

COMMUTER STUDENT E-NEWSLETTER

December 2021 Volume 1, Issue 7

To All Commuter Students

To All Western Commuter Students,

The Western Connecticut State University Office of Commuter Student Services welcomes you to our December 2021 Issue of the Commuter

Student E-Newsletter. Beginning with this issue, our goal is to connect commuter students on a monthly basis to campus resources and events as well as keep you updated with important information.

The Office of Commuter Student Services realizes that a partnership with students can play a vital role in your success, and to that end, we appreciate our growing relationship with you.

We welcome any ideas or suggestions that you may have for articles that would be of interest to you for future newsletters. You can forward them to the contact information listed below.

For more information please feel free to contact my office at any time.

HAPPY HOLIDAYS,

Daryle J. Dennis
Assistant Dean, Student Affairs & The
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Upcoming Schedule

December 8-14: Final Exams

December 17: Fall final grades due

Winter Intersession:

December 20: Intersession Begins

December 25: Christmas Holiday-No classes- University Closed

January 1: New Year's Holiday-No classes- University Closed

January 15: Intersession Ends

January 19: Intersession Final grades due

Spring 2022:

January 17: Martin Luther King Day - No Classes University closed

January 19: First Day of Classes

January 26: Last Day to Add/Drop day Courses



Finals Week Tips & Tricks

Having a Stress Free Finals Week:

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!!!**



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Finals Week Tips & Tricks

Ahh, finals week. There's nothing like it to bring out the stress in students. From pulling those all-nighters with your study groups to spending hours on end in the library, the pressure to succeed is high. While finals week is probably critical to your overall grades, you shouldn't let the stress of finals overwhelm you. Take the time to relax, and you will see that you will perform better come exam time. Here are some simple relaxation techniques to help you ease your anxiety during finals week.

Deep breathing exercises. One of the body's automatic reactions to stress is rapid breathing. You can reverse this reaction by performing deep breathing exercises. Sit up straight and place your hands on your stomach. Inhale slowly and deeply through your nose, letting your stomach expand as much as possible. By placing your hands on your stomach, you will be able to feel your stomach expand and know that you are breathing in properly. Hold your breath for a few seconds before exhaling. Exhale very slowly through your mouth. You will feel your stomach deflate. Repeat this cycle three to four times each session. This is a fast and easy technique to use during study-time and during an exam.

Muscle relaxation. Muscle relaxation is a great way to ease tension. As you relieve the tension throughout your body, you will feel less stress

overall. Find a quiet place and lie on the floor. Begin by tensing all the muscles in your face. Make a taut grimace, close your eyes as tightly as possible, grit your teeth, etc. Hold this until the count of ten as you inhale. After you are done counting, exhale and relax completely. Feel the tension leave your facial muscles. Notice the difference. Continue using this technique down your body on the following muscle groups: neck, shoulders, arms, chest, abdomen, legs, and feet.



Meditation. Meditation is the process of turning attention inward and increasing awareness, while eliminating outside stimuli. Get in a comfortable position in an area where you will not be disturbed. Take a minute to relax while concentrating on your breathing. After a few minutes, choose something on which to focus. This focal point could be a word or a phrase, a point on the wall, a color, a flower, a tree, etc. Focus all of your energy and attention on your chosen focal point. Become aware of the basic elements of your focal point. As you practice meditation more often, you will begin to see your problems and difficulties in a whole new perspective and

will be able to cope with stress better.

Visualization. Visualization helps the body relax, thus reducing stress. It involves the images of scenes that are calming and peaceful. With eyes closed, visit a tranquil spot in your imagination. Notice the comforting sights, sounds, and sensations. Feel yourself relax. Stay in this peaceful setting until you feel completely relaxed.

Laughter. This may not seem like a typical relaxation technique, but laughter actually gives a calming effect to the human body. After laughter, the heart rate steadies, breathing deepens, and the muscles relax. So, if you are in the middle of studying for a huge exam, take a break to laugh. Call one of your witty friends, watch a sitcom, or search the Internet for funny memes. Just do anything that will make you laugh.

Massage. When you are stressed out, your body responds with increased muscle tension. By massaging those muscles, you can return them to a relaxed state. It is more conducive to have someone else give you a massage but if you do not have another person at your disposal, then you can always give yourself a massage in the areas that you can reach such as your neck, shoulders, legs, feet, etc. Massaging your neck and shoulders proves very beneficial when you have been hunched over a book all day.

Exercise. While you may think exercise is the complete opposite of relaxation, it is actually a great way to release stress from your body. Through exercise, you use up the adrenaline that is already in your system due to the stress. Having less adrenaline in your system increases the potential for relaxation. Aerobic activities, such as swimming and running, are great stress busters because they release the adrenaline. A less demanding type of exercise is [yoga](#). Yoga actually combines some of the above mentioned techniques, such as deep breathing, muscle relaxation, and meditation, while toning and stretching muscles at the same time.

While finals week is undoubtedly stressful, the relaxation techniques mentioned above will help you cope under the pressure. Best of luck in overcoming your stress and receiving nothing but good grades on your finals!

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FINALS WEEK STRESS-BUSTERS

FINALS WEEK STRESS-BUSTERS



HAAS LIBRARY DEC. 8 - 14



Meditation with Christel Dec. 8 from 11 AM - 2 PM

Come for chocolate and coloring meditations!
Chamomile tea will be served.



DAILY
ACTIVITIES:



Free Coffee & Snacks Dec. 6 - Dec. 9 After 5 PM

Coffee & snacks will be available on the first floor, across from Einstein's.

Stop by the Haas Library throughout finals week for:

- Coloring
- Origami
- Puzzles
- Therapy dogs

Brought to you by the
WCSU Libraries and IHHS.



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FINALS WEEK STRESS-BUSTERS



HAAS LIBRARY



M DEC. 6
11AM - 12PM

F DEC. 10
11AM - 12PM

M DEC. 13
11AM - 12PM
1230PM - 130PM

T DEC. 14
1230PM - 130PM

Therapy Dog Visits



Take a moment to visit with furry friends.

Brought to you by the
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Happy Holidays

