

Theme Housing Communities for 2006-2007

Health and Wellness Floor

“Wellness refers to a holistic approach in which mind, body, and spirit are integrated. It is a way of life oriented toward optimal health and well-being in which body, mind, and spirit are integrated in a powerful manner with a goal of living life more fully.”

(myers, sweeney, & witmer, 2000)

Attention students interested in a healthy lifestyle! This community is for you! Members of this community will be encouraged to address all aspects of life: social, physical, emotional, intellectual, spiritual, and occupational. All members also pledge to remain substance free and abstain from alcohol, tobacco products, and other controlled substances. Students living on the Health and Wellness floor will sign a community agreement upon arrival. Programming may focus on the following:

Social Activity—A.K.A. Building strong and lasting friendships while learning more about the people you live with on your floor.

Physical Fitness—Learn about eating a balanced diet and regular exercise. Avoid the use of tobacco, drugs, and irresponsible alcohol consumption.

Emotional Well-being—Develop skills for coping with the stress that life can bring.

Achieving emotional wellness allows you to experience life’s ups and downs with grace.

Intellectual Stimulation—Engage in thought-provoking discussions with friends. Think outside the classroom!

Spiritual Connectedness—Develop a strong sense of personal values and ethics.

Occupational—Explore the many occupations that fit your interests, and plan a successful college career.

First Year Experience (FYI)

It’s a different world than where you come from!

Your first year at Hamline University is the "connecting" year. It's the year you make the transition from high school to college and begin new relationships. It's a time to discover new activities and new venues that interest you. It's a year to begin building that education, molding that career, and shaping that person you eventually will become.

The 1st year experience at Hamline University is a program that takes a special look at the needs, interests and issues that a student faces during their first year of college, especially in a setting where the students may be living away from home for the very first time. Our ultimate goal is to create a community where students feel welcomed, challenged and excited about their living space. This living/learning community will be facilitated by the staff and students of each Residential Area. Students living in a FYI floor will sign a community agreement upon arrival.

Quiet Lifestyle

Quiet Lifestyle floors are an option for both continuing and first-year students. This community is designated to facilitate greater academic achievement. Students who choose to live on a quiet floor are provided a living and working environment where noise levels are kept to a minimum 24 hours a day. Noise levels include sound inside student rooms and in the hallways. Students residing on the Quiet Floors will serve as self-regulatory agents. Students living in a Quiet Lifestyle floor will sign a community agreement upon arrival.

Advocacy and Action

The Advocacy and Action floor is open to first-year students and returning students who have a common interest in social justice and social action. The goal of the floor is offer a focused living-learning community in which issues and projects related to social justice, community service, and diversity can be explored in depth. Students living on the advocacy and action floor may take advantage of Hamline University's many community service projects sponsored by the Office of Service Learning and Volunteerism. Some programs that come out of OSLV are the Hancock/Hamline Collaboration, Spring Challenge trips, and the 30 hour famine. Students may also get involved with Spectrum our lesbian, gay, bisexual, and transgender student organization or through our Multi-Cultural and International Student Affairs office (MISA) which sponsors many events and programs including Hamline University's Conference on Race and Ethnicity. Students living in the Advocacy and Action floor will sign a community agreement upon arrival.

Arts in the Community

This is a community especially for those with an interest in all forms of artistic expression, including theatre, visual arts, music, public art, etc. No skill or talent in an art form is required. The RA and CA on this floor will be specially selected as people with an interest in the arts, and will lead the community in programming and projects in these areas with a focus on exploring the art offerings of Hamline and the Twin Cities. Students living in the Arts in the Community floor will sign a community agreement upon arrival.

Possible programs and projects include:

- * Seeing plays and other performance
- * Visiting the many art museums and studios
- * Doing art projects within the Heights community (artwork for lounges, murals, e tc.)
- * Bringing in speakers
- * Planning for what careers exist for people interested in the arts