Unwind and Reboot
By Samantha Stanbery, Communications & Marketing Assistant

Walking into the Oklahoma State University Reboot Center immediately provides a calming effect. Visitors are greeted by a water fountain, peaceful atmosphere and tranquil photographs hanging on the walls. The center looks and feels more like a spa than a part of a university.

Veronica Sutton and Joni Hays noticed stress was a major factor in students’ lives when they worked in the OSU Academic and Career Development office. The pair conducted research and wrote a proposal for a center to assist in student stress management.

“We learned Texas Tech, Oregon and Florida State had similar centers to the Reboot Center,” said Hays, Reboot Center supervisor.

Lee Bird, vice president for Student Affairs, provided funding for the Reboot Center to open in August 2012.

“We saw 500 students last year,” said Sutton, Reboot Center outreach specialist. “The most someone came in was 17 or 18 times.”

Nearly every student reported a decrease in stress or anxiety, Sutton said.

To visit the Reboot Center, there is no paperwork to fill out and no appointments needed.

“We wanted the opposite of a doctor’s office because it could be perceived as stressful,” Sutton said.

They also invite students to express ideas for improvements, Hays said.

“The feedback has been really positive,” Hays said. “The student comments are really interesting.”

One commenter wrote “college is stressful – go the Reboot Center. It will change your life.”

Other commenters raved about the relaxed environment, positive environment and computer games used to teach stress management techniques.

The Reboot Center utilizes computer programs and heart rate monitors to help students learn to identify their “fight or flight” response.

“The program explains the idea of stress,” Sutton said. “You go through breathing practice and orientation and try different paces and techniques. You will get feedback on how your heart rate is slowing down.”

The program used at the Reboot Center gives students visual and audio feedback, Sutton said.

The program includes games such as auto racing which can be set to multi-player to tap into a student’s competitive need to win. The more relaxed a student becomes, the more speed and tricks they can perform in the program, Sutton said.

“We have worked with students taking speech, nervous students and students in music, engineering and nutrition classes,” Hays said.

A student benefits greatly from visiting the Reboot Center when performance has been impaired by nervousness, she added.

“We have seen a lot of interest in the past semester,” Sutton said. “We were on the Welcome Week schedule and students were pouring in.”

Sutton said she believes awareness of the Reboot Center is increasing and the number of students visiting the center will increase as the first round of exams approach.

If you are interested in visiting the Reboot Center, it is located in room 320W in the Student Union. For more information, visit ucs.okstate.edu/reboot or facebook.com/osureboot or call 405-744-6434.

Stress Facts

In a survey conducted by the Associated Press and MTV, 17 out of every 20 college students said they felt stressed on a daily basis.

Approximately 60 percent of the students felt enough stress to affect their ability to get work done.

Source: http://www.collegeparents.org/members/resources/articles/your-college-student-stressed—probably

Below: A student tries one of the computer programs used to teach stress management.

Photo provided by the OSU Reboot Center
Now that the semester is well on its way, I hope everyone has settled into their routines and schedules. I hope you will be able to take a moment from your busy schedules to enjoy OSU’s Homecoming festivities – it is, after all, “America’s Greatest Homecoming Celebration!”

We want your experience in FGSH to be a great one! If you have any issues or concerns with your apartment, here are a few handy tips and numbers to know:

**Apartment Living & General Feedback**
- Your neighborhood apartment assistant is responsible for handling a variety of concerns, such as helping residents negotiate loud neighbors or giving simple directions to the grocery store. If you have any questions about the FGSH policies or need assistance while living in the FGSH neighborhoods, do not hesitate to contact them. Your AA’s contact information is on page four of this newsletter.

**Maintenance Concerns**
- Quality maintenance of facilities is of the highest interest to both FGSH and Physical Plant. We change, replace or update facilities and equipment based on input from staff and residents.
- We will replace any of your burned-out light bulbs with energy efficient designs upon request. Bring your burned-out light bulb to the FRC front desk, and we will give you a new one free of charge.
- Maintenance workers always carry identification and should leave a card in your apartment for work done while you were out. If you have any questions about the identity of workers or work being done, please call the ResLife Facilities Management Office at 405-744-8510 for confirmation.
- To request maintenance in your apartment, please call the FMO at 405-744-8510. The FMO is open from 8am - 5pm Monday through Friday.
- If you have an emergency maintenance issue after regular office hours or on weekends, please call 405-744-7154; a recording will guide you through reporting your maintenance issue.

**Cable TV Issues**
- To report problems with your cable TV, go to www.reslife.okstate.edu/cable and fill out the form. When you submit the form, it is sent to Suddenlink (your cable provider).

**Additional Occupants in Your Apartment**
- For safety and security reasons, it is important you let us know who is living in your apartment. This is for your convenience and protection! Please register your roommate and/or ALL family members living in your apartment! You can do this at the Iba office.

Your comments and input is always welcome! Please feel free to talk with me, your AA, the FGSH staff or the FRC staff to let us know what we can do to better serve you!

Sarah Wilkey, Ph.D.
FRC & FGSH Assistant Director
Staff Member

Pardeep Kumar
Stevens Apartment Assistant

Our October staff member is Pardeep Kumar. Kumar is one of our newest staff members and currently serves Family & Graduate Student Housing as the Stevens apartment assistant.

Kumar is from Karnal, India. He is majoring in aerospace engineering for his bachelor’s degree.

He said he enjoys reading, playing volleyball, traveling and talking to people from different cultures and countries.

His favorite foods are chicken-fried rice and chicken curry.

He said his favorite book is “The Alchemist.”

Kumar’s favorite quote is by William W. Purkey and reads “You’ve gotta dance like there’s nobody watching. Love like you’ll never be hurt. Sing like there’s nobody listening. And live like it’s heaven on Earth.”

Kumar said an interesting fact is he is a very talkative person.

In the future, Kumar would like to work on a manned mission to Mars with NASA.

If you see him around the FRC or in one of the neighborhoods, be sure to welcome him to the FGSH community!

Resident

Moises Herrera Medrano
Morrison Neighborhood Resident

Moises Herrera Medrano is the featured resident of the month. Oaxaca, Mexico is his hometown. He is currently a student in the international studies master’s program.

He said his favorite food is Mexican food and his favorite book or movie is “The Lord of the Rings.”

He said he enjoys going to the cinema, listening to any genre of music and playing tennis and volleyball.

His favorite thing about the FRC is the computers and the DVD lending program.

He said his favorite quote is, “Life won’t always go your way and that will never change. But you’ll find blessings in the clouds and you’ll find mercy in the rain.”

In the future, he plans to finish his master’s dual-degree program and work in the U.S.

If you happen to see him around the FRC or in your neighborhood, be sure to say “Hello!”

If you enjoy learning more about current FGSH staff members and fellow residents, be on the lookout for more spotlights in the upcoming Newsline editions!
Breezeways

Breezeways must be kept clear at all times. For your safety, no item that in any way blocks the path of egress may be stored in breezeways. No trash, furniture, household items, toys, plants, flower pots, garden tools or any other personal item may be stored in breezeways for any length of time. Any item left in a breezeway will be considered trash and will be disposed of immediately, and the Primary will be charged a $50 disposal fee.

Shopping Shuttle
(free for all FGSH residents)

Sign up for the shuttle at the Laundry Mart 30 minutes prior to the shuttle’s departure.

Monday & Wednesday Schedule
5:30pm (Pick Up @ Laundry) ............... To Sultan International & Crepe Myrtle Asian Food
6:30pm (Pick Up @ Laundry) .................. To Walmart & Aldi’s
7pm (Pick Up @ Brumley Office) .................. To Walmart & Aldi’s
7:10pm (Pick Up @ Walmart/Aldi’s) .......... Return to FGSH Apartments
7:30pm (Pick Up @ Laundry) .................. To Walmart & Aldi’s
7:40pm (Pick Up @ Walmart/Aldi’s) .......... Return to FGSH Apartments
8:10pm(Pick Up @ Walmart/Aldi’s) .......... Return to FGSH Apartments
8:40pm (Final Pick Up @ Walmart/Aldi’s) ............... Return to FGSH Apartments

Saturday Schedule
9am (Pick Up @ Laundry) ........................................ To Walmart & Aldi’s
9:30am (Pick Up @ Brumley Office) .................. To Walmart & Aldi’s
9:40am (Pick Up @ Walmart/Aldi’s) .......... Return to FGSH Apartments
10am (Pick Up @ Laundry) .................. To Walmart & Aldi’s
10:10am & 11am (Pick Up @ Walmart/Aldi’s) .............. Return to FGSH Apartments
11:40am(Final Pick Up @ Walmart/Aldi’s) ............... Return to FGSH Apartments

*All times listed above are approximate. Due to varying traffic flow, these times may be delayed.

AA & FGSH News
Enrique Sanchez, Community Relations Coordinator • 405-744-6539 • enriqjs@okstate.edu

Breezeways Newsline
Interested in receiving your newsletter electronically? Send an email to sarah.wilkey@okstate.edu with your name and email address. You will still receive a paper version.

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AA & FGSH Newsline Online
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*All times listed above are approximate. Due to varying traffic flow, these times may be delayed.*
Please join us on October 26 for a field trip to the Grider Pumpkin Patch and celebrate a great American tradition. There will be limited seating for this trip and the sign-up sheet will be on the FRC front desk. We will leave around 9am and we will return at 12:30pm. Lunch and additional activities for children will not be provided for this trip.

Walkaround

“Many Cowboys describe ‘America’s Greatest Homecoming Celebration’ with one word: Walkaround. Don't miss Homecoming’s biggest and best tradition on Friday, October 18. Students from the Greek community volunteer hundreds of hours to build magnificent house decorations for the OSU family to enjoy. The streets of the Greek neighborhood will be closed off at 5:30pm and will overflow with excitement! Bring your family and friends to celebrate ‘America’s Greatest Homecoming’ tradition!”


Grider Farm Pumpkin Patch Trip

Please join us on October 26 for a field trip to the Grider Pumpkin Patch and celebrate a great American tradition. There will be limited seating for this trip and the sign-up sheet will be on the FRC front desk. We will leave around 9am and we will return at 12:30pm. Lunch and additional activities for children will not be provided for this trip.

Pumpkin Carving

We will be carving pumpkins for Halloween on October 29 from 6 to 7:30pm in the FRC Great Room. If you went on the pumpkin patch trip, please bring your pumpkin. We will be teaching residents how to carve pumpkins to celebrate the Halloween holiday in America. Additional activities for children will be provided and we request residents not bring their children to the carving for safety reasons.

Programs made possible by funding and services provided by Family and Graduate Student Housing, OSU Student Activity Board Fee, the Stillwater Literacy Council, and the Biosystems and Agricultural Engineering Graduate Student Association.
Beginning Tuesday, October 1, the 4-H Club is accepting new enrollees for children ages 9 and up. Please e-mail Amie to set up an enrollment appointment.

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Openings in Cowboys & Cowgirls 4-H Club

Beginning Tuesday, October 1, the 4-H Club is accepting new enrollees for children ages 9 and up. Please e-mail Amie to set up an enrollment appointment.

Youth & Family Programs Holidays/Cancellations

There will be no Youth & Family Programs on Friday, October 11 in observance of OSU’s Fall Break. Regular programs will resume on Monday, October 14.

There will be no afternoon programs (Kindergarten Kids Club and After School Adventures) on Thursday, October 24 due to the Halloween Costume Workshop.

Halloween Costume Workshop

Are you tired of spending money on expensive costumes for Halloween? Sign up your family for this event taking place on Thursday, October 24 from 6 to 7:30pm, and we will do our best to help you and your children create fun and unique costumes. Sign up is available Tuesday, October 1 at the FRC front desk. We have limited spaces available, so please sign up as soon as possible. Parents are required to attend this event with their children. After-school programs are cancelled as the YFP staff will be preparing for the event.

Halloween Carnival (During After-School Programs)

On Thursday, October 31, the FRC staff will host a carnival during our after-school programs from 3 to 5pm open to children enrolled in After School Adventures and Kindergarten Kids Club. Festivities include carnival games and a costume contest!
Kid’s Page

Color and connect the dots on this Halloween-themed page!

Source: www.coloring.ws
The FGSH Resident’s Council is a group of FGSH residents who serve as representatives of the individuals, families, students, staff, faculty & other residents who live in FGSH at OSU. The Council helps give suggestions and input to FGSH & ResLife staff. Please contact a council member if you have a question, concern or feedback.