



# ON THE HOUSE

Luminstruct Monthly Newsletter

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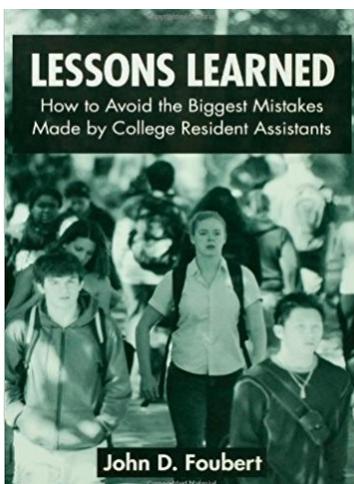
## High Stress, Mid-terms, Low Energy

September was a long month for many with storm surges and significant current events which have effected our field. Through all of these trials, it is important to join forces with one another and become stronger as a collective. As the mid-term season approaches, our students will need a full team's support in order to help them get through their own tough moments. Make sure to reach out to fellow staff members and offer help as needed and don't be afraid to ask for help yourself. Together we can accomplish anything.

## Lessons Learned

Lessons Learned serves as an amazing training tool for first year RAs. Covering topics ranging from tips on how to build a healthy community, to how to handle various safety and security scenarios, this book provides clear explanations in a simple and easy to read format.

Each chapter serves as a stand alone story written from the viewpoint of a different RA handling a situation. This makes it easier to skip around for the reader if needed. Although all stories are written by Foubert, it is easy to be swept away by the different character personalities and the type of institution they come from. Each chapter starts with an introduction from the RA and describes who they are and what their institution/students are like, they then set the scene and describe a scenario where they didn't handle a situation well. The story then continues with "Getting some advice" from their supervisor or mentor and how they fixed the problem. The final part of each chapter summarizes the lessons learned, provides discussion questions, available resources (books/websites) and any additional tips on handling the given situation. We would highly recommend for any first year Resident Assistant!



## Lead On! Demario Watts

We are very excited to announce this month's Lead On! Leader, Demario Watts. Demario works at Wofford College as the Assistant Dean of Students for Diversity and Leadership Development. Find his story in our Lead On! Section.



## Door Decor DIY



## Coming Soon

In addition to a new book club addition, keep an eye out for other great content submitted to our site over the next month! Planned uploads include a new door décor DIY, Lead On! Leader, spotlighting some awesome work from our viewers, and increasing the amount of content we deliver to you! Stay tuned!

## Contact Us:

Interested in joining the conversation? Email us at [mdjestel@gmail.com](mailto:mdjestel@gmail.com) or fill out our "Contact Us" form on our website and we will get back to you at our earliest convenience. If you wish to *unsubscribe* there is a link on our contact page.