

Whisper In The Woods

... NJIT Residence Life's Newsletter



DECEMBER 2015 EDITION



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**Connect with
NJIT ResLife
on
Twitter & Instagram!**

@NJITResLife



@NJITResLife





BE STRESS FREE EVENTS
starting DECEMBER 10th
in your Residence Hall!





Tips To DeStress!

1. **Jog it out!** Getting regular physical activity works wonders in coping with stress and staying active in winter elevates your mood and reduces anxiety. Stretching your muscles also helps ease tension.
2. **Guzzle, guzzle, guzzle.** Think no coffee will make you wither up and keel over? The truth is those multiple cups of java may just be making you overly twitchy and nervous. So, drink some H₂O. But if you can't break the addiction, change it up by mixing some decaf in there.
3. **Get outdoors.** Plan an outdoor picnic with friends or go for a nature walk. Sunshine can be a real mood enhancer. And yes, even if it's brisk outside!
4. **Eat those veggies.** When you're sick, you stress easier so it helps your mood to have good nutrition.
5. **Get a hobby and pursue it.** Allow yourself time to pursue your interests other than school and work. It's good for you and a good tension reliever.
6. **Give yourself props.** Post motivational quotes or words around. Using daily affirmations will help you feel good about yourself and your mission to ace your academics.
7. **Escape to tune land.** Listening to your favorite music and dancing can keep you happy and feeling fab. And experiments have shown that music can rejuvenate withering plants and animals.
1. **Put out that butt.** While you think that cigarette is relieving stress, it's actually doing the opposite. Studies have found that minutes after smoking stress level rises and creates greater depression.
2. **Write and release.** Keeping a journal can be very therapeutic for stress sufferers. So open that composition book and write down what you're feeling and what made you get so frazzled.
3. **Clear your clutter.** Reorganizing your room or working space will help you find things quicker and feel more at ease.
11. **Chill out.** Give yourself a few minutes a day of quiet time. Reflect, meditate or just unwind. If you can soak in a hot bubble bath, do that. Or escape to a quiet room, go outside and breathe in some fresh air. Whatever you need to do to calm you down, do it! You'll be focused when you get back to your desk.

<https://www.dosomething.org/tipsandtools/11-ways-de-stress>

MIDNIGHT BREAKFAST

DEC. 14TH, 2015

11:30-12:45AM

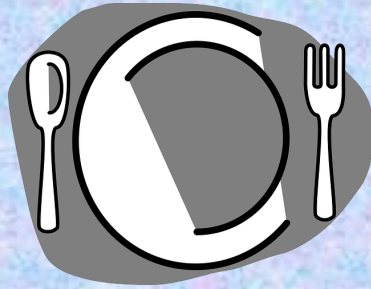
NO NJIT ID = NO ENTRY

COME RELAX AT
THE RELAXATION LOUNGE

SPONSORED BY:
CAMPUS CENTER
SAC
GDS



GOT GDS DISHES LYING AROUND?



**RETURN GDS
CUPS, PLATES, SILVERWARE
TO THE LABELED BOX
IN YOUR HALL LOBBY
OR TO
THE CONVEYOR BELT OF GDS**

NO QUESTIONS ASKED.

CONNECTIONS
 COMMUNITY
 Learning Communities at NJIT

Tutoring Centers at NJIT

<p>The Learning Center</p> <p>Location: Kupfrian Hall - Room 200</p> <p>Hours: Mon-Fri: 8:30am-8:00pm</p> <p>Tutors for: Chemistry, Physics, Electrical and Computer Engineering, Management, Computer Science, Biology & AutoCAD</p> <p>Website: njit.edu/tlc/</p>	<p>Math Tutoring Center</p> <p>Location: Cullimore Hall - Room 214</p> <p>Hours: Mon-Wed: 10am-7pm Thurs-Fri: 10am-5:30pm</p> <p>Please visit: njit.simplybook.me to schedule 1-on-1 or group appointment</p>	<p>Chemistry Tutoring Center</p> <p>Location: Tiernan Hall - Room 110</p> <p>Hours: Mon-Thurs: 10am-6pm Fri: 10am-3pm</p> <p>Website: chemistry.njit.edu/students/index.php</p>	<p>The Writing Center</p> <p>Location: Cullimore Hall - Room 115</p> <p>Hours: Mon, Tues, Thurs: 10am -6pm Wed: 10am-5pm Fri: 12pm-3pm</p> <p>Please visit: njit.mywconline.com to make 1-on-1 or group appointment</p>	<p>Physics Tutoring Center</p> <p>Location: Tiernan Hall - Room B008 (Basement) and Room 401B</p> <p>Open Mon-Fri</p> <p>Please visit: physics.njit.edu for updated schedule and hours</p>
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CENTER FOR STUDENT INVOLVEMENT

NJIT

PLANNING AN EVENT? NEED SPACE?

DID YOU KNOW

YOU CAN RESERVE A LOUNGE IN THE RESIDENCE HALLS HASSLE FREE



YOU JUST NEED TO ASK.
 (IT'S REALLY THAT SIMPLE)



Contact your Residence Coordinator for more information

HONEST.



Dr. Holly Rogers co-developed the Koru Mindfulness program for college students (currently available on more than 60 campuses in the US). Trials have shown that the Koru program is effective in helping students feel less stressed, better rested, more compassionate, and more mindful. Dr. Rogers is a psychiatrist at Duke University and co-author of *Mindfulness for the Next Generation: Helping Emerging Adults Manage Stress and Lead Healthier Lives* (Oxford University Press, 2012).

mind your mind

Learn to breathe better

A conscious breath is a slow, deep breath that you observe closely, feeling it in your body from beginning to end. It settles your nervous system, convinces your heart that you're not actually running a marathon, and helps you feel grounded. Try one now. See how different it feels?

You can take a conscious breath (or even a few) whenever you need a mini staycation in your mind. It might be especially helpful when:

1. You are stressed or worried—for example, if you're desperately trying to locate your flight info. The conscious breath will help you find your calm.
2. You have a headache or your muscles feel tight. The conscious breath releases tension.
3. You're impatient, waiting in line, or dealing with the horrendous holiday traffic to the mall. The conscious breath will help you feel more patient and maybe reduce your road rage.
4. Your friends or family are getting on your last nerve. Conscious breathing will help you maintain peace of mind or at least prevent you from spewing out things you'll later regret.
5. You are drowning in the details of that last final project. A conscious breath will help you reconnect with the big picture.

Give it a go: Set an alarm on your phone for the beginning of each hour. Take a conscious breath each time you hear the alarm. What does it do for your day? Your sanity?

A student's verdict

"I was really losing it, so I just sat down, closed my eyes and took a really long breath. And then another. After a few more I felt back in control, and realized if I did one thing at a time, I'd get it all done. And I did."

Conscious breathing with Koru Mindfulness



<http://korumindfulness.org/guided-meditations/>



24-Hour Quiet Hours

**24-Hour Quiet Hours Effective:
Thursday, December 10th at 10:00 pm
UNTIL
Monday, December 21 at 10:00 pm**

Quiet-hours mean that no noise should be heard outside of your room. Lounges, kitchens, and other public spaces in the residence halls are subject to the quiet hours policy.

Sanctions for Quiet Hour Violations:

- .1st Offense: Judicial Hearing with the Residence Coordinator within 24 hours of the offense.
- .2nd Offense: Loss of housing for the remainder of the exam



Students **NOT** Returning for Spring 2016

When Do I Have To Move Out?

You will need to check out of your room 24 hours after your last final exam or by Noon on Tuesday,

December 22, 2015.

Students returning for Spring 2016 are not required to check-out of their assigned rooms.

How to check out....

- Express Check-Out
- OR
- Check-Out with your RA



Express Checkout

- No Appointment Needed -

1. Pick up an Express Checkout Form from your hall office, complete, and return it to the hall office.
2. You are responsible for arranging your own furniture, cleaning your share of the living space and turning in your mailbox key and room key (if applicable).
3. A residence life staff member will recheck your room after the halls have closed. A final damage assessment will be done at this time.

Checkout with your RA

1. You must sign up for a checkout time with your RAs. (Sign-up for a time that will be after you are totally packed and have completed your part of cleaning the room or apartment.)
2. Do not expect the RA to come to your room; you should go to your RA's room at your appointment time.
3. Appointments must be made at least 48 hours in advance.
4. You will be responsible for arranging your own furniture, cleaning your share of the living space and for turning in your mailbox key.
5. Your RA will examine the condition of your room against your original Room Inventory Form and note damages. (We suggest that all residents of the room be present at checkout times to discuss any questions of responsibility for damages and cleaning. You may also use pre-damage assessment forms available in the hall office)
6. A residence life staff member will recheck your room after the halls have closed. The final damage assessment will be done at this time.

Note: Failure to check out properly will result in a \$25 improper room checkout fine.



YOUR MAILING ADDRESS



Cypress Hall, Room #
NJIT, 180 Bleeker St.
Newark, NJ 07103-3914

Redwood Hall, Room #
NJIT, 186 Bleeker St.
Newark, NJ 07103-3915

Oak Hall, Room #
NJIT, 155 Summit St.
Newark, NJ 07103-3501

Laurel Hall, Room #
NJIT, 141 Summit St.
Newark, NJ 07103-3513

Honors Residence, Room #
156-182 Warren Street
Newark, NJ 07103

Greek Village, Room #
7-21 Greek Way
Newark, NJ 07103



WHAT ABOUT MY MAIL?

- Residence Life **does not forward any mail over the winter break**. Mail will be placed in your mailbox. All halls are open during winter break. You may pick up packages during business hours or contact the staff on duty.
- Students NOT returning for spring 2016 will need to change your address with friends, family, magazine companies, credit card companies, etc. First class mail will be returned to sender. All other mail will be discarded. If you are not returning to campus, you should update your addresses on-line (Registrar).

RETURNING FOR SPRING 2016?

You DO NOT have to
checkout of your room.
All halls are OPEN for
winter break.





What to do when you return For Spring 2016

Sign Building Verification – When?

Sunday, January 17 from 10:00 am-5:00 pm
Monday, January 18 from 10:00 am-5:00 pm

in your Residence Hall

Classes begin on Tuesday, January 19, 2016



MEAL PLANS SPRING 2016



WILL BEGIN ON
MONDAY, JANUARY 18th
Dining Hall



Lead the Way,



Be an RA!



NJIT RA Selection Website

NJIT ResLife Selection Facebook

RA Selection Timeline

Note: ALL Candidates must attend an RA Information Session before submitting their application materials!

Monday, December 7, 2015

RA Information Sessions - Cypress Hall Kitchen Lounge @ 11:00 am, 2:30 pm, or 6:30 pm

Tuesday, December 8, 2015

RA Applications are available online:
(<https://sites.google.com/site/njitracaselection/home>)

Tuesday, January 19, 2016

RA Information Session - Honors Hall 3rd Floor Center Lounge @ 9:30 pm

Wednesday, January 20, 2016

RA Information Session - Greek Village Building 13 Lounge @ 4:00 pm

Thursday, January 21, 2016

RA Information Session—Redwood Hall Back Lounge @ 9:30 pm

Monday, January 25, 2016

RA Information Session - Laurel Meeting Room @ 3:00 pm

Wednesday, January 27, 2016

RA Information Session - Cypress Kitchen Lounge @ 4:00 pm

Friday, January 29, 2016

Online Application, Completed Essay Questions, AND Professional Resume
ALL DUE by 12:00 noon

Tuesday, February 2, 2016

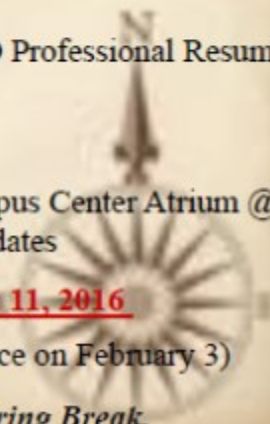
Nuts & Bolts of Interviewing AND Interview Sign-Ups - Campus Center Atrium @ 9:15 pm
Mandatory Session for all RA Candidates

Wednesday & Thursday, February 10 & 11, 2016

RA Candidate Interviews (must schedule in advance on February 3)

Notification of hire will be given before Spring Break.

Like us on Facebook for Updates: NJIT ResLife Selection



RA Applicant Checklist

Note: Be sure to follow all instructions in the process. Incomplete or late application materials will not be accepted. No exceptions can be made.

- ✓ Fall 2015 and Cumulative GPA of at least 2.4 (for undergraduates) or 3.0 (for graduate students)
- ✓ Good disciplinary standing with the University and Residence Life
- ✓ Attend one mandatory RA Information Session schedule during December and January
- ✓ Identify and ask two people to serve as references on your behalf (no family members please)
- ✓ Complete the online RA Application by Noon on Friday, January 29, 2016
- ✓ Complete and submit online the RA Essay Questions by Noon on Friday, January 29, 2016
- ✓ Email your professional resume to Christina.A.Pascucci@njit.edu by Noon on Friday, January 29, 2016 (as an attachment saved as Last Name_First Name)
- ✓ For Accepted Candidates Only: Attend Nuts & Bolts of Interviewing and Interview Scheduling Session on Tuesday, February 2, 2016
- ✓ For Accepted Candidates Only: Interview Dates: Wednesday & Thursday, November 10 & 11, 2016



Lead the Way, Be an RA!

Don't lose your damage deposit! Learn how to correctly remove your Command™ Hooks and Strips to avoid surface damage.



We hope you enjoyed the 3M Command Poster Strips you received this Fall. Command Poster Strips make decorating quick and easy. They hold strongly to wood, tile, metal and painted surface yet remove cleanly - leaving behind no holes, marks, sticky residue or stains if removed properly. As a reminder, below please find easy removal instructions below.



Remember to never pull the strips towards you or peel from the wall. Always pull straight down as slow as you can.



Slowly stretch the strip straight down, keeping your hand against the wall as you go. Keep stretching up to 15 inches.



www.command.com/3M/en_US/command/hooks-strips/

Get ready for the next semester!
Get all the décor and organization ideas you need,
with damage-free Command™ Products.



For more great decorating ideas and product information, please visit

www.command.com

5 Ways to Stress Less

 <p>BATHE</p>	<p>Talking to a trusted friend or family member in times of hardship can reduce stress and increase optimism</p>	 <p>EAT</p>	<p>Music provides a temporary distraction from stress. Studies show that singing while listening to music has a calming effect.</p>	 <p>SING</p>	 <p>GRADUATE HEALTH EDUCATOR</p>
<p>Taking a bath causes the brain to 'cool down' from processing too many thoughts at a time</p>	 <p>TALK</p>	<p>Eating causes the body to divert from stress temporarily. Foods rich in antioxidants (e.g., berries, red grapes) are the best stress reducers</p>	 <p>PLAY</p>	<p>Playing games, especially those that require socialization, causes declines in stress level. Just be sure important tasks are complete!</p>	

WHAT HAPPENS WHEN YOU BURN UP

 <p>Heartbeat Increases</p>	<p>Anxiety</p> 	<p>Slow Reaction</p> 	<p>Panic</p> 	<p>Sensory Distortion</p> 
		<p><i>There are better things to Worry about</i></p>		

Sure, working out is good for us, but what if we're just not in the mood? As in, totally not in the mood. Is there hope?

Yes. Research shows that even our most slothful selves can get active, stick with the program, and (shocker) enjoy it.

The key is reframing how we think about physical activity. Fitness is usually sold to us as something that will help us live longer and reduce our risk of chronic disease. While this is true and great, that knowledge doesn't necessarily motivate us in the moment to do pushups instead of downing Doritos. These four approaches work better.



#1 TASK:

What will it do for me right now?

Immediate benefits—like relaxation, joy, stress relief, and sharp thinking—are far more motivating than the distant prospect of better health, according to behavioral scientists.

Identify the immediate perks:

a better mood, increased energy, a brainpower boost, stress relief, sharper focus, and positive feelings for yourself.

Play workout music: For a rapid attitude adjustment, try the latest trap beat.

"I know that even though I never want to start a workout, once I've finished I feel happy and empowered."

—Onyx B., second-year undergraduate, Colorado College

"Realize life is short and you might as well spend it feeling good and alive."

—Ethan G., second-year undergraduate, University of Maryland, Baltimore County

Read More At
StudentHealth101:
<http://readsh101.com/njit.html>

#2 MIND TRICK:

"This is so not about fitness"

Some physical activities don't feel like exercise, with its clinical associations. In a recent survey by *Student Health 101*, many students described fitness as a mind game.

Lose the rules: "Toss out any rules you might have about how to exercise, because research shows you won't keep it up [if those rules don't reflect your feelings]," says Dr. Michelle Segar, author of *No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness* (Amacom, 2015).

Give yourself permission:

Move in ways that feel good to you and work with your schedule. "If all you can fit in is an extra five minutes a day, make that your plan and go from there," says Dr. Segar.

"I trick myself into thinking I am just having fun. Definitely go on a walk through the woods, or four-wheeling, swimming, or even climbing trees!"

—Lexie G., second-year undergraduate, University of Wisconsin-Plattville

#3

CLAIM A TANGIBLE REWARD

Try associating fitness with a tangible reward. Again, this gets to those immediate benefits. If you're someone who is motivated to avoid penalties, use that too.

Set a goal and relish the reward: Maybe it's only at the gym that you can watch the next episode on Netflix. Maybe you get a smoothie afterwards.

Consider a commitment contract:

"For example, you give money to a friend. If you hit your exercise target, you get the money back, but if you don't, your friend gets to keep it," says Dr. Fred Zimmerman, a professor in the Department of Health Policy and Management at the University of California, Los Angeles, who researches exercise behavior. "Or the money would be donated to the opposite political party than which you agree or a group you're not too fond of. This way, missing your goal is painful."

#4

GET WITH YOUR FIT FRIENDS

"If our friends work out regularly and support our exercise goals we are more likely to exercise," says Dr. Xiaomeng Xu, professor of psychology at Idaho State University. Working out in a pair, team, or group introduces cues to action, accountability, and reward.

Make a plan with a friend: Imagine the awkward if you don't show up.

"Just the other day I didn't want to go run but I had told my friend that I would run with him. Once I made that commitment I know that I was going to do it no matter what. I hate backing out."

—Camden S., fifth-year undergraduate, Midwestern State University, Texas

"It's a lot easier to get off the couch if you know your friends are waiting for you to go on a hike with them!"

—Kelly W., third-year undergraduate, University of Dallas, Texas

SHOPPING VAN

Runs: Mondays & Wednesdays 9p - 11p and **Saturdays 10a - 1p**

Dates: August 24 thru December 10, 2015

(No Shopping Van Service on Wednesday, November 25th)



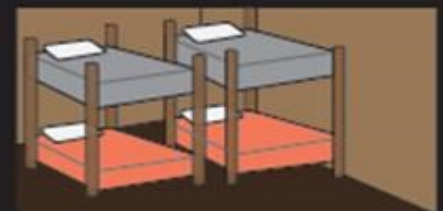
- The shopping van will pick-up residents outside the halls; on Summit St. for Oak and Laurel, Greek Way for Honors and the Village Houses and Bleeker St. for Cypress and Redwood residents. Allow the driver a few minutes to reach each location. **(Pickups are approximately 9p & 10p for Mondays & Wednesdays and 10a, 11a & 12p on Saturdays.)**
- The van will only drop-off passengers at the Food Depot in Newark or Shop Rite or Kmart in Kearny on Mondays and Wednesdays. Wal-Mart runs will only be on **Saturdays**. Let the driver know if you want to go to Shop Rite instead of Wal-Mart.
- The driver will give an approximate pick-up time to current passengers.
- Please be timely and considerate of other shopping residents and the driver.
- **Note:** If you have a question or comment about the Shopping Van please email the Residence Life Office at reslife@njit.edu.

Updated September 11, 2015

FURNITURE TAKING UP TOO MUCH SPACE?



did you know...
that you can move all of the beds from two rooms, and keep them in one room?



Watch **FREE** movies on campus!

Residence Life Cinema offers the largest collection of movies and television shows available to stream anytime, anywhere on campus with unlimited sessions. And the best part? Get the newest releases **faster than any other online streaming provider** with availability as early as DVD release.

Follow these 3 easy steps to start streaming:

- 1  Download the FREE Swank Media Player app*.
- 2 Visit reslifemovies.njit.edu to search all available titles.
- 3 Grab some popcorn and enjoy your movie!

*When streaming from tablets or mobile devices!

WE PROVIDE EVERYTHING FROM
NEW RELEASES TO CLASSIC FAVORITES
AND EVERYTHING IN BETWEEN.

Streaming available via computers, tablets and mobile devices.



Brought to you by Residence Life

For questions, comments, or concerns, contact us at reslife@njit.edu.

RESIDENCE LIFE CINEMA
A Division of Swank Motion Pictures Inc., Tim Swank, Chairman

© 2015 Swank Motion Pictures, Inc. RLC1718 6.15

<http://reslifemovies.njit.edu/#/browse>

Comedy



Drama



Horror



Science Fiction (Sci Fi)



Must use Internet Explorer or Mozilla Firefox

FIRE ALARMS

ASSUME THEY ARE REAL!
YOU MUST LEAVE EVERY TIME!
WHEN THE ALARM SOUNDS:

- THINK AND THEN RESPOND QUICKLY BUT SAFELY. Common sense could save your life.
- DRESS FOR THE WEATHER AND TAKE YOUR ID/KEYS. Toss a towel around your neck in case you should encounter smoke while exiting.
- BEFORE OPENING YOUR DOOR, FEEL IT.
 If it is hot, stay in your room and call 973-596-3111 to let them know where you are. Trained Fire Rescuers will assist you.
- IF IT IS NOT HOT, OPEN IT SLOWLY. If there is no smoke or visible fire, proceed to exit.
- IF YOU ENCOUNTER SMOKE WHILE EXITING, DROP, STAY LOW, AND CRAWL TO THE NEAREST EXIT.
- ONCE OUTSIDE REPORT TO THESE LOCATIONS: **CYPRESS/ REDWOOD** TO THE CAMPUS CENTER, **HONORS** TO GREEK VILLAGE SIDE OF STREET, **GREEK VILLAGE** TO HONORS RESIDENCE GREEN AND **LAUREL/OAK** TO THE PARKING DECK. FURTHER DIRECTIONS WILL BE GIVEN AT THIS LOCATION.
- ONCE OUTSIDE, REPORT ANY INFORMATION RELATED TO FIRE/ SMOKE, FELLOW STUDENTS STILL INSIDE, ETC., TO ANY STAFF MEMBER/POLICE OFFICER AT THE SCENE.

YOUR SAFETY BEGINS WITH YOU!

RESIDENCE LIFE OFFICE New Jersey Institute of Technology

QUICK REFERENCE GUIDE

ROOM SELECTION GUIDE 2016-2017

IMPORTANT DATES FOR THE 2016-2017 RESIDENCE LIFE ROOM SELECTION PROCESS

JANUARY 19 - FEBRUARY 8, 2016

- ◆ VISIT WWW.NJIT.EDU/RESLIFE
 - Click on the ONLINE HOUSING APPLICATION AND CONTRACT.
 - Enter your UCID and password to begin filling out the application.
- ◆ SUBMIT YOUR HOUSING APPLICATION
 - If you successfully submitted your application, you will immediately receive a confirmation email.
 - Students who are returning to housing for the fall 2016 - spring 2017 academic year DO NOT HAVE TO PAY THE \$50.00 HOUSING DEPOSIT.

FEBRUARY 8, 2016

- ◆ SUBMIT YOUR ONLINE COMMUNITY INVOLVEMENT FORM BY 4:00 PM
- ◆ SUBMIT YOUR BLOCK HOUSING APPLICATION BY 4:00 PM TO THE RESIDENCE LIFE OFFICE, CYPRESS HALL
- ◆ SUBMIT YOUR MODEST LIFESTYLE HOUSING OR GENDER INCLUSIVE HOUSING APPLICATIONS BY 4:00 PM TO THE RESIDENCE LIFE OFFICE, CYPRESS HALL

FEBRUARY 16-17, 2016

- ◆ SQUATTING
To "squat" your room, you need to visit www.njit.edu/reslife, log onto the room selection website and select your current space.

Current residents who decide not to "squat" their room will be able to participate in the OPEN ROOM SELECTION process.
- ◆ PULL-IN APPLICATION
If you "squat" your space and want to "pull-in" roommate(s) or suitemate(s), go to www.njit.edu/reslife and log into the PULL-IN APPLICATION site. If you are pulling into the Honors residence you are only permitted to select another honors student.
- ◆ OPEN ROOM SELECTION
If you do not "squat" your current space or choose to participate in OPEN ROOM SELECTION, log onto www.njit.edu/reslife to find your lottery number. Your lottery number will inform you of the date and time you will be able to select a room.
- ◆ ROOMMATES
If you plan on participating in OPEN ROOM SELECTION, you can go to the Residence Life Room Selection website at www.njit.edu/reslife and begin to select and match your roommate.
- ◆ SINGLE ROOM APPLICATIONS
If you want to select a SINGLE ROOM and are not currently living in a single room, you will have an opportunity to select a single room during OPEN ROOM SELECTION. *Please note that single rooms are extremely limited and are available on a first-come first-serve basis.*

FEBRUARY 16 - MARCH 3, 2016

- ◆ SELECTING ROOMMATE(S) AND/OR SUITEMATE(S)
If you are selecting roommate(s)/suite(s) you may do so during this time frame. Go to the Residence Life Room Selection Website at www.njit.edu/reslife and select them by entering the students NJIT ID number, or their first and last names.

Sexual Assault Response

If you are the victim of sexual violence, you are not alone. Sexual violence happens to people of all genders and sexual orientations. Your safety is our primary concern. The following are suggested steps to take after an incident.

Be Safe. If you are in immediate danger contact Public Safety at 3111 from a campus phone or 973-596-3111 from a non-campus phone. If you are not on campus, contact 911 for your local police. Go to a safe place and seek immediate support from a trusted friend, family member or university staff member.

Get Medical Help as soon as possible. Public Safety Can Provide Transportation

(A) University Hospital and Newark Beth Israel Hospital.

The victim has a right to immediate medical evaluation and evidence collection. Evidence collection does not commit the victim to filing a criminal complaint: it can be held for ninety days while the victim considers options. It is advisable not to bathe, shower, douche or change clothes.

- (a) In New Jersey, emergency room fees related to a sexual assault are waived if the victim files a police report.
- (b) If the victim does not file a report, the fees are likely to be covered by the Crime Victims Compensation Fund,
- (c) NJIT's Student Health Insurance may cover the fees up to the limits of the insurance policy for those who have purchased it.

(B) Student Health Service at NJIT

If 96 hours (4 days) have passed since the incident, you may obtain confidential medical care on campus at the Student Health Service located at Fleisher Athletic Center.

Get Confidential Emotional Support. Confidential emotional support and counseling begins immediately if you go to the SANE Center for a medical exam within 96 hours (4 days) of the incident.

Free support is also available through Counseling and Psychological Services (CAPS), located on the second floor of Campbell Hall (205).

File a Title IX Complaint. A federal law known as Title IX protects all NJIT students, faculty and staff by prohibiting sexual discrimination and harassment in all forms. If you wish to file a complaint of sexual misconduct, contact NJIT's Title IX Coordinator or Deputy Coordinator at 973-596-3466 or visit the Dean of Students Office located on second floor of Campus Center (Room 255).

If you know a victim of sexual misconduct: Encourage that person to read this document, seek medical care and talk to a trained counselor or sexual assault advocate. Be clear that you support that person. Most importantly, consider and protect that person's privacy. Be sensitive to what they are going through as part of the healing process.

Resources

NJIT Student Health Service
Fleisher Athletic Center, Main Entrance
Phone: 973-596-3621

NJIT Counseling and Psychological Services (CAPS)
Campbell Hall, Room 205
(973) 596-3414

NJIT Public Safety
Parking Deck, Street Level
973-596-3111

NJIT Title IX Services
(Report or discuss incidents of sexual assault, sexual harassment, domestic violence)

Laura Valente, Ed.D.
Dean of Students
Title IX Coordinator
Campus Center, Room 255
973-596-3466

Sharon Morgan, Ed.D.
Associate Dean of Students
Deputy Title IX Coordinator
Campus Center, Room 255
973-596-3466

NJIT University Community Standards, Judicial Affairs

Marybeth Boger, PhD
Associate Dean of Students
Deputy Title IX Coordinator
Campus Center, Room 255
973-596-3466

National Sexual Assault Hotline:
Call 1-800-656-HOPE

Essex County Rape Care Center
1-877-733-2273

IMPORTANT NUMBERS

DEPARTMENT	PHONE #	DEPARTMENT	PHONE#
Admissions	973-596-3300	Greek Village Office	973-596-5511
Advising Success Center	973-596-5598	Health Services	973-596-3621
Athletic Center	973-596-3636	Honors College	973-596-5780
Bookstore	973-596-3200	Honors Desk	973-596-5539
Bursar	973-596-3148	International Students	973-596-2451
The Learning Center	973-596-2992	Laurel Hall Desk	973-596-5792
Campus Center	973-596-3605	Learning Communities	973-596-3240
Career Services	973-596-3100	Library	973-596-3206
Computing Services Help Desk	973-596-2900	Murray Center for Women & Technology	973-596-4885
Center for Counselling and Psychological Services	973-596-3414	Oak Hall Desk	973-596-5636
Cypress Hall Desk	973-642-7161	Pre College Programs	973-596-3550
Center for First Year Students	973-596-2981	Public Safety - Non Emergency	973-596-3120
Dean of Student Services	973-596-3466	Public Safety - Emergency	973-596-3111
EOP Program	973-596-3690	Redwood Hall Desk	973-596-3040
Fraternity/Sorority Life	973-596-3089	Registrar's Office	973-596-3236
Financial Aid Office	973-596-3479	Residence Life Main Office	973-596-3039



 **PLEASE RECYCLE**

PAPER, CARDBOARD ONLY IN THE **RED** CANS
 CANS, GLASS & PLASTICS ONLY IN THE **WHITE** CANS

If a can is full please do not contaminate the other cans... try another trash room.

PAPER & CARDBOARD ONLY



CANS, GLASS & PLASTIC ONLY





MAINTENANCE REQUESTS

If a maintenance issue comes up in your room, please submit a "Maintenance Request" with complete information as soon as you can.

<http://www.njit.edu/reslife/maintenance.php>

Routine requests include: Extermination issues, Broken furniture, Beeping detectors, HVAC problems, Cable, Leaks, Sink/shower clogs, Dripping faucets, Combo/lock problems, Elevator Problems

Sometime things are emergencies – no power, flooding, continuously flushing toilets, combination locks won't work – during business hours **immediately** report these issues to your hall office or if it is after hours or the weekend, contact the RA on Duty via the front desk.

Stop Alcohol Poisoning

Symptoms of alcohol poisoning:

1. Person is unconscious or semiconscious and cannot be awakened.
2. Cold, clammy, pale or bluish skin.
3. Check to see if breathing is slow, less than eight times per minute or irregular with ten seconds or more between breaths.
4. Vomiting while "sleeping" or passed out, and not waking up after vomiting.
5. Cannot be awakened by pinching, prodding or shouting.

If a person has any of these symptoms, he or she MAY be suffering from acute alcohol intoxication.

ACT QUICKLY!

Get help IMMEDIATELY!!!

Call NJIT Public Safety 973-596-3111

Do not leave the person alone! Turn the victim on his/her side to prevent choking in case of vomiting

It's ALWAYS better to be safe than sorry, if you are not sure what to do. How can your friend be angry with you caring for him or her?

Are You
AFFECTED
By Someone's
Drinking?



You can find help and hope in Al-Anon Family Groups.

Meetings are free and confidential.

Join Us

Thursdays, 7:30PM

Rutgers Campus | Bradley Hall | 110 Warren St.
Room 313

www.nj-al-anon.org

www.alanon.alateen.org

NO SMOKING

AS A REMINDER,
SMOKING IS
PROHIBITED IN
ALL AREAS OF THE
RESIDENCE HALLS
AND WITHIN 25 FT
OF A BUILDING
'ENTRANCE.



The Rutgers-Newark POWERHOUSE GROUP

Invites you to attend meetings on
Thursdays at 6:30 pm
in **Englehard Hall, Room 301**
(190 University Ave)



Open Discussion Meeting

Come visit or join our recovery community
in University Heights.

The meeting is geared towards students from Rutgers, NJIT, Essex County College, UMDNJ, and Seton Hall, anyone with a desire to quit drinking and/or drugging are welcome. For more information, contact Clarissa, 973.353.5805.

Read more at Student Health 101
<http://www.readsh101.com/njit.html>

AVOIDING THE FLU

Are your healthy habits enough?

Are you being nudged to get your flu shot? If you're a healthy young adult who takes care of yourself, you may think you are naturally protected from the flu. In a recent survey by *Student Health 101*, nearly all students who responded (96 percent) said they believe that healthy lifestyle choices will help protect them from flu infection this season. Is this true?

Only to a relatively minimal degree. Healthy behaviors serve us very well in many ways—but they cannot substitute for a flu vaccine. It's tempting to believe otherwise, because we are routinely subjected to inaccurate and misleading messages about how immunity works. You have probably come across claims that a particular food product or dietary supplement can "boost" your immune system. Few of these claims are backed by evidence. What they boost instead is our false sense of protection against a common and contagious virus. The flu is at best an inconvenience that disrupts students' academic performance, extracurriculars, and relationships. At worst, it's a serious and life-threatening disease, even to some young, otherwise healthy adults.

((())) Exposure to the flu is almost inevitable

"There's nothing you can do to resist the flu besides getting vaccinated," says Dr. Paul Offit, professor of vaccinology and professor of pediatrics at the University of Pennsylvania School of Medicine.

"You can not go outside, you can stay by yourself in your room, you can live in a protective bubble. But if you enter the world, you're going to be exposed [to influenza viruses]. You can't avoid getting infected just by having a healthy immune system, although it will give you the best chance of fighting a disease. And you're not going to have natural immunity before you've been exposed."

It's true that if we are chronically stressed out, exhausted, or malnourished, our immune function probably won't be as good as it could be. "Does this increase our chance of getting severely infected? Yes," says Dr. Offit.

Can you get the flu from the flu shot?

Do exercise & healthy eating protect us from the flu?

Do sleep & stress management protect us from the flu?

What's missing from alternative treatments and lifestyle practices?

How contagious is the flu? (and other basics)

What are the side effects of the flu shot?

Which is better for us: the vaccine or natural exposure?

What's wrong with vitamin supplements and "natural" flu remedies?

|||| Why we can't "boost" our immune system

It may seem intuitive that if we can lower our immunity by becoming physically and emotionally run-down, we can also strengthen it by taking care of ourselves. Surprisingly, that doesn't follow—at least, not in the ways we might expect.

While healthful habits help us in all sorts of ways, they cannot equip us with the antibodies that could fight off a specific virus. Reasonably healthy people already have normal immune function, and this is not "boosted" by taking extra care of ourselves.

"There's no going above normal," says Dr. Ben Kruskal, chief of infectious diseases at Harvard Vanguard Medical Associates /Atrius Health, Boston. "You can only fill your gas tank as full as it gets. If you pay a bit more for fancy gas that will maybe give you slightly better mileage or speed. But it can't turn your Toyota into a racecar."

🍏 Healthy habits don't generate antibodies

The scientific highlights the unique role of vaccines. "What we know now is that [healthy behaviors like] good diet and good sleep are not enough to prevent all illnesses. Influenza and other vaccine-preventable infections are good examples. If the immune system has not seen a particular infection before, it cannot mount the high-quality, fully protective immune responses needed for protection," says Dr. Timothy Lahey, associate professor of medicine and associate professor of microbiology and immunology at the Geisel School of Medicine, Dartmouth College, New Hampshire.

"Sure, it helps not to be malnourished, but a good diet is no substitute for an effective vaccine. The influenza epidemic of 1918 is a great example: The highest rates of mortality and morbidity occurred among young healthy people who, unlike their elders, had no immunological memory of that strain of influenza [because their immune systems had not encountered it before] and therefore perished in droves."

🛡️ Healthy behavior + vaccine = protection

"Fortunately, in 2015 people with good common sense do not need to choose between a healthy diet and the miracle of vaccines," says Dr. Lahey.

"Good diet and sleep [help] prevent illnesses, and so they are good to get. To add to that protection, vaccines can stave off lethal infections like influenza, measles, tetanus, and human papillomavirus, which can afflict even the most well-fed and well-rested person." ■

➤ TABITHA M POWLEDGE, MS, AND LUCY BERRINGTON, MS
 Sources

🔍 FIND OUT MORE TODAY

🔍 YOU MAY ALSO ENJOY
 Fact-check the flu

Can you get the flu despite the flu shot?

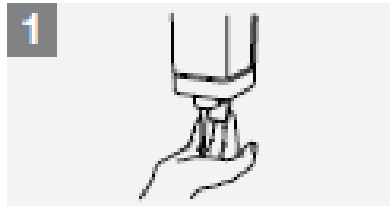
How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

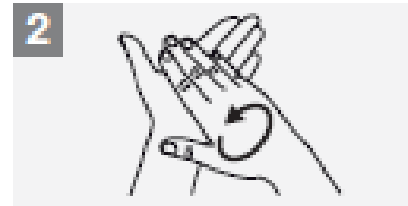
 Duration of the entire procedure: 40-60 seconds



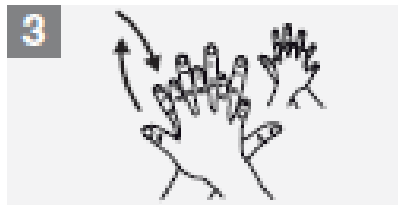
Wet hands with water;



Apply enough soap to cover all hand surfaces;



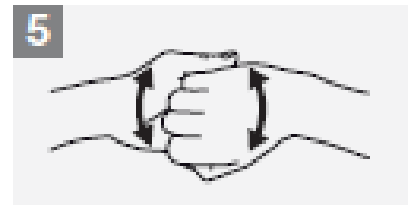
Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



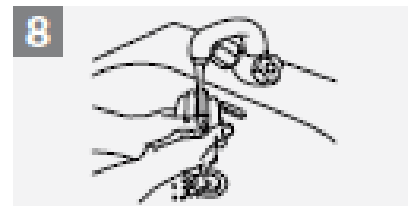
Backs of fingers to opposing palms with fingers interlocked;



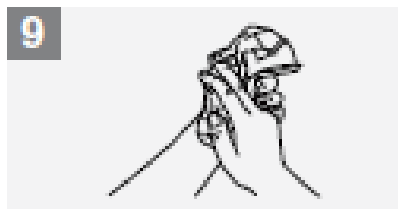
Rotational rubbing of left thumb clasped in right palm and vice versa;



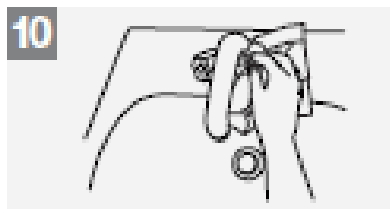
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



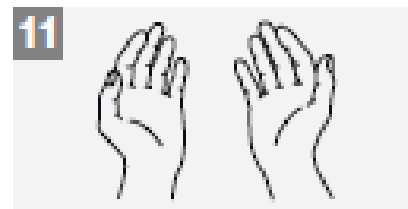
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

Clean Your Hands

All necessary precautions have been taken by the World Health Organization to verify the information contained in this document. However, the publisher makes no claim, advertisement or warranty of any kind, either explicit or implied, for the responsibility or the interpretation and use of the material set forth in this report. It is to be used only for educational purposes and not for sale or storage among other things. WHO acknowledges the support, contributions and services provided, in particular by members of the resident council programme, or their active participation in developing this material.

May 2009

Things You Need to Know About the NJIT RESIDENCE LIFE

Entry & Guest Sign-In Policies

- ◆ All residents must swipe their NJIT ID to enter the hall and give their ID to the Desk Attendant to scan. You cannot swipe your own NJIT ID at the DA Desk.
- ◆ If you are a resident and do not have your NJIT ID, please present the DA with a state license or state ID to be verified. Once you are verified, you will be given a Resident No ID pass that must be presented at all times upon re-entering the building until you have retrieved your NJIT student ID. Multiple occurrences of resident with no ID will result in a fine.
- ◆ Guests must have their host physically present at the time of sign-in, while walking around and when leaving the building. The host must present their ID and the guest their pass when exiting the building.
- ◆ Guests must present the DA with a valid and acceptable photo ID. DA's have the right to have guests wait in the corridor until the verification and sign in process has been completed. Guests are only allowed to be signed into one building at a time.
- ◆ Guests under the age of 16 cannot be signed in without the presence of a parent or guardian. The host must speak with a professional staff member prior to the visit and get a letter / email stating the name, date and time the underage guest will be visiting.
- ◆ Acceptable IDs are preferred in the following order: valid state license, valid state issued ID, college ID, passport (passports are used for verification and can not be left at the desk).
- ◆ Residents are allowed to sign in a maximum of 3 guests at a time for the building they reside in and must remain with their guests at all times. Guests are not allowed to stay more than 3 days and/or 2 night in a week.
- ◆ Guest must not enter the building with a guest pass. They are expected to surrender their pass to the DA and collect their ID every time they leave the building; this includes short periods of times.
- ◆ Host(s) are responsible for their guest(s) behavior. Reslife has the right to suspend host privileges and ban guest(s) in order to maintain safety in our residence halls.



WE APPRECIATE YOUR PATIENCE & COOPERATION WITH OUR ENTRY & SIGN-IN PROCESS!

Updated August 2015

NJIT
New Jersey's Science & Technology University

STUDENT health101™

YOUR GUIDE
through college

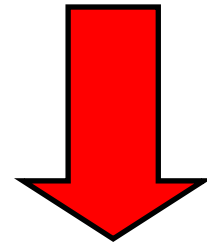
Good mood
FOOD

8 ways to
stress less

Sharing
living space



**Click Here
for the
Latest Edition!**



**[http://readsh101.com/
go2njit.html](http://readsh101.com/go2njit.html)**

NJIT
New Jersey's Science & Technology University

STUDENT health101™

HOW TO GET THE MOST OUT OF
YOUR **STUDENT HEALTH 101 EXPERIENCE**

STUDENT HEALTH 101

An interactive online resource for NJIT students!

STUDENT HEALTH 101 has everything from how to live with roommates, how to succeed in college, and how to take care of yourself. Each month this fully interactive website will feature student videos, surveys, and articles all designed to help you get the most of your college experience.

Check your email for the latest edition!!!

Helpful Links From C-CAPS

www.ulifeline.org -- Ulifeline is a free, anonymous web site for college students which includes the following services: a program to answer your questions about mental health issues, a self-screening program, a vast mental health resource library, a suicide hotline number for emergencies, links to the NJIT C-CAPS web site and to phone numbers for crisis services in different communities.

Test Your Moods -- 'Am I just going through blue period or is this depression? 'I've always been a worrier, but now I'm on edge all the time.' 'I think my drinking is pretty normal, but why not check it out?' Get feedback on these and other questions about yourself, your moods and your behavior patterns with this private, anonymous screening.

Alcohol e-CHECKUP TO GO--A web based interactive survey that allows university and college age students to enter information about their drinking patterns and receive feedback about their use of alcohol.

Marijuana e-CHECKUP TO GO-- A web based interactive survey that allows university and college age students to enter information about their drinking patterns and receive feedback about their use of marijuana.

Go Ask Alice! -- Is the health question and answer site produced by Columbia University's Health Education Program. It answers questions about relationships, sexuality, emotional health, fitness, alcohol, nicotine, and other drugs, as well as general health questions.

Psychology In Daily Life is a site produced and maintained by the American Psychological Association. It provides information on a variety of topics, such as stress management, anger management, sexual orientation, and depression.

Facts on Tap provides vital information about the use of alcohol. Learn about what's safe and what's not, how alcohol affects relationships, and get the facts!

Campus Blues provides articles, coping strategies and other information about numerous issues that affect college students, ranging from depression, eating disorders or substance abuse to test anxiety, coming out, assertiveness, loneliness, or roommate relationships.

NJIT Center for Counseling and Psychological Services (CCAPS)
<http://www.njit.edu/counseling/links/index.php>

Hours & Location

Campbell Hall, Room 205

Monday 8:30am - 5:00pm

Tuesday 8:30am - 6:00pm

Wednesday 8:30am - 6:00pm

Thursday 8:30am - 6:00pm

Friday 8:30am - 5:00pm

C-CAPS is closed daily from 1:00pm - 2:00pm

Sexual Assault & Violence Prevention Resources ON CAMPUS RESOURCES

C-CAPS (Center for Counseling & Psychological Services)

Campbell Hall, Room 205

973.596.3414

Public Safety

Parking Deck, 1st Floor

973.596.3111 (Emergency Phone #)

973.596.3120 (Non-emergency Phone #)

Dean of Students Office

Campus Center 255

973.596.3470

Residence Life Office

Cypress Hall, 1st Floor

973.596.3039

Health Services

Estelle & Zoom Fleisher Athletic Center, 1st Floor

973.596.3621





WE HAVE WIRELESS!



(ist.njit.edu/connectivity/wireless.php)

NJIT has wireless networking throughout the NJIT campus

The network includes simpler to use and more secure authentication methods. The new authentication methods are being introduced through two additional wireless "Network Names" or SSID's. All wireless SSIDs are listed here in recommended order of use:

1. "NJIThousing" - Only for residential students - this should be the highest for them.
2. "NJITsecure" - Should be highest for all non-residential students, faculty, and staff, and the second highest for residential students.
3. "NJIT" - Guest Usage or for temporary devices only, should be low or "forget" it.
4. Public WiFi - The NJIT campus is surrounded by public WiFi networks which you may have access to. These networks should be set with a preference order lower than the NJIT wireless networks. This will help you stay connected to NJIT's wireless network.

The new Residence Hall Quick Start Guide is available online.
The link is <http://ist.njit.edu/telecom/reshall/quickstart.php>



Computer Issues - What do I need to do?

If you are having issues with your computer - connecting to the internet, account lockout, jack issue, etc. contact the Information Services and Technology (IST) HelpDesk:

Phone: (973) 596-2900,
Monday-Friday 8 am -7 pm
HelpDesk associates will
troubleshoot with you on the phone.

Person: Student Mall Room 48,
Mon -Fri 8am-7pm

Password Reset: [Http://mypassword.njit.edu](http://mypassword.njit.edu)

IST FAQ's: <http://ist.njit.edu/support/kbase.php>

Via the web: <https://ist.njit.edu/support/contactus.php>

A request via the web will be answered via e-mail.



RHA Meetings are Fridays at 11:40am (Common Hour) Campus Center 235

1. WHAT IS RHA?

RHA IS THE GOVERNING BODY OF THE RESIDENCE HALLS. NOT ONLY DOES RHA ACT AS A VOICE FOR THE RESIDENTS TOWARDS ADMINISTRATION, BUT IT ALSO RUNS PROGRAMS TO MAKE LIVING ON CAMPUS MORE FUN!

2. WHAT DOES RHA STAND FOR?

RHA STANDS FOR RESIDENCE HALL ASSOCIATION

3. WHO IS ALLOWED TO COME TO RHA MEETINGS?

ANY NJIT STUDENT IS ALLOWED AT THE MEETINGS. MOREOVER, EVERY NJIT RESIDENT IS AN RHA MEMBER AND AFTER ATTENDING A FEW MEETINGS, WILL GAIN VOTING RIGHTS!

4. IS RHA ONLY FOR RAS?

NO. WHILE RAS ARE ALLOWED TO COME, THE RHA MEETING IS NOT ONLY FOR THEM. AS PREVIOUSLY STATED, RHA IS FOR ALL RESIDENTS TO COME, PARTICIPATE AND VOICE THEIR OPINIONS.

5. WHO ELSE COMES TO RHA MEETINGS?

REPRESENTATIVES FROM GDS, PUBLIC SAFETY, AND RESIDENCE LIFE ARE AT EVERY MEETING.

6. WHAT IS DISCUSSED AT THE MEETINGS?

EACH MEETING, WHILE DIFFERENT INCLUDES DISCUSSION ABOUT GDS, PUBLIC SAFETY, THE STATUS OF EACH RESIDENCE HALL, UPCOMING EVENTS, AND MORE!

7. HOW CAN RHA HELP ME BE INVOLVED ON CAMPUS?

UNDER RHA, THERE ARE MANY HALL COUNCILS, COMMITTEES, ETC. THAT MEET SEPARATELY AND HAVE THEIR OWN RESPONSIBILITIES FOR THE RESIDENTS ON A MORE CONCENTRATED SCALE.

8. WILL MY VOICE BE HEARD AT RHA MEETINGS?

YES. EVERYONE AT RHA MEETINGS IS TAKEN SERIOUSLY AND TREATED RESPECTFULLY. ALL OPINIONS ARE CONSIDERED, DISCUSSED, AND FOLLOWED UP WITH AT THE NEXT MEETING.

9. IS RHA A CLUB UNDER STUDENT SENATE?

NO. RHA IS A SEPARATE ORGANIZATION UNDER RESIDENCE LIFE WITH ITS OWN BUDGET AND ADVISOR. THE NJIT RHA IS ALSO NATIONALLY RECOGNIZED BY NACURH AND CAACURH.

10. HOW CAN I BENEFIT FROM RHA?

BY VOCALIZING THE OPINIONS OF YOUR PEERS AS WELL AS BRINGING ANOTHER FUN ASPECT TO RESIDENCE LIFE ON CAMPUS, YOU WILL GAIN A LOT OF PERSONAL SKILLS AND HAVE FUN!

**MEETINGS EVERY FRIDAY
11:40 AM (COMMON HOUR)
CAMPUS CENTER 235**



RESIDENCE LIFE STAFF PROFESSIONAL STAFF

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quackenbush@njit.edu

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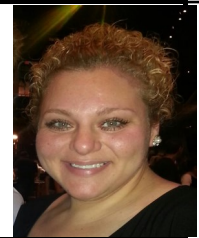
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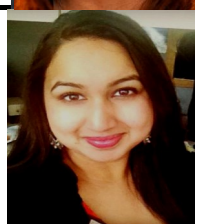
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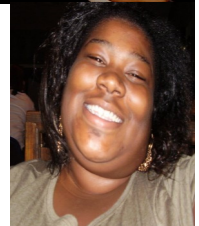
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