



My Road to WestConn
with Dr. Marsha Daria

Handout:

The ARM Newsletter

March 5, 2013

Vol. 1, Issue 4



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

IN THIS ISSUE



Setting Priorities

by Anna Bank, Centennial ARM

So Spring Break is near, mid-terms have come and gone and it is about time to settle into the last few weeks of the semester. Upon first arriving back from a vacation many may feel at ease and relaxed; that is until they realize what the last few weeks may have in store for them. A problem that arises with students around this time is stress as well as a build-up of work, and it can be quite overwhelming. Luckily, there are many useful tips and tricks that can be done to stay on track and keep the anxiety away.

The first thing to keep in mind is **planning ahead**. When is each one of your assignments due? When is the next big quiz or test? Find the date and save it. It can be useful to get a calendar, a planner or even a white board to hang on your dorm wall in order to write down assignments and deadlines to constantly be reminded. When it feels as though various assignments or exams may be near the same time, it is best to have everything in mind way in advance. Even placing sticky-notes around your desk, computer, bed, etc. that show various assignments and when they are due can work as a great reminder and keep you on track.

Give yourself **time to prepare** for tests and papers.

The night before is never a good time to first crack open a textbook or start up Microsoft Word to type up that ten-page paper. It can be difficult for many to get motivated, especially when the end of the semester is right around the corner, but the earlier that you begin preparing, the less stress you are going to feel and the more confident you will become. If you know that you have an eight-page paper due in a little over a week, try writing a page a day. This way you will break up the work into smaller sections, feel less overwhelmed and have more time to perfect and proofread your final work. Maybe you will even have a burst of motivation and get that paper done way in advance. The more time you give yourself to think, work and plan, the better chance that you will succeed.

Spring Break is a time to recollect yourself and switch up the usual routine. Once you are back at school try to **switch into another new routine**. Maybe the days creeping into March are leaving you in a slump— having trouble rolling out of bed for those 8 AMs and attempting to pull all-nighter cram-sessions before an exam. Now that you'll have some time to collect yourself and return refreshed, do not

(Con't, pg. 3)

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SUCCESS
SPOT

www.wcsu.edu/housing/ARM/armsuccess.html

STAYING SAFE DURING

By Adaobi Ogbenta, Pinney ARM

While spring break is a great time for us to unwind, it's important to keep safety a priority. Be smart and be safe with these tips:

1. **Stick with the buddy system.** Whether you're traveling in a large group or with one other person, have an appointed buddy that will make sure you get from place to place and keep tabs on you. This should work both ways, so make sure you've got an eye out for them too --but stick with the group.
2. **Contact information.** Let many people know when and where exactly you are traveling to, and that doesn't mean just those you're traveling with. Tell your parents, relatives, friends staying behind, or anyone close to you because this will be extremely helpful in the unlikely chance of an emergency. Info to leave behind: flight info, lodging details, other contact info for friends also on the trip, intended length of your trip.
3. **Always have your phone.** While this won't be a problem for many of you, be sure to always have a cell phone with you for emergencies and staying in touch with people in your group. Have 3 emergency contacts programmed in speed dial. When going out, make sure your phone is charged and that everyone in the group remembered to bring their phone.
4. **Keep a low profile.** Don't advertise your valuable belongings, because the less you stand out the less likely you are to run into trouble. Don't whip out your tablet in crowded, public places (leave it at home if possible) or don't wear your most expensive jewelry or your fanciest clothes or purses. And try not to carry too much cash in your wallet. If you can't live without some of these things, lock it in the hotel room safe when not in use.
5. **Party smart.** Do NOT leave your drink unattended. No matter what, never let

your

drink
leave your sight,
or your hands.

6. **Use your study skills.** If you're leaving the country, learn a few key phrases in the language of your destination country. ("Please", "Thank you", "Call the police", are some good ones for starters) and study the country-specific advice on the U.S. State Department's website. You can also register your spring break trip for free with the U.S. government, so in case of an emergency or natural disaster, terrorism or civil unrest, you will be more easily contacted by the government and your contacts will be notified as well. Alert your bank if you are traveling the country, so they can expect foreign charges or else they might suspend your account if they suspect fraud.
7. **Hooking up.** If you choose to have sex, make sure it's protected. Stock up on protection before you leave so you don't find yourself in a compromised situation. Decide before even going on spring break what you are willing to do, and then set boundaries early and often. If you meet someone and decide to hook up, be up front with them if sex isn't in the plan. But don't ever let anyone talk you into doing something you're uncomfortable with. "Remember what happens in Vegas, stays in Vegas. Except herpes. That s#*t'll come back with you." -Hangover
8. **Drinking +Beach +/- Hot tub= Bad News.** Drinking under the sun can equal bad sunburn and an even worse hangover. Sun maximizes the effects of alcohol, so take it slow and stay hydrated by drinking lots of water. If you start feeling faint or light-



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headed, get shade and water immediately. Keep this in mind if you party on the beach. Drinking in the hot tub might sound like a good idea, but alcohol can dilate blood vessels and lower blood pressure to dangerous levels and the effect of alcohol is felt sooner and stronger in a hot tub, which could lead to unconsciousness and drowning.

9. **Be mindful of your environment.** Always know where you are and where you're going, because the worst mistake is venturing out (especially at night) and getting lost.

For those of you that will not be traveling the Career Developmental Center will be hosting a workshop that you may find valuable: **GIMME A (Spring) BREAK: Sun Block Optional, March 26th – Thursday, March 28th at 10:00 AM in the CDC, SC 227.** A workshop will be presented daily and will include such topics as **Networking, Interviewing, and Job Search.** Register on <http://www.collegecentral.com/wcsu>.

SPRING BREAK

"Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again."

Gustave Mahler,
Composer



Test Anxiety

by Nicole Swenson, Newbury ARM

Test anxiety is feeling distress or nervousness before or during an exam. Often when you have test anxiety, you also have difficulties with con-

centration, mental blocks, and distractibility. You can have test anxiety before a test (anticipatory), or you can have test anxiety during a test (situational).

Three ways to prevent test anxiety are to *prepare well and in ad-*

vance for the exam, *check your attitude* before an exam, and *relax*.

Prepare well and in advance for the exam by gathering information about the exam, setting up a study schedule, reviewing material often throughout the semester, and testing yourself. **Check your attitude** before an exam by thinking positive thoughts instead of negative thoughts. For example, go into the exam thinking, "I am going to try my best and get the best grade I can on this exam" instead of "I am going to fail this exam." Don't forget to **relax** before and during the exam. It's just a test! Use relaxation techniques to relieve test anxiety, such as exercising, listening to (*con't.* pg. 4)

Professional Semester Applications

by Nick Graham, Grasso ARM

As the spring semester progresses, Secondary Education majors here at Western Connecticut State University will notice increasing pressure before entering their professional semester. As a current member of the program, I would like to outline an easy guide in order to alleviate some of the stress that seems to be permeating the pedagogy classrooms.

The application for professional semester is due April 1st for every concentration and this application can be obtained by emailing Dr. James from the Education Department. The application specifies the letter of recommendation forms the applicant needs and the information that needs to be recorded. Once these applications are submitted, the student will contact the department for an interview time.

Some helpful tips to remember when applying:

- Make sure you have passed your Praxis 1 test or have gotten a waiver for the exam
- Check your program sheet to assess your progress in your specific concentration
- If you have any questions about the process, Dr. James is very willing to answer them through email or office hours appointments.
- Remember to utilize time management skills in order to create an accessible timeline for completing your application.
- If you need help with time management or study skill, GO SEE YOUR ARM FOR HELP!

Once the application is completed and the interview is set in place, all you have to do is prepare yourself for the interview and focus on remaining confident in your experience. Feel free to visit any of the Academic Resource Mentors or Resident Directors for interview tips and strategies.

NATIONAL WOMEN'S HISTORY MONTH

Exclusive: Leaders in their Fields

by Emily Freundt, Centennial ARM



Prudence Crandall was an American educator who opened an all girls' school in Canterbury, CT in 1831. When her admittance of an African American girl was protested she decided to turn her focus

solely to the education of African American girls.

Shirley Chisholm was an American educator, author, and politician. In 1968 she was the first African-American woman elected to congress and served for New York's 12th district for seven terms. In 1972 she became the first African-American and the first woman to run for a major-party Presidential nomination.



Louisa May Alcott was an American author/novelist best known for her novel *Little Women*. Alcott was also a feminist who became

the first woman to register to vote in a school board election in Concord, MA after reading the Declaration of Sentiments. She was also an abolitionist who, along with her family, was station master for the Underground Railroad.



Elizabeth Blackwell was the first woman to receive a medical degree in the United States. She promoted the education of women in the medical field. Blackwell graduated from Geneva

Medical College but not before being rejected from several medical schools for being a woman. Blackwell persevered, however, and reached her dream. She opened her own practice in New York and helped other women pursuing medical careers.

Marie Curie was a physicist and chemist who is best known for her work with radioactivity. She was the first woman to win a Nobel Prize and the first female professor at the University of Paris. Her achievements include her theory on [radioactivity](#) as well as ways for isolating radioactive [isotopes](#). She also discovered the elements [polonium](#) and [radium](#).



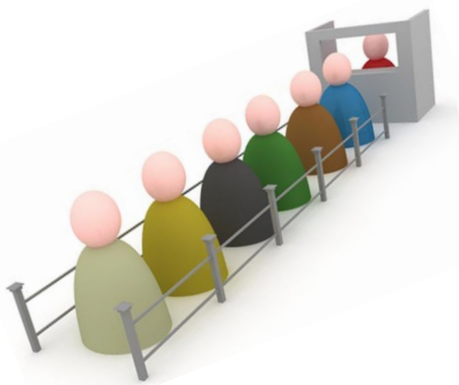
WOMEN MAKING HISTORY.

(con't. from pg. 1) Setting Priorities

deprive yourself of sleep, and attempt to give yourself time to prepare for tests and papers. There may only be a few weeks left in the semester but it will feel a lot longer if you let yourself become burnt-out. Take care of yourself and your assignments.

If you are graduating, try not to fall into a case of **Senioritis**, even though it may be tough. Just because the finish line is close does not mean you shouldn't finish strong! Use upcoming events such as graduation or even an upcoming summer internship or job to keep you motivated. Think about what is in store and realize that you must keep up the good work in order to reach those goals.

So, plan ahead, avoid the stress, and stay on top of that work! The key to success is staying positive and always looking ahead to the future.



Hint!

- ◆ *Know the basics—get familiar with your program sheets and what's required to graduate*
- ◆ *Do some research—find out the pre-requisites for your classes.*
- ◆ *Find out about your professors. Ask other students about their experiences with specific professors, or better yet, talk to the professor yourself!*
- ◆ *Don't wait until the last minute to meet with your advisor. Schedule a time with him/her NOW!*

Registration

by Sean Keenan, Fairfield ARM

As the semester rushes past and we all have our eyes on the upcoming summer, it is important not to forget that there is still much to do before the end of the semester. One of the most important things is registering for classes for the Fall. There are a few steps that you must do in order to ensure you get the classes that you need.

- **Get a program sheet.** Program sheets are a fantastic resource to keep track of your progress towards graduation. They list all the classes that are required for your major as well as the other requirements necessary for all students. Make sure you update your program sheet every semester and use it to plan your classes for the upcoming year.
- **Meet with your advisor.** In order to register for classes, you must get your PIN from the advisor assigned to you by the university. However, this is not the only reason you should go to see them. Your advisor is a wealth of knowledge who can help you pick your classes and tailor a schedule to fit your needs. They will be able to make sure you stay on track and graduate one time. A healthy relationship with your advisor is vital to your success as a college student.

- **Make sure there are no holds on your account.** Before you are able to register, it is important to check for any holds that would prevent your timely registration. You are able to check for holds on your account through the university website. If you do owe the school any money, it can be paid at the cashier's office in Old Main or by credit card online.

- **Plan your schedule ahead of time.** When your registration date comes, you may find yourself scrambling to get into the classes that you need. Much of the chaos can be avoided if you plan out your schedule well before your registration date. This way you can get all of your classes at midnight as soon as you are able to log on. Become familiar with the open/close system and have all the CRNs ready. In case classes fill up faster than you are able to get into them, have a few backup classes that you can register for in a pinch.

Registration is an important process that everyone must go through. Without registering for classes you may lose your housing or no longer be considered a matriculated student, greatly raising the price of tuition per credit hour. Therefore, it is important to follow these steps and register in a timely manner.

TEST ANXIETY (CON'T.)



music, or practicing stress relief techniques.

When taking an exam and sitting in a chair in class, try your chair to help

you relax in this stress relief technique:

1. Place your feet flat on the floor in front of you.
2. With both hands, grab the underside of your chair.
3. Push your feet into the ground and pull on your chair upward. Tense your muscles, holding for 5 seconds.
4. Release your pull and relax your feet, letting your body go limp.
5. Repeat as necessary.

Good luck on midterms!

now enrolling!
Hancock Student Leadership Program

WCSU's premiere leadership program is now offering \$1,500 awards plus a three-credit Fall semester co-op course: **Leadership Shadowing Experiences (CED 297)**

Application Deadline: April 1, 2013 at 4 p.m.

An experience like the Hancock Student Leadership Program is a great resume entry.

As part of the program, you will:

- Acquire strong skills in communication, problem solving and critical thinking;
- Engage in opportunities for experiential, cooperative and field experiences;
- Develop a strong sense of commitment to public service.

For an application or to get more details, visit our web site today at wcsu.edu/hslp

Aspire.



181 WHITE STREET, DANBURY, CONN. WCSU.EDU/HSLP

The Do's & Don't's of Job Interviews

by Natalie Glybin, Pinney ARM

Your résumé may look great, but your interview, should you be granted one, can make the difference between getting hired and being passed over. Why? Because it's not all about your skills. Employers want to get a feel for your personality. They want someone who fits well with their current staff, so putting your best foot forward in the interview is a must.

Here are some tips:

The Do's:

***Be on time.** Your interview may be at a location far from where you live or in an unfamiliar area. If you need to, take a practice run to the location in the week prior to your interview. When deciding when to leave the morning of, give yourself at least 15 to 20 extra minutes (i.e., if it takes you 30 minutes to get there, leave home 45 to 50 minutes before the start of your interview). This way, if there is any traffic you won't be late, and if there isn't, take the extra time to collect yourself and your thoughts before going in.

***Invest in professional attire.** You don't have to spend a lot of money on interview attire. The clothes you choose should, however, convey professionalism. What does this mean? At the very least a nice pair of slacks, a button down shirt, and good shoes. The colors should be conservative: grey, navy, brown, black. If you choose to wear jewelry, don't choose anything too flashy. It will be distracting. Ladies, if you wear a skirt it should be around knee length. Heels shouldn't be too high and keep the jewelry and makeup to a minimum. Guys, make sure your shoes look good. Under no circumstances should you wear sneakers to a job interview. Ever. You also want to make sure you look neat, so pay special attention to your grooming the morning of.

***Research the company.** By doing so, you will be better prepared for the types of questions the interviewer will ask. You also want to have some background on the company to demonstrate that you are taking this job interview seriously and not wasting the interviewer's time. Also, prepare some key points that you want to mention in the interview before hand. Practice saying them out loud to get comfortable. You don't want to be caught completely off guard and left flustered. You can search common interview questions online and have a friend ask you them in a mock interview.

***Meet the interviewers confidently.** This means addressing each interviewer by name and firmly shaking their hand at the beginning and end of the interview. Make sure your hands are clean and dry! Few things are more uncomfortable for an interviewer than a limp and clammy handshake. Wait until you are offered a seat to sit down and have good posture: upright, shoulders back, alert. Don't fidget, don't slouch, and don't cross your legs. And finally, make good eye contact. Not doing so makes you look nervous, unsure, and possibly even intimidated.



get awkward) to take a deep breath and exhale and give yourself a little time to think of an answer. Practice saying your answers out loud facing a mirror without saying "um" "uh" or "like." And always think before you speak!

(continued on pg. 6)

The Handout is a publication of the Department of Housing & Residence Life at Western Connecticut State University. It will be published several times each semester, and distributed via email, on the HRL website (www.wcsu.edu), and via the departmental Facebook page. (WCSU Housing & Residence Life).

IMPORTANT HOUSING REMINDERS



A \$250, non-refundable **deposit** is due no later than March 31st in order to hold a space for the fall semester. Late payments will result in your not being able to participate in room selection in April. Make payments at www.wcsu.edu/ezpay.

Room Selection

Room selection for the fall takes place in April. In order to participate, you must have a paid deposit (by March 31st), register for fall classes (at least 12 credits), and turn in your group application and contracts.

See complete details in the email you received, or online at: www.wcsu.edu/housing



Dr. Paul Hines

Tuesday, March 12 @ 6:30 pm
Faculty Dining Room

Dr. Dan Goble

Tuesday, March 19 @ 6:30 pm
Faculty Dining Room

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

Exercise & Stress Reduction

By Samantha Augustine,
Litchfield ARM

There are a lot of different things to balance in the years that you spend at college. Some of you may have a heavy credit load, a very active social life, and even one, two or even three jobs trying to pay your way through school. Even for those of you who have it a little easier, you may find yourself being crushed under the weight of all your responsibilities. It can be difficult to handle your stress, and therapy doesn't come cheap.

One of the most well-known myths of first year students who live on campus is the freshman fifteen – which may be very real and even underestimated. Being cooped up in your room with a giant box of potato chips your mom left you last time you visited and a paper that is due at midnight the same day can be a very deadly combination, and you'll find that you may begin snacking from the anxiety or even due to boredom. It's hard to make the right food choices in the cafeteria when you're surrounded by so many enticing, occasionally unhealthy options, so it's easy to see how you can start to feel negatively about yourself.

On top of all of these responsibilities and the anxiety of getting them done, now you may find that you don't feel good about how your body has changed. Luckily, exercise is a great way not only to help yourself set goals, reduce stress, and stay positive, but it will also help you to feel better about the skin you're in. Cardiovascular health is of the utmost importance, and it is recommended that Americans should exercise 150 minutes (3-5 times) each week. This can include activities such as jump-roping, jogging, running, biking, and using the elliptical; these activities are excellent for not only helping to strengthen your heart but also to help burn away fat tissue. There are several machines at the Midtown and West Side gyms that help in strength and resistance training, but you can also use simple pushups and curl ups in the comfort of your room to tone muscles; modifying these exercises may be necessary depending on your muscle mass, but those techniques can be easily researched online. You can typically find at least one Housing & Res. Life staff member who owns Insanity or P90X, which are great videos to get you motivated through an intensive work out. Performing exercises such as these releases serotonin within your body, which makes you feel happy after your exercise. It is a natural

reward that not only makes you feel good about what you're doing, but also reinforces your healthy habits.

Another excellent way to reduce stress is to practice deep breathing techniques. Although breathing is key in all exercises, it is also the cornerstone of the practice of yoga. Yoga is an excellent way to build your balance, fix your posture, realign your spine and body, and completely relax as you surrender yourself to the moment of practice, letting go of everything you have had to handle throughout the day. Yoga prepares the body for meditation, which is an excellent aid for reducing stress, however, the breathing techniques can also be very useful outside of your practice. I have found myself automatically begin to take deep breaths before a test or when I'm at work dealing with difficult customers. It can prepare you for focusing on a test or give you the time you need to relax and think about what you are going to say.

Take advantage of the opportunities that you have at WestConn by going to the Midtown or West Side gyms, taking a jog around the quiet block, getting the most out of your HPX activity class, and attending the various fitness programs that are put on throughout the building. For instance, Litchfield Hall hosts fitness nights such as Insanity, Crazy Abs with Raf, Yoga, and Zumba every Monday-Thursday. Check out the times below for when to get your sneakers on and head to the gym to drop your anxiety!



Midtown Fitness Room

Mon.-Fri.	10:00 a.m.-10:00 p.m.
Saturday	12:00 p.m.-4:00 p.m.
Sunday	6:00 p.m.-10:00 p.m.

Westside Campus Center Fitness Room

Mon.-Thurs.	10:00 a.m.-10:00 p.m.
Friday	10:00 a.m.-7:00 p.m.
Saturday	12:00 p.m.-4:00 p.m.
Sunday	4:00 p.m.-8:00 p.m.

DO'S AND DON'T'S (CONTINUED)

*Don't say negative things about past employers/colleagues.

Employers value loyalty. Even if your last place of employment was absolutely horrific, saying negative things about your former boss to a prospective employer in an interview will almost always reflect poorly on you, especially if the topics discussed seem gossipy. If you don't have anything nice to say, don't say anything at all.

***Don't brag.** You may have done a great job at a previous place of employment, but no one likes a person who is too smug or cocky. If you present yourself as God's gift to the interviewer, you are likely to put the interviewer off. You never want to pass yourself as superior to a prospective employer. Aim for confident instead. What you **do** want to do is highlight your achievements. What did you DO that was so great? If you can quantify your achievement, that is even better (i.e., decreased costs by 10% by implementing the following policies..., improved productivity by 13% by....). Don't just list off things you were responsible for.

*NEVER, UNDER ANY CIRCUMSTANCES, LIE IN AN INTERVIEW.

Always assume that your résumé (bring extras to your interview) and anything you say to the interviewer will be thoroughly verified. Most background checks are aimed at checking information about education and past employment in addition to criminal activity. You may think that bumping up your GPA by a few tenths of a point may not be a big deal, but it may cost you the job. Be truthful. Don't throw yourself under the bus by saying anything that can hurt you, but don't falsify any information either. And be aware that there are certain things that, by law, interviewers are not allowed to ask you.

If you have any questions about job interviews, feel free to contact your building's ARM. In addition, the Career Development Center is located upstairs in the Midtown Student Center in room 227, and they have Tuesday afternoon hours in the Campus Center suite on Westside. They are a great (and free) resource on campus.