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.

Utilize All School Facilities
• Go to the libraries and computer labs.
• If you need help studying, go to any of the academic labs.

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.

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!!
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.

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

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It’s Official...

Your “new” WCSU Commuter Student Association was formally recognized by the Student Government Association on Monday May 4, 2009.

The CSA will help us with our goal to better connect you with University programs, activities, faculty and administrative resources.

Your feedback is welcomed! It will help us better understand what programs and activities interest you and what your needs and concerns are.

Please feel free to contact the CSA Advisor, Daryle Dennis at (203) 837-8549 or by email: dennisd@wcsu.edu