

WCSU

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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COMMUTER STUDENT E-NEWSLETTER

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Featured Office of the Month: CAREER DEVELOPMENT

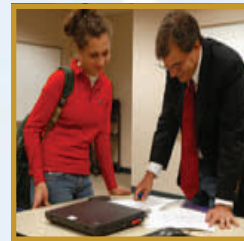
We have all heard about the challenges we face with a tough economy and job market. Now it is even more important for all students to take advantage of the numerous services that the Career Development Center (CDC) offers to assist students with career planning and job search.

Career development should start with your freshman year, exploring career options, perhaps meeting with a career counselor to discuss areas of interest. The CDC has an extensive career library in the Center, as well as an on-line career library called "VAULT Career Insider". You can access the site through our CDC webpage www.wcsu.edu/cdc, clicking on the VAULT logo and following the directions to access through WestConduit. You can gain information on career fields, broad industry fields, as well as inside perspective on organizations by current employees.

If you are not sure about your interests, you might utilize our career assessment software called "SIGI 3". Again, you can access this site through our website, clicking on the SIGI 3 logo. You can do any number of activities, from self assessment to determine your interests, to searching for career options linked to your major. Don't have a major? Click on the "Search by Major" tab to explore possible careers as you explore majors. You can also get extensive information on

your field of interest, including typical starting salaries, job outlook, and sources of additional information.

One of the best ways to learn about a career is by doing a co-op or internship in the field. The CDC has an exceptional Co-op Internship program that is open to students once they have com-



pleted at least 45 credits in good academic standing. Students can work part or full-time in a field of interest, get academic credit and usually a salary. You can do a co-op in spring or fall or even summer, gaining practical experience in your major or interest field. Many employers utilize co-op internships as their primary source for recruiting new employees. Just having real world experience in your field can open many doors to career opportunities.

Our On/Off Campus Recruiting for graduating seniors is held each semester with employers frequently conducting initial interviews right on campus. The CDC offers many workshops on resume writing, interviewing, job search strategies, as well as special career programs such as our etiquette dinner and career panels. See our

website for spring '11 workshop listings. You can pre-register for workshops through our on-line job site CollegeCentral.com/wcsu which also provides 24 hour access to job postings in the region and throughout the country. A special component of our College Central System is our Mentoring System database. The Mentor System provides students access to WCSU alums in fields of interest for questions about their career, help with mock interviewing, or even providing a job shadowing day, depending on the alum's availability. This is a great way for students to gather career information and gain insight into their profession. Students should contact a CDC staff member to get connected.

Finally, the 16th Annual Career Fair will be held this year on April 6th at the O'Neill Center, from 1-4:30pm. Make sure to get your resume and interviewing skills ready as over 50 employer organizations typically attend offering students part and full-time positions as well as co-ops, internships and summer jobs.

The Career Development Center is located on the Midtown Campus, Student Center room 227, office hours are Mondays - Fridays 8:30am - 4:30pm with additional programs frequently held. Contact us at: 203-837-8263, or www.wcsu.edu/cdc. We look forward to helping you!

Maureen Casey Gemert, Director Career Development Center Director, Career Development Center

SPRING BREAK SAFETY TIPS PRESENTED BY: CHOICES

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

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 :

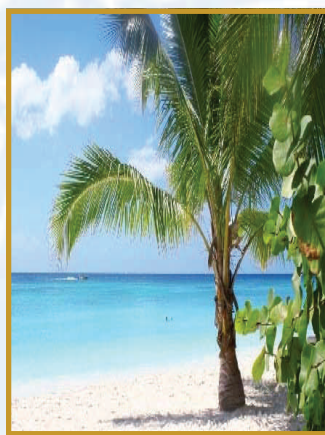
Physical Safety - High profile cases such as Natalee Holloway-- a high school student who disappeared during her Spring Break trip to Aruba-- are uncommon. However, sexual violence and other violent acts during Spring Break are not. Neither are accidents.

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



Follow these safety tips and you'll escape from the semester—instead of a dangerous nightmare.

underestimate the importance of taking these simple and reasonable precautions:

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.

"In fact, if you follow these safety tips no matter where or when-- You will help yourself to have a happy, healthy, and safe college experience."

Monthly Brown Bag Lunch

Series: *Sponsored by The Office of Student Affairs*

how **pop**
CULTURE
impacts our lives

music
radio & television
social networking
movies & film

a monthly brown bag lunch series
sponsored by the strategic planning implementation team on student engagement

March 9, noon — April 7, noon — May 12, noon

ATTENTION! Health Promotions and Exercise Department PRESENTS: *The Stress Busters WCSU*

We have now added AFTERNOON WORKSHOPS during your lunch hour!! Refreshments will be available.

Have a stress free day!
Contact person:
Jenny Lazarides @
Lazarides002@connect.wcsu.edu

Due to the amount of people interested in afternoon workshops during lunch (12-1 pm) we will be holding additional workshops. The schedule is as follows:

Workshop	Date	Time	Place
Stress Management Workshop	Tuesday, March 1, 2011	12:00-1:00pm and 5:00- 6:00 pm	Student Center Room 202
Exercise Workshop	Thursday, March 3, 2011	12:00-1:00pm and 5:00- 6:00 pm	Student Center Room 202
Cafeteria Event	Wednesday March 16, 2011	11:00 am- 2:00 pm	Midtown Student Dining Facility and Staff Dining Facility

IMPORTANT DATES TO REMEMBER: From The Registrar Office

IMPORTANT DATES:	DATE INFORMATION
March 4, 2011	INC deadline for Fall 2010 courses. Students must file Repeat Forms in the Registrar's Office.
March 18, 2011	Midterm Grades Due.
March 21- 26, 2011	Spring Recess, no classes.
March 28, 2011	Second eight-week classes begin.
March 30, 2011	Undergraduate Registration begins for: Fall 2011.
April 1, 2011	Last day to withdrawal without academic penalty for Spring 2011.
April 6, 2011	Graduate Registration begins for: Summer 2011.
April 22-23, 2011	Day of Reflection, no classes.
May 4, 2011	Graduate and Non-matriculated Registration begins for: Fall 2011.
May 12-13, 2011	Make up/Reading days.
May 16-20, 2011	Final Exam Week.
May 20, 2011	Graduate Commencement.
May 22, 2011	Undergraduate Commencement.
May 25, 2011	Final Grades Due.

COMING SOON: Travel Options for Commuter Students

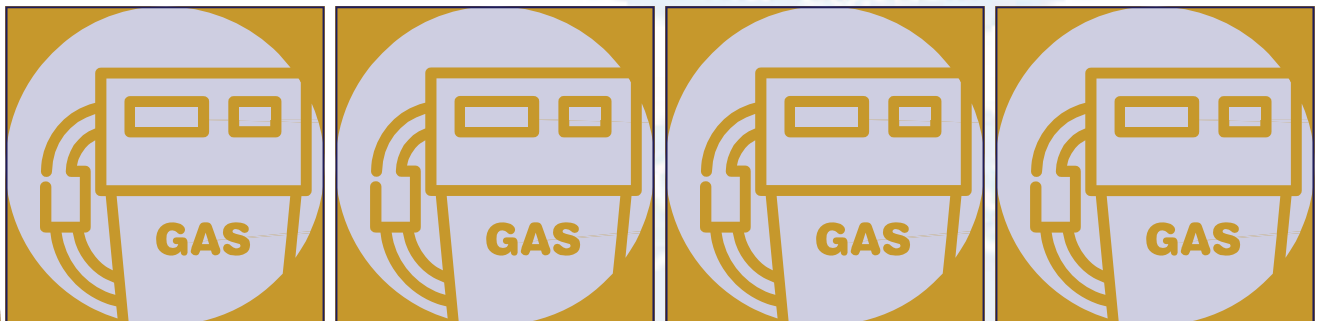
Sponsored by: The Connecticut Department of Transportation Commuter Services

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.
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.

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 April.