

## 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>

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Kimberly Zavodjancik, Student Graphic Designer

Daryle Dennis, Advisor  
E-mail: [DennisD@wcsu.edu](mailto:DennisD@wcsu.edu)

# COMMUTER STUDENT E-NEWSLETTER

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## 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

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

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.

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!!!

- 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

## 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 help 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 your 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 you are 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 hold 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/](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](mailto:gladstoner@wcsu.edu)

## TIRED OF THE COMMUTE?

*Why not live on campus for the Fall 2011 semester?  
Check out our website: [www.wcsu.edu/housing](http://www.wcsu.edu/housing) for  
more information.*

- Pay the \$250.00 Housing Deposit online (EZ-Pay)
- Register and maintain 12 credits for the Fall 2011 semester
- Complete a Housing Application (if requesting a current resident as a roommate)
  - ROLLING APPLICATIONS
- Attend Room Selection during your assigned appointment
  - Only if you are requesting a current resident as a roommate
  - Hand in a Housing Application (if not requesting a current resident as a roommate)

Do you need to find a group to live with? Here are a few ways that may help.

Check out the Facebook discussion "Need a Roommate for Fall 2011?" on the WCSU Housing & Residence Life page.



## COMING SOON: Travel Options for Commuter Students

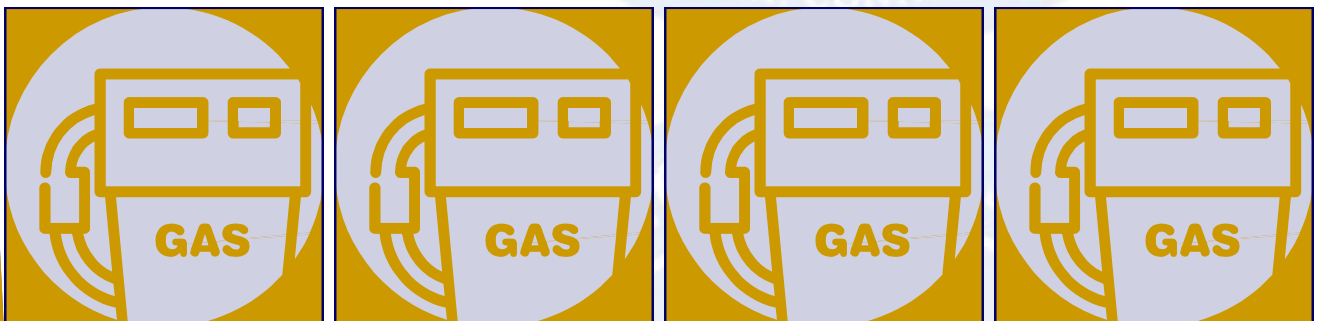
Sponsored by: The Connecticut Department of Transportation Commuter Services

The Connecticut Department of Transportation Commuter Services would like to provide you with all the best commuting options available!

There are a variety of commuting options to choose from:

1. Nuride:  
—a ride sharing network where you can go on line and find someone to share a ride to WCSU with and be rewarded. For more information visit [www.nuride.com](http://www.nuride.com).
2. Easy Street:  
—a vanpool program sponsored by Connecticut Department of Transportation to promote ridesharing.
3. Telecommute Connecticut:  
—also offers provides ridesharing.
4. CT Commuter Tax Benefit:  
—a tax benefit for transit & vanpool riders that can save you on taxes. For more information visit [www.commutertaxbenefit.org](http://www.commutertaxbenefit.org).

WORRIED ABOUT GAS PRICES? The Connecticut Department of Transportation Commuter Services HAS A SOLUTION!



Please look for Connecticut DOT Commuter Services Programs on both the Midtown and Westside Campus in MAY.

# COMMUTER STUDENT PROGRAMS

To all Commuter and Prospective Students:

Here is our event page on Facebook: <http://www.facebook.com/event.php?eid=103859573030919> Invite your friends!

The goal of the Commuter Student Organization is to connect commuter students to campus events and activities! Please join our Facebook page! <http://www.facebook.com/group.php?gid=15303716161>

ALL THE BEST!

Ana Bortolletto

President

Commuter Student Organization

GET INVOLVED  
AND STAY IN  
TOUCH!



# The SPOTS for Commuters

## PAC Movie Night

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

## 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.

## Midtown Coffeehouse

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



## 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.