

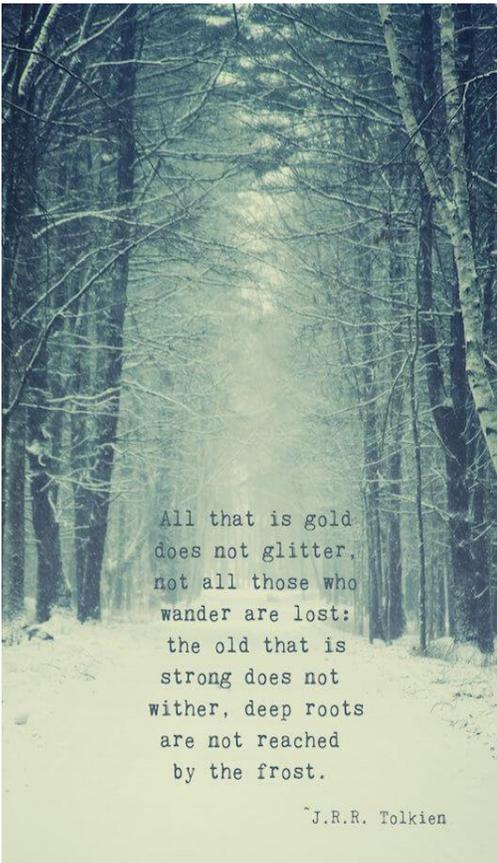


UNIVERSITY of  
ROCHESTER



# Off-Campus News...

December



All that is gold  
does not glitter,  
not all those who  
wander are lost:  
the old that is  
strong does not  
wither, deep roots  
are not reached  
by the frost.

~J.R.R. Tolkien

Off-Campus Housing Program

(585) 275-1081

[offcampus@reslife.rochester.edu](mailto:offcampus@reslife.rochester.edu)

Check out our FB page:  
University of Rochester Off  
Campus Living Program

## Practice self care during these last couple of weeks of the semester...

The end of the semester is in sight and with it comes stress, long days and nights filled with studying and final papers, and too much caffeine. And when you get overwhelmed with schoolwork, you forget about other important things-like taking care of yourself, for instance. Your final exams and grades are important, but so is self-care during the next few weeks.

Here are a few ways to practice self-care over the next few weeks:

- keep up your normal self-care routines
- eat nutritiously
- get adequate amounts of sleep
- get active
- try mindfulness or meditation
- make your study breaks intentional-listen to music or meet up with friends
- be kind to yourself
- breathe!

I wish you well during these last few days of classes and finals.

Best wishes for a happy and healthy holiday season and start to the New Year.

# Leaving Town for Winter Break...

As the semester comes to an end, many students will be heading out of town for the holiday season. Before you leave Rochester, make sure your off-campus home is safe and sound. Here are a few steps you should follow to prepare your home for break.

1. **Unplug appliances and electronics** to prevent any potential fires and keep your electricity costs at a minimum. Even if your appliance is not in use, it will still be generating electricity. Unplug anything that can be safely turned off while you're away.
2. **Turn your heat down** to about 50-55 degrees to lower your energy bill. Do not turn it off completely, as that could potentially cause the pipes to freeze. To keep your house warm, you can switch your ceiling fan to clockwise. This will redistribute the heat around your room. Close blinds/curtains to keep in the heat and for security.
3. **Take important valuables home with you** or hide them in a safe place. Leaving valuables in view increases the chance of a break-in while you are out of town.
4. **Check that all doors and windows are locked.** Make sure that all windows are fully closed to prevent heat from escaping and predators coming in. If you are looking to insulate your home, you can add weatherproofing strips to doors and windows. Remember to place the security bars in your windows and sliding doors for extra security.
5. **Throw out any food that may spoil.** Be sure to check the perishable items in your fridge for their expiration dates and remove any trash or waste from your home before you leave.



## Using S.M.A.R.T. Goals to Keep Your New Year's Resolutions...

Why is it so difficult to follow through with those resolutions that you set for yourself at the start of each New Year? Setting attainable goals instead of impossible resolutions for the New Year will set you up for success instead of disappointment. The article, ["How to Keep Your New Year's Resolutions By Using S.M.A.R.T. Goals"](#) discusses the difference between resolutions and goals using S.M.A.R.T. goals.

**S- specific, M- measurable, A- attainable, R- realistic, T- timely**



Here is an example of how to turn a resolution into a S.M.A.R.T. goal:

**"Decluttering...** many Americans are overrun by household clutter that is both stressful and unsightly. Rather than setting a resolution of "decluttering the house," a S.M.A.R.T. goal-setter could say, "I will reduce the clutter in my house by emptying my home office of everything I haven't used in the last three months, and I will complete this task by mid-February." Once this goal is met, the goal-setter can create an additional goal to include other rooms in the home."

Check out the article for more information on using the S.M.A.R.T. method to set goals.

# Winter Break Shuttle Schedules...

Reduced shuttle service to the River Campus will begin on Monday, December 24, 2018 and end on Saturday, Saturday, January 12, 2019. Full service will resume on Monday, January 14, 2019. **Medical Center shuttles—Corporate Woods, Highland Hospital, Evening Staff Shuttle, and Lot 24-Scottsville Road—will operate as usual with no change to their schedules during winter break. There will be no shuttle service for River Campus or Medical Center routes on Tuesday, December 25 and Tuesday, January 1.**



## Things to do in Rochester Before You Graduate...

### Eat a garbage Plate at THE Nick Tahou's...

“Despite many regional variants all based on the same theme, Nick’s is widely regarded as the original garbage plate.”

<http://www.garbageplate.com/>

### Visit the City of Rochester’s Central Library’s Secret Room...

On the second floor of the library in the children's section there is a fully functioning bookshelf that swings open to reveal a secret room filled with an impressive collection of dolls from around the world.

<https://www.atlasobscura.com/places/central-librarys-secret-room>

### Threshold...

Visit the giant steel sculpture with animals in its shadows.

<https://www.atlasobscura.com/places/threshold>

### ARTISANworks...

A floor to ceiling art collection by a single collector housed in a renovated industrial space.

<https://www.atlasobscura.com/places/artisanworks>



# Neighborhood Ambassadors Corner...



The Neighborhood Ambassadors planned many events this semester and are looking for some ideas for next semester. Have an idea for a great event in your neighborhood, email: [offcampus@reslife.rochester.edu](mailto:offcampus@reslife.rochester.edu)!

What was the event?	Where was it?	Who planned it?
Living Off Campus	Erie Harbor community room	Daniella, Caroline
Fall Into Barton	Barton St.	Sabrina, Andrea
Off Campus 101	Havens Hall	Molly, Thomas, Andrea, Laura
Trick or Treating	19th Ward	Rachel, Thomas, Laura, Molly, Andrea, Sabrina
School Supplies Giveaway	Crittenden Blvd	Gabi, Nick
Winter Treats	Crittenden Blvd	Gabi, Nick
Cards for Soldiers	Erie Harbor community room	Daniella, Caroline
Swag Bag Hide and Seek	River Campus	All of the N.A.s

Did you join the Facebook page: University of Rochester Off Campus Living Program?? If not, you missed out on the most recent N.A. event-Swag Bag Hide and Seek. Each day, a blue token was hidden somewhere on River Campus. If you followed the picture clue to find the token, you won a swag bag. The swag bags had themes such a Studious Student, Rochester Fan, and Winter Love. Congrats to all of the winners-Jeanie, Antonio, Noah, Henry, and Cindy!

Interested in joining our team in Fall 2019? More information and an application will be coming out in the Spring! Looking for organized, go-getters that are interested in learning more about their off-campus community and helping to create meaningful and fun programming and service projects.

# Upcoming Events



## University...

12/13, 12-12:30 or 12:30-1, [Stop, Drop, and Meditate](#)

12/13, 1-2pm, [Rochester Youth Year Interest Meeting](#)

12/13 and 12/20, 6-7pm, [A History of MAGIC DeTOUR](#)

[U of R Featured Events](#)

[Eastman School of Music Events](#)

## Rochester Area...

11/30-12/16: [Yuletide in the Country, Genesee Country Village and Museum](#)

Weekends, until the 23<sup>rd</sup>: <https://rocholidayvillage.com/>

[Genesee Valley Sports Complex, Open Skate and Skate with Santa](#)

12/14, 7-9pm, [Holiday Talking Circle at M.K. Gandhi Institute for Nonviolence](#)

[City of Rochester Holidays at the Market](#)

11/29-12/29, Geva Theater, [A Christmas Carol](#)

12/14-16, Kodak Center, [New York State Ballet's the Nutcracker](#)

[Rochester City Newspaper Events](#)

[Visit Rochester-Events](#)



## Helpful Phone Numbers:

Off Campus Housing Coordinator, 275-1081

Emergency Services, 911

Non-Emergency Services, 311

The Housing Council, 546-3700

Legal Aid Society, 232-4090

DPS (Department of Public Safety), 275-2222