LIFE OUTSIDE OF CLASS
DORM LIFE

• Living on-campus at UTSA
  – Housing Options
  – Compare/Contrast with off-campus

• Roommate Issues
  – RA’s and other resources

• Home Away from Home
  – Emotional Impact

"I can't wait to live on campus, go crazy, party until 3am and do whatever I want!"

Your RA:

(Keup, 2007)
(Tognoli, 2003)
CAMPUS INVOLVEMENT

• What is a Student Organization?
  – RowdyLink

• Types of RSO’s
  – Greek Life
  – Service-Oriented
  – Faith-Based
  – Interest Groups, much more

• “Find Your Place”

(Fischer, 2007)
(McAuliff, Williams, & Ferrari, 2013)
GROUP ACTIVITY: RSO DESIGN

• Design your own Registered Student Organization at UTSA!
  Include the following:

1.) Name
2.) Mission Statement
3.) Members
4.) Activities
5.) Other
6.) Present!
CAREER PATHWAY OPPORTUNITIES

• Internships/Employment
  – Working while in school
  – College of Business Resources

• Research at UTSA

• UTSA Career Center
  – UTSA Handshake
  – Resumes, career counseling

• Student/On-Campus Positions
  – Rec, University Center, Aramark, etc…
  – Pay, Convenience, Financial Aid

(Darolia, 2014)
(Miller, Danner, & Staten, 2008)
INDEPENDENCE

• New Responsibilities

• Decision-Making
  – Academics, Relationships, Partying, etc…

• Self-Advocacy

(Morey & Dansereau, 2010)
(Skinner, 1998)
Attempt to do everything until you get overloaded with stress and end up doing none of it.

(Rafidah et al., 2009)
FINDING BALANCE

• It’s possible to balance everything!
  – It does require some planning/strategy

• Strategies for Finding Balance
  – S.M.A.R.T. Goals
    • Specific
    • Measurable
    • Achievable
    • Results-focused
    • Time-bound
  – Time Management
  – Self-Care

Time use on an average weekday for full-time university and college students

NOTE: Data include individuals, ages 15 to 48, who were enrolled full time at a university or college. Data include non-holiday weekdays and are averages for 2011-15.

(Cheung, 2004)
ACTIVITY: “YOU DECIDE”

• Interactive activity featuring G-Force student actors!