

INSIDE
THIS ISSUE:

ABC's for RA's 1

BBB Ideas for
February 2

Lesser-known
February
Holidays 2

All About a PA: 2
Danielle!

The ABC's for RA's

Struggling with stress? Issues on your hall? Academic pressure? It can be really difficult to balance the busy life of a William & Mary RA. As the hectic pace of the semester gets into full swing, don't forget your ABC's....

A- Ask for help! You aren't alone, and you probably aren't the expert. Utilize the resources on your staff, in your hall and on your campus. Think of yourself as an "Referral Agent." Know when to refer and who to refer to!

B- Balance is very important. Remember you are a student first, then an RA. Prioritize the various commitments you have and continually self evaluate to find out if you are out of balance. If you find yourself unbalanced, talk to someone about it!

C- Consistency is key! If you aren't consistent, it will come back to haunt you. Treat everyone fairly and don't let anything "slide."

D- Don't take things personally. When residents violate policy, it is not usually directed at you as a person!

E- Evaluate and assess the needs of your residents. At the beginning of the year, and on an ongoing basis, do formal and informal assessments to find out what your residents need!

F- Fun should always be part of the job! If you aren't having fun, you need to take a step back and look at what you are doing. If all you do is policy enforcement, you are missing out!

G- Get to know your residents, and be sure to remember their names. Make picture flashcards if you have to!

H- Have a servant's attitude, but don't let yourself be tread on or taken advantage of.

I- Invest your time with care because it is a valuable commodity. Use a day timer. Don't over-commit, and remember how to say the magic word, "no."

J- Just be yourself! Let your residents see you as a person, not just an RA.

K- Know that you can't please everybody.

L- Laugh when things get crazy! Sometimes it's all you can do to stay sane.

M- Maintain a solid front with your staff. If residents are "dissing" another staff member, don't join in, even if you agree with them!

N- Never share confidential information you know about a resident! If you respect your residents, they will respect you.

O- Open your door, but know when to lock yourself in for some "me-time."

P- Program, program, program! Plan programs and activities that help your residents to grow, socially, academically and personally!

Q- Quality time with residents is better than a large quantity of programs. Programs are essential, but be sure to just "hang out" with your residents too.

R- Remember why you became an RA. Write down what your reasons are for being an RA, and put them in a place you can refer to on a regular basis.

S- Study! In addition to the fact that academics come first, you are a role model for your residents.

T- Take care of yourself. If you don't take care of yourself, how will you be able to take care of your residents?

U- Understand the variety of developmental levels your residents are at, as well as the various backgrounds they have come from, and the variety of views and beliefs they hold. Seeking to understand them more completely will help you relate with them and serve them better.

V- Value this great opportunity to help others!

W- Working as a team with your fellow staff is a key to success.

X- Examine your own values, beliefs and background, so you know your own biases. This understanding of self will help you to better understand others, which is very important for working with a diverse group of people.

Y- You have one of the most important jobs on campus!

Z- Z's! – Get some rest!



Bulletin Boards in a Bag: Ideas for February



Too busy to create bulletin boards this month? Let the PRC take care of it for you! We have a Bulletin Board in a Bag of a Poster Printer Board for every occasion. Here are just a few good ones to use in February:

- Bulletin Board in a Bag: The Art of Kissing**
- It's All About Chocolate
 - Be Happy This Valentine's Day
 - The Art of Kissing
 - Playing With Yourself (Fun Stuff to Do Alone)
 - Black History Month
 - Kama Sutra
 - All About Flowers
 - Spring Break
 - Espresso Yourself
 - Maxim's Things All Guys Should Know
 - Love Languages
 - 10 Steps to Loving Your Body As It Is
 - Somewhere in the Rainbow—Sexuality
 - Which Goddess Are You?

Have ideas for Bulletin Boards in a Bag or Poster Printers that you would like to see us create? Tell a PA, or just e-mail us at resprc@wm.edu.

“Your residents would definitely appreciate some programming that doesn't involve Cupids and hearts.”

Sick of the Valentine's hype?

We don't blame you! There are tons of other things to celebrate in February other than Valentine's Day. Your residents are probably sick of hearing about Valentine's Day too, so they would definitely appreciate some programming that doesn't involve Cupids and hearts. Here are some other celebration-worthy events in February:

- Black History Month
- Potato Lover's Month
- Umbrella Month
- Bird Feeding Month
- February 10-16: Sexual Responsibility Week
- February 17-23: Random Acts of Kindness Week
- February 5: Mardi Gras
- February 7: Chinese New Year
- February 7: Charles Dickens Day
- February 11: Clean Out Your Computer Day
- February 18: President's Day
- February 23: Banana Bread Day
- February 29: Leap Year Day

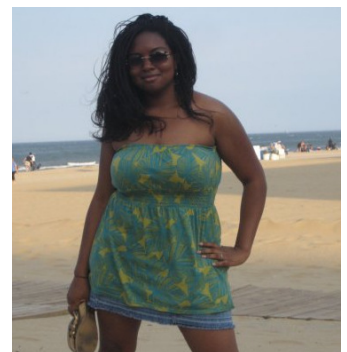
Get to know Danielle!

If you've ever been to a Program Pursuit, you've seen our Staff Development Specialist, Danielle Jones, hard at work making sure that all RA's get the most out of their jobs. Her position among the PA staff is one of the toughest, but Danielle pulls it off creatively and successfully. Here are a few facts that you may not know about her:

Name: Danielle Jones
Nickname: MD

Hometown: Virginia Beach, VA
Year: Junior
Major: Kinesiology / Psychology
Residence: Bryan
Favorite Color: None—I can't choose!
Favorite Place in Williamsburg: Training Room
Favorite College Memory: Football practices
Place You Wish to Travel to: the World
Favorite Food: Don't have one

Word You Hate: “Heart” — It's a frickin' noun!
Dream Car: Audi S4
Pet Peeve: Hair in the shower drains & people who are stupid
Favorite Animal: Flamingoes, Mandarin Ducks, Penguins, & Monkeys
Random Fact: My family is from Fiji.



Danielle Jones: The PRC's Staff Development Specialist!