New at the PRC...

As usual, there’s lots of changes going on here in the PRC! We’re always trying to come up with ways to improve your PRC experience.

First, we’ve added yet another item available for you to check out! Remember that basket of funky scissors that cut patterned lines? Now there is an entire box full of them ready to be checked out at any time. Use them with your residents for all sorts of fun and crafty projects!

Also, our resource corner has been completely revamped! Katie, our resource specialist has worked really hard to reorganize the area, which is now more user-friendly and has a ton of new educational resources! Be sure to check it out during your next visit to the PRC.

Another addition you may have already noticed if you’ve recently visited the PRC is the new stencil shelf. It is located directly across from the PRC’s entrance, and holds up to 60 more stencils! Now that we’ve got more stencil storage space, keep an eye out for more stencils... as well as many more useful additions to the PRC!

Cold-weather Programming

As the weather cools down, the need for fun programming heats up dramatically! This time of year is by far the most stressful for students, and they need a outlet for letting off steam. Here are a few programs that can do just that!

**The Roommate Game:** By now, your residents should have had a chance to get to know each other pretty well, so put them to the test! Have roommates pair up & face off against each other in the same sort of style as the popular game show “The Newlywed Game.” All you have to do is come up with a bunch of questions to ask the roommates such as “What kind of toothpaste does your roommate use?” or “How would your roommate complete this sentence...”. This game allows roommates to find out how well the truly know each other— they may be in for a surprise! Offer prizes to raise the stakes and make the game even more exciting.

**Staying Warm:** Get together and make fleece blankets with your residents! Have each resident chip in a couple dollars, then run to your nearest Wal-Mart of fabric store and pick up at least 2 square yards of fleece for each attendee. Follow these easy instructions to make a snuggly fleece blanket (all you need is fleece and scissors!): http://www.residentassistant.com/programming/social/fleeceblanketprogram.htm. Serve hot chocolate, popcorn, and pop in a holiday movie to add to the winter spirit!

**BYOB:** Provide all the necessities for an ice cream sundae (ice cream, toppings, spoons)... Except for the bowl! Have your hall get together to chat and de-stress over a sundae, and make sure to have them bring their own bowl!
Bulletin Boards in a Bag: Ideas for November

Not sure what to put on your bulletin boards this month? Too busy to research and type up all the information needed for your boards? Let the PRC handle it! Check out some of our top Bulletin Board in a Bag picks for November:

**Bulletin Board in a Bag: 55 Things to Do Before You Graduate**
- Pop Quiz: Thanksgiving
- Money Doesn’t Grow on Trees
- A Day in the Life of an RA
- What’s Career Services?
- A Day in SIN (Student Information Network)
- Espresso Yourself
- Stressed Out? Things to Do...
- 55 Things to Do Before You Graduate

If none of these ideas suit your fancy, take a look on the PRC’s website (http://www.wm.edu/prc) for a full list of available Bulletin Boards in a Bag and Poster Printers. You can even look at previews of the boards to make sure that it will suit your needs!

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.

**“Nearly 25% of all college students suffer from Seasonal Affective Disorder, also known as the Winter Blues.”**

Beating the Winter Blues

Seasonal Affective Disorder, better known as the Winter Blues, occurs when a person falls into a depressed mood during the fall and continues to feel depressed throughout the winter. Nearly 25% of all college students suffer from the winter blues, and this percentage increases in Northern states or cloudier regions.

Some of the common symptoms of the winter blues are increased feelings of lethargy, difficulty getting up in the mornings as the days get shorter, and difficulty performing tasks that normally seem easy and/or enjoyable.

The best way to cure the winter blues is to expose yourself to sun as much as possible. Get into a sleep pattern that involved being exposed to early morning sunlight, and be sure to take a walk or open the curtain as soon as you wake up. It’s also very important to limit sleep to eight hours each night, increase the amount of complex carbohydrates (like pasta and rice) you eat, and exercise regularly.

If your mood doesn’t improve after trying these methods, you may need to get medication that will help—get in touch with the counseling center asap!

Get to know Jasmin!

The Inventory Specialist has one of the most important jobs in the PRC: making sure we have all those crucial supplies for your programs & bulletin boards. From laminate to feathers, Jasmin does a great job of keeping the PRC well-stocked. If there’s ever any item you’d like to see added to the PRC’s inventory of supplies, just ask her! Here are some lesser-known facts about Jasmin:

**Name:** Jasmin Tatum  
**Specialty Area:** Inventory  
**Nickname:** Tot  
**Hometown:** Shreveport, LA  
**Year:** Senior  
**Major:** International Relations and Psychology  
**Residence:** Jamestown South  
**Favorite Color:** Green  
**Favorite Place in Williamsburg:** Panera Bread  
**Favorite College Memory:** King & Queen’s Ball—Spring 2007

**Place You Wish to Travel to:**
- Peru

**Favorite Food:** Thai  
**Word You Hate:** Burps  
**Dream Car:** Blue Mini-Cooper convertible with black and white checks  
**Pet Peeve:** Dishing it out and not taking it  
**Favorite Animal:** Penguin  
**Random Fact:** I’m tight-tight with Laura (the Information Specialist).