

Special points of interest:



- <http://www.wcsu.edu/stuaffairs/Coffeehouse>
- <http://www.wcsu.edu/stuaffairs/Whatson>



- <http://www.facebook.com>
- <http://www.wcsu.edu/sports>
- <http://www.wcsu.edu/newsevents/events>
- <http://www.wcsu.edu/studentcenter/studentorg>
- <http://www.wcsu.edu/newsevents>
- <http://www.wcsu.edu/cdc>
- <http://www.wcsu.edu/recreation>
- <http://www.wcsucampusdining.com>

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Kimberly Zavodjancik, Student Graphic Designer

Daryle Dennis, Advisor
E-mail: DennisD@wcsu.edu

COMMUTER STUDENT E-NEWSLETTER

Volume 1, Issue 12

May 2010

How to Have a Stress Free Finals Week

By: Jeremy Godenzi, WCSU Student Counseling

Study Patterns

- Do not wait until the day/night before the test to study
- You know when your final is! Try to study for 20-30 minutes per night for one class starting a couple weeks before the test
- Review your weekly notes to keep them fresh in your head instead of taking notes for a month and not looking at them until the test
- Study for no more than an hour at a time. Too much cramming can be counterproductive
- Eventually we all hit a wall where we are too tired to learn anymore:
 - Do not use coffee and red bulls to stay up all night
 - Get a sufficient amount of sleep
 - Go to sleep once you are unable to learn anymore and wake up early to have a brief study session
 - Eat a good breakfast



Study Habits

- Highlight important parts in your books/notes
- Use post-its or bookmarks in your readings to keep your important notes organized
- Find a quiet place to study (i.e.-libraries, lounges in dorms, go home for the night, etc.)
- Relax while you are studying in an atmosphere preferable to you (if you like to have

noise while you study, leave the television on low or play your favorite music) Read your notes out loud to yourself and/or rewrite your notes. These are effective ways to relearn class material

Utilize All School Facilities

- Go to the libraries and computer labs
- If you need help studying, go to any of the academic labs

(writing, math, science, etc.)

- Anxiety and stress can really make studying hard. If you feel like there is no one to talk to, take advantage of the campus counseling center for free and confidential help
- If you have problems with registering or any other school functions make sure to go to the financial aid office, registrar, and admissions offices etc.

Life Management

- Try to keep all other life happenings from stressing you out

- If you are stressed out with work, school, a relationship, etc., try to talk about your problems with a friend, family member, or trusted faculty member
- You know you need to do well on a test so do not make a tight schedule for yourself during finals weeks
 - Take the night off from work before the test or take work off the day of the test. This way you are not worrying about getting out of class and rushing to work.
 - Make sure all other obligations are completed or put off until the end of the week
- Don't let yourself catch a case of senioritis. The sun will be out and you can feel the end of school and beginning of summer coming, but do not forget that school hasn't ended yet!
- **DO NOT DRINK THE NIGHT BEFORE THE EXAM!!!**



Featured Office of the Month: Haas Library

Discovering What You Need to Know Next at WCSU Libraries

By Russ Gladstone, Access Services Librarian

As we approach the end of the semester, many students are thinking about the research paper assigned to them as part of their course requirements. The good news is that there is still plenty of time to discover interesting and engaging aspects about your topic. The librarians at both Haas and Young Libraries are here to help! We are ready to help you discover research resources, which will you to better understand the topic you've chosen, and inform the reader—your professor. As a reference librarian, experience has shown me that there is no “perfect” topic that will guarantee an A. My best advice is to write about something you care about that is also course and subject appropriate.

So how do you begin the process, while working toward you goal, and balancing expectations for all of your courses, as deadlines approach? I believe that you should talk with your professor about your topic. Remember, he or she is a great resource. When you have conceptualized what you want to write about, visit the library and talk to any of the library faculty about your research interest. We can help you discover where and how to look for resources that address the topics your interested in. You may discover that a particular aspect of your subject has very little written about it, while a slightly different take on the subject has a wealth of information. When you've settled on a subject, the librarian can help you craft a search strategy, leading you to discover where to look for books, articles, or other sources, that you'll need to support your paper's thesis. If you need to limit your search to scholarly or peer reviewed articles, we can help you navigate through these issues.

It is now time to start your search through the resources that the libraries holds or provides access to. For students who live off campus, much of this work can be done from home. You'll need to know your University ID number, and establish a library PIN, in order to access the article databases from off campus. Help is available for setting up this access on the library's web page, or by calling the Reference or Circulation Desks. More good news—a very large number of full text articles are available on-line, and more are added all the time. Additionally you can search the library's CONSULS catalog and see holdings for just WestConn's books and media, about 200,000 titles, or all of the CSU libraries collections, about 2 million titles. Most other CSU library material can be requested and sent here in about 3 or 4 days. If you discover books or articles that are not available locally, we are likely able to retrieve them through our Interlibrary loan system, ILLiad.

Librarians are available to help guide you through the maze of search strategy, resources, and access. You will need to contribute your ideas and provide enough time to work through the processes described.



Please don't hesitate to visit either library and ask us questions!



The following web links and phone numbers will help.

- **For library PINs;**
<http://www.consuls.org/patroninfo>
- **For data bases;**
<http://library.wcsu.edu/web/resources/databases/>
- **For Inter Library Loan;**
<http://illiad.wcsu.edu/illiad/firsttime.html>
- **Library hours and calendar;**
http://library.wcsu.edu/web/about/need_to_know/hours/

Haas Reference, 837.9110
Haas Circulation, 837.9100
Young Library, 837.9139

Russ Gladstone, MLS
Access Services Librarian,
Haas 102
203.837.9102
gladstoner@wcsu.edu

LETTER FROM COMMUTER STUDENT PRESIDENT

This year was the first year of the WCSU Commuter Student Organization. Over half of the students at WCSU are commuter students, and the Commuter Student Organization strives to give a voice to those students. We are concerned with the concerns of commuter students and with what they want to see happen on campus. We strive to make campus more attuned to the concerns of commuters. Our goal is to connect commuter students to campus activities and events. Many commuter students do not feel part of the WCSU community, our goal is to more fully incorporate commuter students into campus life. With this in mind, we let commuters know of upcoming events on campus. To inform students about campus events, the office of Student Affairs send out a Commuter Newsletter to all commuter students every month. The Commuter Student Organization also try to organize events for commuter students.

This semester we sponsored, along with many other clubs, the first ever “Jam the O’ night” at the O’Neill center during a men’s and women’s basketball doubleheader. At halftime, we had a three point shooting contest where winners won free books for a semester from the WCSU Book Store. We also organized “WXCI / CSO - DJ for a Day and Commuter Day” in the lobby of the Midtown Student Center. During this event, we had raffles, a free breakfast and lunch, and WXCI did a remote broadcast where students could come up and give a shout out. We also organized, co-sponsored with PAC, “Breakfast and Movie”, where we showed a PAC movie in the morning, when most commuter students are on campus, instead of Friday night, and had a free breakfast. As these events demonstrate, we try to organize events with Commuter Students in mind and we try to show commuter students what activities the campus has to offer, whether they are sport games, the campus radio station or PAC events.

If you’re interested in participating in the Commuter Student Organization, our next event will be ***“Lunch and a Movie”***, co-sponsored with PAC, on Monday, May 10th at 12:00 in the Student Center Theater. We will be showing the movie ***Invictus*** and providing a free lunch.

For more information on the Commuter Student Organization, contact me at bortolletto001@connect.wcsu.edu, or our advisor, Daryle Dennis at dennisd@wcsu.edu.

Ana Bortolletto
Commuter Student Organization
President

The SPOTS for Commuters

PAC Movie Night

Student Center Theater
On select Fridays at 8 p.m.

Midtown Coffeehouse

Alumni Hall
Thursdays at 8 p.m.
Open Mic
Featured Performers
Free Food and Coffee



Warner Hall Coffee Kiosk

First Floor, Warner Hall
Mo - Th 8 a.m. - 2 p.m.

Midtown Food Court

Lower Level, Student Center
Mo - Th 7 a.m. - 9 p.m.
Friday 7 a.m. - 2 p.m.

Game Room

Second Floor, Student Center
Mo - Th 11 a.m. - 8 p.m.
Fridays 11 a.m. - 4 p.m.

Commuter Lounge

Second Floor, Student Center
Normal Building Hours

The Daily Grind

Westside Campus Center
Sunday 6 - 11p.m.
Mo - Th 3 - 11 p.m.
Closed Fridays and Saturdays



All times are subject to change.