Res Life Newsletter

Golden Paw

Bear Tracks Workshops

Check out our awesome Bear Tracks workshops each week to meet new people and lean some new skills/ learn about KU. All students are welcome to attend these workshops. Students who are participating in the Get a Room Program must attend at least 5 of these workshops.

See the remaining schedule below:

Date & Time	Workshop Title	Zoom Info
10/1/20 6PM	Free Speech	ID: 917 4523 6742 Password: 174624
10/6/20 6PM	Mental Fitness	ID: 928 1545 8514 Password: 695214
10/15/20 7PM	PSECU– Credit 101	ID: 946 8519 3429 Password: 387718
10/20/20 6PM	LGBTQ&A Forum	ID: 997 4959 8208 Password: 605587
10/28/2020 7PM	Alcohol & Drugs	ID: 987 5111 8814 Password: 003827
11/2/2020 8PM	Performative Allyship	ID: 922 3766 5591 Password: 232836
11/10/2020 11AM	Safe Space Training	ID:913 4307 5626 Password:908895

First Year Students deal with many challenges as they navigate their transition to college life. Homesickness, meeting new friends, newness of college policies and procedures, and more, are many of the struggles that students face. Our hope is that our Golden Paw program can assist students through these challenges.

Second Year Students also experience a new set of unique challenges. The phrase "Sophomore Slump" is not a myth. Second Year students tend to feel more overwhelmed their second year despite having knowledge of the university and knowing their way around. The Second Year is filled with more academic pressures, social and personal expectations and more. By engaging in the Golden Path of our Golden Paw Program, we hope you will feel supported in these trials.

https://www.kutztown.edu/about-ku/administrative-offices/housing-and-residence-life/get-involved/the-golden-paw-experience-program.html

First Year Students (Maroon Path)
Get a Room Program:
Calling all First Year Students and First Year Transfer Students: Want to save $75? Participate in the Get a Room Program to earn your $75 Housing Processing Fee waived! Forms can be found on the Residence Life Webpage or you can email hotalen@kutztown.edu to get a form.

Second Year Students (Golden Path)
Second Year Experience Meetings:
For our Second Year Students: Want to connect with other Second Year students? Come join us for the Second Year Experience Meetings, every other Thursday at 11AM via Zoom starting September 10th. This will be a space for you to connect to others and gather info and resources.

Zoom Meeting ID: 948 9464 3844
Passcode: 436532

October

Departmental Programs

10/5 7pm, Sunset Yoga, Soccer Field behind Keystone Hall | Free yoga mat to the first 30 attendees | Must wear a mask and stay 6 feet apart

10/8 at 7pm – Paint n Sip, Zoom

10/13 at 6pm – Bingo, Soccer Field

10/15 at 5pm – Let's Talk Weed, Come Plant a Seed, DMZ

10/19-10/24, Spirit week | Check out our social media pages for more information!
Instagram: KutztownHousing
Facebook: Kutztown University Housing and Residence Life

10/21 4pm, Fall/KU crafts, DMZ

Programs Around Campus

10/1 and 10/13 at 11am – Writing Your Resume & Cover Letter, **Zoom**

10/1 at 5pm – Mid-Autumn Festival, **Zoom**

10/2 at 7pm – Comedian Melissa McGillicuddy, **Register Here**

10/5 at 7pm – Leadership Workshop: Communication Skill & Team Building, **MCC 206**

10/6 at 7pm – Trivia Night, **Engage**

10/8 at 11am –Internship & Job Search Strategies, **Zoom**

Programs Around Campus

10/8 and 10/22 at 7pm – Gender Talks, Zoom meeting ID: 984 0475 7764

10/9 and 10/30 at 11am – Coping with Covid, Zoom ID: 929 3961 4029 Password: CWC

10/12 at 7pm – Food for Thought: What Does an Ally Look Like?, **MCC Room 206 or Zoom Meeting** ID: 927 9401 5499 Passcode: 440142

10/13 at 3pm and 10/23 at 1pm– Choosing a Major, **Zoom**

10/14 and 10/26 at 11am – Soft Skills: What Employers Want, **Zoom**

10/14 at 7pm – Spoken Word, **Engage**

10/15 at 11am – Successful Interviewing, **Zoom**

10/15 at 11am – Designing Your Career Path, **Zoom**

10/19 at 7pm – Trivia Night, **Engage**

10/19 at 7pm – Leadership Workshop: Plant the Seed, **MCC 206**

10/20 at 3pm and 10/27 at 1pm – Creating Your Personal Brand, **Zoom**

10/20 12-7pm – Blood Drive, **O'pake Field House**; **Pre-register here**

10/20 at 7pm – Homecoming Week Comedy Night, **Engage**

10/21 at 7pm – Boom Boom Bingo, **Engage**

10/21 at 7pm – Pippi's Asian Names, **Engage**

10/22 at 11am – Finances & Future Employment, **Zoom**

10/22 at 7pm – Halloween Escape Room, **Engage**

10/24 at 2pm – Performance by Nelly's Echo, RSVP on **Engage**

10/26 at 3pm – Designing Your Career Path, **Zoom**

10/26 at 7pm – Food for Thought: Who is Not Represented on Campus? **MCC Room 206 or Zoom Meeting** ID: 927 9401 5499 Passcode: 440142

10/29 at 7pm – Cyber Sleuth Murder Mystery, **Engage**

Upcoming Processes

If you are interested in applying to be an Assistant Resident Director for the 2020-2021 academic year, applications become available starting September 11th and will be due to the Residence Life Office by October 2nd 2020. Application information can be found on our webpage.

The Residence Life Office is hiring Desk Receptionists! Visit our webpage to apply!
https://www.kutztown.edu/about-ku/administrative-offices/housing-and-residence-life/employment-opportunities/undergraduate-opportunities.html

Campus Resources

Our Core Value this month is Accountability. There are a number of offices on campus that can help students learn more about accountability and how to build this value into your daily routine.
- **The Office of Residence Life**
- **The Office of Student Conduct**
- **The Career Development Center**
- **Student Success Center**
- **And more!**

Below is a link to an article that has some great information about practicing personal accountability and building this skill-set to set you up for personal success.

https://www.amanet.org/articles/no-excuses-being-accountable-for-your-own-success/

Holding other people accountable is also important to build a safe and welcoming community. Below is a website for a program we offer here on campus called Step Up. Step Up teaches students how to not be a bystander and intervene or hold others accountable in situations. If you would like to know more email hotalen@kutztown.edu

https://stepupprogram.org/about/

Leadership

Hall Council

Hall councils meet every **Mondays at 9:30PM** via Zoom for the Fall 2020 semester. Please check with your front desks for the Zoom information that is specific for your Hall. Now that Executive Boards have been filled, Hall Councils will start planning events for the semester. Be sure to join them! Some Residence Halls may still have positions available! Reach out to your Resident Directors to secure those leadership positions!

RHA

RHA or the Residence Hall Association is the overarching student organization for the Hall Councils. Hall Councils send two representatives (the Presents and RHA reps) to the meetings each week. However, any student is welcome to join our meetings! RHA meets every **Monday at 6PM** via Zoom for the Fall 2020 semester.

Zoom Meeting ID: 9715 293 6779
Password: RHA2020
Follow RHA on our social media & Engage Page!
Instagram: ku_rha
Facebook: Kutztown Residence Hall Association

NRHH

The National Residence Hall Honorary (NRHH) is an organization made up of student leaders across campus who strive to recognize others and serve their community. Our chapter provides students with leadership development opportunities and opportunities to serve our campus, local, and global community. NRHH is a branch of the National Association of College and University Residence Halls. **Check out our virtual booth at the Involvement Fair!**

Message from the Director

Keeping It Clean During COVID 19.
Corona Virus is primarily spread person to person through respiratory droplets. These droplets are produced when someone coughs, sneezes or speaks. Corona virus is spread when droplets from an infected person land on the mouth or nose of people nearby.

Research has shown that the Corona Virus can last on surfaces for several hours. Although it is not nearly as common as it is from person to person, the virus can spread from surface to person if someone touches an infected surface and then touches there nose, mouth or eyes.

To help keep it clean during COVID -19, here are something's to consider:
- •Wear a mask
- •Wash your hands
- •Sanitize your phone daily
- •Wipe down your remote
- •Clean the key board and screen of your computer
- •Use a toothbrush cover
- •Disinfect your steering wheel and keys
- •Sanitize the door knob to your room and other frequently touched surfaces.
- •Wash you masks regularly
- •Adhere to the instructions for the use of cleaning products in terms of the duration in which they should be left on a surface before being wiped off.
- •Take care of yourself and each other.

Be safe Golden Bears!! Mask Up !!!

Core Value

In Kutztown University's Office of Residence Life, we have 6 core values that we relate all our programs and initiatives to. For the month of October, we are highlighting Accountability, the ways we help with the core value, and ways that you can embrace it.

In our department, we understand that you are all adults now and this may be the first time away from home for many of you. It is good to remember that while you should be holding your peers accountable around you for their actions and path, you need to remember to hold yourself to the same standard. It can take some time for a student to figure out what they want to do, who they want to be, and how they are going to reach their goals, but self-reflection always aids in the process of checking up on your progress. This year with COVID-19 we need to make sure we are not only holding ourselves academically and personally, but also holding ourselves accountable for our health. Make sure you are checking up on yourself and taking the time needed for you. If you are ever not feeling well, make sure to utilize the Health Center on campus and take the time to be proactive about your well-being! The Residence Life Office also works closely with many other offices on campus who assist with guiding students along the path to becoming independent in their academics including the Career Development Center (CDC) which helps students prepare for their future in their college career and their career after college one baby step and workshop at a time.

You can embrace Accountability with our office by reaching out to our staff members in hall to check with them about the person they were when they first got to college and how they reached where they are now. Many of them were held accountable by a peer, supervisor, or themselves at one point or another to guide them on the right track to where they want to be, so their experiences will help you gain a better idea of what might work best for you. Residence Life, the Career Development Center, and the Dean's Office are just a few options on campus who are an excellent resource for students to challenge and push themselves toward positive change. We hope to see you using our resources and remember to never be a stranger! **Stay Golden!**

Book Club

Don't forget to join the Residence Life Social Justice

Committees Book Club on Mondays at 8:00pm via Zoom. All students (regardless of if they live on or off-campus) are welcome! We are reading "Dear Martin" by Nic Stone
 Meeting ID: 972 4603 4627
Passcode: 631565

Let's Talk About Pronouns

For some of us, we grew up socialized (directly and indirectly) to only be aware of two genders—boys/girls (or men/women). From clothing, to sports, to pronouns, things tend to be divided into "his" or "hers." Phrases such as "ladies and gentlemen" are still commonplace, even though science and social advocacy have come along way over the last 20 years to expand our understanding of gender past the binary. We now know that many genders exist, and "she/her/hers" and "he/him/his" pronouns should not be assumed. A simple Google search can provide context into why some people use "they," "ze," or "xe" as just a few examples.
Regardless of your gender identity or the pronouns you use, here are some best practices to create a community that is more inclusive to an entire spectrum of genders:

1. Normalize proactive pronoun sharing

The more we get used to always saying "Hi, I'm Jane. I use she/her pronouns" when introducing ourselves to anyone new, the less noteworthy or strange it will feel when we say it or hear it from others. When you meet a fellow student, a coworker, or an administrator for the first time, do you share your pronouns? When we don't, we inadvertently perpetuate the practice of assuming someone's gender identity based on their outward physical attributes, clothes, etc. You might think, "Oh well, they can tell I'm a guy." But that's part of the problem. By NAMING your pronouns, you (1) remind people that gender can't be assumed, and (2) help to normalize pronoun introductions for those who are often misgendered with incorrect pronouns. Basically, it is a good allyship practice to not solely place the burden of pronoun-sharing on gender-queer, trans, or nonbinary people. Let's all change the expectation to create less awkward introductions.

2. But never REQUIRE pronoun sharing

Sometimes, in an effort to be inclusive, we go overboard with that first tip. Please note that the above tip is a suggestion of sharing your own pronouns if you are comfortable "outing" your gender identity to others. What we don't want to do is mandate that anyone else has to share their pronouns with a group or person. For example, no one should require class, staff, or meeting introductions to include sharing your name and pronouns. For many queer people, this requirement forces them to either (1) "out" themselves to a group of people they may not trust or be comfortable with OR (2) lie about their pronouns to avoid possible harassment, bullying, or discrimination, which can result in some difficult feelings of gender dysphoria. As a happy medium between forgoing pronouns altogether and requiring them, the person leading the introductions (or you, when it comes your turn to share) can simply lead by example in sharing their own pronouns. This will normalize and create space for others to share without forcing the expectation that everyone must share.

3. Email signatures/name tags

In the last 5-10 years, you may have noticed people more commonly putting "preferred pronouns" in their email signature with a list of the pronouns they use (For example: "Preferred Pronouns: Ze/Hir/Hirs"). Although this is a great gesture toward normalizing pronoun sharing, it misses the mark on delivery. The term "preferred" is problematic because it implies that the person's pronouns are optional and their gender identity is simply a preference. Drop the "Preferred" from your email signature or name tag— just list your pronouns! They aren't preferred; they're required in order to fully respect someone's personhood. So, please, go ahead and list those pronouns for yourself in your signature! But try it this way, for example: "Pronouns: She, Her, Hers" or "Jane Doe, She/Her/Hers." If you are hesitant to include your pronouns in your email signature or name tag because you think it may confuse people who are unfamiliar with pronoun sharing, remind yourself that it is a great way to start an educational conversation with them if they bring it up.
Bonus tip: If you are comfortable doing so, you can list your pronouns on your Zoom "name tag" simply by adding them to your last name under your Zoom settings. All you have to do is enter/edit your last name to read: "Smith, she/her/hers" for example.

4. Making assumptions

If you have not been given a person's pronouns, do not automatically use she/her/hers or he/him/his based on someone's name, appearance, or voice. This can be an incredibly hard habit to break. For example, many people will say something like, "Oh, she was really helpful" if the customer service agent was wearing a dress, had long hair, was wearing makeup or nail polish, spoke in a higher-pitched tone, or their nametag said "Jessica." In reality, one or all of these things do not necessitate that this person identifies as a woman or uses she/her/hers pronouns. Simply swap out the gendered pronoun for "they" anytime someone's pronouns are not explicitly given. You may think the chances of you being wrong are unlikely, but the reality is that you can't be sure and it does no harm to stop assuming. For example, we already do this when we can't see or hear someone, such as in a passing conversational reference. Your friend might say, "I have a friend who moved away who finally got to visit this our hometown this weekend" and without anything to stereotype in appearance, names, or voices, you might respond, "Oh yeah? Where did they move to?"

5. Misgendering mistakes

Lastly, if you accidentally use the wrong pronouns for someone or make an assumption about someone's gender, correct yourself and move on. It is important that you stop to correct yourself, but equally important that you do not make a big spectacle of your remorse. A simple, "Sorry Casey, I meant ze" and carrying on with your conversation is perfectly appropriate. An extensive, drawn-out apology to express how truly MORTIFIED you are at your mistake is more about you and your feelings than it is about the person who was harmed. Don't draw attention to the harm or your remorse— just correct yourself and try harder to not make the same mistake in the future.

This brings us back to the start of this article—we (speaking of society in general) have been socialized along a gender binary. It is understandable that our systems and norms color our interpersonal interactions. Therefore, most of us have to actively unlearn the over-gendering of the she/him binary. We then have to actively learn respectful pronoun practices. That takes work, and that takes time. If you are putting time into your allyship journey, practicing more inclusive language, and correcting yourself and others when mistakes are made, give yourself some grace. You are pushing back against years of conditioning, and that is a fantastic start.