14: Universal Letter Writing Week		Jan 20 Inauguration Day	
	Glaucoma Awareness Month		12-25: Kid Film Week		Jan 21 National Hugging Day	18
	National Mentoring Month		15-25: Sundance Film Festival		Jan 22 Roe. V. Wade Day	
	Personal Self-Defense Awareness Month		21-25: No Name Calling Week		Jan 23 National Handwriting Day	
	Poverty in America Awareness Month				Jan 23 National Pie Day	
	National Skating Month				Jan 24 National Compliment Day	
	Volunteer Blood Donor Month				Jan 25 Macintosh Computer Day	
	Oatmeal Month				Jan 26 Chinese New Year	
					Jan 26 Bubble Wrap Appreciation Day	
					Jan 27 Holocaust Memorial Day	31
					Jan 27 Viet Nam Peace Day	
					Jan 29 Freethinkers Day	

