In case of a Tornado:

Stapmaier Hall:

If you have to find immediate shelter, and you have no time to get downstairs, go in the hallway of the floor you are staying on. If you have warning, and time, get to the lowest level, and go to an interior hallway with no windows, on the first floor. The stairway is a good place, the kitchen on the bottom level is a good place.

Metro Hall:

Head to the first floor, and find a hallway that is clear of windows.