

RA year at a glance • residentassistant.com

August

Move-in and first impressions

Welcome new residents, set expectations and start building community. Roommate agreements and floor meetings come first.

- Icebreaker games
- Team-building games
- Getting to Snow You (icebreaker)
- The Roommate Game

September

Settling in and community building

Homesickness and roommate friction show up. Focus on connection, study habits and safe, simple events.

- Icebreaker games
- Advice: roommate conflict
- 101 Tools for Tolerance (Bulletin board and active program)
- 10 Study Tips to Keep in Mind

October

Midterms, safety and awareness

Midterm stress builds. Halloween, breast cancer awareness and domestic violence awareness are common themes.

- Are You Falling Ill?
- Body Awareness Bulletin Board
- Breast Cancer Bulletin Board
- Denim Days for Breast Cancer Research

November

Gratitude, giving and pre-finals stress

Pre-finals stress, money worries and homesickness. Service and gratitude programs fit well.

- Give Thanks Board
- I'm Thankful for... Bulletin Board
- The History of Thanksgiving
- Community Service Food Project

December

Finals and the holidays

Finals pressure and holiday blues. Study breaks, stress relief and inclusive holiday programs help.

- Final Exam Preparation Tips
- Christmas Caroling
- Cookie Crazy
- Late Night Finals Breakfast

January

A fresh start

New residents arrive and others worry about second-semester grades. Think welcome-back, goals and wellness.

- Icebreaker games
- Health and Wellness Board
- Winter Car Care
- Chinese New Year

February

Relationships, recognition and cabin fever

Cabin fever, relationship stress and job-search worry. Black History Month, Valentine's Day and RA Recognition Day (third Wednesday).

- The History of Black History Month
- Internet Addiction/Internet Dating
- Love Is
- Eating Disorders Bulletin Board - Love Yourself

March

Spring break and what comes next

Midterms again, spring break safety, and room selection. Women's History Month is a common theme.

- Women's History Board
- Saint Patrick's Day Quiz
- Phenomenal Women
- Spring Break Ideas

April

Awareness and RA selection season

Sexual assault awareness, Earth Day, job and housing decisions, and the push toward finals.

- Sexual Assault Awareness Bulletin Board
- Advice: sexual assault
- Recycling and Easter
- Career center

May

Finals and closing

Finals, closing procedures and goodbyes. Thank residents, and help them leave well.

- Stress Free Week
- Punch Out Stress
- Study Breaker
- Study Bucks

June & July

Summer and getting ready

A good time to plan, prepare training and gather ideas for fall.

- A-Team Bulletin Board
- Ironing and Interviewing - STEAM IT UP!
- Summers Almost Gone bulletin board
- Interviewing Tips

Always handy

Keep these nearby

- An icebreaker for any group
- A bulletin board you can finish in an hour
- Your campus crisis line and 988 (US)
- Your supervisor's number

Find all of it at

residentassistant.com

Months follow a typical US fall start and may differ at your school. Holiday dates move each year.