



# Handout:

## The ARM Newsletter

October 22, 2012 Vol. 1, Issue 1



ACADEMIC PEER MENTORS— YOUR ARM HAS A **HANDOUT** FOR YOU!

IN THIS ISSUE

## Don't Let Midterms Stress You Out!

by Anna Bank, Centennial ARM

The rush of welcome-week is over, the temperature is dropping, and the leaves are changing colors. Yes, it is that time of year already, midterms. Along with midterms come stress, worry, and exhaustion. But, don't worry; here are a few tips to fight these mid-semester panics! These tips are great even if you are just feeling overwhelmed with what feels like piles of work and upcoming deadlines.

Make sure you're eating healthy and get a little exercise every day. It may seem convenient to just pick-up some fast food before an all-night study session, but these poor eating choices may just weigh you down. Healthy foods such as fruit, nuts, and protein help to boost moods and keep you focused. It has been proven that snacking on these types of food helps to improve memory and attention.

### Take a Walk

Also, try taking a walk during study-breaks. Keeping active will help to keep you calm and keep your body awake.

Stay positive and stay focused. If you are spending more time worrying about failing, rather than focusing on your material, you are more likely to make these doubts and negative predictions a reality. Just keep reminding yourself that you are going to do well and keep a positive attitude.

Take a little time for yourself. You need to give yourself little breaks so that you do not get overwhelmed. If you've been studying for hours or working on a paper, give yourself a little break to listen to some music, go for a run, etc. If you don't allow yourself any breaks you are going to burn yourself out.

Stay organized. Try to keep your room and study area clean and together. You are going to cause yourself more stress if you are working in a messy environment. Rather than getting worked up and wasting valuable study time looking for specific notes or books, have everything organized and prepared before hand. Being organized equals organized studying and it will result in more success for you over-all.

### Get Organized!

Organization goes hand-in-hand with time management. Try to set goals for every day and make lists of what work you need to get done and the due date. It is a lot easier to have each assignment and due date in front of you so that you know how to plan your studying/working time. From here, you will be able to designate different hours of the day to different focuses. You can then see what your top priorities will be, when you should do them, and when you want to be able to still take some time for yourself. Planning each part of your day, and sticking with it, will give you great results and help to ease the stress in your day-to-day life.

Just by adding these small tips your busy life, you can achieve so much more. Kick stress to the curb! You can manage your work if you take care of yourself, prioritize, and stay focused.



- 1 Don't Let Midterms Stress You Out!
- 2 Election Coverage:
  - ◆ Get Registered
  - ◆ Congressional & Local Elections
- 3 Spring Registration
- 3 Help is All Around You
- 4 Study Groups Speak Volumes
- 4 Choosing A Major
- 5 Networking with Your Advisor

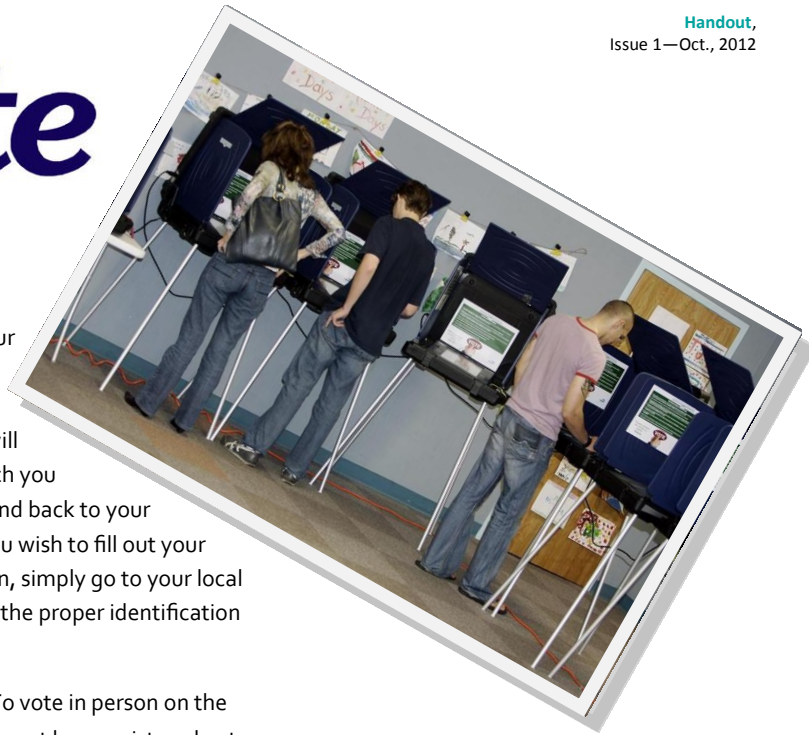


SUCCESS  
SPOT

[www.wcsu.edu/housing/ARM/armsuccess.html](http://www.wcsu.edu/housing/ARM/armsuccess.html)

# HEY YOU...

# Vote



## HOWTO: Voting 101!

by Natalie Glybin, Pinney ARM

**1. Get registered!** In order to vote, you must be a registered voter. To register to vote, you must be at least 17 years of age (18 on the day of the election), a U.S. citizen, and not currently serving time for a felony or on parole. To register you will also need valid identification. If you are registering for the first time you need a current and valid photo identification (i.e., a license or state ID) or a current utility bill, bank statement, government check, paycheck, or government document that shows your name and address. If you are registering in person, go to your Registrar of Voters with your identification. The last day to register in person is 7 days before the election. If you are registering by mail, print out the CT voter registration form (can be found at [www.ct.gov/sots](http://www.ct.gov/sots)), and mail it to the Secretary of the State or your local Registrar of Voters. It must be postmarked at the latest, 14 days before the election.

**2. Vote by absentee ballot!** You are allowed to vote by absentee ballot if for some reason you will not be in the town you are registered to vote in on the day of the election (i.e., you must be registered to vote first). You must request your absentee ballot several weeks before the election by filling out a form available at [www.ct.gov/sots](http://www.ct.gov/sots)

or going in person to your Registrar of Voters. If you request your absentee ballot by mail, you will be sent your ballot, which you must then fill out and send back to your Registrar of Voters. If you wish to fill out your absentee ballot in person, simply go to your local Registrar of Voters with the proper identification (see above) and do so.

**3. Vote in person!** To vote in person on the day of the election, you must be a registered voter. You are allowed to vote in person only in the town or city in which you are registered (i.e., if you are registered to vote in your hometown, you can only vote in your hometown, you can't vote in Danbury). You can check which town you are registered to vote in online, as well as the location where you can vote (<http://www.dir.ct.gov/sots/LookUp.aspx>), or by calling your local Registrar of Voters. You must also have the correct identification with you: either a current and valid photo ID that shows your name and address (i.e., a license or state ID) or a current utility bill, bank statement, government check, paycheck, or other government document that shows your name or address.

### GOOD TO KNOW

*Do you still have questions about voting? Check with your town's registrar of voters or board of elections for information. Or, check Connecticut's Secretary of State's webpage for even more!*

[www.ct.gov/sots/site/default.asp](http://www.ct.gov/sots/site/default.asp)

## IT'S MORE THAN THE PRESIDENCY AT STAKE...

by Sean Keenan, Fairfield ARM

A lot of emphasis has been put upon the presidential elections this year. Voters everywhere are encouraged to cast their vote in a state that is almost definitely already decided. However, in many ways, Connecticut voters are able to have a much more effective impact, especially this year. Congressional and state elections have been pushed to the back of everyone's mind despite their very real importance. This election year, Connecticut has one Senate, all five House of Representative, 151 state house of representatives, and 36 state senate seats all up for election or reelection. In many ways, these politicians have more of an impact, especially on everyday lives of residents of the state, than the president does.

While the president is instrumental in pushing his own agenda through the congressional process, it is Congress that makes and first approves the actual laws. By voting for Representatives, Connecticut can make its voice known by controlling five of 435 votes in the House of Representatives. These people will be charged with carrying out Connecticut's will by helping to write federal laws that will be implemented around the country. The senator Connecticut votes in will be one of the one hundred voices who will decide if these laws are fit for our nation. Perhaps the most impactful elections that take place this November are for the state legislature. This ruling body decides how to tax our citizens, how to pay for infrastructure, and how to spend money on logistical institutions such as state police and schools, including Western Connecticut State University. Clearly one should not only go out and vote for the president, but be well informed on the candidates running for all offices.





by  
**Adaobi Ogbenta,  
Pinney ARM**

It's that time again, spring registration! And to make your life a bit easier we've made this easy list of steps for you to follow to get through the registration process easy and breezy. Please follow the steps below:

**1. Check for your registration date** and any "holds" that may

prevent you from registering through your Banner account.\*

\*To access your advisor information and registration date, log on to <https://bannerweb.wcsu.edu/> by entering your Windows account username and password. Click the "Student," tab then "Check My Registration Status." Make sure you are viewing this information under Fall 2012 and not Spring 2013. Your advisor's name, department, campus address, and campus phone should appear, as well as your registration date.

If you have a "hold", it will flag you on this page, or click "View My Holds Information" under the "Student Services" tab. Be sure to double-check your "hold status" at least a day before your registration date, as things can sometimes change unexpectedly.

For assistance, please stop by to see your ARM (s). If you experience difficulty contacting your advisor, or no advisor is listed, please call the department secretary of your major. For registration questions, please contact the Registrar's Office at (203) 837-9200.

**2. Using Open/Close along with your major's program sheet,**

search for the courses and prepare a list of courses you need to take for your major and/or minor and ones that you're interested in taking as general education requirements, according to your schedule and the days/times offered. This is good to prepare prior to meeting with your advisor and shows that you're being responsible for your education. Not sure which classes to take next semester? That's okay too, that's what your advisor is there for.

Be aware of restrictions for the courses you are planning to register for; anything with a \* should be looked at carefully and you should meet the pre-reqs of the courses you wish to take. Also, be mindful of days (T= Tuesday, R=Thursday) and which campus the class is located on.

# Help is all around you

by **Emily Freundt, Centennial ARM**

## Registration and midterms are here!

Need some extra help studying or with assignments? You can check out the math lab, writing lab, or tutoring center to get some extra help now and get ahead of the curve. Or maybe you just need a quiet place to study. Try one of the libraries on either campus for a quiet place to get away from the commotion of residence hall life or the cafeterias and really focus on your work.

Need help with registration or picking out classes? Go see your advisor. Or, another option is the Academic Advisement office in Higgins Hall. They will help guide you in picking the classes that you need to graduate on time! It is crazy to think that the semester is already half over. Don't let time slip away from you. Keep track of important dates and assignment due dates. Here is the contact information and hours of some of the resources on campus that may be of service to you now and the rest of the year!

### Tutoring Center:

Berkshire 104  
203-837-9425

### Math Lab:

Berkshire 105  
Fall 2012 Hours—

- Mon.—Wed.: 9:30 am—7 pm
- Thursday: 9:30 am—6 pm
- Friday: 9:30 am—2 pm

### Writing Lab:

Berkshire 106  
203-837-8728  
\*\* see hours in YOUR buildings!

### Libraries:

- Haas Library** (Midtown)
- Monday—Thursday: 8 am—11 pm
  - Friday: 8 am—4 pm
  - Saturday: 10 am—6 pm
  - Sunday: 2 pm—10 pm
- Young Library** (Westside)
- Monday—Thursday: 9 am—8 pm
  - Friday: 9 am—4 pm
  - Saturday: 11 am—4 pm
  - Sunday: 2 pm—7 pm

## 3. Make an appointment with your advisor

prior to your registration date to discuss your schedule and receive your signed course approval form with your pin; double-check that the pin is copied legibly and accurately to avoid conflicts the day of registration.

Your advisor should go over your choices with you and either approve what you've chosen or recommend appropriate changes. You and your advisor should then complete a course approval form which is available only from your advisor.

## Career Development Center

Midtown Student Center 227  
203-837-8263  
Hours:

- Monday—Friday: 8:30 am—4:30 pm
- Walk-in hours:
  - Wed., 9—11 am and
  - Thurs. 1 pm—3 pm
- Westside Office hours (CC 300E):
- Tuesdays: 1—4 pm

## Academic Advisement Center:

Higgins 205A  
Secretary: 203-837-8397  
Isabel Carvalho: 203-837-8411  
Caitlin Pereira: 203-837-8827 (last names A-I)  
Lisa Peck: 203-837-8564 (last names J—Q)  
Irene Duffy: 203-837-8133 (last names R-Z)

## Deans:

**Dr. Walter Cramer, Student Affairs:**  
306 Old Main, 203-837-8547

**Dr. Missy Alexander, Arts & Sciences:**  
300 A Warner Hall, 203-837-9400

**Dr. Allen Morten, Ancell School of Business:**  
WSCClassroom 376, 203-837-9600

**Dr. Jess House, Professional Studies:**  
123 White Hall, 203-837-9500

**Dr. Dan Goble, Visual & Performing Arts:**  
105B Higgins Annex, 203-837-8851

## Important Dates

- Submission deadline for class audit: 9/28
- Submission deadline for incomplete: 10/12
- Submission deadline for Repeat Policy: 10/12
- Midterm grades due: 10/26
- Withdraw w/o penalty deadline: 11/2
- Thanksgiving break: 11/21-25
- Make-up/Reading days: 12/10-11
- Final exams: 12/12-18
- Final grades due: 12/21



## 4. By the day of your registration,

have your course registration numbers (CRNs) and your pin ready. On or after your assigned day, you may register via the Web at <https://bannerweb.wcsu.edu/>. Go to the "student" tab and then click "Registration Add/Drop Classes", make sure to have your pin readily available. Or you can go to the Registrar's Office to register in-person with your signed course approval form.

# Study Groups Speak Volumes!

by Nicholas Graham, Grasso ARM



The benefits of study groups have emerged in the annals of academia from the inception of established learning. Studies have shown that interactions between students in the spectrum of fields, from science to the arts and beyond, is beneficial to learning. At Western Connecticut State University, the frequent use of study groups can be seen in the classroom buildings and campus centers on both campuses with the common goal of creating a more effective and social scholarship.

Some key profits of study groups include the confirmation of an answer to a confusing and complex problem, increase in confidence in the subject, the personal relevance and stimulating discussions of the topic, and the inestimable opportunity to become the teacher and retain the information through a new perspective.

It is important to remember to keep organization at these study groups despite the overwhelming temptation to socialize about topics unrelated to the work at hand. Important strategies to focus on for study groups include discussing key concepts of the lecture, discussing key concepts of the text, assigning yourself or the group questions, and review past exams, papers or projects in order to discern a pattern in the professor's temperament.

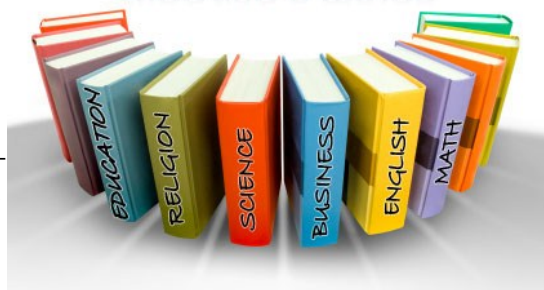
With simple ground rules, study groups are a fun and social method of gaining a new lease on a commonly dreaded task. Be sure to establish a consistent meeting time and setting to ensure the longevity and success of the group!

Source: [http://www.lehigh.edu/~inacsup/cas/pdfs/StudyGroups\\_info.pdf](http://www.lehigh.edu/~inacsup/cas/pdfs/StudyGroups_info.pdf)

## Study Group Ground Rules:

- Be on time and be prepared
- Be respectful of others' ideas
- Have questions about material ready to discuss
- Bring class notes and textbooks to sessions
- Don't meet sporadically—schedule consistent weekly or bi-weekly sessions

## CHOOSING A MAJOR



By Nicole Swenson, Newbury ARM

Picking a major seems like an overwhelming decision in a person's life but in reality, there are so many options to choose from. It is easier than people think. There are many great programs at Western Connecticut State University and literally thousands of professions to try and achieve after graduation. There are simple and stress free ways to help determine what major is right for you.

The first thing that a student should ask himself or herself when they are picking a major is 'What kinds of things interest me?' By answering this, the student can help narrow their choices among the possibilities. If your choice is clear from just that question, do some research and find out what classes are required for the major.

Most of the time, picking a major is harder than just asking yourself what interests you. Three helpful questions to help limit the number of choices that you have to make include:

-If money were no object, what would you like to do?

-Aside from family and friends, what values are important to you in life?

-What type of environment can you see yourself working in for a long time and being happy?

Follow through with these questions by going to events like the Clubs Carnival, or the Majors Fair on campus and talk to the professors in the subjects that you decide on. To declare your major, visit the building that houses the classes you must take and speak with the Department Chair or the Exploratory Studies faculty. Information about their office hours and Program sheets can be found on the WCSU website.

Source: <http://www.going-to-college.org/planning/major.html>



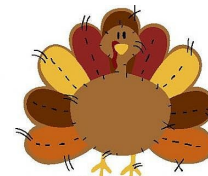
**Housing Deposits**

Housing deposits, needed to secure a room for the Spring 2013 semester, are due no later than October 31st.

We know it seems really early, but we need to know if you're planning to be on campus in the Spring.

**Don't forget —  
No deposit, no room!!**

THANKSGIVING BREAK



**Happy Thanksgiving**

All buildings remain open for the Thanksgiving Break. However, you must be registered to stay on campus for the break. Please check out your Info Desk for information next week so that you can stay if you need to. **No student who is unregistered** will be able to be in the buildings after 6 pm on Tuesday, Nov. 20<sup>th</sup>.

WHAT DO YOU THINK?



What do you think? Have something you'd like to share about this newsletter or other housing issues? Want to give a suggestion for a topic you're interested in knowing more about? Let us know. Drop us a line at [housing@wcsu.edu](mailto:housing@wcsu.edu)

by Samantha Augustine, Litchfield ARM

**Networking With Your Advisors**

**I have been on staff** for two years in a row now, and one of the first things that I always try to instill in my residents at the hall meeting is the importance of networking. In the times that we are living in right now, it's not enough to simply have your degree. Many incoming stu-

dents don't realize this, and upperclassmen don't always take the aggressive hands-on approach that has become necessary to succeed. After you finish your Bachelor's degree, you're going to most likely have to consider applying to graduate schools or searching for jobs. Have you considered who you will ask to be your reference, to write you letters of recommendation, or to even give you the contacts that may make or break your chances of success?

**Getting involved** in campus is easier than you think, but you're going to put in some work – opportunities aren't just going to fall into your lap. The easiest way to meet new people is to attend club or organization meetings. Check the Western Connecticut State University Facebook page for upcoming events, keep your eyes peeled for fliers that have topics of interest on them, ask your RA what's going on this week in the residence halls, probe your professor for any events that they know of. By becoming involved in campus clubs or organizations, you can develop close connections with your peers (and maybe find someone to study with!) as well as familiarize yourself with some of the faculty. Volunteering at events will not only show everyone that you are a part of the community, but also a valued team member.

**Now that your peers** know who you are, you're going to want to get the faculty buzzing about you. The first person you could go to speak with, who a lot of people don't consider, is your academic advisor. To find out who your advisor is, you can check online by logging onto WestConduit and looking under "Check My Registration Status" under the Banner tab. If you can't figure out how to navigate the webpage, pop into the Registrar's Office on the first floor of Old Main and ask them. Not only is your advisor obligated to speak with you concerning what classes you should take, but you can also ask him or her about various opportunities in the department of your major. This may include internships, independent studies, positions as lab assistants, or faculty-developed courses (these could be once-in-a-lifetime classes!). Not every student is paired with what they may consider to be a suitable advisor, however, so make sure that your advisor's expertise is in your path of interest – so if you're interested in Ecology, don't stay with the advisor who conducts research in Neuroscience! It's most likely that if your advisor is proficient in what you would most like to study, they will have more resources for you to utilize in that field.



**Creating a network** of close acquaintances and mentors is just as significant as attending your classes. Sure, you can go to all of your classes and get A's on all of your exams, but unless you introduce yourself to your professor, contribute in class discussions, or go out of your way to visit them at their office hours, chances are that they are not even going to remember you. By simply taking advantage of the various organizations on campus and your academic advisor, you can open the door to meeting a plethora of new people who can write you letters of reference, advise your research experiments, or even interview you for employment positions.



You've heard about them, probably even seen signs outside their doors. But do you KNOW about PASS and the PASS members in your buildings?

PASS stands for **Peer Academic Support Services**, volunteer students who do well in particular subjects. Each PASS member offers to help you if you're struggling in a subject.

Your building might not have a PASS member who can help in the subject you're finding difficult. If that's the case, you're welcome to contact a PASS member in another building for help. Look below for a list of some PASS members we have on hand right now!



is November. Check out the CDC webpage for upcoming events.

## CURRENT PASS MEMBERS IN OUR HALLS

### Centennial Hall

- ⇒ **Mark Surowiecki:** Management; Finance; Poetry; Communication 160 (public speaking)
- ⇒ **Kenny Ward:** Writing; American Literature (I & II); Anthropology 101, 300; Spanish
- ⇒ **Danielle Scarmella:** Writing 101; English 106W; Sociology 200; Anthropology 100; History 101; Social Work 200, 215, 220, 250, 300, 305, 306, 309; HPX 160
- ⇒ **Jill St. Jernquist:** JLA 100, 342, 409; Psychology 100, 393; Sociology 100; Writing 101; Communication 162
- ⇒ **Triana Lyde:** Social Work; Psychology 100; African-American Studies 100
- ⇒ **Eric Keller:** Chemistry 110, 111; Communication 160; Meteorology 150; Geography 100
- ⇒ **Carine Miken:** Psychology 100; Math 118; Biology 100

### Litchfield Hall

- ⇒ **Samantha Augustine:** Anatomy & Physiology; Chemistry, Italian, Spanish
- ⇒ **Nicole Root:** Psychology, Anthropology, Communications; History

### Pinney Hall

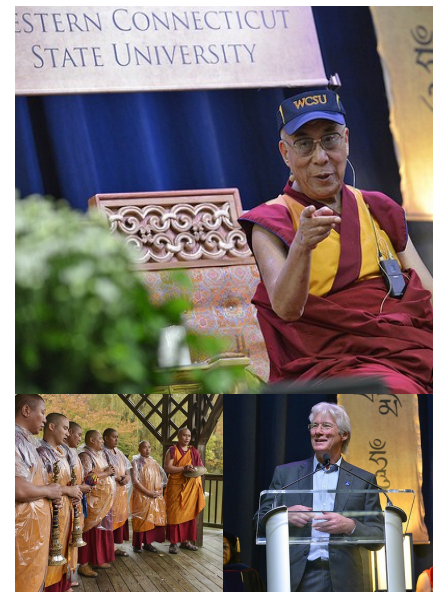
- ⇒ **Cassandra Calderella:** MAT 170, 171, 182, 281; WRT 101; MTR 150
- ⇒ **Julia Young:** PSY 100; MAT 105, 170, 181; GEO 100
- ⇒ **Megan Pabey:** BIO 105; CHE 120, 121; PSY 245; MAT 120
- ⇒ **Nicole Pain:** PSY 210, 324, 349
- ⇒ **Terry Osei:** COM 162
- ⇒ **Thelma Osei:** NUR 105
- ⇒ **Merritt Schneder:** Accounting, Finance

### Pinney Hall

- ⇒ **John Choquette:** Meteorology; MAT 171, 181, 182
- ⇒ **Cara Rinaldi:** BIO 105, 106; NUR 201, 205, 235
- ⇒ **Bridget Powers:** Nursing
- ⇒ **Sara Vitti:** Nursing
- ⇒ **Christine Hargrove:** Anthropology, Sociology
- ⇒ **Jonathan Sales:** Biology, Education
- ⇒ **Nicole Monahan:** PSY 201, 204; MAT 105, 106; ED 206
- ⇒ **Laura Prztulski:** PS 102; HIS 187; SW 200; MIS 260
- ⇒ **Lori Ho:** PSY 100; MAT 100; WRT 102
- ⇒ **Ashley Ransom:** JLA 100, 150, 212; WRT 219, 272, 273, 274
- ⇒ **Althea Donaldson:** Commercial Law, Decision Making in Groups, Organizational Behavior
- ⇒ **Raymond Rinaldi:** GEO 100, HPS 160, 177, 204; PS 100; PSY 215, 230; SOC 202; ED 206; NWC 115; SS 201; EPY 20
- ⇒ **Tyler Shaw:** SPA 197; FIN 310
- ⇒ **Amanda Rivera:** SPA 162; Color 1; Production Process, Advance Figure Drawing
- ⇒ **David Buccieri:** MGT 250; JLA 240; MIS 260
- ⇒ **Matt Varrone:** CHE 100, 120, 121; PSY 100, 205; ENG 106; SS 401
- ⇒ **Imani Josie:** Social & Child Psychology
- ⇒ **Michelle Bishop:** BIO 105, 106
- ⇒ **Kaleigh Metayer:** PSY 100, 201; HIS 149
- ⇒ **Cecelia Diaz:** HIS 148, 149, 186, 187, 262, 292, 294; MAT 105, 106; SS 401
- ⇒ **Nichole Shortman:** Literature, Creative Writing, French 1
- ⇒ **Natalie Glybin:** BIO 105, 106, 215; CHE 120, 121; NUR 105, 201, 205, 235

### Fairfield Hall

- ⇒ **Kayana McCalla:** Political Science (any introductory classes); Psychology 100,
- ⇒ **Ryan Cooke:** Anthropology 100, 223; Communication 162; English 106W, 130W, 212; History 101; Humanities 110; Social Work, Writing
- ⇒ **Samantha Martin:** Math 100; History 149



## DALAI LAMA

OCTOBER 18, 19

Here are a few photos of last week's historic visit of the Dalai Lama to WCSU.