

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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COMMUTER STUDENT E-NEWSLETTER

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SPRING BREAK SAFETY TIPS PRESENTED BY: CHOICES

*The Substance Abuse Prevention Office
101 Litchfield Hall (Walk-ins Welcomed)
203-837-8898*

importance of taking these simple and reasonable precautions:

As a commuter student, you may feel like you are disconnected from many of the services and/or resources that resident students are afforded. **But the truth is you are entitled to all of the services and resources that resident students have.** One of the resources specifically designed for everyone at WestConn is The Substance Abuse Prevention Office. We are known as CHOICES - *Cultivating Healthy Opportunities in College Environments*.
SPRING BREAK safety tips :

Physical Safety - High profile cases such as Natalee Holloway-- a high school student who disappeared during her Spring Break trip to Aruba-- are uncommon. However, **sexual violence** and other violent acts during Spring Break are not. Neither are accidents.

Use common sense and follow these simple safety tips: Always stay in the proximity of at least one friend, and preferably two or three. Adhere strictly to this "buddy system" and do not leave with someone other than your buddies. Be sure to choose buddies you can trust. Do not leave with strangers, even if it seems like a good idea at the time. Always trust your instincts and be cautious. Go out with friends and leave with friends - preferably the ones you started the night with. Watch your drink very carefully!

Be aware of "date rape" drugs that people may try to sneak into your drink. Never accept a drink from a stranger or let someone else hold your drink. Never go to an isolated place with a stranger or someone you do not fully trust. Carry a cell phone with you in case of an emergency. Carry your identification and important medical information on your person in case of an emergency.

Alcohol/Drug Safety - If you're going to drink during Spring Break, it's very important that you take precautions. Drunken college students are seen as a target for both theft and rape, so do not underestimate the

Binge drinking is a big part of the Spring Break experience for many students-- and it's what gets students into trouble the most. The safest approach is to not binge drink and to know your limit with alcohol. If you do drink excessively, always use the buddy system and lots of common sense beforehand. Make sure you know the signs and symptoms of alcohol poisoning. Do not drink and drive, ever. And never get in the car with someone who is. You know better. Be on the lookout for signs of predatory drugs: extreme wooziness, confusion, difficulty standing and slurring speech. If you notice these symptoms in yourself, find your friends immediately and leave - either to the hotel, your home or the ER if the symptoms are severe. Be aware of all local laws and regulations involving alcohol, especially if you are travelling abroad. A night in a foreign jail, or a local one, was probably not on your itinerary. Intoxication greatly increases a woman's (and a man's) chance of being raped. If you drink, always rely on the buddy system and be very careful. As stated above, always keep an eye on your drink.

Additional Precautions- Use common sense when it comes to sun exposure. Always use sunscreen with at least an SPF of 15 (higher if you have fair skin), and be sure to wear sunscreen even if it's cloudy. Wear hats and good sunglasses. Use common sense when it comes to swimming and water safety. Never swim alone, and avoid swimming when no lifeguard is present. Do not drink when swimming or operating a boat. Drink lots of water! Don't rely on alcoholic or carbonated beverages to quench your thirst, as these drinks can actually make you more dehydrated. If the local drinking water is questionable, make sure you have an abundant supply of bottled water. Not everybody is "hooking up". Don't believe the hype - But if you're going to be sexually active with strangers, for gosh sakes, wear a condom if you'd like to avoid a souvenir that requires a hefty dose of medication, possibly for the rest of your life.

Your WESTCONNect Card does more!

How do I put money on my card? THERE ARE TWO METHODS TO PUT MONEY (MINIMUM \$20 DEPOSIT) ON YOUR WESTCONNECT ID CARD:

ON-LINE

E-CHECK OR ACCEPTED CREDIT CARD: GO ON-LINE TO WESTCONNDUIT AND CLICK ON THE BANNER TAB. NAVIGATE TO THE PERSONAL SERVICES SECTION AND CLICK ON THE EZ PAY LINK. SELECT MAKE PAYMENT, THEN CLICK ON CONNECT CASH. PLEASE NOTE, YOU NEED A VALID USERNAME AND PASSWORD TO GO ON TO WESTCONNDUIT.

OR

IN PERSON

CASH OR CHECK: GO TO THE CASHIER'S OFFICE LOCATED ON THE FIRST FLOOR OF OLD MAIN. PLEASE NOTE: BY PLACING

MONEY ON YOUR CARD, YOU ARE ACCEPTING THE **TERMS AND CONDITIONS** OF THE CONNECT CASH PROGRAM (WWW.WCSU.EDU/WESTCONNECT).

HOW DO I MANAGE MY ACCOUNT?

Log onto WESTCONNDUIT. You must have a WESTCONNDUIT account to access this service. Please note, you need a valid username and password to go on to WESTCONNDUIT. Click on the Academics Tab, select WESTCONNect Card Account Management under the University Services Channel, and view your current balance and last deposit. To review your transaction detail follow the link to put additional funds on your card. Report your card lost or stolen to protect your CONNect Cash.

Did you know that your WESTCONNect Card does more than open the gates at the 5th Avenue Parking Garage?

The same card will allow you to access the 24-hour computer labs and allows you to participate in activities such as using the Fitness Rooms on both campuses.

But there's more! Commuter students have the option to put money onto their cards to spend on-campus. It's called CONNect Cash. Why dig for change at a vending machine, or carry additional plastic to pay for lunch? Simply use the card you already carry, your WESTCONNect Card.

**The WESTCONNect Card:
Your access to a world of services!**
www.wcsu.edu/westconnect

Interested in saving money?

Get CONNected to Student Advantage, a discount program that stretches your dollars at both local vendors and national chain stores!

-To purchase membership to Student Advantage or learn more, check out their website, www.studentadvantage.com/wcsu.

-Once you join Student Advantage, go to the WESTCONNect Office and we will add your Student Advantage membership information directly to the back of your ID card!

No Coupons or additional plastic to carry!

RECREATION DEPARTMENT SPRING EVENTS 2010

SPRING INTRAMURAL SPORTS

Basketball, Co-Ed Volleyball and Co-Ed Softball

Completed rosters are due by Wednesday, March 12, 2010

CLUB SPORTS AVAILABLE

men's rugby, women's rugby, cheerleading, dance team

SPRING RECREATION

-Hatha Yoga-Mondays from 10-11 a.m. in the Bill Williams Gym on midtown, through May 3, 2010

-Kundalini Yoga-Thursday evenings from 6:15-7:15 p.m. in the Midtown Student Center, Room 201, through April 29, 2010

-Zumba Fitness-Fridays from 11:30 a.m.-12:30 p.m. and 12:30 p.m.-1:30 p.m. in the Bill Williams Gym on midtown, through April 23, 2010

Please visit the recreation website, www.wcsu.edu/recreation for a complete, up-to-date listing of all Spring 2010 Recreation events and activities, including **fitness room** and **pool hours**. Also, feel free to stop by

the Recreation Desk in the O'Neill Center main lobby for further information.



DON'T HAVE A MEAL PLAN?

Fill out this coupon!

Cinch Coupon!

Fill out this coupon and present it to the cashier to receive 50% OFF and to activate your CINCH card.

Name: _____

Email: _____

Cell Phone: _____

Coupon is Valid until May 2010.
It is non-transferable and may not be redeemed for cash.

Every time you purchase a meal, present your Cinch card. Your fourth meal is free! When the card has been used up, you will receive 20% off all your future meals.

**Western Connecticut State University
Career Development Center**

CAREER

FAIR

Entry-Level & Experienced
Career Opportunities

More than 50 EMPLOYERS
ATTENDING!

CO-OPS, Internships &
Summer JOBS Available

**WEDNESDAY, April 7
O'NEIL CENTER/1:00to4:30 P.M.**

DRESS FOR SUCCESS & BRING RESUMES!

OPEN to CSU STUDENTS & ALUMNI —BRING ID's!—

GOT SOME QUESTIONS?

Visit us online at wcsu.edu/cdc OR call (203) 837-8263

Attention all Commuter Students and Clubs we need your help!



Show your Leadership by Volunteering!

The OWLs Club (Older Wiser Learners) is sponsoring an EGG HUNT for...



WCSU Child Care Center
Tuesday, March 30 at 9:30 AM
Midtown Student Center 201



Volunteers are needed to help out with activities and the EGG HUNT
If interested, please contact Oni Figueroa at 203-837-8415 or email us at OWLS@connect.student.edu
BY MARCH 22nd

