

RA

magazine

FENG
SHUI
101

THE GROUNDED ISSUE

BUILDING COMMUNITY

How to create a welcoming
environment for residents

TREAT YOURSELF

The importance of
self-care

FREEDOM OF SPEECH

Protecting speech in
residence halls

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issue thirty

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Did you know Residence Life Cinema makes it easy to share important information with your residents? Play your custom-created slides or videos before content to:

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the **GROUNDED** issue

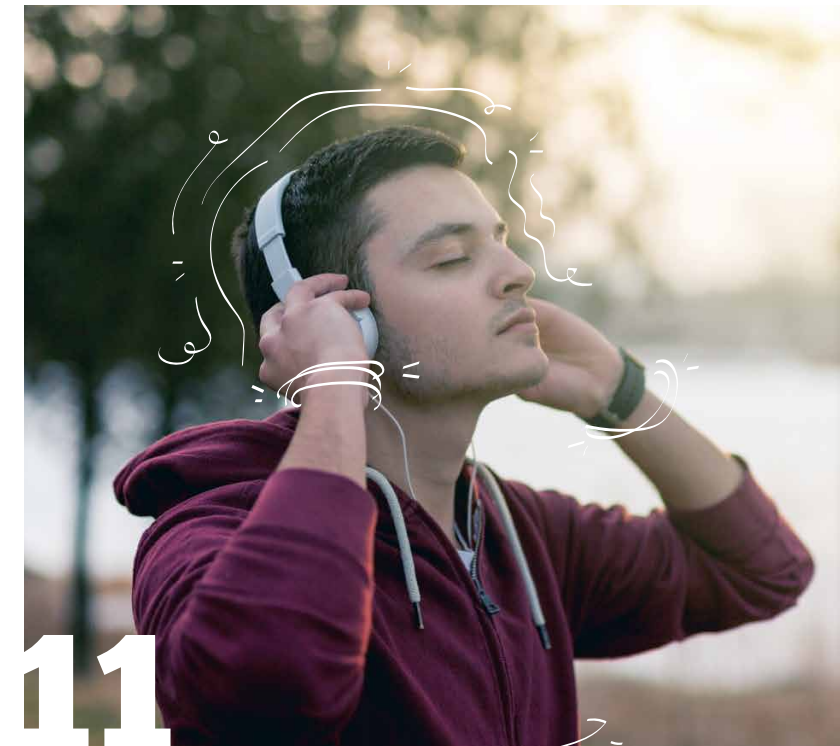
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EMAIL INFO@RESLIFE.COM
FOR A **FREE ISSUE!**



What movie do you watch when you need to unwind?

MANAGING DIRECTOR

Peter Swank "Ghostbusters!"

ACCOUNT EXECUTIVE

Colin Crane "Good Will Hunting."

CUSTOMER RELATIONSHIP MANAGERS

Alex Pieschel "You've Got Mail!" My mom loves that movie, she knows it by heart—so I always feel at home watching it.

Cassie Wood I love anything that makes me laugh, so I can always count on "Forgetting Sarah Marshall" to do that!

ACCOUNT MANAGERS

Amanda Gasich "Hitch," because I love Will Smith and the storyline can hit home with just about anyone.

Jordi Palmer "The Holiday," because who doesn't love to unwind to a good rom-com?

INSIDE SALES SPECIALIST

Dylan Kay "The LEGO Batman Movie" is a new favorite go-to.

ONLINE CONTENT MANAGER

Kelsey Reizer For years, whenever I was stressed out, I would turn on the movie "Blue Crush." Maybe it's because I always had dreams of living that surfer life or maybe it's because I know every single line – whatever the reason, it worked every time.

COPYWRITER

Catherine Rolwes "Singin' in the Rain" always does the trick because it's so lighthearted and charming.

MARKETING COORDINATOR

Lizzie Maassen "Pride and Prejudice." It's a classic and always makes me feel warm and fuzzy inside.

GRAPHIC DESIGNER

Kara Rinella I'd watch any one of the "Harry Potter" movies. Just hearing that iconic theme song right at the beginning of each film always dissolves whatever stress I'm feeling!



SUBMIT A
Campus Spotlight!

There's another way to draw attention to your great work. A campus spotlight highlights your school through a short Q&A write-up about how you're using your Residence Life Cinema program.

Email us at info@reslife.com to submit one today.



Freedom of Speech

PROTECTING SPEECH IN COLLEGE RESIDENCE HALLS





78%
OF COLLEGE STUDENTS BELIEVE COLLEGES SHOULD EXPOSE STUDENTS TO ALL TYPES OF SPEECH

Last year, free speech was a central point of conflict on college campuses across the country. In February 2017, the University of California, Berkeley experienced near-riots during protests against Milo Yiannopoulos – a media personality associated with the political alt-right, a white nationalist movement – and again, three months later, over President Donald Trump. Auburn University witnessed a brawl rising out of white supremacist Richard Spencer’s planned speech on campus. And when political scientist Charles Murray spoke at Middlebury College in Vermont one month earlier, a professor accompanying him was injured because of protests.

Many say these acts of violence are the result of the growing intolerance regarding the exchange of ideas at U.S. colleges and universities. And because of the resulting violence, some schools are avoiding controversial speech altogether by banning polarizing speakers. Even University of California, Berkeley, a school where the free speech movement was born in the 1960s, canceled a scheduled speech by right-wing commentator Ann Coulter after citing safety concerns.

But this approach leaves those in the middle isolated and unchallenged. “There’s no test, just an escalation of hostilities on both sides,” said Tyler Zelinger, a senior at Emory

University, in a CNN article. “When there’s no more argument, there’s no more progress.” College students’ desire to have an open discussion is not as uncommon as one would think based on all the protests and violence. In fact, a 2016 Gallup poll titled “Free Expression on Campus: A Survey of U.S. College Students” found that 78 percent of college students believe colleges should expose students to all types of speech and viewpoints rather than prohibit biased or offensive speech.

Some schools are choosing to fight back rather than simply avoid contention. The University of Chicago sent a letter to all incoming freshman making it clear their school was a place where open discussion and free speech is permitted. And if students had an issue with that, then the university was not the right place for them. A handful of states, including Illinois, Arizona and Tennessee, have passed or introduced legislation based off a model bill that would require public schools to remain neutral on political issues, prevent them from disinviting speakers, and enforce penalties for students and others who interfere with speakers. And recently, Colorado abolished free speech zones on public university campuses. “Once we limit free speech to a zone, we indicate to our students that free speech does not exist anywhere beyond that zone,” said Colorado state Sen.

and co-sponsor of the bill Tim Neville. “That is not the message we want to send to future generations about our core values.”

But as a resident advisor or housing leader, how do you protect free speech in your residence halls without risking some students to feel isolated or attacked? This is especially important considering that a resident hall is supposed to be the place where students feel most comfortable on campus. Here are some guidelines on ways you can safeguard free speech but still keep community intact at your school.

KNOW THE LAW

First, it’s important to have a good understanding of what is and is not acceptable speech on your campus. If you work at a private institution, the student handbook might outline a different set of rules than those of a public school. But even a public school’s residence halls are considered non-public forums and are awarded the widest scope of freedom to place limitations on speech and other expressions.

However, the restrictions must be reasonable and neutral in both content and viewpoint. If your housing department does not currently conduct free speech training, consider asking them to do so. The rules and limitations regarding free speech change from school to school, and, even when outlined, can be confusing. Receiving formal training will help clear things up for you and your fellow RAs – which will help you make the right judgment call if complications with speech or expression arise on your floor.

PROVIDE CLEAR DEFINITIONS

Clearly define the difference between hate speech and free speech for your residents. The First Amendment does not protect behavior on campus that includes targeted harassments or threats, or that creates a hostile environment for vulnerable students. However, speech that is merely offensive or bigoted does not rise to that level. Determining when conduct or speech crosses that line is a legal question requiring a case-by-case examination.

But even if offensive language were illegal, it wouldn’t solve the big issue. The American Civil Liberties Union (ACLU) writes: “Restricting such speech might be attractive to college administrators as a quick fix to address campus tensions. But real social change comes from hard work to address the

underlying causes of inequality and bigotry, not from purified discourse. The ACLU believes that instead of symbolic gestures to silence ugly viewpoints, colleges and universities have to step up their efforts to recruit diverse faculty, students, and administrators; increase resources for student counseling; and raise awareness about bigotry and its history.”

UNDERSTAND ITS IMPORTANCE

Because the First Amendment protects speech regardless of whether its content is offensive, it’s not always easy to stand up for free speech. How much we value free speech is especially tested when we disagree with what the speaker is saying. The ACLU writes on their site: “Speech that deeply offends our morality or is hostile to our way of life warrants the same constitutional protection as other speech because the right of free speech is indivisible: When we grant the government the power to suppress controversial ideas, we are all subject to censorship by the state.” Once you understand that robust speech and debate is truly valuable and important, then it will be easier to defend no matter the words spoken.

START A DISCUSSION

If you find there are residents in your community who spread hate, then try to enhance their understanding. Open up a dialogue. Host a session on whom their words are hurting. Try to open up lines of communication in a positive way and create a better understanding amongst your entire hall. And focus on the positive: if you know negativity or hateful ideology exists within your hall, you can do something about it. If the students had stayed silent, you never would have known and you might never have tried to enhance their understanding. You could also bring in some help on this tricky subject by inviting a panel of resident housing leaders, professors and members of diverse organizations on campus to lead discussions.

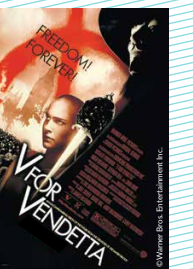
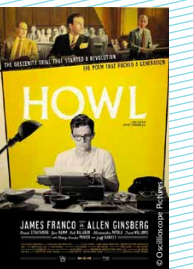
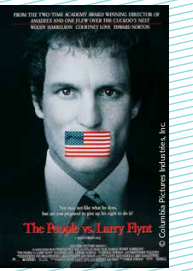
SHARE RESOURCES

Make sure students know they can talk to you, or any RA, if they are a victim of hate speech or are uncomfortable because of another resident’s words. You can easily make campus-wide resources known, including counseling centers and diversity organizations, by creating slides or ads to play before streaming content or in-between scheduled programming on your campus channel.

The Foundation for Individual Rights in Education (FIRE) is an organization devoted to defending the rights of students on college campuses nationwide, including the right to free speech. If your school has restrictive speech codes, you can join their efforts to abolish them by signing up on their website: standupforspeech.com. ■



Freedom of EXPRESSION Films:



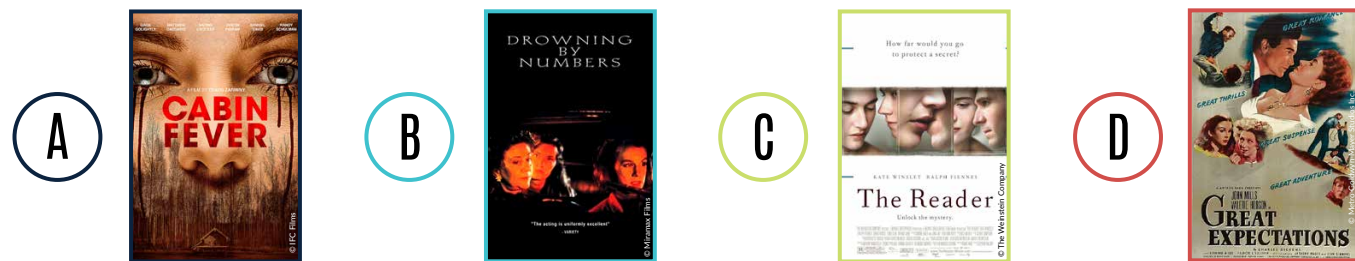
WHAT SHOULD YOUR MAJOR BE?

When it comes to choosing your major, there's no rush. It's a big decision that should be considered carefully. But it can't hurt to have a little fun with the process. Read on to learn which major matches your unique personality!

1. Which one of these is most essential to your happiness?



2. What do you hate the most?



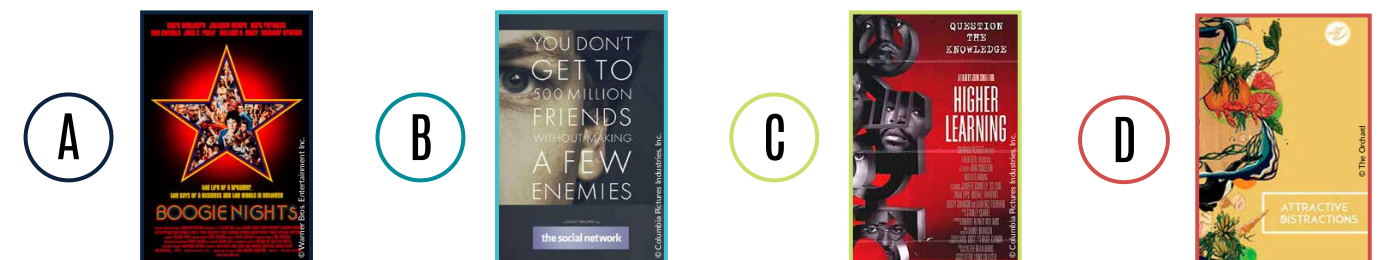
3. Your house is on fire and you can only grab one thing. What do you grab?



4. What's the longest you're comfortable going without a shower?



5. Complete the sentence: College is for:



<p>MOSTLY A'S BUSINESS</p> <p>Your Spotify account verifies your love for JT's "Suit and Tie." You believe in the power of confidence, the importance of a first impression and that success is measured in dollars. Plus, you like the idea of having options when you graduate – especially considering you have your heart set on living a life of comfort.</p>	<p>MOSTLY B'S POLITICAL SCIENCE</p> <p>You're the most social – and outspoken – of your friends. Twitter is checked hourly. Fourteen-page papers are done in the blink of an eye. You're motivated to make the world a better place, and you're great at debating – even if what you're saying is not entirely true.</p>	<p>MOSTLY C'S PRE-MED (BIOLOGY)</p> <p>You're not afraid of hard work or the long haul. You're disciplined, driven, empathetic and bright. You want to help others, and you like the idea of receiving respect for your work. The only career you're interested in is one with high-stakes and high rewards. Plus, blood and guts don't (completely) gross you out.</p>	<p>MOSTLY D'S ART</p> <p>You are sensitive, creative and tend to stray from established rules. You take criticism well, and you find pleasure in the unknown. A life immersed in culture, beauty, expression and new experiences is what you're after. And you don't care if you have to work a part-time job or if you never find fame because pursuing your passion is all that matters.</p>

Call **Residence Life Cinema** now to add these great movies to your lineup!

Building Community in Your Residence Hall

"If you build it, they will come."

-FIELD OF DREAMS



For many of your residents, this will be the first time they've ever lived on their own. That's a big change for anyone. There's a lot to get used to, and many could experience some extreme homesickness as a result. In fact, according to a UCLA Higher Education Institute study, 69 percent of first-year college students report feeling homesick.

It's mostly up to the students themselves to deal with their homesickness or separation anxiety, but you can help them out by making your residence hall feel more like a real community rather than just a roof over their heads. Building a strong sense of community is actually one of the most important parts of an RA's role. And better yet, maintaining its reputation as a positive, healthy

and welcoming place to live is even more crucial. But how do you accomplish this lofty objective? Read on to learn some tricks and tips!

Focus on Socializing

RA programming can often have an educational focus. And that's great! But during the start of the year, try to focus your programs on encouraging interactions and socialization among your residents. This will provide them with stress-free ways to get to know the people on their floor and find a group they particularly click with.

You can carry this initiative over to your bulletin boards, as well. Create a "Secret Santa in September" bulletin board where people blindly pick out a name and do something nice for the person they

selected. Have a reveal party a week or two later so everyone can get to know their Secret Santa. Or, choose a couple residents each month to spotlight on the board featuring fun facts about each person. When residents read the board, they'll discover other residents whom they have something in common with.

Spend Time with Them

It's important for you to set a good example for your residents in terms of positivity, enthusiasm and engagement. Make sure to have an interaction with at least a few of your residents each day. And try to learn all their names as early on as possible. When you're roaming the halls or working at the front desk, leave any negativity you're currently experiencing in your room so you can demonstrate nothing but positivity and enthusiasm. And never turn down an opportunity to initiate an interaction or start up a conversation with one or more of your residents.

Building a strong sense of community is actually one of the most important parts of an RA's role.

residence hall is a place of respect. Outline acceptable and unacceptable behaviors. Go over expectations in terms of community areas, picking up after oneself, rules, and more.

One great way to encourage responsibility in your hall is to provide opportunities for residents to give back to the community or other communities they're a part of. Start a volunteer project as part of programming or organize a community service outing on a weekend.

Foster Respect

Remember, you're the role model for desired behaviors, norms and values. Always be respectful of your residents' space, opinions and personalities, and take care to be inclusive in your actions and language. Encourage every resident to have the utmost respect for the building, property and each other.

And don't be afraid to challenge unacceptable characteristics, which take away from your floor's atmosphere of a healthy, positive and welcoming community. If you discover you have a problem with offensive language or hate speech on your floor, refer to our feature on page 3. If you are unsure how to proceed when a situation arises, consult your housing leader before taking action.

It's also important to remember to never pick favorites. Remain consistent in your interactions with all residents. Show the same excitement or friendliness to one as you would to the next. And never award a resident a right or leniency you aren't prepared to offer everyone else.

Encourage Responsibility

It's key to establish expectations and community standards early on to avoid problems at a later date. Be clear that the

Maximize Your RLC Service

You already have a free resource at your disposal that is perfect for building community on campus – Residence Life Cinema! RLC provides you and your residents with all the best and most anticipated new releases, as well as classics and cult favorites. And it's completely up to your school to select your library's content in order to ensure only relevant titles are included. In fact, you can even get your residents involved to increase engagement and awareness of the service by leveraging student voting. Just download ballots in the RLC toolkit on www.swank.com/residence-life-cinema/resources/.

RLC also provides discussion guides created by housing professionals to help you drive interaction and participation at your next movie event. Or, pick a title to show that matches a current education initiative or theme in your hall. You can effortlessly communicate with all your residents by creating informational slides or fun, personal videos to play before content on our streaming service or in-between shows on our campus channel. Or, choose from our pre-made educational videos on everything from "Laundry 101" to "Fire Safety" to share with residents all year long.

RLC's content offerings are also great ways to address current events or issues, enhance an upcoming holiday or celebration, or simply enjoy a night in with your entire floor. With RLC, there's no limit to how you can utilize the power of movies to build community in your hall. ■

Remember, you're the role model for desired behaviors, norms and values.



To really drive home community, show one of these films at your next movie event!



COLLEGE ADVICE

from Famous Films

The first semester at college is a scary, hectic, overwhelming time. Help incoming freshman navigate everything that's going on by offering advice from some of the best college movies:

"Worrying is like a rocking chair. It gives you something to do, but it doesn't get you anywhere."



- VAN WILDER
"NATIONAL LAMPOON'S
VAN WILDER"

"But not all who wander are aimless. Especially not those who seek truth beyond tradition; beyond definition; beyond the image."



- BETTY WARREN
"MONA LISA SMILE"

"You must always have faith in yourself!"



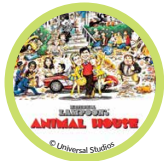
- ELLE WOODS
"LEGALLY BLONDE"

"It's too bad you judge us by the way we look, not by who we are."



- BARTLEBY GAINES
"ACCEPTED"

"You can't spend your whole life worrying about your mistakes!"



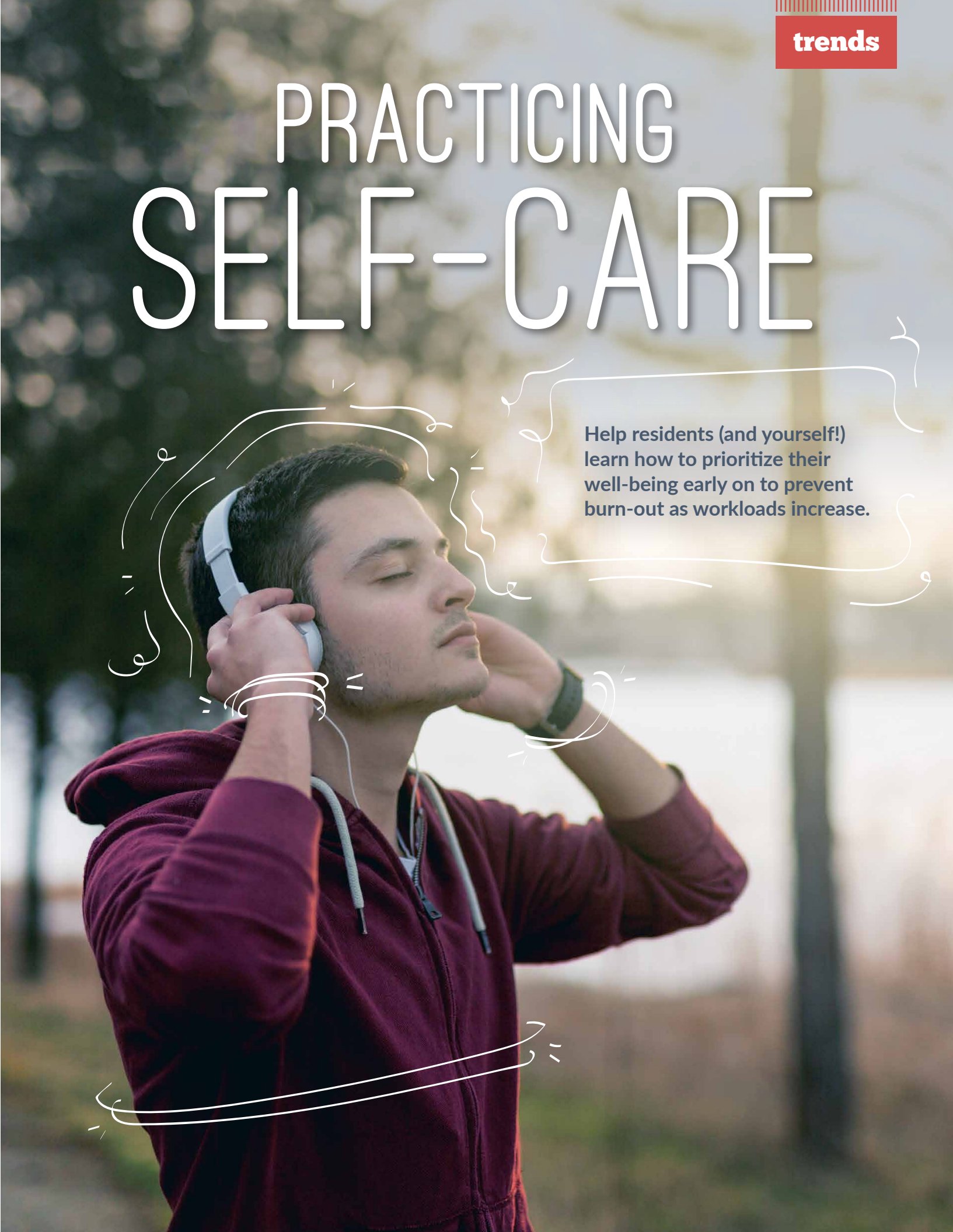
- ERIC "OTTER" STRATTON
"NATIONAL LAMPOON'S
ANIMAL HOUSE"

"It's always too soon to quit."



- DANIEL E. 'RUDY' RUETTIGER
"RUDY"

PRACTICING SELF-CARE



Help residents (and yourself!) learn how to prioritize their well-being early on to prevent burn-out as workloads increase.



self-care
[self-kair]

THE ACT OF
CONSCIOUSLY
TENDING TO
ONE'S OWN
WELL-BEING.

Self-care is currently running rampant on blogs, in magazines and across social media platforms. However, this current trend is nothing new. Its origins date as far back as Ancient Greece where self-care was used as a method to make people more honest and more likely to care for others. But what's up with this now mainstream wellness practice? That depends on each individual's unique needs.

In general, self-care is the act of consciously tending to one's own well-being. It's making an honest effort to allot time to take care of yourself – whatever that might mean. You might need to devote some time to your mental health, step up your workout regime, focus harder on your education or slip into relaxation mode. Simply put, it's any act that prioritizes a healthy mind, body and soul.

The world is filled to the brim with messaging, images, content and things. Because there's more stuff and newer versions of what you already have coming out every day, it's easy to become caught up in the frenzy and feel overwhelmed. That's why it's important to take a step back and check in on yourself.

Think about how you're feeling – mentally, physically and emotionally – and then devote time to fixing whatever could use improvement. Now is the time, especially if you're facing a more challenging semester this year, to form healthy habits like self-care. And if you form these habits early on in your college and professional career, then you'll be better prepared as workloads and demands increase.

HOW TO PRACTICE IT:

As previously mentioned, self-care isn't just one thing. There's no guidebook. What's important

is checking in with yourself to evaluate what you need, and then finding ways to improve what's lacking or causing stress. However, there are great self-care suggestions out there for things anyone can do to improve moods or keep negativity at bay. It can be as simple as starting your day with a 15-minute meditation session using an app like Headspace or devoting a half hour every Sunday to attempt some DIY nail art. Spending time giving back is also a wonderful way to ground yourself and see a different point-of-view. Schedule one volunteer day every month, or just make a conscious effort to look for ways you can make someone else's life easier as you progress through each day.

You might be thinking this all sounds frivolous, or there is no way you have time for something like DIY nail art. But it's not, and you do. Taking the time for something as simple as painting your nails can do wonders for your well-being and will ultimately help you become a healthier, happier, more successful individual.

PRACTICING SELF-CARE ON A BUDGET

Self-care doesn't require memberships to expensive gyms or regular Target shopping sprees for new candles and comfy throws. You can practice self-care at no cost whatsoever by following these tips:

Go to Sleep: It's easy to put sleep on the back burner when your to-do list is long and your relaxation time is short. But when you make sleep a priority, you're improving your mood, health and memory, slowing the aging process, boosting your immune system, and giving yourself a way to look more refreshed and vibrant. Beauty sleep is no myth.

Drink Lots of Water: Water is the miracle drink everyone forgets about. The clear, free liquid has more benefits than you could ever imagine - it cures headaches, increases energy and metabolism, repairs muscles, improves skin, flushes toxins, aids digestion, and more.

Eat Well: Indulging in food can feel great in the moment, but it will likely lead to feelings of lethargy or unhealthiness - and stomach upsets. Instead, plan as many meals ahead of time to keep you away from fried, fast or convenience foods. And try your best to incorporate as many fruits and vegetables into your diet as you can. Nourishing your body with foods as close to nature will only lead to a happier, healthier life.

Do What Makes You Happy: Don't forgo what makes you happy in order to make more time when you're busy and overwhelmed. It's especially important to make time for friends and family because close relationships are what will sustain you most in life.

Connect with Nature: Leave your wallet at home and spend time being entertained by the natural beauty around you. Go for a hike, take a walk in your nearby park or see how far your bike can take you. Better yet, take off your shoes and physically connect to the ground. It might sound a little strange, but there's scientific evidence that Earthing – the act of making direct contact between your bare feet, or any other body part, and the ground to soak up the earth's negative charge –

can reduce inflammation, normalize stress hormones, improve sleep, and more to leave you feeling more refreshed.

Stop Comparing: Teddy Roosevelt once said: Comparison is the thief of joy. To prevent yourself from making comparisons in the future, recognize how foolish it is and how harmful its affects are. Focus on the positives in your life and practice gratitude every day. And if you must compete, compete against yourself to grow a little bit every day.

SHARE THE VALUE WITH RESIDENTS

Once you understand self-care and its value, share your knowledge with your residents! Bring everyone together to talk about its importance and then plan a self-care related activity to round out the event. Or, go all out by having multiple stations for residents to visit, like a massage station, an adult coloring station, a Wii dancing station, and a gracious station where residents write a list of things they're most grateful for. You can hand out flyers highlighting the grounding exercises listed to the right so residents have a game plan if anxiety or stress takes a hold of them at any point throughout the year.

And no matter what they do after leaving your programming event, simply making them aware of the importance of self-care, and putting it on their radar, will do wonders for their health and well-being throughout the school year ahead. ♥

+

FOCUS ON THE
POSTIVES IN
YOUR LIFE
AND PRACTICE
GRATITUDE
EVERYDAY.



GROUNDING
EXERCISES

- Take deep, calm breaths.
- Notice and list things in your surroundings.
- Expose yourself to strong, pleasant sensations, like a pleasing smell or a favorite blanket.
- Say your name, your age, the date and your location out loud. List some things you've done today or are going to do.
- Splash water on your face or run your hands under the faucet.
- Do a body scan meditation, or pay close attention to each of your body parts one by one.
- Make tea. Feel the warmth of it in your hands and the taste as you sip it calmly.
- Listen to music.
- Play a categories game, and name some types of dogs, or clothing items, or gemstones, or countries, or anything else you can think of.
- Write in your journal.
- Take a mindful walk, either inside or outside. Pay close attention to your body and your surroundings.
- Wiggle around. Dance. Stretch. Be silly and active for a few minutes.
- Any other favorite grounding technique you've heard of or can think of. There's nothing wrong with experimenting!



Movies that *Relate:*



10 TIPS TO

FENG SHUI YOUR DORM ROOM

Looking to challenge your residents in a fun and exciting way? See if they can make their residence hall room décor *Feng Shui*! Start with a programming night to share all the tips listed here. Then, make it competitive by challenging everyone in attendance to go back to their rooms and utilize the tips they just learned. After a week passes, visit the rooms of those that participated to see who did the best job of implementing the tips. Award the winner with a Feng Shui-friendly plant or door decoration!

1

Your bed is one of the easiest and most important things to consider when practicing Feng Shui. First, make sure you're following the good bed guidelines, which means you have a bed with a solid headboard, good mattress and good frame height. Ideally you would not store anything underneath your bed, but that's likely unrealistic with residence hall living.

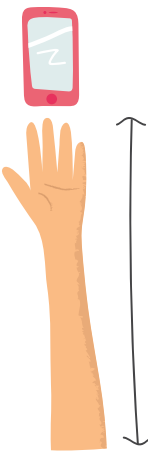
Second, see if your bed is placed in the ideal Feng Shui spot, or commanding position. This is the area diagonally farthest from the door. You want to be able to see the door while you are in bed, but

not be aligned with it. It's also important to have a strong supporting wall behind your bed and to make sure there are no sharp angles pointing at you while you sleep. Sharp angles create an attacking energy called Sha Chi.



2

Keep every single one of your electronics at least an arm's length away from your head while sleeping. Electromagnetic frequencies have been linked to brain tumors, leukemia, stress, nausea, forgetfulness and more. Plus, the good Feng Shui energy in your bedroom is destroyed when these items are present. They bring the energy of work and stress and are a distraction from a good night's rest.



4

Utilize the color green inside your room - it can be the color of your sheets or a bamboo plant on your desk. According to Feng Shui, any shade of green in a sleeping space is considered nourishing and promotes healthy living and growth and a *Huffington Post* article reports green calms the nerves and is the color most associated with fresh energy and new beginnings.



5

It's important to keep clutter at bay when focused on Feng Shui. Clutter prevents the flow of positive chi, or energy, and makes your room cold instead of welcoming. Have clear methods for staying organized and invest in furniture that doubles as storage.

6

Open your windows regularly, even for just a few minutes each day. It removes stale air and allows positive energy to flow through your space. If your residence hall does not permit open windows, invest in an air purifier.



7

Only decorate with items that either speak to your heart and soul or inspire you toward fulfilling your purpose. For an aspiring CEO, this might be a picture of Steve Jobs, or Marie Curie in a scientist's room. Pictures of family and friends also offer a sense of familiarity to suppress homesickness.

8

If you spend a lot of time sitting or sleeping with your back to the door then position a mirror so that it can reflect what's going on behind you. It will show you what you cannot see and also reflect more light into the room, which is an old decorating trick for small spaces. Just make sure the mirror does not directly reflect you as you sleep as that creates a negative flow of energy.

9

Bring life and energy into your room with a low-maintenance fish or succulent. Healthy plants remove toxins from living spaces, but remove any plants that die right away as they are a huge source of negative energy.



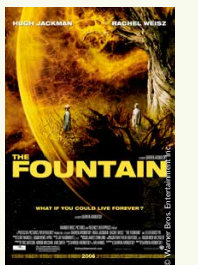
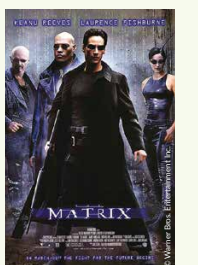
10

Incorporate multiple, varied lighting sources in your room. Many residence halls have rules around what type of lighting you can use, so consult your handbook before purchasing anything new. A room with good Feng Shui will combine sources like candles, lamps, twinkle lights and overhead lighting with soft lighting to promote a more relaxed environment. Another great lighting tip is to try to keep your windowsill clear of objects to allow sunlight's positive energy to filter through without obstruction.



SPIRITUAL STORIES:

4 MOVIES WITH BUDDHIST THEMES



NEW RELEASES

Programming Ideas

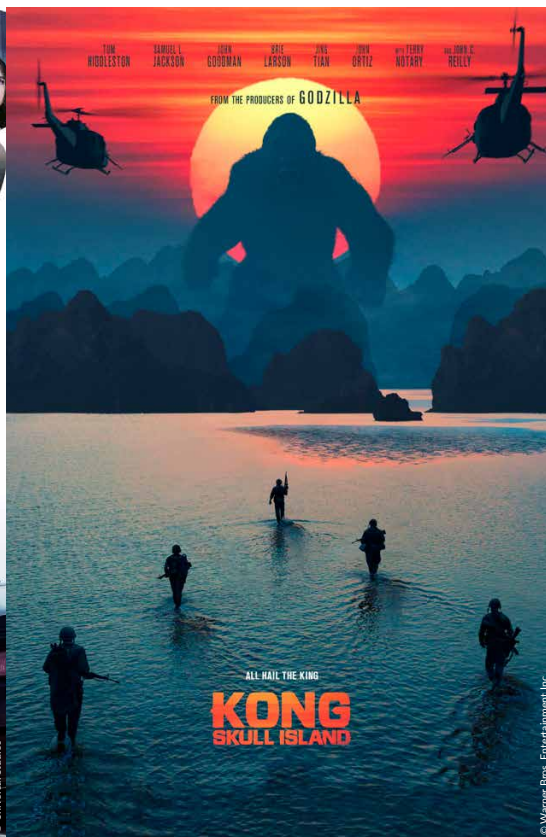
Create an original movie event with these film-inspired programming ideas



The Fate of the Furious

PG-13; 136 minutes; Universal Studios

Quench everyone's need for speed before the movie with a video game racing tournament! Have players go head-to-head before the movie, and award the winner with a Blu-ray copy of the film. In case residents get hungry, take inspiration from the franchise's endings by serving up classic BBQ fare, like lemonade, instant mac 'n' cheese cups, BBQ chips and s'mores Oreos!



Kong: Skull Island

PG-13; 118 minutes; Warner Bros.

King Kong's franchise has been depicted through film since the 1930's. But this new, original adventure story, set in Hawaii, reimagines the origins of the mythic creature. Using legends as the theme, ask a folklore or mythology professor to tell the stories of famous, pacific island legends before the film.



Ghost in the Shell

PG-13; 102 minutes; Paramount Pictures

"Ghost in the Shell's" main character is a cyber-enhanced woman who takes back control from her creators. Use this movie as a jumping off point to share ways your residents can take control of their lives. Touch on how they can gain control academically and professionally, as well as socially and romantically in case someone has a domineering presence negatively impacting their life.



Power Rangers

PG-13; 124 minutes; Lions Gate Films, Inc.

According to the CDC, one in five college women will experience sexual assault on campus. To help keep residents safe, invite a self-defense instructor to teach a class before the movie screening. Your residents will feel empowered as they learn mighty-morphin' moves and they will gain knowledge that will help them stay out of danger throughout their college careers and beyond.



Smurfs: The Lost Village

PG; 89 minutes; Columbia Pictures

Recreate the Smurfs' adventure by sending residents on mini scavenger hunts before the screening to find items like white hats, mushrooms, blue crayons, baggies of cat food and flowers. Plant the items around your residence hall and provide clues to each team, then wait to see who collects all the items first! Reward the winning team with Blu-Ray copies of the movie.



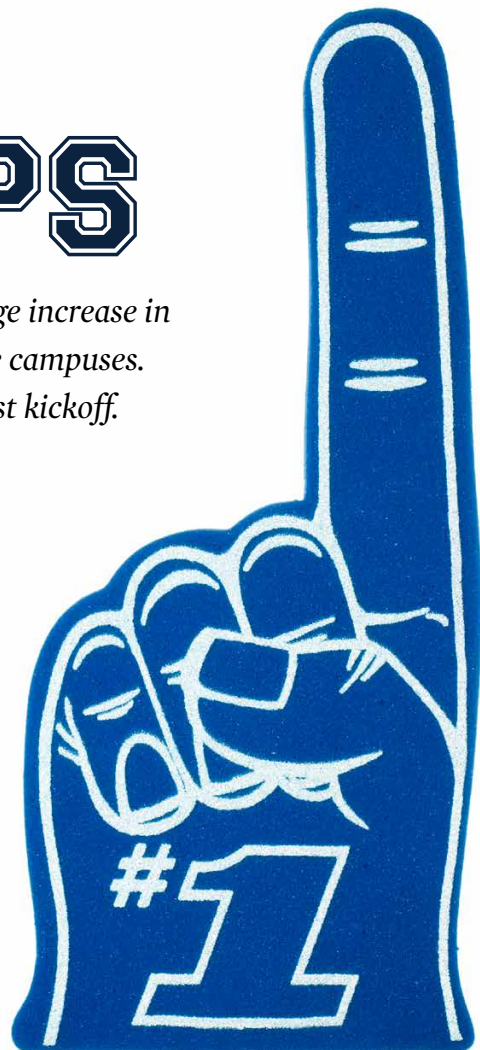
The Lost City of Z

PG-13; 140 minutes; Amazon Studios

Based on the true story of British explorer Captain Percy Fawcett who, in the mid-1920's, disappeared with his son in the Amazon while looking for an ancient lost city. Invite an indigenous studies professor to share the history of this story. Or, utilize our discussion guide on page 20 to spark a conversation amongst your residents.

TAILGATING SAFETY TIPS

It might come as no surprise that schools across the country see a large increase in thefts, assaults and binge drinking during tailgating season on college campuses. Help residents stay safe by sharing these tips with them before the first kickoff.



- Don't let anyone follow you back to your building.
- Take caution of strangers trying to piggyback into your residence hall after you swipe your badge. Kindly inform them that they either need to swipe themselves or wait until their host comes to open the door for them.
- Follow the same safety tips as you would when attending a party. Use common sense. Don't leave any drink unattended and always be aware of your surroundings.
- Campuses are oftentimes flooded with people from out of town. Don't risk an unsafe environment or situation by wandering off on your own with so many strangers around. Stay in pairs or groups of people you know.
- Wear a smaller purse and keep it close to you at all times.
- Make sure to wear sunscreen!
- Always bring your phone with you and make sure it's fully charged. If you can, also carry a portable charger just in case.
- Be respectful of others and practice good sportsmanship – no matter the final score.
- Stay hydrated!
- Stay in high-traffic, visible areas.
- If you don't want to be surrounded by alcohol, find your campus alcohol-free zone on game day. Most schools have one, many times with free food and games so people can enjoy the tailgating experience without the pressure or presence of alcohol.
- If you're grilling, make sure your grill is at least six feet away from any cars or combustibles. Never grill on your vehicle and always keep a fire extinguisher on hand.
- Know what you can and cannot bring inside the stadium. Women should also check whether there's a purse size restriction.
- Plan a safe way to get home ahead of time. Many schools provide free shuttles, especially if the stadium is not in walking distance to residence halls. Just make sure to have a plan in place before the day's festivities begin.

- All perishable items should be packed in an insulated cooler with enough ice to keep the food a safe temperature.
- If you love your school, then help maintain its beauty by cleaning up after yourself. Throw away trash and recycle properly – even on game day.
- Lastly, have fun! Football season is an amazing time to be a college student, and showing off your school spirit will help bring you closer to your school and community.



Showing off your school spirit will help bring you closer to your school and community.

TAILGATING STATS:

- An estimated **50 million Americans** spend about **\$20 billion** each year on tailgating setup, food, drinks and other costs associated with this pre-game tradition.
- An estimated **35 percent** of tailgaters don't actually attend the game.
- Tailgating traditions date as far back as the Civil War era, when groups from both the North and South sides would congregate at battle sites to eat, drink and cheer together for their "team."
- Cornhole is a favorite tailgating game that is said to have originated in west Cincinnati in the 1940s or '50s.
- "**Boatgating**," or tailgating in water, is a special tradition at the Tennessee River near the University of Tennessee's Neyland Stadium and at the University of Washington (Lake Washington).
- Tailgating for sporting events is thought to have originated at the first intercollegiate football game, which was between Rutgers and Princeton in 1869.

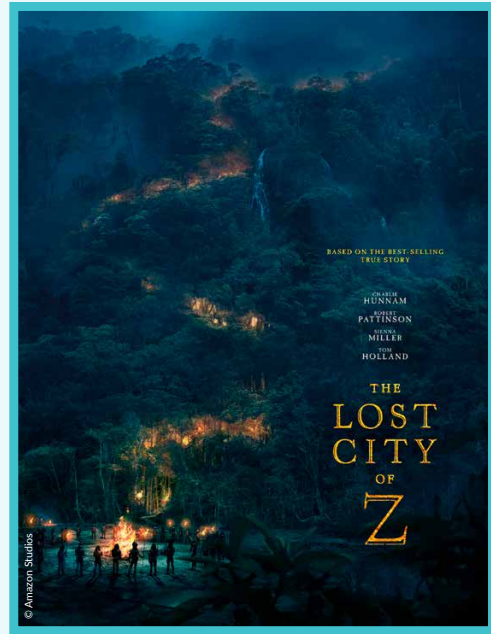
Source: Auburn University



Get **PUMPED-UP** for the approaching season with these football-focused flicks!



"The Lost City of Z"



"The Lost City of Z" is the fascinating true story of Colonel Percy Fawcett and his exploration of South America in the early 1900's. Fawcett is a struggling officer in the British army when the Royal Geographic Society approaches him about mapping parts of South America along the Bolivia and Brazil border. With support from his wife, Fawcett takes off to Bolivia to begin a journey that will consume his whole life when he finds evidence of an ancient civilization. Facing challenges in the jungle, at home and in his life, Fawcett never gives up on his dream to find proof of the civilization.

Issues | Family • Responsibility • Bias • Friendship • Leadership

Questions

- Discuss how Fawcett evolved over the course of the film.
- How did his journeys into the jungle of South America impact his ideas and perspective?
- Have you ever visited some place and felt the experience changed you? Discuss.
- Fawcett tried to improve his station in life due to his "unfortunate ancestors." Discuss how social standing affected life in the early 1900's. Do you feel social standing still affects life in society today?
- Fawcett spent much of his adult life away from his family. How did this impact them?
- How did Fawcett's wife, Nina, support him? Do you think it is fair she had to raise the family while her husband left for years at a time? Why or why not?
- Do you know someone who has a parent/guardian that is gone for long periods of time for work? How does this impact the family?
- Our military families often have to live with family members being away for extended periods of time. How can we support them during these absences?
- Fawcett is supported throughout his journeys by Henry Costin. Discuss their relationship and how it evolves over the course of the film.
- Do you have a friend that you have relied on over the years? Discuss.
- Discuss Fawcett's leadership style. In what ways is he a good leader? In what ways does he struggle as a leader?
- How would you describe his leadership style? How would you describe your leadership style?
- Why do you think the Royal Geographic Society had such a limited view of the indigenous people of South America?
- Why do we sometimes fear the unknown?
- Is it fair to place our own world view and cultural biases on other groups and civilizations? Why or why not?
- How does limiting our perspective to only our viewpoint lead to bias, misunderstanding and conflict?
- Discovering this lost civilization became Fawcett's life work and passion. Why do you think it meant so much to him? Was it his destiny as the fortune teller told him?
- Can you think of someone you know that has dedicated his or her life to one goal or one passion? Discuss.
- Fawcett states: "If we may find a city, where one was considered impossible to exist, it may well write a whole new chapter in human history." Do you agree with this statement? Why or why not?
- What areas of our world are still uncharted?

» Movie discussion guides ignite easy conversations! Call your RLC rep to request additional guides! «

Movies at a Glance

Use these movies to enhance programming you build around the featured articles.

Community Building Pg. 8-9

How to help residents feel at home in their new living environment



Self-Care Pg. 11-13

Prioritizing your well-being in college



Free Speech Pg. 3-5

Protecting free speech in college residence halls



Feng Shui Pg. 14-15

10 design tips for a serene space



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