Greetings Parents and Students

As the spring semester gets under way we want to reflect on some of the highlights from the fall semester and look ahead to great things to come.

This past October we held our second annual Unity Day designed by our Diversity Leaders and the Intercultural Center staff. Unity Day’s mission is to welcome new students to RWU and challenges them to consider the historical and social implications of identity and to move beyond the superficial barriers that can separate students on a college campus. This fall we more than doubled the attendance from last year and student feedback was extremely positive in terms of how they felt it helped everyone embrace inclusivity at RWU.

The topic of sexual assaults on college campuses has been prevalent in the news recently. RWU is committed to creating a campus community that is free of incidences of sexual violence. Last fall we had every incoming freshman take an online program called Haven. Haven utilizes a population-level public health approach, a proven framework for addressing the critical issues of campus sexual assault and relationship violence. This program also discusses the relationship between sexual assault and alcohol and reinforces bystander intervention. Then, in October, every student in RWU xp (our first year success class) participated in a bystander intervention training. We also trained all our student leaders (RAs, OAs, student athletes etc.) in the bystander intervention program. We believe that if, as a community, we all are careful to look out for each other, that we will be safer as a result. We also joined the national educational program called “It’s On Us”. At the Public Safety Crime Prevention Fair students videotaped taking the It’s On Us pledge to stop all sexual violence on campus. Our Health and Wellness Educators (HAWEs) engaged in a very popular consent campaign using celebrity role models from the media to raise awareness about issues of consent. These were all student created posters highlighting the passion and talent of our own student leaders. And lastly, as part of our Title IX sexual misconduct prevention and education efforts, RWU has joined up with Green Dot, a national community mobilization approach to ending all violence on campus. We will all be seeing more of the Green Dot program this spring and next year as a movement that establishes intolerance for all violence on campus.

We had a banner fall semester in Athletics with RWU leading the Commonwealth Coast Conference (CCC) in the Men’s and Women’s All – Sports Trophy. RWU teams captured three CCC championships, taking the titles in Volleyball, Men’s Cross Country and Women’s Soccer. Read up on some amazing freshman athletes that are making a name for themselves in volleyball and cross country.

If your son or daughter ever says there is nothing to do on a Friday night, please direct them to RAD or Roger After Dark. Almost every Friday night the RAD team of students takes over the Global Heritage Hall Atrium and creates a late night fun event for all students with free food and fun games. Last semester a favorite was Karaoke night with make your own caramel apples and our first RAD event this spring is Chinese New Year with free Chinese food.

Be sure to review the Spring Calendar of events (last article) so that you can put some important dates on your calendar and see what your students are up to this spring. And don’t miss the important housing information from the Housing office!

As always, feel free to contact us if you have any questions or feedback. We are always looking to improve our work with your students, so don’t hesitate to tell us how things are going.

Best regards,

Kathleen N. McMahon, Ed.D.
Assistant Vice President and Dean of Students
Title IX Coordinator
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homecoming and Family Weekend</td>
<td>3</td>
</tr>
<tr>
<td>Residence Life &amp; Housing</td>
<td>4</td>
</tr>
<tr>
<td>Roger After Dark</td>
<td>5</td>
</tr>
<tr>
<td>Health Services</td>
<td>6</td>
</tr>
<tr>
<td>Athletics</td>
<td>6</td>
</tr>
<tr>
<td>College Leadership</td>
<td>7</td>
</tr>
<tr>
<td>Congress to Campus Visit</td>
<td>7</td>
</tr>
<tr>
<td>Breast Cancer Awareness Walk</td>
<td>8</td>
</tr>
<tr>
<td>Intercultural Center/Spiritual Life</td>
<td>9</td>
</tr>
<tr>
<td>Intercultural Center cont.</td>
<td>10</td>
</tr>
<tr>
<td>Bon Appetit Dining</td>
<td>10</td>
</tr>
<tr>
<td>Public Safety</td>
<td>11</td>
</tr>
<tr>
<td>Counseling Center</td>
<td>12</td>
</tr>
<tr>
<td>Calendar of Spring Events</td>
<td>13</td>
</tr>
</tbody>
</table>
HOMECOMING AND FAMILY WEEKEND

The Roger Williams University Homecoming and Family Weekend Committee hosted our traditional event during the last weekend of October. This annual tradition brings family, friends and students together as we showcase our beautiful campus with activities, athletic events and special programming.

Homecoming and Family Weekend kicked off with Casino Night event, where co-chair Gabby Perez ’16 assisted Assistant Director of Athletics Mike Gallagher in this event. We had more than 60 student volunteers who dealt traditional casino games and hosted our Dance Dance Revolution tournament. This family friendly event saw bragging rights for some of the evening’s biggest prizes. The Campus Entertainment Network (CEN) then hosted our Midnight Madness Pep Rally. The Pep Rally was hosted by our Homecoming Court and featured Winter Sports teams and entertainment from our Dance Club, Dance Team and student competitions. A special twist to this year’s Pep Rally was the unveiling of our second mascot, Swish. Swish’s name was selected by the student body and this was her inaugural event.

The Fourth Annual Homecoming 5K Road Race started off the weekend activities. This year’s crowd featured cross country team alumni, students, family members and faculty and staff looking to secure bragging rights for this year’s event. The Homecoming and Family Weekend planning committee were excited to have a special event for those visiting campus during the weekend. The University Library staff hosted the ALA/NEH traveling exhibit on Abraham Lincoln: The Constitution and the Civil War. This traveling exhibit was brought to life with personalized tours and Civil War re-enactors who brought the exhibition to life with their stories. The excitement of Saturday’s programming began with the crowning of the 2014 Homecoming King and Queen. This year’s court included Alexandra Marsh, Sarah DeSanto, Hannah Evans, Phuong Ha “Phebe” Bui, Chelsea Langord, Peter Schmidt, Kevin Schindelwig Francia, Jason Rosa, Joshua Avila and Richie Afifi. Vice President of Student Life, Dr. John King was able to crown our winners Jason Rosa and Sarah DeSanto.

The Homecoming and Family Weekend program highlight continued to be the Autumn Festival; an event where students and families enjoyed music, entertainment and fall favorite foods. Children of all ages enjoyed carnival games and prizes, pumpkin painting and arts and crafts booths, all which were hosted by our student clubs. The planning committee is grateful to the following student clubs who participated and hosted booths: Hawks for St. Jude, Ballroom Dance, Engineers without Borders, College Democrats, Peer Pals, Paintball Club, Colleges against Cancer, Mr. RWU contestants, Commuters In Action, Society of Women Engineers, African Student Association and Habitat for Humanity. Student performers for this year’s event included the Hawkettes Dance Team, Dance Club, Hawkward and Drastic Measurers (both Capella groups). Local vendors were in attendance and families and students enjoyed kettle corn, pressed apple cider, cupcakes and other carnival food. The crowd was able to witness our St. Balderick’s Day event. Students and family members lined up with donations to have their heads shaved to support childhood cancer fundraising and ICC was extremely excited. A special thank you to Hair Heart and Soul who volunteered their services for the afternoon.

The Homecoming committee ended Saturday night with the comedic performance of Hal Sparks and Will Weldon. Both comedians provided humor for families and students who attended the performances together. Students and their families were able to unite on Sunday morning while attending the Jazz Brunch, featuring a jazz quartet and a wonderful meal by our Bon Appétit staff.

The Homecoming and Family Weekend Planning Committee hopes that everyone enjoyed a great weekend we look forward to seeing you for Homecoming and Family Weekend 2015.

To see more photos from Homecoming and Family Weekend, please visit www.rwu.edu/homecoming.
This is a multi-step, varied timeline process. There are five main steps that your student must complete in order to secure a room for the Fall Semester:

1. Complete a housing application and turn it in to the Bursar’s Office with a $350 housing deposit. (Applications are available in both the Bursar and Housing Office). Deposits are due as follows: current freshmen by Jan. 30, 2015, current sophomores due by Feb. 6, 2015 and current juniors & seniors due by Feb. 13, 2015. Applications are available in the Bursar’s Office. Payment must be accompanied by a housing application and made in person by the student at the Bursar’s Office. Therefore, it is best if you send the check made payable to RWU directly to your student. Even if you make an on-line payment, your student must still complete an application and turn it into the Bursar’s Office. Turning in an application distinguishes the difference from a payment on the account to having it listed as a housing deposit. Avoid lines and remind your student to turn in the deposit and application early.

There is no refund of this deposit once a space is assigned or reserved by the student or his/her designee, though the hall selection process or by the Housing office through wait-listing or student request. If a student withdraws from housing for any reason, including but not limited to: academic/judicial suspension, transferring, etc. anytime before or during the academic year, a housing cancellation fee of $350 will be charged to the account. If a space is not reserved or assigned, this deposit will remain on the student’s account and go towards any outstanding balance.

2. All holds must be removed from student’s account. Financial (Bursar)/Conduct (Judicial)/Housing holds can be viewed through student’s MyRWU account. Students that have a hold will not be able to complete the next step.

3. After making the deposit, students must log into their MyRWU account and Declare their Housing Intent online (1. Informs the system of student intent to participate in the process, 2. Agreeing to the Housing Contract, 3. Develops a lottery number) on Feb 18 – Feb 19. Students that do not declare their Housing Intent on-line during this time will not be eligible to receive a lottery number and will not be able to participate in any portion of the hall selection process.

4. Lottery numbers and additional information will be forwarded to students via their RWU email address on Monday, Feb. 23, 2015.

5. Select a room during the hall selection process: February 25, 2015 through March 20, 2015. Students who do not select a room during this time period will be placed on a wait list and assigned in any remaining spaces; including temporary assignments after all new students have been placed.

Most information including the Hall Selection Guide is available on-line. This Guide contains all the necessary details, specific dates and timelines for the process. You can also access this guide at http://www.rwu.edu/campus-life/housing-dining/living-rwu/hall-selection.

All Freshmen who currently reside in housing are required to do so in their Sophomore year (two-year residency requirement). Also be aware, that by selecting a room during the process your student has entered into a binding contract and is financially responsible for all costs associated during the 2015-2016 academic year. After fulfilling the two year residency requirement, students who decide not to participate in the hall selection process, may not be eligible to return to housing in the future. Keep in mind, class registration begins on March 23, 2015. Students who do not register on time may lose their housing assignment and reassigned to other spaces once they become registered.

Reminders are communicated to students for each step of the process. It is important that they check their RWU e-mail account for information and important deadlines.

Should you have any questions please refer to the Hall Selection Guide online or email us at rwuhousing@rwu.edu.
Roger After Dark is pleased to share that we experienced our most successful semester this past fall! With upwards of 100 students attending almost every event held this semester, we are excited about all of the new people and groups we have had the pleasure of spending our Friday nights with!

RAD is a student-run group on campus that focuses on offering entertainment to serve as an alternative to alcohol gatherings. We coordinate with a different group on campus for every event, each with its own theme, activities, and food. All of our events are planned around student feedback and suggestions. We want to know what your students want to do on your Friday nights, and we try and make those ideas a reality!

This past semester we held everything from karaoke nights to make your own caramel apples to a Haunted Halloween carnival complete with a carnival food stand giving out everyone’s favorite fair foods. But no matter what activities were going that night, nothing was more thrilling for the RAD team than seeing students come back week after week to have fun and hang out with friends. Many of them we have come to know by name and are looking forward to them coming back this semester!

We are hoping to continue our success into the spring semester. We will be offering seven events this semester with a variety of clubs and orgs which will no doubt bring a new zest to the RAD event lineup. Our first event was held on January 30th from 10pm to midnight in the GHH atrium where we will be teaming again with the Student Advocacy Office to celebrate the Chinese New Year with Chinese food and activities; we hope to see your student there!

We teemed up with the student advocacy office and it was a terrific event. We look forward to more exciting events throughout the semester.
HEALTH SERVICES

Just a couple health reminders to parents and students as the spring 2015 semester begins.

Have a new Health Insurance Card?

If your private health insurance or prescription plan has changed please fax a copy (front and back) to Health Service so we can put it in the student’s health record. Fax to 401-254-3305, or have your student bring a copy of the card to Health Service on their next visit.

Cold and Flu season

As we all know with winter comes cold and flu season. Living in close proximity to one another, as college students do, lends itself to spreading germs and illness.

Protect yourself:

1. We encourage everyone to get an influenza vaccine. Flu shots are available at our local CVS (Metacom Ave – on the shuttle route) and they take most insurances.
2. Healthy lifestyle with proper sleep, diet and exercise is the best defense. In addition the importance of good hand washing and general hygiene should not be underestimated.
3. If our students develop symptoms of upper respiratory infection or influenza they can be seen at Health Service for assessment and care. The following website provides important information about Flu prevention, assessment, and treatment. http://www.health.ri.gov/flu/

Spring Break is right around the corner!

In a blink of an eye the days of spring will be upon us. Many students are already planning for spring break. This can be a much needed opportunity for rest and relaxation. Whether a student stays local or takes advantage of the time to travel a little planning can go a long way for a fun, safe spring break. The following link may provide helpful information specific to college spring break and general traveling consideration.

http://www.cdc.gov/

Then open the Travelers’ Health tab

ATHLETICS FALL WRAP UP

After coming off the most successful year in the history of athletics at the University, the Hawks picked up right where they left off in the fall.

After the fall 2014 season, RWU is currently leading the conference in the 2014-15 Commonwealth Coast Conference (CCC) Men’s and Women’s All-Sports Trophy. RWU teams captured three Commonwealth Coast Conference Championships, taking the titles in Volleyball, Men’s Cross Country and Women’s Soccer. For the Volleyball team, this marks their sixth consecutive CCC Championship, while the Men’s Cross Country won an unprecedented fourteenth straight CCC title. The Women’s Soccer team earned its third championship in four years, en route to the best season in program history this past fall.

Women’s Soccer tied a program record with 19 wins while winning its fifth CCC Championship in team history. In addition, the team advanced to the Third Round of the NCAA Tournament for the first time in program history. Junior Mariah Kaiser earned a slew of honors, including CCC Offensive Player of the Year and was named an NSCAA All-American, becoming RWU’s first women’s soccer All-American. Head Coach Tim Moody received Coach of the Year honors by both the CCC and the ECAC.

With Volleyball earning its sixth straight championship, the team also earned its sixth straight NCAA Tournament berth. The team advanced to the Second Round of the NCAA Tournament, finishing the season at 23-6. Freshman Josalyn Benson was named CCC Rookie of the Year, while Junior Elizabeth Flaherty was named CCC Player of the Year. Flaherty, along with sophomores Kristen Boyer and Brittany McMullen were also honored as AVCA All-America Honorable Mention.

Men’s Cross Country continued its dominance in the conference over the past decade with another conference title. Freshman Tim McGowan won the meet and was named CCC Rookie and Runner of the Year. At NCAA Regionals, he placed 24th overall, earning All-New England honors and earning a berth to the NCAA Championships, becoming the first male cross country athlete in Roger Williams University to qualify for the NCAA Championships. At Nationals, his time of 25:44.7 was the 16th-fastest time amongst all freshmen in the race.
Roger Williams University students recently graduated from the College Leadership Rhode Island Program. Modeled after Leadership Rhode Island’s (LRI) Core Program for career business and community leaders, the College Leadership Rhode Island Program strives to inspire, educate, and engage its students as they begin to make the transition from college to career. It is an experiential program that gives college leaders further insight into the inner-workings of Rhode Island’s non-profit, for-profit and government sectors. Topics include community & social issues, civic engagement & the business community, community leadership and public service. Through this semester-long process, students deepen their understanding of community issues and community-based problem solving while networking with fellow student leaders from around the state. Congratulations to the graduates: (L–R) Erika Johnson ’15, Dylan Kelly ’15 and Alana Faughnan ’15. During this program, these students worked with 25 other RI college and university students and experienced team building, debating legislature at the State House and learning about Strengthens Quest.

Two former Congressmen, Jim Kolbe (R-AZ) and Sam Coppersmith (D-AZ), visited the Roger Williams University community from September 21–23. They visited through Congress to Campus, an educational program hosted by the United States Association of Former Members of Congress, dedicated to expanding students’ knowledge of, and participation in, civic responsibility. Through this program, former members of Congress meet with University communities to speak about their experience in Congress, current and past views of Congress, and how students can get involved in the American political system—from voting to actually having a political career—amongst other topics.

During the visit, Congressmen Kolbe and Coppersmith met for dinner with University faculty, attended several classes to meet with students, convened with several campus groups (which included Student Senate, the International Relations Organization, and College Republicans/Democrats), hosted two open-forum style discussions, and met with various administrators. WQRI 88.3 campus radio station was able to broadcast a live question and answer talk show featuring both Congressmen Kolbe and Coppersmith.

The Congress to Campus program was a wonderful experience for students to talk about civic engagement, and to hear what goes on in our government from a first-hand perspective. Because of the success of this year’s program, RWU is hoping to repeat the program in future years.
ROGER WILLIAMS UNIVERSITY STUDENTS PARTICIPATE IN THE MAKING STRIDES AGAINST BREAST CANCER WALK

By Taylor Mazzie ’18 Colleges Against Cancer Member

It was an exciting and cold October day as RWU students embarked on the Making Strides Against Breast Cancer Walk hosted by the American Cancer Society in Providence, RI. Making Strides Against Breast Cancer is the largest network of breast cancer awareness events in the nation, uniting nearly 300 communities to help finish the fight. Every breast cancer walk is an exciting and inspiring opportunity to honor and fight for those who have battled breast cancer and raise awareness for prevention. The passion of the organization is what drives us to walk and raise money for research. We have the passion to fight for a tomorrow without breast cancer. Actions speak louder than words, and because of the power invested by the Making Strides organization, citizens can take action and make a real difference in the battle to end this fight.

Approximately 87 students from Roger Williams participated in the walk including teams from Student Senate, Values of Sisterhood, PRSSA, Colleges Against Cancer, and many more. This is a big event for Colleges Against Cancer, as it happens to be one of the first major events of the fall semester that we support. CAC’s original goal was to raise $1,000 for the event and we exceeded that by raising $1,330 that day. With 22 of the 87 participants being volunteers, CAC had a very successful and exciting day at the walk. Volunteers arrived in Providence early and were stationed at different points of the walk to hand out water and snacks to the walkers. The RWU students joined one million volunteers across the country with the common purpose of beating this disease. Together, we fight to finish the battle against breast cancer.

The American Cancer Society Making Strides Against Breast Cancer event is more than just a breast cancer walk. It empowers people from across the country to come together to raise funds and awareness to end the fight against breast cancer. Nationwide, nearly 300 Making Strides walks occur each year, and each one is a powerful, exciting, and inspiring opportunity to unite as a community to honor those who have fought breast cancer, and raise money to help fight the disease. The walks range in distance from 3 to 5 miles. You can log on to http://makingstrides.acsevents.org to read stories by survivors and fighters, to donate, or sign up to join an RWU team for next year’s event.
INTERCULTURAL CENTER UPDATE

We began the semester with Unity Day, a day of learning about diversity and social justice that helped over 100 new students find a connection with their peers. We also welcomed 45 freshman from diverse backgrounds into our Diversity Leadership Program. Those students received support and mentoring from upperclassmen students to guide them through their transition to college. Mentors for this program are called Diversity Leaders, and we will be hiring for this position starting January 23. Applications are available at the Intercultural Center and the Student Advocacy Office through February 20. This is a great opportunity for students interested in diversity and mentoring.

This semester, we also had an exciting Coming OUT Day where LGBTQ students and allies came together for a day of celebration, learning and fun. Next semester, be on the lookout for poetry performances, films and panel discussions, LGBTQ safe zone workshops and other student activism opportunities. With topics such as race and racism, privilege, queer issues and becoming an ally, intersectionality and more, your student will have many ways to develop their readiness to enter a diverse world.

Fall 2014 in the IC included Middle Eastern Cooking nights led by Jim Azar, where students, faculty, and staff participated in cooking and eating delicious foods. We also had a Japanese Cooking and Etiquette Dinner where students learned about Japanese dishes beyond sushi. Cultural presentations included An Hour with Vietnam, An Hour with Islam, and An Hour with Peru. International students also worked with Upper Commons to share the traditions of Eid with a campus-wide dinner.

We are also looking forward to Global Fest, a campus-wide celebration of culture and diversity including cultural performances and tables showcasing countries from around the world.

CALENDAR:

Feb 24, 6:30pm
Showing of the film 'Dear White People' and faculty panel discussion

February 25
An Hour with Bolivia

March 25
An Hour with Panama

April 1, 12:00 – 3:00pm
Global Fest

April 8, 6:00-7:30pm
A performance by Staceyann Chin, Jamaican-Chinese out lesbian poet, performer, lecturer, author and activist

April 9, 1:00-2:30pm
Workshop on Trans-inclusive Feminism, led by Staceyann Chin

April 13–17
LGBTQ Pride Week

April 22
An Hour with the Dominican Republic

May 15
Intercultural Center Senior Reception is a celebration for seniors who have shown exceptional intercultural learning, a collaborative spirit and ethics of campus

Fall Semester/Office of Spiritual Life

During the fall semester, the Office of Spiritual Life continued its work of supporting the faith/spiritual/ethical life of RWU's students, faculty and staff. Several events marked a full semester of activities, including the Muslim Students’ Association Third Annual Second Eid Dinner in October. In November, the Third Annual GOSPELFEST and the Speaker/ Film Series on the Jewish Experience were held. The Second Eid Dinner drew nearly 80 students, who gathered in the Upper Commons to celebrate this important Muslim religious holiday. That evening, the Bon Appétit staff prepared traditional Middle Eastern and South Asian dishes for all students dining in the Upper Commons. After dinner, MSA members donned outfits from their respective countries, and danced to traditional music. GOSPELFEST was held in conjunction with the University Library’s month-long event “Lincoln: The Constitution and the Civil War,” a traveling exhibit from the American Library Association. The concert featured the University Choir and Prism of Praise Community Gospel Choir, who performed songs from the Gospel tradition. Nearly 200 students, faculty, staff and community members attended the concert in the Global Heritage Hall’s Atrium. The Film/Speaker series, now in its fifth semester, has become well-known in Rhode Island for presenting new short- and full-length films on the Jewish experience, exploring themes ranging from the Holocaust to modern cultural issues in Israel. Finally, the Office is spearheading a new service-learning, alternative break trip to Navajo Nation planned for March. Ten students will be joined by three staff/faculty members heading to Tuba City, AZ, as part of the University’s growing number of these trips and the first sponsored by the Division of Student Life. The Office is partnering with Amizade, a global, service-learning organization. Online fundraising is available at http://onlinecommunity.rwu.edu/navajonation.
Ask Mickey: Energy Bars

What should I look for when trying to pick an energy bar? I fear that some are just candy bars in healthy clothing.

Many of us turn to energy bars to stay fueled as we move through busy days, and as long as we’re choosing carefully, they can be nutritional wins. But you’re right to be concerned about exactly what’s in that bar, and whether it’s helping or harming your quest for good health. Checking the Nutrition Facts Label for what ingredients are included, how much additional vitamin supplementation is packed into the bar, and amounts of key nutrients will help you decide which bar you really want to reach for.

Ingredients are listed on labels in order by weight, so choose bars that are based on real, whole foods whose lists are topped by whole grains, nuts, seeds, and dried fruits. Some bars are heavily processed, and will include a long list of obscure ingredients (eg: various protein isolates, sugar under a variety of aliases) that you may want to avoid. Your best bet are ones with only a few ingredients that look similar to a product you could imagine whipping up in your own kitchen!

Next, review the level of vitamin supplementation in your potential pick. If you consume a balanced, varied diet, and perhaps even take a daily multivitamin, a heavily fortified bar may provide too much of some nutrients. While some vitamins are present naturally (such as Vitamin C in a bar that contains fruit), numbers boasting levels like “1000% RDA” tell you there may be more of that vitamin than your body needs, especially when it’s added to the other sources you typically consume in a day.

Finally, look at the total calories and other nutrients to decide how the bar fits into your overall diet. An afternoon snack to tide you over til dinner may only need to provide 100-200 calories. Some bars go substantially higher and may be more appropriate as an on-the-go meal replacement. Looking for at least a few grams of protein and a few grams of fiber will help ensure the bar offers nutritional benefits, not just calories, and that it can satisfy you until your next planned meal. And finally, if your pick contains added sugars on the ingredient list, check the total grams of sugars listed under Carbohydrates to decide if this is the kind of bar that counts more as a nourishing snack … or a decadent treat.

Energy bars are a handy snack to keep on hand to stay powered up throughout busy days. By knowing what to look for, you can ensure that you are supporting your goals for energy and well-being!

About Ask Mickey: At Bon Appétit, we know there’s a lot on your plate that you worry about. Making good food choices helps you avoid unwanted pounds, work or study (and sleep!) better, and form long-lasting healthy eating habits. In the Ask Mickey column, Bon Appétit Management Company Registered Dietitian Nutritionist Lulu Cook offer tips on “chewing the right thing” and answers your nutrition questions. (Mickey, aka Michelina, is a particular feisty Italian grandmother who continues to inspire us.)

Email your questions and feedback to nutrition@cafebonappetit.com.
MESSAGE FROM THE DEPARTMENT OF PUBLIC SAFETY

Crime prevention information and personal safety classes and programs are presented to student and staff groups throughout the year. Example: Emergency Evacuation procedures, personal safety tips, and theft prevention practices.

Download the Rave Guardian App:
Rave Guardian has been purchased by the University and is offered at no charge to parents, students, faculty and staff. This smart phone app acts like a “blue light” in the palm of your hand. The app allows you to call for help simply by pushing the icon on the screen of your phone. The GPS feature tells responding personnel where you are and calls Public Safety for you. You can also use it to anonymously report suspicious activity, set a safety timer if you’re walking alone, or call local Police if you’re off campus and need help. Please encourage your student to download this valuable app!

http://rwu.edu/about/university-offices/public-safety/crime-prevention/rave-guardian

We are pleased to announce our “Confidential Reporting Form” which allows the reporter to leave information regarding suspicious or criminal activity while respecting his/her privacy. Upon submitting this form, an email is sent to the Director of Public Safety or his/her designee; which is checked daily. The origin of the submission is confidential.

This form should be utilized to report information regarding possible criminal or suspicious activity, which includes illegal drugs or illegal use of prescription medications, weapons, theft, underage drinking, assault, sexual assault, bias incidents/hate crimes, burglary, etc.

https://rwu.edu/about/university-offices/public-safety/crime-prevention/confidential-reporting-form

First year students are provided a security orientation program as well as material advising them of precautions they should follow to help avoid becoming victims of crime on or off campus.

Public Safety – (401) 254-3333
Contrary to popular belief, depression and anxiety do not “peak” around the holidays; they actually occur more frequently in the spring when you least expect it. The common belief is that we experience “cabin fever” in the winter and a lifting of the spirit in the spring “when flowers bloom and love is in the air.” However, with students who struggle with depression, they may actually sink further when they are surrounded by friends who are feeling energized, enthusiastic, and happy. They may feel lonelier when they contrast their mood with others. The spring is also associated with increased anxiety for some students since it is a challenging time academically and socially (i.e., choosing roommates for next year). Needless to say, it can be a particularly trying time for seniors as they say goodbye to friends and interview for jobs.

With this in mind, two specific groups are scheduled for the Spring 2015 semester. The focus of the “Dealing with Anxiety and Distress” workshop is to teach students skills that could help them manage their emotions, reduce their stress and hopefully build better connections with their peers. The workshop series will be offered twice during the semester. We will also offer a “Grief and Loss” group since we have been aware of how many students have experienced the death of a close family member or friend in their lives.

We are also aware that students may feel that there is a “stigma” attached to counseling. As a result, we seek as well as create opportunities to provide education around a variety of issues. For example, we offer a yoga and meditation class to increase their repertoire to successfully deal with stress. We encourage students and parents to check out our web page (http://www.rwu.edu/campus-life/health-counseling/counseling-center). You will find mental health tips that address many of the issues that face everyday college students. There is also an opportunity to take an anonymous, free screening on a variety of mental health issues such as depression, anxiety, alcohol abuse and eating disorders.

Our services are confidential, which means we cannot share information about the fact or nature of students’ visits to the Center without their permission. However, as a parent you are welcome to call us to share your concerns or to consult with one of our counselors. All full-time and residential undergraduate students are eligible for all of our services, free of charge. The Center for Counseling and Student Development is located on the second floor of the Center for Student Development, and we can be reached at (401) 254-3124.
STUDENT LIFE SPRING 2015 CALENDAR OF EVENTS

February
1  Resident Assistant Group Process
7  Multi Cultural Student (MSU) Black History Showcase 8 pm
11 Coca-Cola Hawk Spirit night for women’s basketball 5:30PM game vs Western New England U.
Recognition night for W. Rugby team’s success at halftime of women’s basketball game about 6:15PM
Recognition night for M.W. Rugby team’s success at halftime of men’s basketball game about 8:15PM
20 Coca-Cola Hawk Spirit night for wrestling 7PM match vs Johnson & Wales
16 President’s Day – University closed
21 Orientation Advisor Group Process
   Women’s Center Presents: V-Day Production

March

Commencement ticket pick up begins – 1st Week of March
2  Common Reading Lecture 7 pm – Nicholas Carr
6  Residence Halls close 7 pm
6–15 Spring Break
   Habitat for Humanity Spring Break Trip to Eastern West Virginia
   Inter-Varsity for Christian Fellowship Spring Break Trip to New Orleans, Louisiana
   Foundations of International Medical Relief for Children Spring Break Trip to Peru
   Navajo Nation Trip
15  Residence Halls Open at 12 pm
17–20 Yearbook Senior Class Portraits
25  Career Center Annual Career Fair
28  Class of 2016 Junior Semi Formal, Newport Rhode Island
28  Coca-Cola Hawk Spirit day for women’s and men’s lacrosse 1PM vs. Gordon College

April

TBA  Bon Appétit Annual Lobster-Steak dinner
TBA  Bon Appétit’s National Low Carbon Diet Day
1  Global Fest: noon
2&3 Student Senate and Class Officer Elections
3  Good Friday – University closed
6–8 Class of 2015 Commencement Ball Tickets on sale
8  Dance Club Spring Show 8 pm
11 National-Student Athlete Day recognition during halftime of men’s lacrosse game about 1:45 pm
14 Coca-Cola Hawk Spirit day for men’s tennis 4 pm match vs Gordon College
16 Coca-Cola Hawk Spirit day for baseball 3:30 pm game vs Brandeis
22 Coca-Cola Hawk Spirit day for softball 3 pm game vs Framingham State

May

2  Colleges against Cancer Relay for Life Event
3  Service Break Reception 1 pm
   Student Life Achievement Reception 2:30 pm
4  Athletic Banquet 6 pm
5  Student Involvement Recognition Banquet 6 pm
6  Inter Residence Hall Association (IRHA) Late Night Breakfast 9 pm
9  Class of 2015 Commencement Ball at the RI Convention Center
12 Graduate Hooding Ceremony (graduates students only) 6 pm
14 Residence Halls Close (except Graduating Seniors) noon
   Commencement Rehearsal/Senior BBQ noon
16 Commencement, 9:30 Processional 10 a.m. Ceremony
   Bon Appétit Ticketed Commencement Lunch beginning at 12:30 pm Dining Commons
   Residence Halls close for graduating seniors 7 pm