

#### Campus Life Advisory August 2025

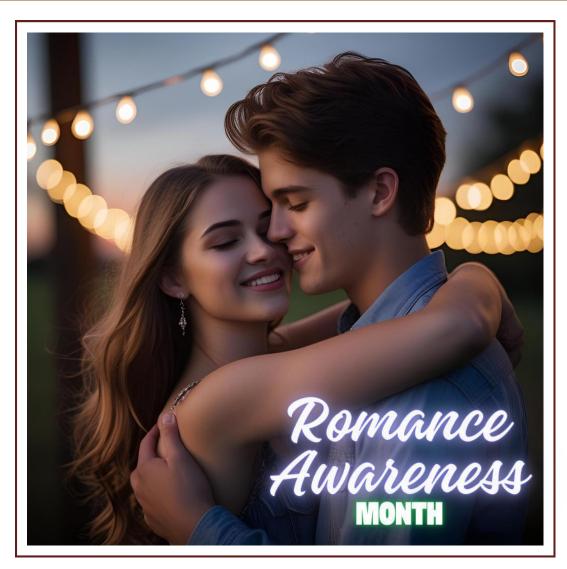
**Committed to Optimizing Residential Experiences Globally** 





Create Magic with Holiday Themes!

## **August Month Long Themes**





"Romance, in its modern sense, has roots in the development of romance literature during the medieval period, specifically in France, and further evolved with the rise of romanticism in the 18th and 19th centuries. Fun facts about the history of romance include the 18th-century shift towards love for love's sake, the influence of Plato's ideas on soulmates, and the popularity of letter writing as a form of romantic expression." - Al generated

- National Dog Month
- National Wellness Month
- National Golf Month
- Romance Awareness Month

- Happiness Happens Month
- National Peach Month
- National Fishing Month
- Cheerleading Safety Month

# August Holidays & Observances Budget Friendly & Easy Events Themes



## Check out these days and use your Imagination to Create Fun

#### Daily Themes & Fun Ways to Celebrate



## August 1 National Twins Day

Have everyone in your group come dressed as twins. You can have fun with matching outfits, hairstyles, or accessories. This adds an element of humor and camaraderie to the celebration. Have photo challenges where friends can mimic each other's poses or expressions. Have fun creating hilarious and memorable snapshots.

# THE 5 RULES OF BEING A GOOD COLLEGE ROOMMATE

The foundation of good roommate behavior is respect and an adequate amount of compassion. Initially, most students are uncomfortable while adjusting to campus housing to some degree. It is considerably simpler for students to go through the adjustment period effectively if they approach the scenario calmly and act politely.

FIVE RULES ABOUT
ROOMMATES TO REMEMBER
FOR SUCCESSFUL CO-LIVING:



## 1. DON'T EXPECT YOUR ROOMMATE TO BECOME YOUR CLOSEST FRIEND ON DAY ONE

Consider your roommate at college as someone you should get along well with, not as a buddy for life. Freshmen moving into shared living spaces often have unrealistic expectations of what their roommate friendship will or can accomplish. The goal is to find a compatible roommate—someone you get along with who doesn't distract you from your studies but isn't terrible, either.

## 2. START COMMUNICATING SOON

The sooner the relationship can start, the better. Start by planning a meet-and-greet before school to introduce yourself and start establishing roommate house rules. Do it in person if possible. This is a crucial step, even if you choose your roommate and are already close with them. Your relationship will benefit from this one on one time immeasurably.



#### 3. DISCUSS TIMINGS BEFOREHAND

Before the semester starts, try to compare your roommate(s)' class schedules to see if you can create a workable dynamic around those hours. Your roommate may have been forced to enroll in classes that start at the terrible hour of 8:30 a.m., whereas you may have been fortunate to have classes that start at 09:00 or 11:00 a.m. (much more pleasant than high school).



## 4. AVOID BORROWING WITHOUT PERMISSION

Even though your roommate may own the cutest clothing pieces they may not be wearing in a long time, you are not entitled to wear them without asking. Always respect their wishes and request permission first. Be mindful of the potential downside of borrowing from your roommate. If they grant you permission and you spill something on it, spend money having it cleaned by a pro. Be prepared to replace the item if that doesn't work, make sure you have the resources to do so if required.

Your relationship will benefit immensely when you take responsibility for challenges you create for your roommate. Their respect for you will go far to nurtur a great relationship.

#### 5. DISCUSS STUDY-RELATED ISSUES

One of you will always be celebrating the completion of your exam while the other is still struggling with the most difficult midterm ever. Before you become overwhelmed by deadlines, set some expectations today, and remember that what goes around comes around.

#### THE BOTTOM LINE

One of the simplest ways to student success and getting things going in the right direction is to think about how any action you take will affect your roommate. It's a terrific method to start raising awareness of how choices affect both individuals. This will reduce the likelihood that you, as a student, would act rudely just because you forgot to consider your roommate.





## August 2 Sandcastle Day

Work together as a group to create a large, detailed sand sculpture. Not near a beach? Grab some bags of sand in your local area and set up a space on campus. Choose a theme that everyone is excited about, such as a mythical creature, a famous landmark, or a beach scene. Enjoy classic beach games like volleyball, frisbee, or a scavenger hunt.



## August 3 Hair Gloss Day

Organize a friendly competition by hosting a hair styling contest. Choose a theme for the contest, such as "Retro Styles" or "Red Carpet Glam". Provide each participant with a styling kit that includes hair accessories, combs, and hairspray. Decide on the criteria for judging, such as creativity, execution, and adherence to the theme.



## August 4 Festival Monday

Celebrate the festival's origins with traditional attire, music, and dishes. Encourage everyone to dress in a specific color or a vibrant mix of hues. Celebrating Festival Monday with friends is all about fostering connections and enjoying each other's company.



## August 5 Blogger Day

Set up a collaborative blogging session.
Choose a topic that interests everyone and create a group blog post. This could be a list of favorite blogging tools, tips for new bloggers, or a compilation of your most popular posts. Working together can spark creativity and result in a unique piece of content.



## August 6 International Scuba Day

Gather your friends and plan a group dive at a local dive spot. Choose a location that caters to all skill levels, ensuring everyone can enjoy the experience. A group dive is not only a fun way to celebrate but also a chance to strengthen bonds through a shared adventure.



#### August 7 National Lighthouse Day

If there is a lighthouse nearby, plan a visit with your friends. Many lighthouses offer tours that provide insight into their history and function. Climb to the top for a panoramic view and capture some memorable photos.

Tell us about your fun Campus Events! And we'll feature you on our monthly journal!





## **August 8 Sleep Under the Stars Night**

Stargazing and late-night stories with friends create enchanting experiences in stunning natural settings under starry skies. As the sun sets, gather together, share laughter, and enjoy the serene ambiance. The highlight is lying on a blanket, gazing at the stars, and feeling a connection to the universe.



## **August 9 National Bowling Day**

Enjoy a few rounds of traditional bowling, keeping track of scores to see which team comes out on top. Spice things up with bowling challenges, such as using your non-dominant hand for a frame or attempting trick shots.

Offer small prizes for various categories, such as "Best Strike Dance" or "Most Improved Bowler."



#### August 10 National Lazy Day

For a truly laid-back celebration, host a pajama party where everyone can come dressed in their comfiest loungewear. Spend the day indulging in relaxation activities like doing face masks, painting nails, or simply chatting away. You can also play some board games or card games that require minimal effort.



#### August 11 Mountain Day

Take the time to appreciate the natural surroundings. Listen to the rustle of leaves, the chirping of birds, and the wind through the trees. Use this time to disconnect from technology and engage with the environment around you. As you rest and recharge, share stories and experiences with your friends.



## August 12 National Vinyl Record Day

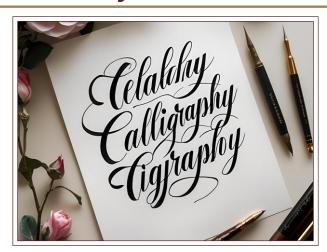
Invite friends over for a vinyl listening party. Encourage everyone to bring their favorite records and enjoy a night of music and conversation. Consider organizing a themed party, such as a "Best of the '70s" night, to keep things exciting.

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#### Daily Themes & Fun Ways to Celebrate



## **August 13 World Calligraphy Day**

Organize a mini calligraphy workshop at your home or a local community center. Gather all the necessary supplies such as pens, ink, brushes, and paper. Solicit a local calligrapher to teach a class. This hands-on experience will allow everyone to learn new techniques and improve their skills.



## August 14 World Lizard Day

Get crafty with your friends by engaging in lizard-related activities: Create lizard-themed art, such as painting rocks to look like lizards or crafting lizard models using clay. Design small terrariums with fake plants and model lizards. These make great keepsakes for the day.

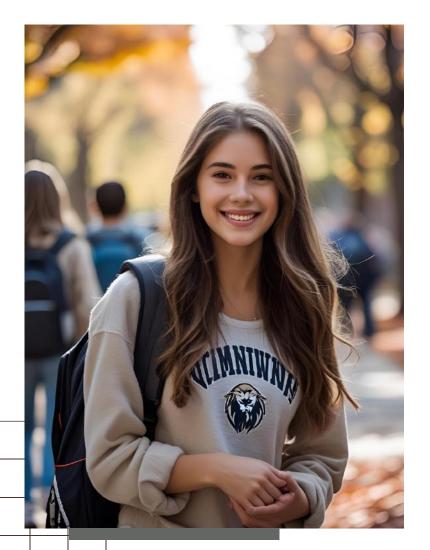


## August 15 Men's Grooming Day

Set up different stations where you and your friends can try out various grooming activities. This can include shaving, hair styling, skincare routines, and nail care. Ensure you have all the necessary products and tools ready, such as razors, shaving creams, hair gels, moisturizers, and nail clippers.

# STARTING STRONG: TIPS FOR FIRST-GENERATION COLLEGE STUDENTS

Starting college is a big step, and for first-generation college students, it's an especially meaningful milestone. As you begin this exciting journey, you're blazing a trail for yourself and your family—an achievement to be proud of! While the experience can feel overwhelming at times, embracing the challenges and opportunities ahead will help you thrive. Here's a comprehensive guide to enjoying and succeeding in this new chapter.



## EMBRACE YOUR UNIQUE PERSPECTIVE

As a first-generation student, you bring a fresh outlook and a wealth of experiences to campus. Your perspective is valuable and can enrich not only your own college journey but also your classmates' experiences.

- Be proud of your story: Your background has prepared you with resilience and determination. Embrace it—it's your superpower!
- Share your experiences: Don't hesitate to share your story with others, whether it's in class discussions, campus events, or conversations with new friends.



• **Stay open to new ideas:** College will introduce you to different viewpoints and people. Embrace this opportunity to grow and learn.

#### **BUILD CONNECTIONS AND FIND YOUR COMMUNITY**

Feeling connected can make college feel like home and help you navigate new challenges. Seek out ways to meet people who understand your journey and can offer your support as well as requesting theirs.

- **Join first-generation student groups:** Many colleges have clubs or support networks specifically for first-gen students. These groups offer community and mentorship from peers who get what you're going through.
- Participate in orientation programs: Early events are designed to help you connect with classmates, find your way around campus, and feel more comfortable.
- **Get involved in activities that excite you:** Whether it's a cultural organization, an academic club, or a hobby-based group, joining clubs helps you build friendships and broaden your horizons.

Remember, you're not alone. Many others are on this journey with you.

#### **BALANCE YOUR RESPONSIBILITIES**

As a first-generation student, you might also be balancing family responsibilities, part-time jobs, or financial challenges. It's important to find a healthy routine that works for you.

• **Stay organized:** Use a planner or digital tools to keep track of assignments, work schedules, and family commitments.

- Communicate with professors and supervisors: Let them know if you're balancing multiple responsibilities many are understanding and willing to work with you.
- Be realistic with your time: It's okay to say no sometimes.
   Choose commitments that align with your goals and priorities.

Finding balance will help you stay energized and motivated throughout the semester.

## USE CAMPUS RESOURCES —THEY'RE THERE FOR YOU!

You might feel pressure to figure everything out on your own, but remember: colleges have resources to help you succeed.



- Academic support services: Tutoring centers, writing labs, and study skills workshops can help you excel in your classes.
- **Financial aid and scholarship offices:** These resources can help you manage college costs and find additional funding.
- Career services: Start exploring internships and job opportunities early—they can open doors to exciting possibilities.
- Counseling and wellness services: Don't hesitate to reach out for mental health support. Taking care of yourself is crucial to your success.

These resources are meant to support you—use them with confidence.  $\_$ 

#### SEEK OUT MENTORS AND BUILD RELATIONSHIPS

Having someone to guide you can make a big difference, especially when you're the first in your family to navigate college life.

- Talk to your professors: Visit their office hours and ask questions. Many are excited to support first-gen students and can become important allies.
- Connect with advisors: Academic and financial aid advisors can help you plan your path and offer advice tailored to your goals.
- **Find mentors in your community**: Older students, alumni, or professionals in your field of interest can offer insights and encouragement.

These connections can provide both academic guidance and emotional support.

#### HONOR YOUR JOURNEY AND CELEBRATE YOUR SUCCESSES

Starting college as a first-generation student is an incredible achievement. Take pride in how far you've come and celebrate each step along the way.

- **Acknowledge your progress:** Whether it's getting an A on your first paper, joining a club, or simply finding your classes, every milestone matters.
- **Reflect on your growth:** Journaling or talking with trusted friends can help you appreciate how you're changing and growing.
- Involve your family and supporters: Share your experiences and celebrate your accomplishments with the people who helped you get here.

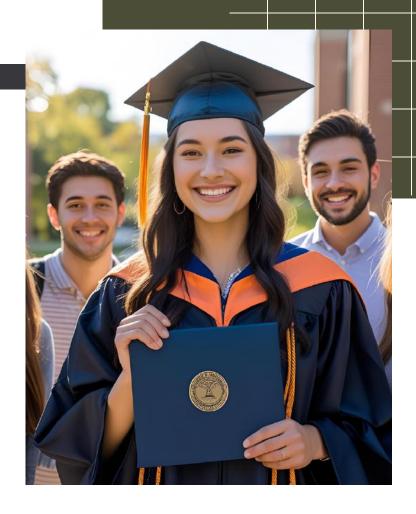
Your success is a testament to your hard work and determination—own it!

#### SAVOR THE EXPERIENCE AND LOOK AHEAD

College isn't just about classes—it's about discovering who you are and what you care about. Take time to:



- Explore your interests: Attend lectures, join clubs, and try new activities to figure out what excites you.
- Have fun and make memories:
   College is a time for laughter,
   friendship, and unforgettable
   moments—enjoy every bit of it.
- Dream big: You're laying the foundation for your future. Keep an eye on your long-term goals and know that you're capable of achieving them.



#### **CONCLUSION**

As a first-generation college student starting in Fall 2025, you're charting a new course—not just for yourself, but for your family and community. By embracing your unique strengths, building supportive relationships, and taking advantage of campus resources, you'll thrive both academically and personally. Most importantly, remember that your journey is yours to shape. Take pride in your accomplishments, enjoy the ride, and know that you belong here.





## **August 16 Roller Coaster Day**

If you are near a park with a roller coaster.

Popular destinations like Six Flags, Cedar

Point, or Universal Studios provide a wide
array of options. Add a fun twist to your day
by coordinating themed attire. Dressing up
can enhance the festive atmosphere and make
your group easily recognizable.



#### August 17 National Thrift Shop Day

Organize a group of friends who enjoy thrifting or are open to trying it out. A group outing can make the day more enjoyable and provide different perspectives on potential finds. Add a fun twist by coordinating outfits or themes with your friends. This can be a great way to bond and take memorable photos together.



## August 18 Serendipity Day

Engage in Serendipitous Activities Incorporate activities that encourage
unexpected outcomes and joyful discoveries:
photo scavenger hunt, art and craft session, or
storytelling circle. With these ideas, you're
sure to create a day filled with laughter,
discovery, and cherished memories.



## **August 19 National Aviation Day**

Choose a selection of aviation-themed movies to enjoy with your friends. From classic films like Top Gun to inspiring documentaries about aviation pioneers, there's plenty to explore. Create a cozy home theater experience with popcorn, themed snacks, and comfortable seating.



## **August 20 Bacon Lovers Day**

Beyond the food, consider incorporating some bacon-themed fun into your celebration:
Create a trivia game with fun facts about bacon. Set up a photo booth area with baconthemed props for guests to take playful pictures and share them on social media.



## August 21 Poet's Day

For a more lively celebration, organize a poetry slam. Encourage your friends to perform their own pieces or recite works by their favorite poets. You can even invite a local poet to join in and share their talent. Consider offering small prizes for categories like "Most Creative" or "Best Performance" to add a friendly competitive edge.



#### August 22 Be an Angel Day

Gather your friends and plan a day dedicated to performing acts of kindness. Spend a few hours helping at a homeless or animal shelter. Your time and effort can make a significant difference in someone's life. Or bring some cheer to the elderly by visiting a local nursing home. You can chat, play games, or even perform a small show.



## August 23 Ride the Wind Day

Kite flying is a classic way to enjoy the wind.
Gather your friends at a local park or beach
with open spaces. You can even make your own
kites for a creative twist. Enjoy the vibrant
colors dancing against the sky and the feeling
of the wind lifting your kite higher.



## August 24 Kobe Bryant Day

Guys and girls can enjoy this day. Gather your friends for a friendly game of basketball. Whether at a local park or a rented gym, playing a game is a perfect way to pay tribute to Kobe's passion for the sport. Consider wearing Lakers jerseys or sporting the numbers 8 or 24 to commemorate his career.



#### August 25 Banana Split Day

Host a friendly competition to see who can create the most creative or extravagant banana split. Provide a prize for the winner to add some excitement. Engage your guests with games like "Banana Toss" or a "Banana Relay Race." These activities can bring laughter and fun to the celebration.



#### August 26 National Dog Day

Invite your friends and to do a day of service at your local animal shelter. It's a great way to to support animals, your community shelters and spread joy. Encourage others to celebrate their canine companions.

# Housing Professionals forward to your Resident and Community Assistants





#### August 27 Lottery Day

Here are some creative ideas to make your Lottery Day celebration a hit! Host a raffle where everyone contributes a small prize. Or create a bingo game using numbers that frequently appear in lotteries. Happy Lottery Day!



## August 28 National Bow Tie Day

Set up a crafting area where guests can create their own bow ties. Gather materials like fabric, glue, and scissors, along with instructions for different styles. This activity encourages creativity and ensures everyone leaves with a personalized keepsake.



#### August 29 National Sports Day

One of the best ways to celebrate National Sports Day is by organizing a friendly sports tournament. You can choose a sport that everyone enjoys, such as soccer, basketball, or volleyball. Divide your friends into teams and let the games begin! Don't forget to set up a small prize for the winning team to add a competitive edge.



## August 30 Frankenstein Day

Host a Frankenstein movie marathon featuring different adaptations of the story. You can include classics like the 1931 "Frankenstein" starring Boris Karloff, as well as more modern takes such as "Mary Shelley's Frankenstein" from 1994. Have plenty of popcorn and snacks, and create a cozy viewing area for everyone to enjoy.



## August 31 Eat Outside Day

Whether it's a picnic in the park, a barbecue in the backyard, or dining al fresco at a local restaurant, this day offers a wonderful opportunity to blend the joys of food and the great outdoors. Bon appétit!

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