

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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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!!!**



Haas Library: Discovering What You Need to Know Next at WCSU Libraries

By Russ Gladstone, Access Services Librarian: phone number: 837.9102 e-mail: gladstoner@wcsu.edu

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 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're 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

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

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.

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

Tutoring Resource Center 104

We're friendly and we're free!

- Get a tutor in any subject
- Organize a Study Group
- Learn how to be a good advisee
- Improve your academic skills
- Learn test-taking strategies
- Master note-taking techniques
- Learn how to get the most out of college
- Benefit from our scholarly workshops
- Earn extra \$\$\$ working as a tutor in your major field. (Come to the TRC for details)

**New Spring
2009 Hours:**

**Located in
Berkshire Hall
Midtown Cam-**

Monday - Thursday:
9 a.m. – 4 p.m.
Friday: 10 a.m. - 2 p.m.

Questions? CALL: 203-837-9245


Student Appreciation Week


STARTS DEC.
9th, 2009


SCHEDULE

Wed, 12/9 12pm–2pm Midtown: Make your Own Cupcakes and Red Bull Drinks 

 4pm–6pm Westside: Egg Rolls & “Good Luck” fortune Cookies 

Thurs, 12/10 12pm–2pm Midtown: Pizza 


 4pm–6pm Westside: Make your Own Cupcakes and Red Bull Drinks 

Mon, 12/14 12pm-2pm Midtown: Sub Sandwiches
 3pm–5pm Westside: Sub Sandwiches
 10pm Midtown Theater: Comedian (Sponsored by PAC) 

 11:30pm– 12:30am Midtown: **Midnight Breakfast**

Tues, 12/15 10am-3pm Midtown: Aqua Massages
 3pm–6pm Westside: Chair Massages



Wed–Fri 8am-10am Midtown & Westside: Continental Breakfast 

12/16-12/18

Sponsored by The Campus & Student Center Boards

Date: 12/09/09

Time: 12:00

WCSU Commuter Student Organization Interest



Refreshments will be served!

Meet other Commuters!

Get in involved on campus!

Get connected to other campus events / activities!

General interest meeting to get the club running next semester.

If you want to get involved with the organization, this is the meeting to attend!

Alumni Hall

Dec. 9th,

Wednesday



For more information contact:
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Funded by SGA

CALLING ALL COMMUTER STUDENTS!

*Need a Boost between classes?
Heading to work?
Take a Break before you head home!*

Enjoy a **FREE**
Large Coffee
or

Large Fountain Beverage
(with a purchase of \$4.00)

Visit either the Midtown Food Court

Or

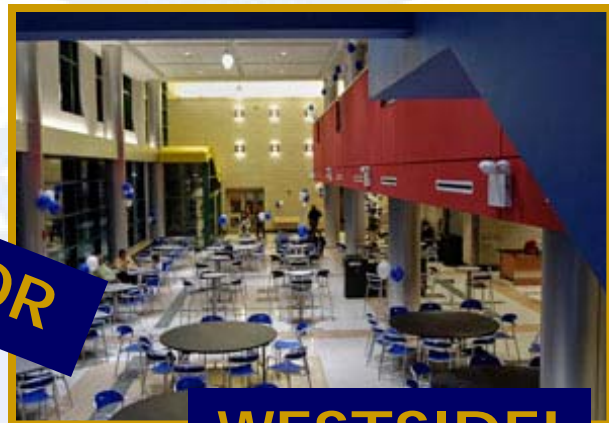
The Westside Marketplace

Bring in this coupon and
Enjoy a refreshing beverage today



MIDTOWN!

OR



WESTSIDE!