



Welcome to the  
**Rex Nettleford Hall**  
Home of the Proud, the Brave and the Strong.



**Freshers' Guide 2017**

**"Re-engaging Rexans; Restoring Rexcellence."**





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STUDENTS GET**

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**SUN.**

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*Special Credit*

Committee Photos

**Tehri-Ann Brown**

Rex Sports Photos

**Sheldon Marshall**

Rookie Mistakes Article

**Drezell Dawkins**



# Allesandro Peters

Publications Chairman / Editor



Maroon & Gold run through our veins and for this hall, we stand the pain! I would like to take this opportunity to welcome you not just to the Rex Nettleford Hall, but into the Rexan family. This guide was intricately designed and published to facilitate your transition into a proud UWI student and Rexan!

Your upcoming years at university - whether it may be three, four, five or more - are guaranteed to be the best years of your life once you are a part of the Rexan community. It's all about love, comradery and unity on this hall. You are encouraged to be an embodiment of our thriving hall spirit; try new things, participate in cluster and hall activities and have fun while doing it!

The initial months of first year can be overwhelming, especially if this is your first time in Jamaica or living away from home. The key is to make good friends and Rex is the best place to do that. You are about to encounter many people from different countries with different cultures who may speak in a different accent than you do. This amalgamation of people from across the globe, interacting and looking out for each other is what keeps the hall's spirit alive. #OneRex

I wish you all the best as you begin your new phase as a university student and Rexan. Remember to stay fixed on your goals, learn from your mistakes and make great memories!

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• Take advantage of Campus Security's escort service if you are traversing the campus alone or in a group at night.



# Professor Ralston 'Rex' Nettleford

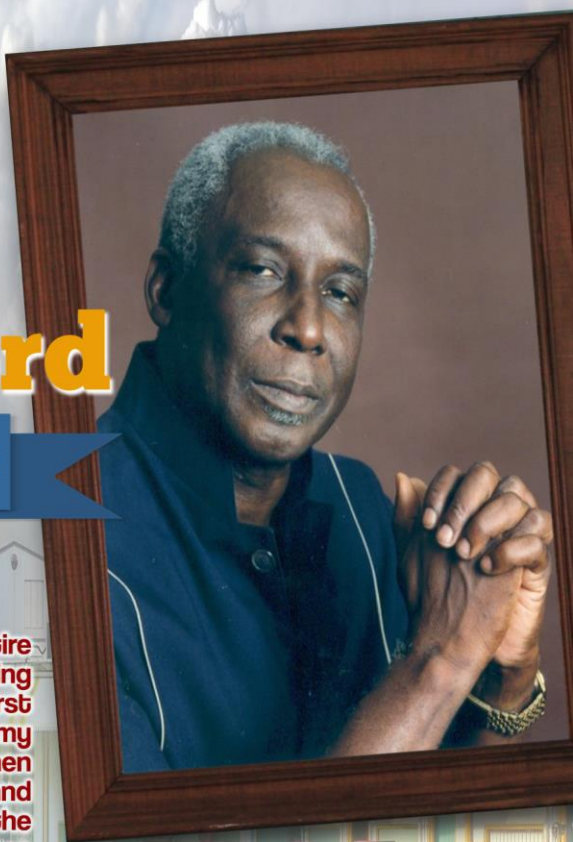
3 February 1933 – 2 February 2010

## Hall Patron

I am happy to welcome the entire Fresher's community that is entering the Rex Nettleford Hall for the first time this year. I vividly remember my own experience of what was then the University College (UCWI), and the excitement that ran through the institution in those early days. Those of us who were fortunate enough to have been accepted to the fledgling institution, met other young men and women, who had recently graduated from high schools across the region and formed friendships that, in many cases, have lasted over half a century.

The Hall experience is a very rewarding one. There is always someone who will give advice, be there to listen when the challenges seem particularly difficult and offer guidance in situations which, for many of you, will be very new. For many, University has been the foundation on which one's whole life has been built, and they remain grateful for how it allowed them to develop, the experiences that it provided, and the values that they have embraced.

As you start, I am sure that this will be a wonderful time of your life, I urge you to move forward with an open mind, a readiness to learn, and a passion that will help you fulfil all your goals. And you will understand the fulfilment that always comes from service to others, and from sharing your talents so that you can have the satisfaction of knowing that, at the end of your time at the University of the West Indies, you can use your skills to contribute to the improvement of our Caribbean society. Have a wonderful time here.

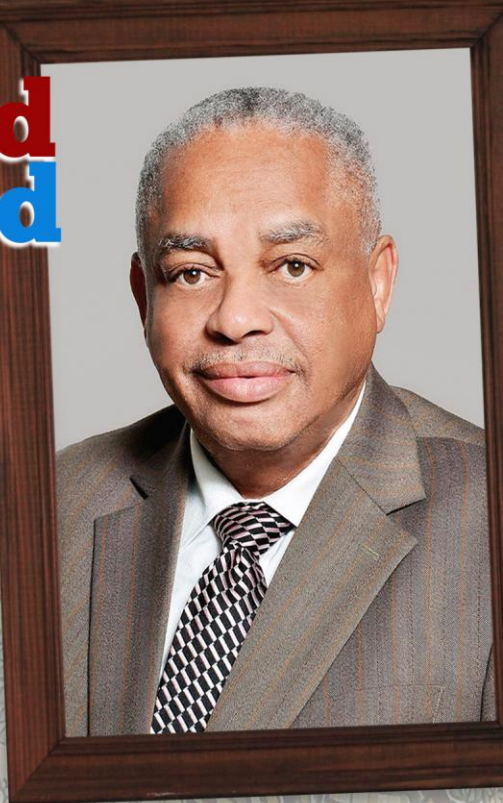


- Keep your cluster, flat and bedroom doors closed.
- Endeavour to keep your surroundings clean & tidy.



# Professor Archibald McDonald

Principal



As the Principal of the region's finest higher education institution, it is my distinct pleasure to welcome you the University of the West Indies, Mona Campus. 'UWI' stands for prestige, excellence, an exemplary foundation, and is often revered by academic institutions across the world as a place of excellence in teaching and learning. We challenge all our students to strive for greatness, to fight for success and to always believe in their own self-worth and the power of their minds. We are an institution of inclusivity, understanding, and respect and one which will endeavour to nurture your academic and professional growth during your sojourn at the Mona Campus.

The UWI is a proud academic institution that strives to bring out the best in all our potential graduates regardless of their gender, ethnicity, socio-economic standing or religion. We see no labels; instead we value you on the quality of your mind and the influence of your thoughts and practices in bringing about positive change for our society. We build game changers, innovators and community builders, and as Principal it is my honour to welcome you into our elite community of thinkers.

One of the things we value as a learning institution is our commitment to community. We believe that this shared learning experience is elevated by the creation of a strong student centred community that is supportive, uplifting, diverse and welcoming. While living on campus our students are able to engage in extra-curricular activities that not only aid in developing their professional and personal skills but also foster key social bonds that will benefit their futures as they traverse the often difficult road to success and leadership. Having this new knowledge and opportunities to experience a new way of life at your fingertips whilst living on campus is one of the many reasons that the UWI, Mona Campus is continuously able to produce graduates who possess the capabilities of competing academically and professionally on the international stage. As such, I implore you not to squander any opportunity to learn from your colleagues as these lessons may prove vital to tracking your future path to success.

As Principal, I must inform all our new students that, though fulfilling, higher education can be a difficult journey for multiple reasons, it is important to remember that this journey will prove difficult at times but you must bear in mind that the UWI will always provide the necessary support. The onus is therefore on you to be strong enough to ask for help and to realise that whatever difficulties you may face can be addressed with the proper support. I once again extend my warmest welcome to all our new students. You have now joined a community of the academic elite. Work hard, be kind to your colleagues, trust in your abilities and do your best in all your endeavours as a student of the UWI, Mona Campus; and most importantly become the "Oriens Ex Occidente Lux".





# Mister Emmerson Johnson

**Student Services &  
Development Manager  
(Acting)**

This year marks 15 years since Rex Nettleford Hall was established. Fifteen years is a fairly short time in the life of the university yet we have achieved much. For the year 2017-2018 we are determined to accomplish even more.

Over the years we have been able to attract students who are proud, brave and strong. Rexans who remain proud of their Rexan heritage, achievements and conquest; Rexans who fear not and are always in a state of readiness to conquer all. This hall stands as the place where only those who are strong will endure to the end. Against this background I express congratulations to all first year students on being accepted to the UWI, Mona and the entire Rexan family thanks you for choosing the Rex Nettleford Hall as the place to call your home away from home, the place where you want to share your skills and talents. When we look at natural gifts, aptitude and abilities we have already been forced to raise the bar. This means that we are already way out in front and will be hard to beat. You have come to a diverse place where all our actions are under braced by genuine love and care for each other. Our family at Rex Nettleford Hall will provide great opportunities for you to chart new courses, explore new horizons and conquer new frontiers. I wish for you all a very successful academic year.

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## AWARDS & ENGRAVING SPECIALISTS



OVER  
**26**  
Years of  
Excellence

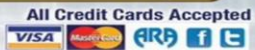


- For All Your*
- Trophies
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# Freshers Pledge

We have come from near and far, with potential beyond the stars.  
Our talents we have to share, oh life's challenges we have no fear.  
Because Rexans we want to be, the Proud, the Brave, the Strong;  
This motto we will adopt, all the life long.

Maroon and Gold run in our veins, for this Hall we will stand the pain.  
Because Rexans we want to be, with sweat, strength and dignity.  
We will face each challenge happily, no matter what it takes,  
Because Rexans we want to be.



## Rex Jargon

**Chancellorite:** Name given to the self-proclaimed mother-less cubs. Their natural habitat is Chancellor Hall.

**Duchess or Duke:** Your female or male senior counterpart respectively. You are to show these individuals who have earned the title the highest level of respect possible. This title can only be given to a Rexan who is in their second year of study or above.

**Irvinite:** Name given to the bane whose only call to fame is that they live on the oldest hall. Their natural habitat is Irvine Hall.

**Lord or Lady:** Title given to the male and female hall chairperson respectively.

**Pilgrim:** Name given to the first year students who have maroon and gold running in their veins; that's you!

**Prestonite:** Name given to the biggest fishes in the sea. Their natural habitat is A.Z. Preston Hall.

**Red Square:** Open space beside the Multipurpose room where most co-curricular activities occur.

**Seacolite aka "Seacowlite":** Name given to the smaller birds, also known as Peliduck. Her natural habitat is Mary Seacole Hall.

**Spartans:** Name given to the babies at ABC Hall.

**Taylorites aka "Trailerites":** Name given to the pelicans of blue and white whose regular diet consist of fishes and smaller birds. Their natural habitat is Taylor Hall.

**Towerites:** Name given to the uncultured wolves that roam the upscale tenement yard behind Taylor Hall. Their natural habit is ELR Towers Hall.



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General Food

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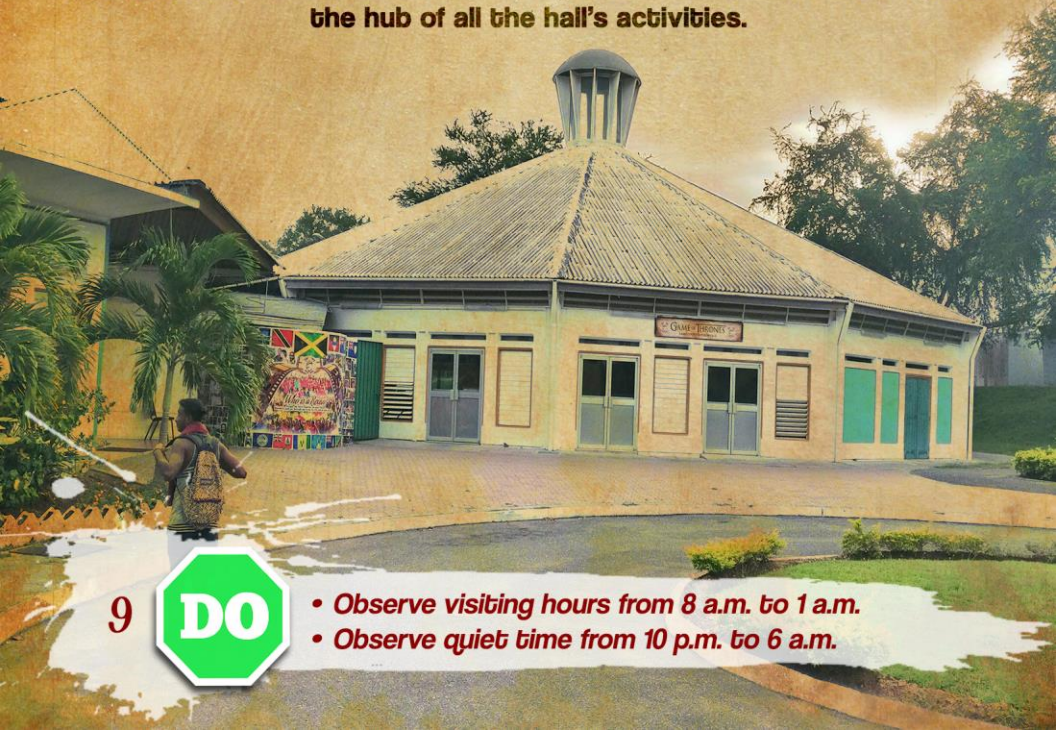
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# Origins *of the Rex Nettleford Hall*

The Rex Nettleford Hall was first envisioned when the then Director of Student Services and Development, Dr. Thelora Reynolds, took office in 1996. She identified, as one of the University's problems, the need for an affordable housing solution that would satisfy a large number of students. After consulting with Student Services and Development Managers, Mr. Carlton Lowrie and Mr. Peter O'Sullivan, the group worked in coordination with the Executive Director of the National Housing Trust, Mr. Milverton Reynolds, and formulated a plan to add new blocks to Chancellor and Taylor Halls. However, this idea was soon further revolutionised resulting in the birth of perfection, the Rex Nettleford Hall.

Located only a short walk from the Mona Bowl, the hall is nestled comfortably in the foothills of the famed Blue Mountain Peak. This location is quiet and serene, far away from the 'humdrum' of Campus life and undoubtedly fosters good study habits which are vital for survival at this University. With nine clusters and large open spaces, the Hall is ideal for community life. Rexans proudly boast of a computer lab, laundromat, state of the art multipurpose room, and the Red Square - the hub of all the hall's activities.



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- Observe visiting hours from 8 a.m. to 1 a.m.
- Observe quiet time from 10 p.m. to 6 a.m.





# Who is a Rexan?

A joyous spirit, a heart of love, courage, fortitude and an unyielding resolve are the essential qualities of a Rexan.

Rexans are resolute in fostering the University spirit, engendering positive changes and upholding the feeling of comradeship and pride.

A Rexan is culturally aware, regionally focused, and globally conscious, who believes that anything can be accomplished through education, integration and participation.

Rexans acknowledge the struggle of our fore-parents and are committed to keeping their efforts and achievements alive through all our activities.

Rexans realize that individual nation building will result in the steadfast empowerment of our Caribbean People.

Rexans reflect in thought and deed, an awareness of individualism and a distinct style, but above that, a great level of tolerance and a strong family bond.

A Rexan is not just a university student, but 'a light shining from the West' and will make this university their place to shine. Furthermore, Rexans vow that during their sojourn at this noble hall they will grow through excellence and make this university the premiere learning institution in the world.

"Rexans we move together and not apart!"



- Smoke inside any of the Hall's buildings
- Light candles or other open flames in your room



# Sherice Haynes

**Hall Chairperson**

Throughout your time here, you will often hear people say, "UWI: Your place to shine!" This is the beginning of a journey in which you will not only shine but you will grow, excel and find yourself.

Welcome to the University of the West Indies and more importantly, welcome to Rex Nettleford Hall, the home of the Proud, the Brave and the Strong. For many of you, this will be the beginning of adulthood. It may be your first time away from home, the first time living with strangers, the first time building life long bonds with persons from all over the region but within no time, you will realise that you have become part of a new family.

Your time on Rex will be filled with amazing experiences and memories, exciting new challenges and a few tough times, just to be honest. It is thus essential that you cherish your time here and use it wisely.

Rex not only boasts of being the cultural mecca of the University but also the most diverse hall on the campus. As such, you have come to the right place to be molded into the ideal UWI graduate. One of the key aspects of the Rexan culture is togetherness ; so while you may be anxious about this new journey, I assure you that we are all here to guide you, as we are 800 strong and we move together and not apart.

My first challenge to you, new Rexans, is to always keep an open mind. I encourage you to get involved; the University offers a plethora of clubs and societies, which you can join. Most importantly, never be afraid to step outside of your comfort zone.

This is your opportunity to blossom into the person you have always envisioned yourself to be. Embrace your journey as a Rexan, always strive for REXCELLENCE and ensure you leave a lasting legacy.



# Shavaniese Arnold

Deputy Hall Chairperson

Welcome to BIG BAD REX. You made the right choice and it is now time for you to flourish in a space where you are expected to be:

**PROUD** - Find that pleasure and satisfaction in being a Rexan. You are now living with students who strive to be the best and trust that they will make a difference in whatever they do. You will adopt these tendencies. Love yourself and be proud of everything that you do, even your mistakes because that would mean you are trying. You will meet many different people with varying personalities but remember to be yourself because an original is worth more than a copy. A true Rexan is proud of who he/she is.

**BRAVE** - There are many activities that will interest you. Do not back down from a challenge. Take chances as that is how you will know for sure what you are good at. Find a way in which you can contribute and if it scares you it might be a good thing to try. BE BRAVE and if you are not, just fake it till you make it. University is the place for you to grow into your own.

**STRONG** - Do not be deterred by naysayers. Get involved. Take chances. There comes a time when school and extracurricular activities will become overbearing but strength isn't about how much you can handle before you break. It is about how much you can handle after you break. Success won't come easy but as a Rexan, strength is required for you to make it.

Be bold, be brave and most importantly BE YOU.



# Hall Community Principles

With regards to day to day living, Hall members are expected to demonstrate respect for relationships, the dignity and worth of the individual, privacy and property, the need to socialize, personal and community safety and also for the other areas of hall activity.

Members are also expected to demonstrate the highest standards of discipline, dedication, efficiency and erudition; to foster the harmonious co-existence of the sexes, races, ages, religions and cultures; and to disapprove the boorishness, division, discrimination, discord dogma, doom and dormancy.



## INTEGRITY ACTION MOVEMENT "Integrity in Action"

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# Oshane Grant

**Guild President**

**Rex! Rex! Nettleford!**

I would like to welcome you to the University of the West Indies, Mona Campus and congratulate your accomplishment of membership to one of the most revered communities. You are now a part of a family that contributes greatness and very soon, you will be shaping the global landscape as a mighty Rexan. Here, you will undertake your most important adventure as you journey to self realisation. With this said, I hope you will remain mindful of the importance of obtaining your degree while making use of the many offerings of the Mona Campus. The university believes in academic prowess but reinforces the need to be the ideal graduate and as such, has in place numerous cultural, social and sporting activities that are geared towards holistic development. The campus eagerly awaits your moments of "Rexcellence" as you embrace your UWI experience.

**Be the light that is rising from out the West... This is our University! Invictus!**

**DO  
NOT**

- Leave your clothes in the drier unsupervised.
- Leave your pot on the burner after turning it off.



# The EXECUTIVE

## Public Relations Committee

The Public Relations Officer, Publications Chairman and their team are responsible for strengthening internal communication, decorating Rex's outer image and improving on the general operations of the Dream Team. The success of events depends on how well that given event is advertised. Through proper planning and constant excellence, this committee strives to keep each and every Rexan in the know.



**Allesandro Peters**  
Publications Chairman



**Abigail Leiba**  
Public Relations Officer

## Treasury Committee

One of the core aspects of any successful organisation is a sound financial department; maintaining this is our main task for the upcoming school year. The Treasury Committee will work assiduously to oversee the expenditures being made and to provide accurate financial statements in a timely manner. We look forward to an amazing year.



**Krishnaun Dunkley**  
Treasurer





# Cultural & Entertainment Affairs Committee

The Cultural and Entertainment Affairs Committee, creates and executes initiatives to intrigue and entertain the Rexan community thereby garnering support and fostering an avenue for residents to Dip an' Roll and even Rock Di Werl, while being represented on a cultural level.



**Lasana Wilson**  
CEAC



**Chandapaul Brown**  
Deputy CEAC

# Secretarial Committee



**Timothy Simmonds**  
Secretary

The secretary is charged with the responsibility of collecting, documenting and disseminating information to both internal and external stakeholders of the hall. The secretary is also the agent that guides discourse between the Administrative Department, the Hall Committee and Rexans.



# The EXECUTIVE

## Domestic Affairs Committee

The Domestic Affairs Committee (DAC) is undoubtedly one of the hall's most essential committees. As the DAC we are responsible for the maintenance of the hall's facilities, its sanitation and its aesthetic appearance. A warm Rexan welcome is extended to you all. This is your new home; home of the PROUD, BRAVE and STRONG.

Together, let's paint a BRIGHTER maroon and gold.



**Kerry-Lee Lynch**  
Deputy DAC



**Danielle Meek**  
DAC

## Off-Campus Representatives

Welcome to the Kingdom of the Proud, Brave and Strong! Our mission is to ensure that unity is brought to the extended Rexan family through the awareness of all events coordinated by the hall. With the participation of commuting Rexans, they can showcase how they bleed maroon and gold.



**Kedeijah Cameron**  
Residing



**Carey Crooks**  
Commuting





# External Affairs Committee

Want to be a great leader? First you have to be a good servant. This committee is the platform for you to share your SET (Skills, Energies & Time.) Volunteering is our passion. We aim to positively impact the lives of others as we remember, "we make a living by what we get but we make a life by what we give"

- Winston Churchill.



**Peta-Shae Dawkins**  
EAC



**Terri-Ann Simpson**  
Deputy EAC



**Omari Gonzales**  
Deputy GCC

# Games Committee

The Games Committee is the sports hub of the hall. As games committee chairpersons, we make it our priority to promote strong sportsmanship, bonds and competitive spirit for all Rexans. So join the proud, brave and strong athletes as we take over.



**Stephie Agard**  
GCC







# Signature



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• Alert the security or other members of the hall if there is a suspicious character on the compound.



# More Pages



- Leave valuables in your room unattended.
- Install or use hot plates on the premises.



# Cluster REPS

## Cluster 1: Rodneyans

Cluster one is where the revolution starts. Unity, strength and togetherness is what we strive to achieve thus aiming to move as one band creating one sound. One Band! One Sound!



**Amanda Bent**  
Cluster 1 Rep



**Tagét Frazer**  
Deputy Cluster 1 Rep

## Cluster 2: SAMURAI

Home of the Samurais, Cluster 2 houses militant Bolivarians, relentless in their fight to be the best, liberating those around them and unifying our comrades. We never give up, always up for the challenges ahead, in the words of Simon Bolivar "El Señor concede la victoria a través de la perseverancia" - GOD GRANTS VICTORY THROUGH PERSEVERANCE.



**Luke-Paul Golding**  
Cluster 2 Rep



**Chrishonne Williams**  
Deputy Cluster 2 Rep



## Clusters 3&4: *the alliance*

The Alliance is an amalgamation of Clusters 3 and 4. Our goal is to make a positive difference in the lives of our Allies by fostering the spirit of unity and building lasting bonds with each other. And of course we badder than them!



**Zoya Edwards**  
Alliance Rep



**Krisanya Jones**  
Deputy Alliance Rep

## Cluster 5: *WARRIORS*

Welcome to the Cluster 5 family, the home of the Jimmy Cliff Warriors. Being a Warrior means you overcome any challenges you encounter. We will set a blaze a Warrior fire that will drive you to be your best and do your best. Trials may come but a warrior must only take care that his spirit is never broken. Always remember "DEATH BEFORE DEFEAT!"



**Tonya DeSuza**  
Cluster 5 Rep



**Drezell Dawkins**  
Deputy Cluster 5 Rep



# Cluster REPS

## Cluster 6 - *Coverleys*

Cluster 6 is one of the most resilient clusters on the hall. As a Coverley, you have nothing to worry about. Coverleys are a family and always bring the energy. We always "walk good mi chile" and rise from the ashes to burn brighter with each passing year. We embody the phoenix. We are COVERLEYS!



**Jheavelle Ives**  
Cluster 6 Rep



**Asheika Barrett**  
Deputy Cluster 6 Rep

## Cluster 7 - *SHARPITES*

Seven ah di best and everybody knows. Welcome to the Sharpite family! We are the sons and daughters of Samuel Sharpe which makes us brothers and sisters. We live a lifetime of sacrifice in order to leave a legacy of freedom. This is why we are always SHARP in everything we do. We embrace our differences, for these are what make us proud, brave and strong. #Heavyfamilies



**Utamu Rose**  
Cluster 7 Rep



**Alexandra Defreitas**  
Deputy Cluster 7 Rep



## Cluster 8 - REVOLUTIONARIES

Cluster 8 is the shrine for revolutionaries who have always been a family at Rex. We have a spirit that embodies what it means to be Revolutionaries. We're more than cluster mates, we're a clan helping each other and working harder than anyone has seen. We have a rich history and the greatest lifestyle. Anytime dem see we dem haffi ask **WHO ARE WE? REVOLUTIONARIES!**



**Russel McGann**  
Cluster 8 Rep



**Ke Vaughn Blackwood**  
Deputy Cluster 8 Rep

## Cluster 9 - *Los Rebeldes*

Ever so Strong, Ever so Powerful, Cluster Nine is one! The cluster with a boisterous and proud spirit. Our legacy has instilled great values within us from which we've built an unbreakable family bond. Strong and powerful like our patron Fidel Castro, the rebel family never backs down, run or quit from any challenge because rebels never say die!



**Nadaski Percival**  
Cluster 9 Rep



**Aaleah Harris**  
Deputy Cluster 9 Rep









# Quick and Easy Recipes

## Bang Bang Chicken *Tenders*

### Ingredients:—

- 1 Pack of The Best Dressed Chicken Tenders

### Sauce:

- 1/4 cup mayonnaise
- 2 tbsp. sweet chili sauce
- 1 tbsp. honey
- 2 tbsp. Sriracha sauce

### Directions:

1. Cook tenders according to package instructions.
2. To make the sauce, whisk together mayonnaise, sweet chili sauce, honey and Sriracha in a bowl.
3. Once tenders are cooked, drizzle with bang bang sauce.
4. Serve Hot
5. Enjoy!

## Sticky Mild Honey Buffalo *Wings*

### Ingredients:—

- 1 pack of The Best Dressed Breaded Chicken Wings

### Sauce:—

- 2/3 cup Frank's Hot Sauce (mild)
- ¼ cup honey
- 1 tbsp. brown sugar
- 1 tbsp. butter

### Directions:

1. Bake or Fry Dressed Chicken Wings according to instructions on package.
2. For the sauce, melt butter over medium heat. Add remaining sauce ingredients and bring to a boil, stirring occasionally. Reduce to a simmer until slightly thickened, approximately 3-5 mins.
3. When the chicken is cooked, add to a large bowl and pour sauce over chicken.
4. Gently toss wings with a spatula until evenly coated.
5. Serve with Blue Cheese/ Ranch Dip if desired.
6. Enjoy!

Recipes courtesy of:

*Charissa Henry*  
Pink Apron



It's not easy being tasty!



# Asheika Barrett

*Fresher of the year*

My name is Asheika "History" Barrett from the Cluster of the Coverleys. I came to Rex because I wanted to be where my friend was but when I got here my reason for staying changed. Rex has been my home away from home, especially when it comes to food. Rex Cafe is the place to go. There are numerous opportunities here for you to grow and build yourself. Whatever your hobby or your simple pleasure may be, Rex has it to offer. I'm not gonna act like its all sunshines and rainbows because it isn't but that's how it is with family, there are good times and bad times and happy times and sad times. As a first year you have to know what you want and go for it, don't wait till you are 'seasoned'. When opportunity knocks on your door, open it. I like to be in everything and I like to be my best in everything I do. There is a saying that I once heard, "If it is to be, it is up to me". So as fresher, my advice to you is to get all you can from your time here at Rex, always asks questions if you don't know and do your best in all you do. You control what you will make of each day. Oh and p.s. University is not easy, so don't slack up. Study 3 times a day. Practice 3 times a day. Eat 3 times a day. Sleep as much as you can but not too much. Enjoy your time here. "Mi seh a who dem?" "REX REX NETTLEFORD!!!!" #BigBadRex.

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# RESU



Mona Library

Reprographic Service Unit

Your one stop shop for print & copy services

**Binding**

**Printing**

**Laminating**

**Scanning**

**Copying**

Pay your Library Fines.  
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970-6394  
ext. 3394



# Cushema Weir

*Rexan of the year*



Welcome to the BIG BAD Rexan family! Trust me when I say that this journey is going to be nothing like you imagined, especially if you take the 'foolish' advice given to you from your seniors. They say university is your place to shine, but only if you want it to be. Thankfully you've come to the best hall on UWI to help you brighten your shine. But, first things first! You have come to UWI to get a degree! This should be your number one priority!

University is a different kind of ball game from high school, but you've made it here so believe in yourself and rise up to the challenge. I'll pass on this piece of advice given to me when I started UWI from my older cousin, "Do your assignments as you get them, the night before thing nah guh cut it!" This seems simple, but definitely goes a long way, you'll see. Find a group of friends that are focused and will help to push you to maximize your potential, as you will them. If you're not big on friends, find one or two persons who you trust and can get notes from or help with an assignment. Befriend someone who's ahead of you in the same major, don't be afraid to ask for their help or past papers. Get involved in an activity at the university level, a club, performing arts or sports. These provide a whole lot of opportunities for you to grow and experience new things and will look great on your transcript.

Get involved on Rex, being a lump isn't cute! Start from orientation. Start on your cluster, this is a great space for you to learn and unlock talents you never knew you had! Trust me, I did. Take advantage of the first year experience program, it goes a long way in bridging the gap between high school and university. The programs put on by the hall are there for you take a break from school work and relax, while providing avenues for you to grow in other ways. So make sure you support them. If you were reserved or shy in high school, it's definitely not going to cut it in university, especially if you want to be an outstanding graduate at the end of your time. Nothing will be handed to you here, you have to work for it. So get involved whether in volunteering, sports, performing arts or a sub-committee on hall, do your best and remain committed to whatever you sign up for as much as you can. Being Rexan of the year, all I did was become a part of things I enjoyed doing, and ensured at all times I gave my best.

Finally enjoy hall life to the fullest! Take advantage of the unique events and diversity of the people on Rex. Try a dish from a different country, or find a beau (or good friend) from a different country, (this makes a great excuse to travel lol). Just do not, I repeat do not leave Rex the same way you came. Ensure at the end of your journey you would've become a better version of yourself. A prouder, braver, stronger person, a true Rexan....I know I certainly am:)





# Imani Jean-Pierre

## Miss Rex 2017-2018

Congrats on your journey thus far! You have taken a huge step to building a better future for yourself. It takes great courage to leave home, begin university and join the best hall on campus. The road to becoming a true Rexan is hard work and endurance. Your first year will be one of the most profound year of your life; a new environment, new lecturers, new friends who will become your family; after all the Rex family will be your support system. My experience as Ms. Rex for the past few months has been a phenomenal journey, I have learnt how supportive and caring Rexans are and that Rex is a melting pot of several different cultures. The hall is an embodiment of the great professor Rex Nettleford who was a multitalented person who achieved several awards and made numerous contributions to our university. I implore you, freshers to model our icon and leave your impact on this hall. Be ready for lifetime bonds, late night chants, cheering, laughter, sweat and even tears at times. Good luck Freshers! Maroon and Gold run in our veins and for this hall we stand the pain.

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# Navigating UWI

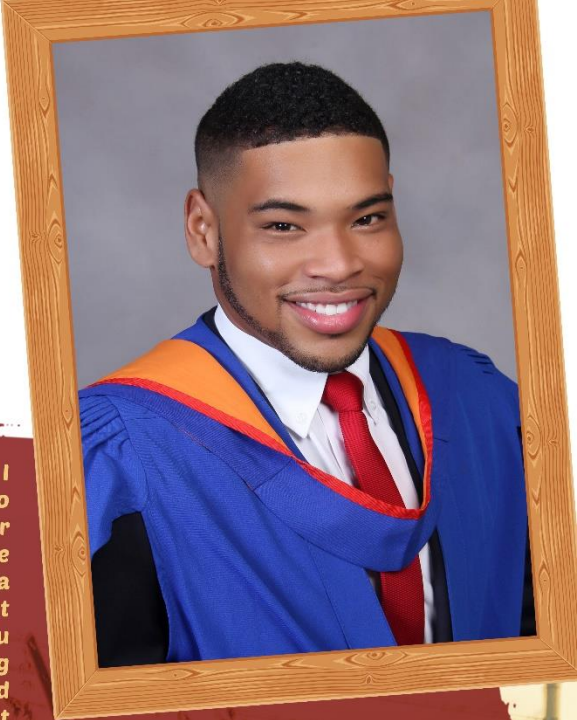
It's your first year at University! No doubt you've heard thousands of urban legends about University, from the campus and exams to student life, parties, the different clubs and societies, and you're eager to experience it all for yourself. You'll probably be filled with uncertainty and many other tentative feelings but don't worry!

- 1. TAKE A TOUR OF THE UNIVERSITY CAMPUS.** It's worth taking time to familiarise yourself with the campus and the various areas. Of course, do not forget to investigate where your classrooms are!
- 2. DON'T MISS THE FIRST DAY!** The first days of class are devoted to introductions and can be a bit boring and monotonous. However, it's in these first few classes where you will meet the most new people and who have similar interests to you. Also, these classes are used to outline the structure of the subject and the types of tests and projects you'll need to complete during the university semester.
- 3. ORGANISE YOUR TIME.** You're going to have to get up early for your classes so it's a good idea to create a study timetable. Properly organising and planning your study can save you a lot of time and trouble when your exams are approaching.
- 4. GET INVOLVED IN CAMPUS ACTIVITIES.** University is a lot more than just classes and exams. University is a concept that offers you a host of possibilities to develop both academically and personally. Find out about the different projects, clubs and societies that are at UWI. You will definitely find something you're interested in. Also, getting involved in campus activities is always a good opportunity to meet new people at your university.
- 5. STEP OUTSIDE YOUR COMFORT ZONE.** Some experiences in university may be daunting but you shouldn't be afraid to go outside your comfort zone and try something new.
- 6. ACCEPT DIVERSITY AT UNIVERSITY.** When you start university you will find people of all ages, races, nationalities and ideologies. Don't prejudge anyone and try to learn as much as possible from others. This will enrich you culturally and certainly will make you grow as a person. It's also the best way to make new friends!
- 7. LEARN TO SPEAK YOUR TEACHER'S LANGUAGE.** Each lecturer has their own way of explaining, organising concepts, math problems and communicating with students. The trick is to try and speak in the same language as your teacher would.



# Alec Tomlin

**Alumnus/  
Deputy Hall Chairman  
2012-2013**



It is with great pride that I acknowledge your wise decision to pursue your studies at the premier institution in the Caribbean, The University of the West Indies, Mona Campus. Let me also reassure you that whether it is by choice or by fate you have earned the privilege of being able to call yourself a pilgrim, and eventually a Rexan. Whats so great about being a Rexan? I dare not scribble these secrets in black and white! I will tell you though that if you keep your minds open and embrace this experience with a willing heart that an amazing experience awaits you.

It seems like not so long ago that I anxiously opened the MPR door for the first time. I was greeted by PROUD chests boasting their Maroon and Gold who introduced themselves as Dukes and Duchesses as well as bright eyes of fellow first years who I am sure shared the feeling of nervousness that weighed heavy in my gut. The days that followed I would experience many early mornings, countless late nights, gruelling challenges, and several tiring trips up Mount Everex (if you dont know where this is you will very soon) as they taught me and my fellow Pilgrims the principles of becoming a part of The Proud, The Brave, The Strong. It was also filled with many great experiences; staying up after all the activities talking with my flatmates about the days we endured, connecting with people from many different countries, cheering as my team slewed the other places of residence in fresher activities. It was all worth it, especially when I was finally given the privilege to wear the royal hall colours for the first time. Orientation would just be the start to the best 3 years of my University experience.

In life there is no such thing as losses, you either win or you learn. Your University experience will not be obstacle free but the onus is on you learn to prove that you are STRONG enough to endure. The best piece of advice that I can give is to find the perfect balance. Although studies come first you need to get involved, whether on hall or at the university level, make meaningful relationships, and this will result in you becoming the ideal UWI graduate of which the institution speaks. The task at hand may seem daunting but remember you are never alone, you have 800 + (alumni included) who you may call on for assistance.

Are you ready to make some of the best memories of your life? Are you prepared to leave your mark on this hall and the UWI Mona Campus? I challenge you to be BRAVE, get involved, take matters into your own hands, and sculpt your ideal future! Ready? Set! Go! I wish you all the best in your endeavours. Welcome to the Family!



# Security & You



**Security on the Mona Campus is everybody's business. Security affairs are managed by the University's Security Council and the Office of the Director of Security who brings together the Campus Security Unit (uniformed security officers) and the Mona Police.**

## **In Hall:**

- **Where applicable, a resident who enters or leaves the domicile after closing hours is responsible for securing the outside door.**
- **Do not leave your room door open.**
- **Keep all doors locked.**
- **Do not scream unnecessarily; habitual screaming lulls residents into a false sense of security.**
- **Do not tamper with locks; report defects to the facilities office, immediately.**
- **Do not admit strangers.**
- **Do not leave textbooks / laptops unattended.**
- **Put valuables, wallets and money out of sight.**
- **Report unsafe practices in Halls to your Student Services and Development Managers.**
- **Be aware of unaccompanied persons who appear "out of place" on hall and report any such person to the Security Officers at the main entrance, Hall Administration or the Mona Police.**
- **Report all crimes or suspicious activities On-Campus to the Mona Police, Campus Security, the nearest Security Officer and to your Hall Administration.**

## **On Campus:**

- **To enhance your personal safety, develop a strong awareness of your community and your environment.**
- **Avoid making rendezvous in secluded hideaways. Remember, these are the natural habitat of criminals.**
- **Avoid travelling with valuable items on display such as, jewellery, cell phones and large sums of money.**
- **Be aware of persons or groups of persons approaching you.**
- **Avoid poorly lit walk-ways**
- **Always wear your student ID on your person. This is the quickest and most efficient means available to the security personnel differentiating you from the "bad guys"**
- **Avoid / be alert when approaching a clump of bushes or other foliage that obstructs line of vision.**
- **Never walk, jog or go swimming alone.**
- **Let someone know where you are going and when you will return.**
- **Make use of Campus Escort Services when travelling between locations at night.**



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# Strashers' Commandments

*Dedicated to you the pilgrims, the sojourners, those who have come to this kingdom, this reverend place to learn, to grow, to transcend the confines of your mundane realities and attain a holistic fervour that will take you through life.*

1. Thou shalt be loyal to your God, Empire and Kingdom and then to your individual house.
2. Thou shalt guard and command thy intellectual faculties, striving always after holistic and scholarly success.
3. Thou shalt preserve integrity and respect as vanguards of thy manner, for thou art subjects of this kingdom and a people of diverse prowess.
4. Thou shalt surrender thy services to the Empire, Kingdom and house, that thy works shall be seen and justly rewarded. This is the fourth commandment with promise.
5. Thou shalt remember thy first duty as a scholar to the Empire. For though the prospects abound with revelry occasion and opportunity, thy days are surely numbered.
6. Thou shalt love thy neighbour as thyself for we are "Out of Many One People" and sons and daughters of civility.
7. As thy banner hails, so shall thy regal raiment always be maroon and gold.
8. Wear your maroon and gold when appropriate.
9. Thou shalt preserve thy kingdom and the foundation of thy house and keep them from ruin and scourges of destruction.
10. Thou shalt not be wanton, wasteful and foolhardy with resources afforded to

Empire - UUI

Kingdom - Hall

House - Cluster



# AWESOME!







**Flex**  
*Norfolk Hall*  
2017-2018 Event Timeline

2017  
2018



**Sept. 23<sup>rd</sup>**

*Breast Cancer*  
*Walkathon Launch (8<sup>th</sup>)*

**St. James (12<sup>th</sup>)**  
**Manchester (19<sup>th</sup>)**  
**Portland (26<sup>th</sup>)**  
**Kingston (28<sup>th</sup>)**

**Oct. 8<sup>th</sup> - 28<sup>th</sup>**

*fashion*

**Nov. 19<sup>th</sup>**

**VERK**  
**FESTIVAL**

**Feb. 17<sup>th</sup>**

**Feb. 4<sup>th</sup> - 10<sup>th</sup>**

**HALL**  
**WEEK**

**Mar. 17<sup>th</sup>**

*Miss Rex*



**Oct. 29<sup>th</sup>**

**ROOTS**  
*Magazine*

**Oct. 2<sup>nd</sup> - 5<sup>th</sup>**

**Pink Parade (2<sup>nd</sup>)**

*Pink Printout (2<sup>nd</sup> - 5<sup>th</sup>)*

**Sept. 4<sup>th</sup>**

15<sup>th</sup> Anniversary





# Reenie MISTAKES

It's inevitable as you transition from the comforts of living at home to single-handedly facing the Big Bad World, you will make your fair share of blunders. Whether its deciding that downing one last shot really is a good idea (it's not!) or opting to throw your whites in with your colours (pink boxers anyone?), there are some things that almost everyone trips up on; Especially during your early days at university.



- **Clogging The Kitchen Sink:** There is no excuse for leaving oil and bits and pieces of food to be washed down in the sink; they may return to haunt you!
- **Leaving dishes until they are MOULDY:** There is nothing like mouldy, smelly dishes in the kitchen to drive a wedge between flatmates. Do yourself and your flatmates a favour and clean up!
- **Locking yourself out:** Losing your room key or locking your key in your room can work out to be a very costly mistake, so keep your keys glued to your person at all times.
- **Putting your coloured clothes in with your whites:** At the very least, take time to divide your loads into coloured and whites. You won't want to mess up those GUCCI pants!
- **Hiding in your Room:** You will never experience the joys of living on hall if you are locked up in your room. Watch Football on the Redsquare, Learn how to dance at Rex Dance Society. Rex has it all, it's up to you to open up and enjoy it!



- **Leaving everything until the night before:** You might have gotten away with this in high school but university deadlines are no joke. Contrary to popular belief, the best time to finish that essay you got 3 weeks ago is not 3am the morning it is due.
- **Not Backing up your Work:** It's worth noting also that there tends to be zero flexibility on university deadlines. Invest in a flashdrive if you didn't already have one and sign-up to free online storage sites like Dropbox or Skydrive.
- **Sleeping through/ Not Attending Lectures:** Don't get us wrong, missing a few lectures will be unavoidable but ensure to keep it at a minimum because learning the entire semester course load in the two weeks before exams is no fun, you can call it suicide!
- **Signing up to every Club and Society:** Scribbling your name at every booth at the upcoming club fusion can just result in a lot of unwanted whatsapp groups and thousands of emails. Think about things that interest you and pick a select few clubs that you think you would be actually committed to attending.





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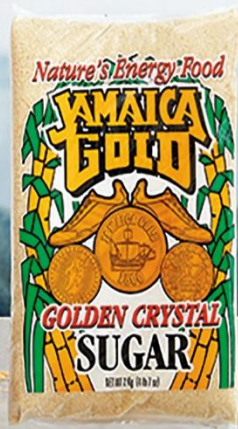
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