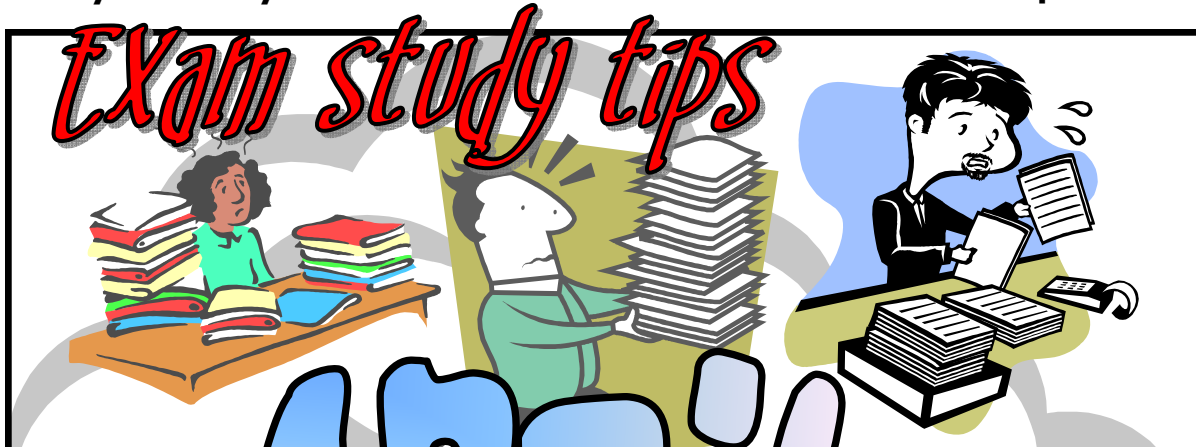


Life in Residence

 SAINT MARY'S
UNIVERSITY SINCE 1802
One University. One World. Yours.

See you next year! edition


April 2009



Exam study tips

APRIL

Dealing with
STRESS



Before you head home

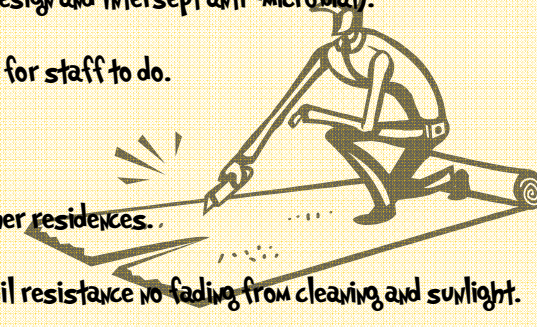


RICE RENO DETAILS!



The residence department is excited to announce some more specific details about the renovations in Rice. They are planning to use a new and very "green" style of carpet in the renovated Rice apartments. The carpet is designed to keep dust and allergens significantly lower to the ground than the current hard surface flooring so it is a lot healthier! Below are some of the key benefits to using this new carpet!

Top 10 Reasons to choose interfaceFLOR!

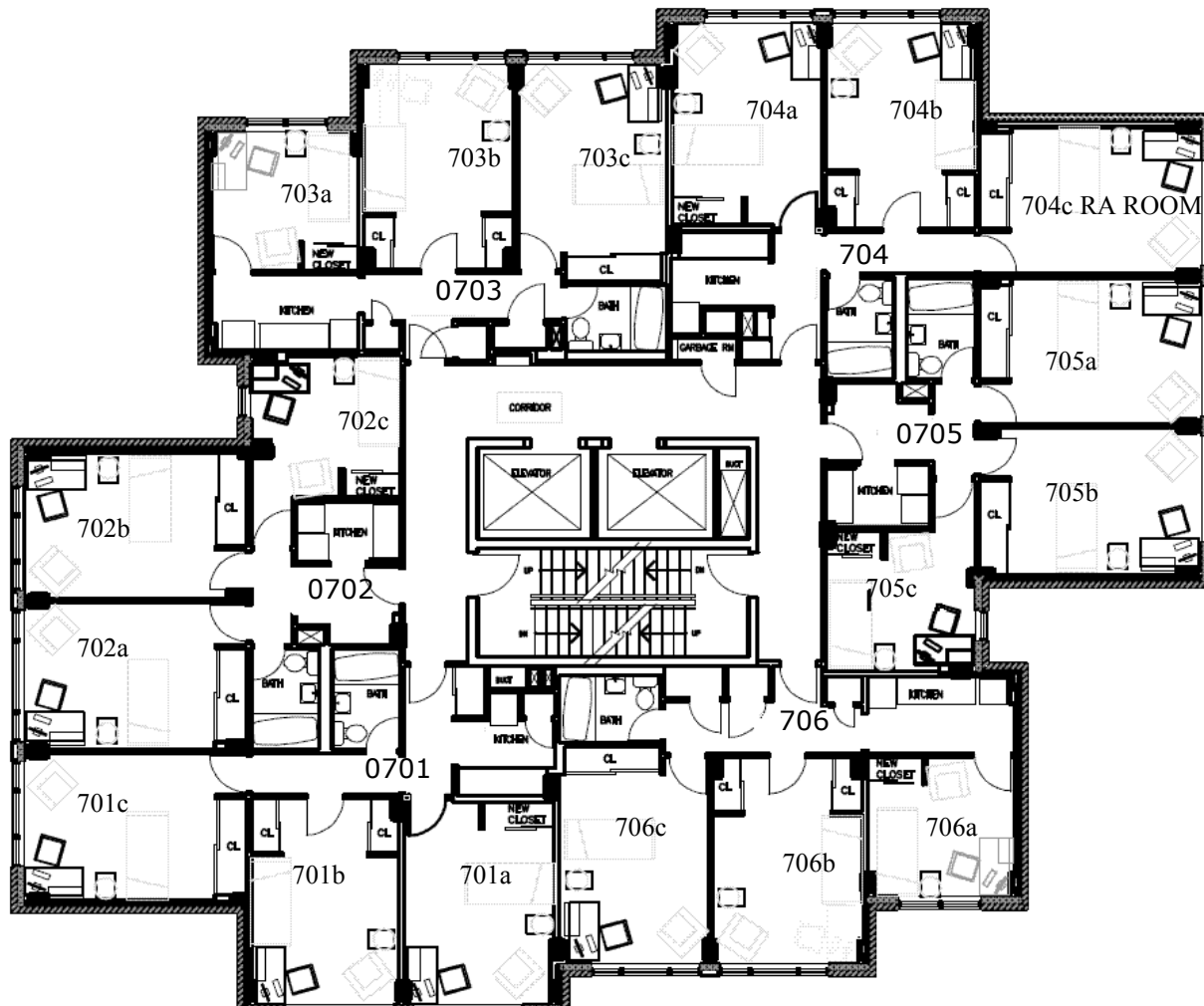
1. Eliminates all the problems of conventional rolled carpet (seams, wrinkling, zipping, odour, waste, etc).
 2. Non-directional installation - fast and easy to install and maintain.
 3. No glue installation available with Tac Tiles (and less environmental impact).
 4. Resists mold and mildew (moisture impervious design and Intersept anti-microbial).
 5. No dye lots make repairs and replacement easy for staff to do.
 6. Less maintenance costs (vs. hard surface).
 7. Proven performance - great track record in other residences.
 8. Premium branded fibre - great performance, soil resistance, no fading from cleaning and sunlight.
 9. Better indoor air quality - airborne contaminants are safely trapped until vacuuming.
 10. Great looking - wide range of patterns and colours to select from.
- 

Awesome Bonus Reason!
Manufactured by a leader in sustainability!

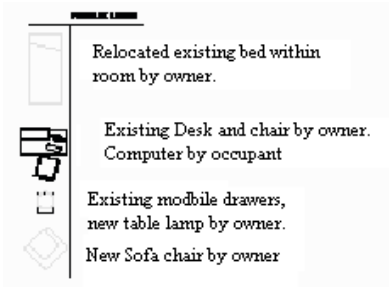
Vanier/Loyola Move-Out

Following is a list of cleaning instructions that you must follow before you check out of residence. Your room will be inspected by residence staff once you have completed your final exam. Your student account will be assessed the cost of cleaning and repair to correct any problem if these instructions are not followed.

You are required to have your RA inspect your room with you before you leave residence. Please contact your RA and they will arrange to do an inspection with you.



Please see the sample floor plan above for the new room numbering system for the four renovated floors (7-10 Rice). The "single rooms" are 702c, 703a, 705c and 706a. All other rooms will be "Private Bedrooms". The RA will be living in 704c. We recommend that you contact the Res Life Office by email at residence.life@smu.ca before May 15th to request specific rooms on your Room Placement Card.



- **Remove all personal belongings from the pedestal drawers.** Wipe out the drawers, wipe the top and sides to remove all dirt and marks.
- **Remove all personal belongings from the bed drawers.** Be sure to inspect the back of all drawers to ensure that you have left nothing behind. Wash out the drawers.
- **Clean wall surfaces to remove all fingerprints and foreign substances.** It is necessary for you to clean the walls to remove all the finger prints, tape residue, poster putty and all other dirt that has collected on the surfaces of the walls.
- **Clean the closet shelves.** Be sure to inspect the back of the top closet shelf. Wipe the shelves to remove any dirt and marks that may have accumulated during the academic year.
- **Clean the top of the desk,** clean the book shelves, clean the keyboard tray.
- **Clean both sides of your room door.** All writing and marks must be removed from both sides of your door. Ensure that the message board on the door is clean.
- **All furniture must be returned to its proper location.** If you have moved the bed or desk in the room you must move them back. Your RA can tell you if they are in the right spots during your room inspection.
- **Wipe down the phone.** Ensure that you reconnect the proper cords if you used any of your own.
- **Clean the top of all baseboards and radiators.** Use a broom to sweep off the dust, then use a wet rag or use a mop. Simply run the mop along the top of the baseboard to remove the remainder of the dirt. The top and face of the radiator may be cleaned in the same manner as the baseboards but ensure that all the surfaces are wiped down.
- **Sweep and mop the floor in your room.** Ensure all dirt is placed in a garbage bag and NOT SWEEPED INTO THE HALLWAY.
- **Bag the garbage** from the room and ensure it is put in the garbage chute. You must remove all garbage from the room.
- **Loyola Residents** are to ensure that they remove any and all of their personal belongings from the **common storage closet** on the floor before leaving.



Rice Move-Out

Each person is responsible for their own bed space however everyone in the apartment is responsible for the general areas of the apartment including kitchen, washroom, hallway, and living room. If you have not followed these instructions then your student account will be assessed the cost of cleaning and repair to correct any problems.

Fridge:

- Defrost fridge by turning it off
- Wash inside and outside of fridge
- Wash walls and floor surrounding fridge
- After cleaned, turn fridge back on and close door

Cupboards, Countertops, and Sink:

- Cupboards must be wiped of any evidence of items stored in them
- Their doors must be wiped down of any grease, dirt, foodstuff, and fingerprints
- Use a general cleaner to remove all dirt and grease from all surfaces of the sink
- Countertops are to be scrubbed clean of all grease, dirt and foodstuff



Washroom

- Wash and scrub the sink thoroughly, as well as the toilet and tub/shower in your apartment with a bathroom cleanser. Please see the list of suggestions at the bottom right of this page.

Bedroom and Apartment Doors:

- All doors must be cleaned
- Any and all marks, writing and foreign substances must be removed from both sides of all doors in the apartment. This includes the message board on the apartment door.



Oven and Stove:

- Use oven cleaner to clean oven, rings, and burner pots
- Spray oven cleaner on inside surface of oven
- Let soak as per instructions on canister, then wipe all surfaces with water
- Repeat above procedure if necessary
- Let dry completely, then check for any residue
- Wipe away any residue with water
- Remove rings and burner pots and place in empty sink to clean
- Spray with over cleaner
- Let sit for 30 minutes
- Scrub off cleaner and dirt
- Repeat above procedure in necessary
- Once clean replace rings and burner pots on stove
- Clean walls and floor surrounding stove

Garbage:

- All garbage is to be bagged and put down the garbage chute
- All rooms and garbage cans are to be free of garbage.
- Nothing is to be left in the rooms/apartments



Suggested Cleaning Products:

- Mr. Clean or Spic & Span
- CLR, Tilex, or Hertel Plus
- Windex



It is the University's expectation that all rooms are left in the same condition as they were found when you moved in. Students will be charged for any repairs or cleaning services, as well as the replacement cost of any missing items.

Lounges & Common Areas

The clean-up of lounge/common areas is the responsibility of all floor members. Please ensure that all posters, signs, and decorations are removed from these areas before going home in April. This could be done very quickly and easily if everyone on the floor worked together.

Move-Out Room Inspections

Once you have completed cleaning your room or apartment you need to make an appointment with your RA so that she/he can check the condition of your room before you leave. She/he will be checking for cleanliness, general appearance and damages to your room/apartment. Any problems reported by your RA will be followed up by the Residence Department Administrative Staff while conducting the final inspection of your room/apartment (conducted after you have moved out). Students are responsible for any damage and cleaning assessments, as well as the replacement costs of any missing items.

Key/Access Card Return

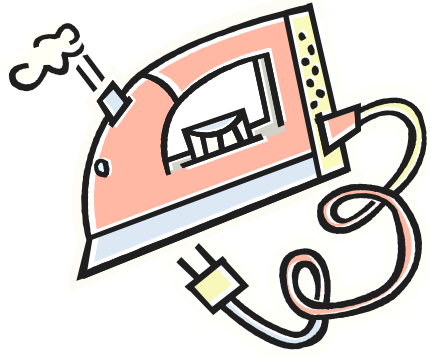
Please return your keys to the Loyola Residence Security Desk (open 24 hours a day). At this time you will be asked to sign an envelope to indicate that your keys and access card have been returned and that you have officially moved out of Residence. Failure to return your keys will result in an assessment of \$65.00 placed against your student account. Be sure to return your own keys. **DO NOT LEAVE THIS RESPONSIBILITY TO SOMEONE ELSE.**

Your Summer Mailing Address

Once you have moved out of Residence, the University will not be responsible for forwarding your mail. When leaving, please ensure that you inform everyone who sends you mail (including bills and subscriptions) of your change of address. Also, please remember to update your summer mailing address in your BANNER profile so that all important university documents and information packages will reach you.



Got some Junk left over?
Nowhere to store it?



**Dump
And
Run!**

Donate any item

at the end of the year to charity!

Clothing!

Pots! Pans!

Appliances!

Books

Toys

Sporting goods!

Loyola academic room 186 will be open from April 13th until the 29th from 3:00 pm until 7:00pm Monday to Saturday for "dumping" and the final sale will take place in the Dalhousie Studley Gym on May 3rd.

- Unable to accept electronics, safety gear and unsanitary items!

**Help out a local charity
and
save yourself some space!**

STRESS management

Simple exercises

April is a very busy month for students struggling to find last minute summer jobs, studying for final exams and making all the preparations to head home for the summer.

Below you will find some tips to effectively manage stress and maintain your sanity over this hectic month!

Take a Deep Breath and Count to Ten

Here are some general tips to manage some minor stress:

- Get a good night's rest.
- Eat healthily.
- Listen to your favorite music.
- Exercise, participate in a sport or engage in fun activity
- Plan out your time and prioritize.
- Talk to a friend about your problems, don't hold it in.
- Get a massage.
- Take a nap.
- Take a warm bath
- Read a book or watch TV

1. **Blow it off.** Since breathing comes naturally, deep breathing is often overlooked as an exercise, but it's an excellent stress reducer. Breathe in while tucking in your tummy and feel the air as it expands your lungs and your chest. Breathe in to the count of four and hold it for two counts. Then exhale to the count of four. Take two to four deep breathes several times a day and soon daily stressors may well be "gone with the wind!"

2. **Get up and stretch.** Visualize the stress flooding from your back, legs, your shoulders, and pour out of your fingertips and toes. Add to your stretches by taking the time to learn a few yoga positions, which you can find in books and videos as well as yoga classes.

3. **Take a short walk after lunch or in lieu of a coffee break.** A brisk ten or fifteen minute walk each day is not only physically beneficial but transfers your focus from your problems to the scenery along your route, whether it's the good-looking person in the hallway or the trees in the neighborhood park.

4. **Squeeze a lemon.** P.T. Barnum said, "When life hands you a lemon, make lemonade!" Squeezing a lemon or tennis ball is a good way to keep your fingernails from biting into your palms! If you crush the fruit or the tennis ball, either get a rubber ball or go on to a more vigorous exercise to reduce your stress!

5. **Progressive relaxation** is especially beneficial when stress keeps your from getting a good night's sleep. Start at your toes and "tell" them to relax. When you feel them relaxing move to your feet, ankles, calf muscles, knees, thighs and so on up your torso to your shoulders and finally to the top of your head or alternatively down through your arms to your fingertips (if you make it that far before you're asleep!)

6. **Dance.** Join an aerobics class, a tai chi class or just turn on the tunes and dance. Dancing has a double advantage in that along with exercise, music is a great stress reducer.

EXAM STUDY HINTS!

Find a good place to study

- Figure out how to avoid or eliminate anything that could interrupt your concentration

Get started

- Don't put your studying off until "later."
- Begin with something simple or a subject that you like, and get started!

Know your learning style

- Think about how you learn and adjust how you study accordingly

Organize your study time

- Before you start to study, make a plan. Prioritize your work so you have enough time to do everything

Know how to study for tests

- Know what the test is going to cover, have all required readings done before studying, and go over old tests and quizzes
- For essay style tests, it's more important to understand the big picture and to know the main points and key facts. For fill-in-the-blank and multiple-choice, you need to know more detail.

Know how to memorize and remember information

- Use flashcards to memorize words, facts and lists
- Look for a way to reorganize information. Use diagrams, graphs, pictures, and acronyms
- REVIEW OFTEN!
 - Daily Reviews: 15 minutes or so before/after each class
 - Weekly Reviews: 1-2 hours to review material each week
 - Major Reviews: longer, to study all material for exam

Predict Test Questions

- Find out the format of the test early, take hints from the professors, and save quizzes, assignments, and labs

If you would like more help with exam preparation or exam anxiety issues, please see the Student Peers or make an appointment with Counselling Services, 4th floor Student Centre (420-5615).

Good Luck with your exams!



The Story contest!

So here is your chance to unbreak this LIR editor's heart. Introducing the all new Residence Haiku contest! I want to hear about your year in residence in the form of a simple haiku! Lets see some of that Saint Mary's creativity!!



failed....

5 syllables

7
5 →

Write a Haiku please
I will give you a high-five
I'm a bad poet

SPECIAL OFFER Returning Students



It's Easy to Become Eligible:

1. Apply for Residence for 2009-10.
2. Pay your \$500 Residence Confirmation Deposit before May 15th.
3. Purchase one of Aramark's four new mandatory Meal Plans.
4. Purchase \$200 additional Aramark "Flex Dollars" for only \$100 before Sept 15, 2009.

Saint Mary's University would like to thank our returning residence students with a special, time-limited, one-time-only offer to purchase additional "Flex Dollars" in September 2009.



Please contact the Residence Life Office if you have any questions.

Buy \$100, get \$100 Free!

Gina Whitehead

Loyola 6



Gina is in her 3rd year in the global business management and Asian studies program.

She **likes**: Fuzzy socks, Chocolate, Japan and **Cheesecake**

Her **Dislikes** include: Drunk people waking

her up at 2 am and short girls dating really tall guys.

Became an RA to make new friends and get all the dirt on people in residence.

Kolbi Morley

Kolbi is in her second year in the Biology program. She **likes** dance, ketchup and dance parties. Her **dislikes** include: Portobello mushrooms and of course, fire alarms.

She became an RA to be part of an **awesome** team and benefit from the **ridiculous** amount of training!



Rice 3

RA PROFILES

D'ANDRA GORNISH

B.J. Hall

Vanier A3



B.J. is in his 2nd year in the accounting program. His **likes** are: maintaining his hulk-like physique and chicken parm. at the Gbrook. His **Dislikes** include: People not wiping their sweat off gym equipment

and un-flushed toilets. He became an RA for networking purposes, to become more involved with campus life and to "fill that missing void in my heart."

D'Andra is a 4th year student in the Biology Program.

She **likes** sunshine in the morning, being independent and handling her own affairs. She **loves** Chocolate!



Rice 17

She **dislikes** the long walks everyday from Rice to the science building and when people make her sick. She became an RA to test her leadership abilities, organizational skills and to meet new people.

RETURNING TO RES?

Here is some important information...

Room Preferences

It's not too late to change your room and roommate preferences for Residence for September 2009. If you wish to do so, please drop by the Residence Life Office with your Student ID before you leave in April. Changes can also be done by e-mail (residence.life@smu.ca) or by snail mail. If you wish to make a change over the summer, you must do so BEFORE May 15th.

Acceptance Packages

For those of you who have applied to return to Residence next year, your acceptance packages will be given to you by your RA in March. You will be asked to sign for it so that we know it was received. Any other packages will be mailed-out to your permanent or summer mailing address.

Confirmation Deposit

In order to confirm your bedspace in residence for September 2009, you must submit your **\$500.00 Residence Confirmation Deposit** (and signed Residence Agreement) no later than **May 15th**. The University does not accept responsibility for late mail or delayed wire transfers of deposits. If your deposit and agreement are not received in the Residence Life Office by May 15th, your residence application will be automatically withdrawn. Your bedspace will then be offered to a student on the wait-list starting May 16th. Please refer to your Residence Handbook for more details.

Note: Storage & Rentals

Unfortunately the University is unable to provide storage for student's personal belongings during the summer months. It is recommended that you either leave your possessions with a friend or contact a company such as Metro Self Storage to arrange storage during the summer months. All items left behind in your room will be disposed of by University staff. If you rented equipment at the beginning of the year, please be sure to contact the appropriate rental company to ensure that it is properly taken care of before you move out. The Residence Department will not be responsible for rented items left behind in your room.

Good luck on your exams and have a great summer!