

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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Kimberly Zavodjancik, Student Graphic Designer

Daryle Dennis, Advisor
E-mail: DennisD@wcsu.edu

COMMUTER STUDENT E-NEWSLETTER

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Featured Office of the Month: Education Department, School of Professional Studies

"Self Regulated Learning": Tools for Global Success

By: *Dr. Michael Wilson*

With the economic rise of India, China, Brazil and other countries, U.S. citizens have been and will continue to be affected by global competition. A great deal of this competition is the result of increases in education in these countries – their citizens are becoming more educated and therefore, the countries have been able to compete in increasingly greater numbers in technical, scientific and other knowledge/skill-related areas. Because of this global environment, we in the U.S. must strive to increase our educational potential if we want to maintain our standard of living. This means we must increase the amount and complexity of what we learn, and we must become better learners.

WCSU wants to make it possible for its students to increase their learning skills. In order to accomplish this task, students must become aware of and effectively use a variety of their basic learning tools. These tools are part of an area in education called self regulated learning (SRL).

They include, but are not limited to:

Metacognition

- Connecting assessment results to knowledge and skill development
- Evaluating progress toward goals
- Evaluating affective



- Gauging the level of self-efficacy
- Recognizing affect that interferes with learning

Motivation

- Establishing an effect array of actionable goals
- Establishing volitional patterns
- Generating connections between goals and course subjects
- Generating interest and focus

Affective processes

- Establish success related affect

- Understanding the impact of mistakes
- Using emotions to achieve goals

Organization

- Time
- Work habits
- Environment

Cognitive processes

- Generating complex thinking
- Establishing successful memory processes
- Generating learning through synthesis and conceptualization processes

If you are interested in being a productive member of the 21st century and feel a desire to increase your learning potential, let us know. We will be introducing and working on these and other topics as we go about helping students build their individual learning machinery. From time to time we will tell you in these pages about SRL workshops and other offerings to help you develop the learning skills you will need to compete in this global economic environment.

2010 CENSUS: Census on Campus Initiative: Find It. Fill it out. Be counted.

Welcome to college, your new home! The coming academic year will be filled with many opportunities to get involved in your new community—one of which includes being counted in the 2010 Census!

Once every 10 years, the U.S. Census Bureau takes a snapshot of **everyone** residing in the United States, regardless of age, race, or immigration status. People should be counted where they live and sleep most of the year, so if you live at school—on or off campus—that is where you will receive your questionnaire.

Filling out the questionnaire is more **important** than you may realize.

Census data affect and inform:

- College tuition grant and loan programs.
- Decisions about funding for critical services in your academic community, like transportation, public safety, medical care, and road repairs.
- Important research done by college faculty, students, librarians, and community leaders.
- Your voice in Congress and in

the state and local community!

Being counted is **easy**. The 2010

Census questionnaire will be delivered to you at your dorm or apartment in March or April 2010. When it comes, BE COUNTED: **Find it. Fill it out. Send it back.**

Filling out the questionnaire is **safe**. By law, the Census Bureau cannot share the answers that respondents provide with anyone, including law enforcement and any other government agency or court.

We can't move forward until you send it back, so be sure that you are counted in the 2010 Census.

Best of luck in the coming academic year!

Get Involved!

Get involved in the largest peacetime mobilization effort of the American public. Look for 2010 Census activities and information on your campus this fall, and learn more by contacting the Boston Regional Census Center at:

Boston.PDSP@census.gov

or by visiting

www.2010census.gov.



Students: Did you know...?

- \$26,000 – Average amount that workers with a bachelor's degree earn above what workers with a high school diploma earn.
- 20.8 million – The estimated number of students enrolled in the nation's colleges and

- graduate schools (2007).
- 5.6 years – Average amount of time it takes people to complete bachelor's degrees. It takes an average of 4.4 years to complete an associate's degree.
- 1 in 3 – The number of women age 25-29 who have a bachelor's degree or higher (2007).
- More than 1 in 4 – The

chance that the hot dogs and pork sausages consumed on the Fourth of July originated in Iowa. (Hey—you never know when you might need to know this!)

The SPOTS for Commuters

PAC Movie Night

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

Midtown Coffeehouse

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



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.

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.

Meeting & Refreshments

**COMMUTER
STUDENT
APPRECIATION
DAY**

**WEDNESDAY
SEPTEMBER
30th, 2009**



*Topic: Services &
Programs for
Commuters*

**Presented by:
WCSU
Commuter
Student
Organization**

*All Commuters
Welcomed!!!*



**To be held in Warner Hall
11:00 AM — 1:00 PM**