

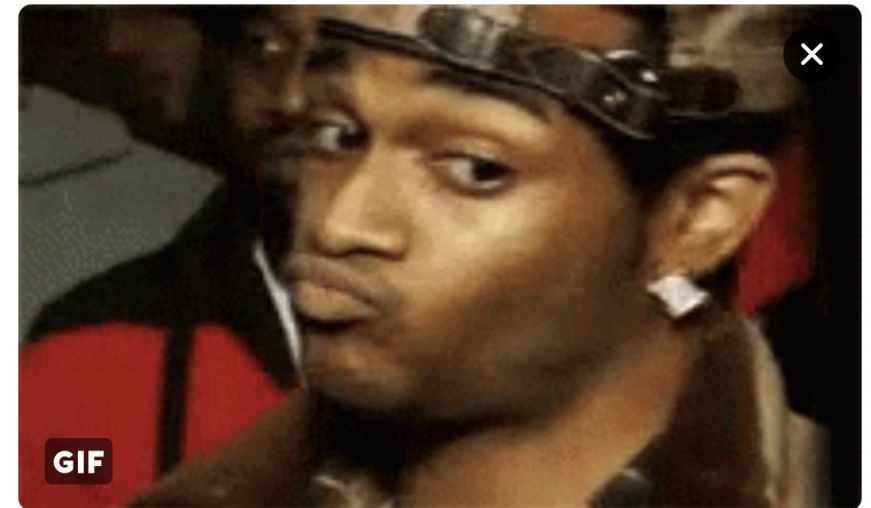
**LIFE OUTSIDE OF
CLASS**

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
- Student/On-Campus Positions
 - Rec, University Center, Aramark, etc...
 - Pay, Convenience, Financial Aid
- Research at UTSA
- UTSA Career Center
 - UTSA Handshake
 - Resumes, career counseling



(Darolia, 2014)

(Miller, Danner, & Staten, 2008)

INDEPENDENCE

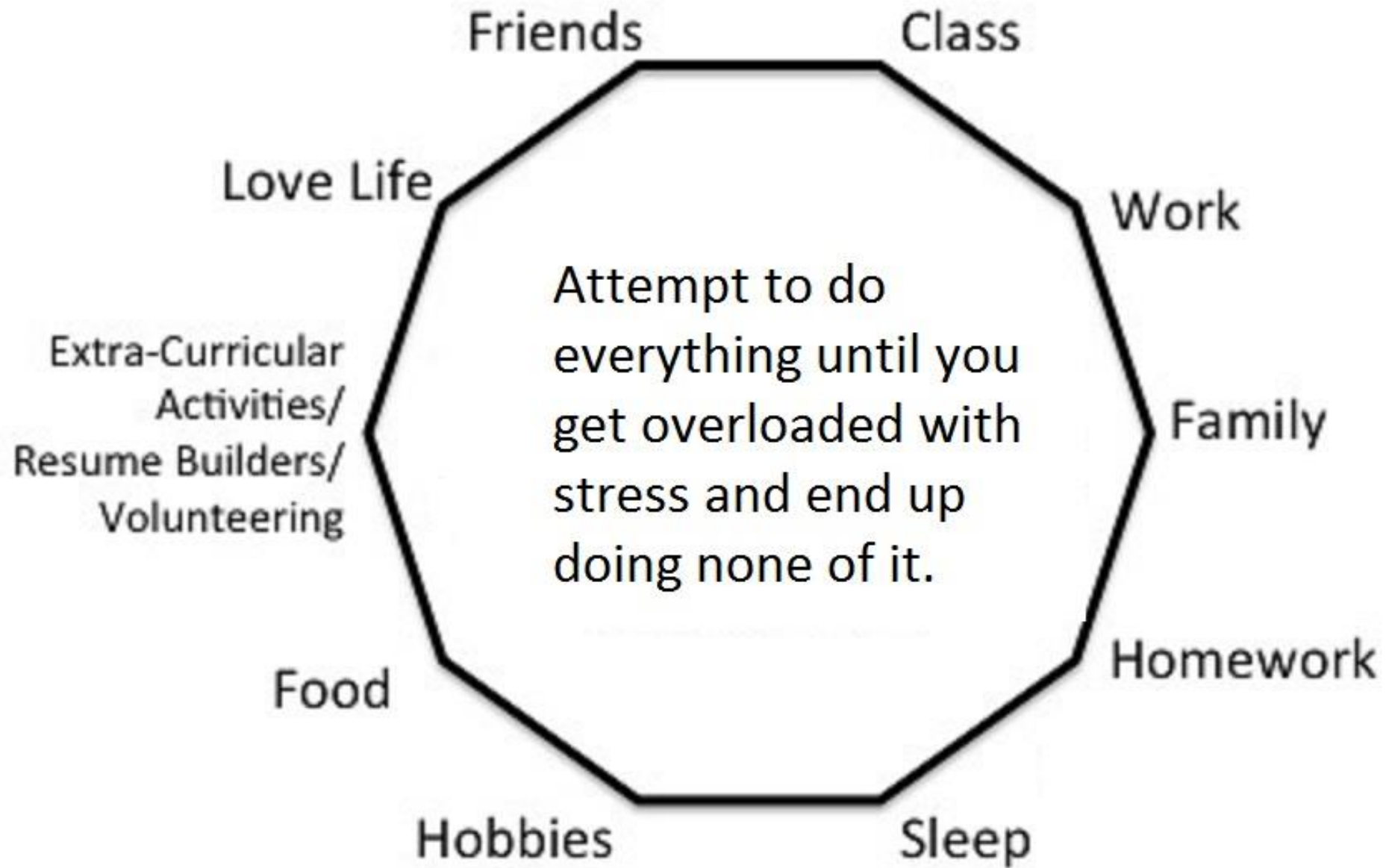
- New Responsibilities
- Decision-Making
 - Academics, Relationships, Partying, etc...
- Self-Advocacy

Me Trying To Take On My Responsibilities



(Morey & Dansereau, 2010)

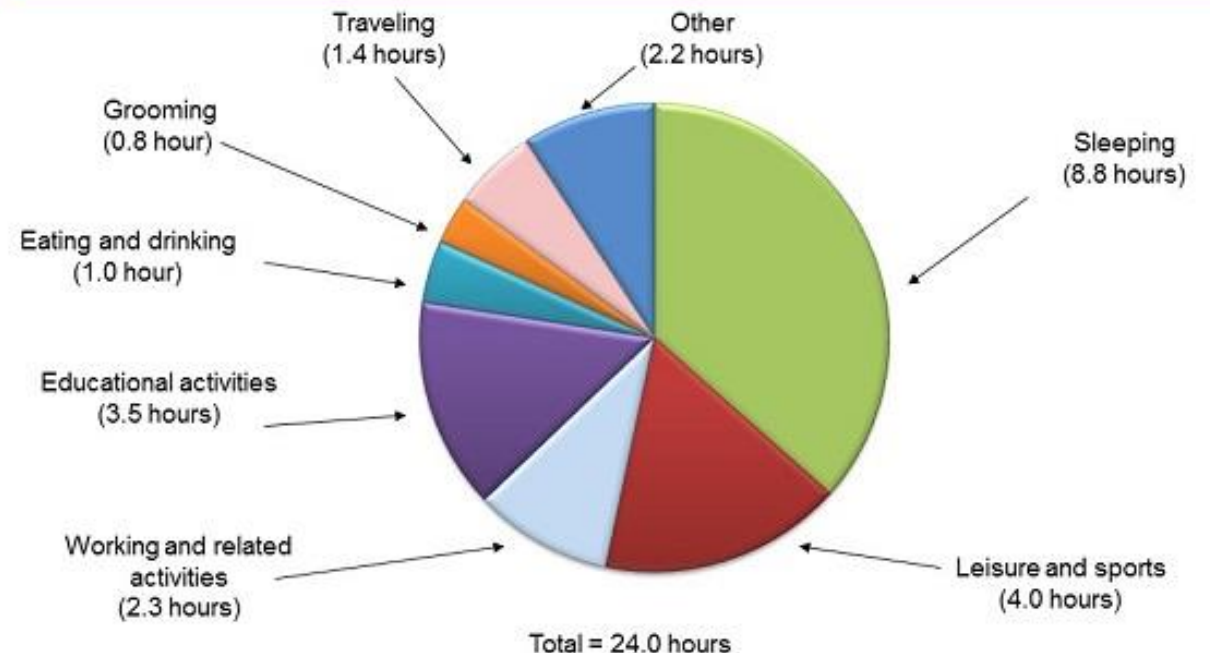
(Skinner, 1998)



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 49, who were enrolled full time at a university or college. Data include non-holiday weekdays and are averages for 2011-15.

(Cheung, 2004)
(U.S. Bureau of Labor Statistics, 2016)

ACTIVITY: “YOU DECIDE”

- Interactive activity featuring G-Force student actors!