

Commuter Newsletter

UNIVERSITY of
DAYTON
Center for Student Involvement
John F. Kennedy Memorial Union

WELCOME FROM CO-ADVISERS

First and foremost, WELCOME and WELCOME BACK! As Commuter Student Co-Advisers, Amy Lopez-Matthews and I recognize that quite possibly, our Commuters are one of the most diverse student populations on campus. We have students from the local community who commute from home, and have done so since they began their UD career. We have traditional college students who were once residential, but have chosen to experience the independence and responsibility of off-campus life for their final year or two at UD. We have Veterans who have selflessly served our country and had unique experiences living abroad, who are now home and looking to educate and prepare themselves for a new career. We have students who have full-time jobs, families, and a myriad of other responsibilities, who are pursuing a college education and looking for career opportunities and advancement. We have students who are thousands of miles away from home and are not only learning how to navigate college life, but they're learning how to navigate life in the United States. Nearly 10 percent of UD's student population are commuter students; no matter your reason for commuting, you have the opportunity to make your time here as fruitful and as memorable as possible.

As Commuter Student Co-Advisers, Amy and I are here to help you engage with UD campus life. We also host programs designed around the commuter experience. We understand you all come from unique backgrounds and it is our goal and the University of Dayton's goal to assist you in being successful students and contributors to your community. Whether your priorities are getting involved in clubs, seeking on campus employment, attending social events, staying fit, making friends with your peers or excelling at your academics, we are here to help; but it is up to you to define what you want your "UD experience" to look like!

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[go.udayton.edu/
involvement](http://go.udayton.edu/involvement)

FALL 2016

LATE- NIGHT MOVIES!

Free late night movies for all students at 10:00 pm on Saturday nights in the Sears Recital Hall (located in the Humanities Center).

9/17: *The Legend of Tarzan*

9/14: *The BFG*

10/1: *Star Trek Beyond*

(no need to R.S.V.P. for movies!)

COMMUTERS ON CAMPUS

Commuters on Campus is an organization specifically for commuters. We hold events during normal hours on campus in order to make it easier for commuters to attend. Please join our organization on OrgSync to get email alerts for our events. This semester, our events include:

9/21 from 11—1 on the KU Patio: Free Hot Chocolate and Apple Cider Table Hours

10/6 (Thursday of Fall Break): Yellow Springs Hiking Trip

10/28 from 3—7 in the KU Hangar: Bowling and Pizza Party

11/14 from 11 –2 in KU 207: Thanksgiving Luncheon

12/8 in the evening: Christmas on Campus—Commuter Craft for Kids

12/12—12/14: Finals Week Snacks in the Commuter Lounge (KU)

For more information about any of these events, to RSVP for an event, or if you are interested in becoming a more active member of Commuters on Campus or joining Commuters on Campus leadership, please contact us on OrgSync (link found on *Porches* on the *Flyer Student Services* tab). You can also email us at commuters@udayton.edu.

MANAGING STRESS

Stress and Burnout

As a college student, you are certain to be familiar with the term “stressed out.” While you may have a basic understanding of stress, this article will provide you with detailed information on the causes and concerns of stress and how to avoid burnout.

Causes and Concerns

Stress is your body’s physical, emotional, and mental responses to change. People need a certain amount of stress for day-to-day functioning. In most situations, stress is a positive motivation. It provides the extra energy and adrenaline we need to accomplish mental and physical tasks. In excess, however, stress works against the body. If you compare stress to a rubber band; positive stress is just the right amount of stress needed to stretch the band and make it useful. The rubber band snaps when stress is negative and excessive. Negative stress may be caused by things like a strenuous study load or having too many tasks for a short period of time. When conditions like these are compounded by poor sleep and dietary habits, the rubber band gets stretched too far!

For more information, including physical symptoms of stress and short– and long-term ways for relieving stress, go to this webpage or click on the link: https://udayton.edu/studev/health_wellness/counselingcenter/online%20resources/students.php#Stress%20Management1

IMPORTANT DATES:

Sundays at 6:00 pm:
SGA Weekly Meeting—open to ALL students! (Kennedy Union Ballroom)

Wednesday, 10/5:
FALL BREAK begins after last class (no class on Thursday, 10/6 or Friday, 10/7)

Saturday, 10/15:
Fall Leadership Conference

Tuesday, 11/22:
Thanksgiving Break begins after last class (no class on Wednesday, 11/23, Thursday, 11/24, or Friday, 11/25)

Thursday, 12/8:
NO CLASS—University closed for the Feast of the Immaculate Conception (Christmas on Campus held in the evening)

WELCOME, cont.

If you have any ideas or concerns, please don't hesitate to contact me or Amy. We are located in Kennedy Union room 241. Or you can reach us by phone at 937.229.3333 or email:

alopezmatthews1@udayton.edu

bclifford1@udayton.edu.

Have a wonderful fall semester.

Brandy Clifford
Commuter Student Co-Adviser

Amy Lopez-Matthews
Commuter Student Co-Adviser



CAMPUS ACTIVITIES BOARD—Join us!

The Campus Activities Board (CAB) is a student-run programming board that operates under the Center for Student Involvement. CAB is an integral part of the University of Dayton campus life because the organization truly strives to foster community through every event planned and hosted. This group programs the extra-curricular activities that are desired by the student body, as well as ensures alternative programming needs are met to enhance the balance of the community. All CAB events are open to UD students, most are free, and transportation is always provided for off-campus trips. Some of the events this semester include a trip to the Columbus Zoo, Escape Rooms on campus, an Amazing Race, and a Holiday Party! While CAB hopes for large attendance at our events, it also hopes for large interest from students to join the board.

The makeup of CAB consists of three planning committees tasked with programming 10 to 15 events per semester, and a marketing committee to raise awareness of these events. The planning committees are Late Night (events occurring between the hours of 10:00pm and 2:00am), Dayton on Campus (on-campus events occurring outside of Late Night hours), and Travel & Recreation (any daytime events that travel off-campus). The marketing team is responsible for communicating CAB events to the entire student population, via social media, print media, or other creative means. As a unit, the board successfully programs and features these exciting events for the student body. The application process to join the board begins in October, and the board is looking for innovative, imaginative, responsible leaders. Please email cab@udayton.edu for any questions.



2016

FALL LEADERSHIP CONFERENCE

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Oct. 15, 2016

Kennedy Union East Ballroom

10 a.m. – 4 p.m.

REGISTRATION BEGINS AUG. 22 | tickets.udayton.edu
FREE for UD students, \$10 admission for non-UD students



Keynote Speaker: John Dugan, Loyola University Chicago

Sponsored by the Office of Student Leadership Programs,
go.udayton.edu/studentleadership

studentleadership@udayton.edu | 937-229-2000



STATEMENT OF INCLUSIVE EXCELLENCE
The Division of Student Development recognizes the educational benefits of diversity for students, faculty, and staff. We are committed to engaging in reflection, dialogue, and experiences that both challenge and affirm multiple perspectives. Our Marianist Charism calls us to value the dignity of every person and to advocate for social justice.

FALL LEADERSHIP CONFERENCE

Are you interested in developing as a leader? Are you looking to connect with other leaders on campus?

Are you in need of resources to help you and your organization be successful this year?

The Fall Leadership Conference is for YOU. On Saturday, October 15, the Fall Leadership conference will be held in Kennedy Union from 10am - 4pm. This **FREE** conference includes a registration gift, sessions, lunch, and a dynamic keynote speaker, John Dugan from Loyola University Chicago. Dr. Dugan will focus on deepening the understanding of leadership development particularly through the infusion of perspectives derived from critical social theory. His application of critical perspectives to the study of leadership allows for the disruption of dominant assumptions, the centering of diverse voices and perspectives, and the cultivation of critical consciousness, agency, and hope. All of this is in service of deconstructing and reconstructing systems in more equitable and socially just ways. As part of the conference, Dr. Dugan will also be conducting a Combined Leadership Course Session on Friday, October 14.

The Fall Leadership Conference is also PATH eligible
(See <https://orgsync.com/92144/events/1477340/occurrences/3340458>). Register NOW
at <http://tickets.udayton.edu> or for more information call [937-229-2000](tel:937-229-2000).

PARKING SERVICES INFORMATION

I hope your semester has gotten off to a good start. I wanted to give you an update on the parking situation in Lot S1. Our goal is to have an open spot whenever a student arrives.

The tent is open again this year and a parking services representative is available to assist commuter students in Lot S1. So far there have been minimal overflow in S1. We will continue to keep an on-site parking representative until any overflow issues have been resolved. If Lot S1 is full, the representative will provide you with a temporary parking permit and direct you to a parking lot that is closer on campus. Please be certain to obtain and display the permit. There are "University Place "designated spaces in Lot S1, which is for University Place employee parking. If space is available, Parking Services may use those spaces as an overflow, but before parking in one of them, you must obtain a temporary permit from the parking representative.

Parking Services is seeking a commuter student to serve on the University of Dayton Parking Committee and Appeals Board. The University of Dayton Parking Committee is composed of faculty, staff and students of the University to represent the various interests of the campus in the development of parking policies and procedures on campus. The meetings provide the opportunity to share concerns, information, and ideas with other members of the committee. The Committee makes recommendations regarding appropriate changes in existing parking policies, procedures and regulations. The Parking Appeals Board meets approximately twice per month, based upon need, to review appeals of citations that have been issued by parking services. You would receive an invitation to attend each meeting. We would enjoy the opportunity to work with you. If interested, please contact Parking Services at 229-2140 to inquire about committee meeting dates.

Thank you,

Darlene S. Holder
Director of Parking Services

2016 FALL CALENDAR



The Asia Project
August 27th

The Campus Activities Board invites you to an inspiring spoken word event, the Asia Project. Experience and self-reflect on poetry artist Asia's gripping words as you embark upon a new school year. From 9:30-11:00pm at the ArtStreet Amphitheater.

CABfest
September 3rd

CABfest is back! From 4-6pm take a friend under your wing and bring them to ArtSteet for an afternoon full of chicken (and other food), sun and fun. Don't be a chicken and miss out!

Columbus Zoo & Aquarium
September 10th

Take a walk on the wild side and join CAB at 11:30am for an exciting trip to the Columbus Zoo. Spend the day visiting with beautiful animals in one of the coolest cities in the country. Grab your friends and get ready for a fun adventure!

Amazing Race
September 24th

Amazing race, how sweet the sound! Run on over to KU field and gather up a group of friends at 2pm to test your skills in the campus-wide race! Don't miss out on this AMAZING opportunity to RACE against time (and others!), have fun, and win the grand prize!

Bingo Night
October 14th

Come test your luck with a college-themed version of the game you know and love. Play to win cool prizes and enjoy some yummy snacks. Stop by Torch Lounge from 4-6pm for a night of fun-filled B-I-N-G-O. There's a FREE spot for everyone!

Cedar Point
October 22nd

Join CAB at 8am as we soar to new heights at Cedar Point amusement park. Beware of the goblins and ghouls that will be out and about on this October spooky night. Step inside the multiple haunted houses if you dare, and don't be scared to scream on the fastest ride of your life.

Halloween Escape Room
October 29th

Do you have what it takes to beat the clock and escape? At UD's Patient Zero and BOOM Escape Rooms, you can join CAB in Kennedy Union, rooms 310-312, to test your skills as the clock ticks away! Sign up with as a team, or meet your teammates when you arrive at 9pm!

Comedian - Eric O'Shea
November 5th

Ready to laugh? Join CAB during Family Weekend as we host comedian Eric O'Shea for two performances at 2:30pm in the Kennedy Union Ballroom and 8pm in Sears Recital Hall. Eric O'Shea has performed at over 1800 colleges and universities, entertaining audiences with his "clean wit & priceless observations".

Scene 75
November 11th

Join CAB as we head to Scene 75 to play laser tag, race go karts, and play arcade games! Grab your gamer friends and prepare for a night of action-packed fun starting at 4:30pm!

**Fantastic Beasts and
Where to Find Them**
November 18th

Calling all muggles: Experience the MAGIC and join CAB at The Greene for a PRIVATE SCREENING of Fantastic Beasts and Where to Find Them. You'll be the first to see J.K. Rowling's most recent novel come to life! Grab your wands and get ready at 8:00pm.

Holiday Party
December 2nd

Throw on your ugliest holiday sweater and swing by Kennedy Union West Ballroom to celebrate CAB's ho-ho-holiday party! We'll be getting in the spirit from 6-8pm with cookie decorating, carols, and tons of your favorite seasonal treats!



@daytoncab - CAB@udayton.edu