Stay Motivated After Spring Break

As students and faculty return to the Murray State campus, one thing remains on everyone's minds; how long until summer break? Even though the idea of another break sounds appealing, these last few weeks of classes are the most important to the semester outcome. Though finding motivation is hard, there are ways to keep your energy and your grades high.

Set summer goals. Whether you want to lose a few pounds or find an internship, now is the time to give yourself something to look forward to.

Listen to music. Listening to your favorite songs puts you in a better mood. So when you start walking to class, pop your ear buds in and turn the volume up.

Take the stairs. According to fitness.com, taking the stairs releases the natural endorphins in your body which boosts your mood and lowers rates of depression. Plus, it is a great source of exercise that you don’t have to take the time to complete each day.

Catch some rays. Natural sunlight gives your body the most sufficient source of vitamin D. Plus, with the beautiful weather lately, how can you resist sitting outside? Just don’t forget to apply sunscreen.

Reward yourself. Setting goals and achieving them is something worth celebrating. When you take time to think about your achievements, you give yourself inspiration to set a goal for something else.

Thinking about becoming a Residential Advisor?

Between the constant knocks and paperwork, the role of an RA is demanding and busy. There is a lot of time that is dedicated to being in your hall and being behind the desk. However, the benefits to many RAs outweigh the stress that the job entails. When you work closely with a staff of 12, there is a sense of always having someone to talk to. This atmosphere creates a family that never makes you feel alone. Someone is always there to help you through problems, professionally and personally.

“Being able to work with a student staff is rewarding,” RD Crystal Savage said. “I love helping them grow and learn throughout the year and getting to see their transformation into strong leaders.”

Another benefit of the job is being able to help others. “Being able to build personal relationships with my residents helps me learn more and gain friendships,” RA Jeffrey Frye said. “I love getting to know the residents, especially the international students,” RA Kaitlin Budnick said.

Molly Nimmo, Molly Sohl and Hannah Crim agreed that helping residents makes being an RA worth it. “I love getting to know the residents and helping out when I can,” Crim said. “I love being there for people, helping anyone out any time they need it,” Sohl said.

No matter where you decide to apply, each residential hall has its own special qualities. “I love the community and positive atmosphere that surrounds Hart,” RA Dillion Tarrants said.

An informational meeting will take place on March 29 at 9 p.m. in the Curris Center Stables.
RAs JT Waszkowski and Melanie Crosman pose after a sumo Match at the Spring 2011 Party Harty.

Don't forget to like us on Facebook!

Hamburgers, hot dogs, hustle your buns to the Hart College Party Harty on Thursday, April 19 at 4:30 p.m.

Not only is this all-college program free, but everyone is invited to attend.

As a thank you for making Hart College a wonderful hall to live, the Hart RCC, Hart RAs, RD Crystal Savage and College Head Dr. Lou Tillson want to provide music, entertainment, food and fun to the residents. After working hard all year, the staff wants to give residents a chance to have some fun and keep the stress level down before getting prepared for finals.

“I would like to see the members of Hart College united in a stress-free environment, having a blast with one another,” RCC President Khayla Anson said. “I am anticipating a fantastic turnout and a great time.”

The staff at Hart is working hard to make this event fun for everyone. If you want to get involved, it is not too late! Come to the next RCC meeting in the conference room to find out how you can help out and earn some experience on your resume.

Overall, make sure you don't forget to mark your calendar to hang out with a few fellow Ravens.

RAs Lucas Porter and Molly Sohl are enjoying a game of corn hole, which will be present at Party Harty.

What is going on in Hart College on April 19?

As a full time student, many of us are too busy to do anything. This can easily lead to stress which can affect health and mental stability, especially overtime.

A great way to keep the stress level down is getting involved in something other than school to take your mind off of studies and getting a good amount of exercise to keep your immune system up and feel great.

Intramurals; Get Involved!

An easy way to do this is to get involved in Hart College’s intramural sports.

Of course, exercise is important in keeping weight down and toning muscles, but there are other benefits that we tend to forget about. According to healthdiscovery.net, regular exercise helps prevent diseases, improves stamina, increases flexibility (which prevents further injuries), improves self esteem and improves your overall quality of life. In other words, the better you treat your body now, the better your body will treat you later. Plus, who doesn’t feel better about themselves after a good workout?

Soccer intramural meetings for women are on Wednesday at 5 p.m. in Hart Lobby. The Men’s meetings are Wednesday at 10 p.m., Thursday at 7 p.m. and Friday at 4 p.m. at the intramural fields. Meetings will be held this week only.

RCC meets every other Monday at 9 p.m. in the conference room of Hart College.

Everyone that is a part of Hart College is invited to attend. Not only are there lots of chances to receive free food, but be the first to learn what events are coming up in your college. Get to know the RAs, staff and fellow Ravens, as well as College Head Dr. Lou Tillson and RD Crystal Savage.

As a part of the RCC, you will be able to participate in upcoming programs and build your resume.

You have a voice, so come share your ideas with us! The next meeting will take place on Monday, April 2.

If you have questions, feel free to contact College Head Dr. Lou Tillson at ltillson@murraystate.edu or RCC President Khayla Anson at khayla.anson.murraystate.edu.

Hart Residential College Council