



Handout:

The ARM Newsletter

April 18, 2013

Vol. 1, Issue 5



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

IN THIS ISSUE

Avoiding the dreaded “*Senioritis*”

by Nicholas Graham, Grasso ARM

As the long frost of winter comes to its much invited close, the students who are facing graduation in May or December face their toughest challenge since freshman year. The gradual signs appear almost too late: the overwhelming stress of a senior thesis/project, the slight disdain for the carefree lifestyle of the underclassmen enjoying the weather outside, or even the temptation to sleep just a little later through a morning class that exponentially consists of just an attendance grade and a final. All of these things become symptoms for the dreaded “Senioritis”, a plague that students thought they cured with the vaccination of a college acceptance letter.

Although prodigious, “Senioritis” can be conquered with some daily tips, leaving graduate school applications, prospective jobs/internships, and career paths to be handled without the pressure of class knocking constantly at the door.

Tip #1

Try and become more physically active through the day. “Senioritis” is a physical disease as much as the disease is mental. If

one tries to stay kinetic, the annoying necessities of schoolwork will be accomplished without the weight of lethargy. Eating healthy is a good supplement to staying active: the better nutrients one puts in his or her body, the more energy is created for longer periods of time.

Tip #2

Avoid the consumption of alcohol and drugs during

the end of the year. Drugs should be avoided anyway; however, if seniors who are above the age of 21 feel as if they are coasting until graduation: think again. Going out to drink will only make the deadlines of important final work progress faster than imaginable, creating stress that will lead to the eventual possibility to shut down and give up.

Tip #3

Think about the next step in your life. If one’s GPA is hanging in a critical balance that would advance one’s propensity to get a good job, get into graduate school, or receive an internship, the pursuit of success will depend on the final semesters. Use the final semester as a chance to finish the classes required for one’s major and to explore electives that diversify one’s attractiveness to the set future goal. For example, if studying JLA, one would be wise to take English or Writing courses to approve the clarity and quality of one’s writing. Most court cases are about using the evidence to piece together a narrative, attaining the outcome desired.

Tip #4

Stay Calm. Sometimes “Senioritis” comes in the form of being overwhelmed by the future. Remember to stay organized, rational, and realistic about the future in order to avoid the anxiety of the most asked question being asked around campus in the first week of May: “What’s next?”.



sen·ior·i·tis

n.

1. decreased motivation towards studies displayed by students who are nearing the end of their high school or college careers

2. symptoms include: slowness, procrastination, apathy regarding school work, and a tendency toward truancy.

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SUCCESS SPOT

www.wcsu.edu/housing/ARM/

PREPARING FOR FINALS—

HOW NOT TO CRAM IT ALL INTO THE LAST FEW DAYS

By Anna Bank, Centennial ARM

As the semester comes to a close, many things are in our minds: summer, graduation, and, of course, finals. One of the biggest problems around this time involves planning out time to work on those big papers or study for that final test. There are many ways that you can avoid cramming everything into the last few days of the semester.

First, try getting a head start on those important papers now. Rather than waiting until the night before it's due, begin working on a research paper a little bit each day. If a paper is due in ten days and has to be ten pages, try writing a little more than a page a day. This way, the paper will be easier to manage and will feel like less work. Also, try giving yourself the time to think, plan, write, and revise. Wouldn't it feel nicer to only have to edit a paper the night before rather than write the entire thing? This will also help to prevent that last-minute stress that we've all experienced at least once before.

Do you have a big exam? **Plan for it!** Mark on your calendar when your test will be. This way you will have time to make study guides, re-read notes, and prepare. Give yourself the

time to learn the material and re-view. Instead of pulling an all-nighter the night before, study a little bit each day up until the test. If you have given yourself enough time to actually learn the material, rather than just memorize it, you will be better off for the exam. When you need to pull up the information during the test, it will be easier to recall things that the brain has actually processed and learned rather than crammed in the night before.

Is there a major final project that you have to get done? Do not wait until right before it's due to start! **Give yourself time in advance** to plan out what needs to get done. Are there other people that you are working with? Contact them and make a plan together. It will be a great relief for you and your group members if you get started early on. You will all feel better knowing that your work is done and that there will not be anything missing or rushed within the final project.

The best approach to final exams is to take your time and not wait until the last minute. If you mark up your calendar, plan ahead, and stay organized, you will be set for success. So, re-read those notes, get started on that big paper, and begin contacting

those group members. Although it may feel hard to stay focused when the semester is coming to an end and summer is creeping around the corner, it will feel so much better if you plan ahead and stay successful for the last few weeks.

COMMENCEMENT THOUGHTS

"Your time is limited, so don't waste it living someone else's life. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition."

Steve Jobs



by **Maribeth Griffin**
Director for Residential Programs & Staff

I am very proud of all the students who live and work here at Western, particularly those who are em-

ployed by our department. Our Info Desk staff, Office Assistants, SAAs, RAs and ARMs are among the finest students that we have on campus. We ask each of these students to keep the needs of



our residents—academically, socially, physically, spiritually—at the forefront of their minds as they do their jobs. We want them to help you have the most enriching and rewarding college experiences, and they work quite hard to assure that this happens.

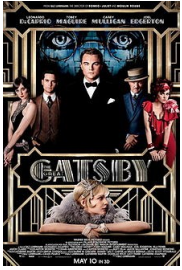
As you prepare to leave, give a moment's thought to the hours and energy that these fellow students put forth to make your time on campus great for you. If you are so inclined, let them know about something you're grateful for that they did for you. **A special shout out from me to the ARMs, who have helped with *The Handout*, the Academic Recognition Ceremony, and GROW all year long!**

Good luck to you all on your finals! We all hope your summers are fantastic, and your futures are filled with health, happiness, and hope!

Keeping Your Brain Active Over the Summer

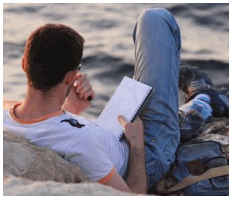
by Nicole Swenson,
Newbury ARM

It is easy to forget about studies and school over summer break. Here are a few tips to keep your brain active in a fun way over the summer:



Read a book for pleasure.

The Great Gatsby is coming into theaters! Read the book before you go see the movie. For those of you have already read the book in high school, it's not a bad idea to read it again to freshen up on the story!



Write in a journal.

Keep a journal of your summer activities and in a few years you can look back at all the fun you had!



Apply to a job or internship.

Jobs and internships are a great way to gain experience before you graduate.



Take summer classes.

Though it may not sound like the most fun to do, it will help you retain information throughout the school year.

*Have a wonderful summer break and stay safe!
Don't forget to keep your brain active!*

“The energy of the mind is the essence of life.”

— Aristotle



From Emily Freundt, Centennial ARM

Summer presents its own set of safety hazards for children and adults alike. Lisa Hass-Peters, RN, injury prevention educator in the Emergency & Trauma

Center at Froedtert Hospital (WI) offers the following quick tips:

- Sun exposure. Wear sunscreen with an SPF of 15 or higher whenever you spend time in the sun, and reapply it as needed. Some sun screens fade with sweat.
- Heat stroke. To avoid life-threatening heat stroke (a core body temperature above 104°F), avoid strenuous activities during high temperatures. Do activities during cooler evening hours. Drink plenty of water or sports drinks for hydration.
- Diving injuries. Severe spinal injuries can occur if people dive and hit their head on the bottom of a pool, lake or other body of water. Don't dive if you don't know the depth of the water. Be aware that even if you know the depth in a river or lake, these depths can change over time.
- Swimming. Swim only in designated swimming areas and never swim alone. You never know when you might get a cramp.
- Insect repellents. Wear repellents, especially when hiking or camping, to prevent Lyme disease (spread by ticks) and West Nile virus (spread by mosquitoes).
- Alcohol. Summer festivals, sporting events and other activities often include alcohol. To prevent injury to yourself or others, be a responsible drinker and always make sure you have a designated driver. Many boating accidents are related to alcohol use.
- Bee stings. Cover soda cans to prevent attracting bees.

Summer Exercise

The long, sunny days that summer provides are a welcome time for getting back in shape. As temperatures rise, however, it's important to take steps to avoid heat exhaustion and heat stroke. Mark Lydecker, physical therapist and athletic trainer in the Froedtert & the Medical College of Wisconsin Sports Medicine Center, recommends the following tips for outdoor activity:

- Avoid consumption of alcohol and beverages with caffeine before physical activity, including the night before. These beverages act as diuretics which will increase excretion of fluids, leaving you at risk for dehydration.
- Don't skip a warm-up just because it's warm outside. Stretch, walk or ride a bike for a few minutes, and drink fluids before starting a strenuous physical activity.
- Wear light-colored clothing made of synthetic blends that are designed to wick moisture away from the skin. Avoid cotton clothing, which retains moisture.
- Wear a hat, sunglasses and sunscreen to minimize the effect of the sun's rays on your body.
- Seek exercise paths and areas with shade for your exercise activity to keep you cool. Walk or jog on grassy vs. concrete or asphalt surfaces to minimize impact on knees and ankles.
- Keep yourself hydrated! Drink four to eight ounces of water before your activity and 12 to 16 ounces during each hour of your activity. Consider adding sports drinks if the activity will last longer than 30 minutes be-

(cont. on pg. 4)



Graduating... Have you found a job?

by Adaobi Ogbenta, Pinney ARM

College doesn't last forever (well, at least it's not supposed to). It's shocking how fast you'll be wondering what to do with that diploma. To avoid being a part of the unemployment crowd, we've come up with some tips that you should do to get a job post-graduation if you haven't already done so.

Find Something You Want To Do. The first step in getting a job is actually knowing what you might want to get a job doing. Crazy, right? You know yourself better than anyone. Know your strengths and personal characteristics; this will hopefully narrow the search for you.

Visit the Career Development Center before you leave college. But don't just show up for a 10-minute "walk-in" to have all your questions answered and then leave frustrated that they weren't helpful or "didn't have a job" for you.

Create the best possible résumé, cover letters, writing samples. Show them to friends, relatives, or anyone who will look at them. Make sure all typos, weak phrasing, grammar issues, etc., are gone and there is consistency.

Create or enhance your social media profile. Not on *LinkedIn* yet? Go to *LinkedIn.com* to create your profile and make sure it highlights your skills, talents, and successes. Post a professional picture (even if you just have a friend to take a photo of you in front of blank wall). Use *LinkedIn* actively—join groups related to your career interests, join your college's group (many have alumni groups for networking) look at employer profiles, etc. *LinkedIn* can help you create a network faster than almost any other sources. And while you're at it, clean up any digital dirt lingering on the Internet. Tighten up the security on your Facebook profile. Make sure your Twitter feed isn't going to show you in a negative light.

Be professional at all times. The most common complaint employers receive from college students is their lack of professionalism in three areas: dress; knowledge of company; and ability to identify and articulate their talents.

- Appropriate interview clothes vary according to industry, but it's better to err on the side of too conservative than too casual.
- Practice professional responses to interview questions.
- Research companies before you go for interviews.

Make Connections.

Most college students aren't thinking about networking, but that's exactly what you should be doing before you graduate. We have strong alumni networks that you as students can tap into, but it's up to you to get out, shake hands and make those connections. Get advice on the profession you're interested in and ask questions to get tips on how to best position yourself. Take advantage of the faculty and staff that are here to help YOU!

Make Use of Technology.

Download mobile job search apps on your mobile device. Check out the *20 Best Career-Enhancing iPhone Apps* for ideas.

Job searching is a process. The job will not just fall on your lap, it's something you have to work for. It helps to do something that will set you apart from other candidates, show employers that you're willing to go the extra mile. The job hunt takes time and you have to hear many no's before you get that yes. But if you follow these steps, it should reduce significant time on your parents' couch come this summer.

Best wishes on your job search and congratulations on graduating!



SUMMER SAFETY (CONT.)

cause they replace the sodium and potassium the muscles lose during exercise.

- Wear shoes designed for the activity, such as biking shoes, walking shoes or running shoes. They should be comfortable and provide stability to your foot.

Cooking and Eating Outdoors

If you're planning a barbecue, here are some helpful tips from Tracey Brand, registered dietitian at Froedtert Hospital:

Defrost meat, poultry and fish in the refrigerator and take them to the grill when the fire is ready. Letting meats sit out until the grill is ready can allow bacteria to grow. Be sure to check the inside temperature of the meat as it grills. Just because the outside of food looks cooked doesn't mean the inside temperature is high enough to kill bacteria.

The following minimal internal temperatures must be reached (check the thickest part of the meat):

- Poultry..... 165° F for 15 seconds
- Pork..... 145° F for 15 seconds
- Fish..... 145° F for 15 seconds
- Ground meat..... 145° F for 15 seconds
- Beef and pork roast..... 145° F for 3 minutes

When serving cheese- or mayonnaise-based cold salads, keep them chilled (40° F or below) until it's time to eat. Protein foods can spoil very easily when left to sit at room temperature. Discard food that has been out for more than four hours.

Information directly from: <http://www.froedtert.com/HealthResources/ReadingRoom/EveryDay/May-July2006Issue/TipsforaSafeSummer.htm>



How to Be Productive Over the...



by Natalie Glybin,
Pinney ARM

As the semester winds down and finals approach, I bet you can't wait for summer to get here, right? Nothing wrong with that! However, there are still lots of things you can do over the next three months that will put you ahead in the fall semester without sacrificing your summer. Keep reading for a few suggestions!



1. Volunteer!
This is one of the easiest ways to be productive

this summer. Each community has a multitude of organizations that could use your help over the summer. You don't have to commit your entire summer, but a few hours a week are more than doable. In addition, community service looks great on a resume! See volunteermatch.com for opportunities in your community.



2. Save For Fall!
Are you working this summer? If not, a part time job might be something to think

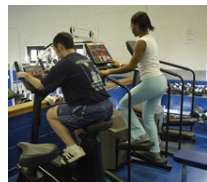
about. Having a little bit of extra money never hurts. In addition, if you work a little bit more during the summer (and save that money!) you'll have a little bit more leeway during the fall semester, financially speaking, and will be able to focus on your classes.



3. Look Ahead!
Since you already know which classes you will be taking next semester, depending on the class you may be able to get a head

start on your reading. I know, I know, the end of one semester is

not the time to be talking about the start of the next semester, but doing even a little bit of reading over the summer can lighten the burden of the following semester. If you do decide to read ahead, check on Blackboard or ERes to see if your instructor has a syllabus posted.



4. Workout!
It's hard to get a workout in during the semester.

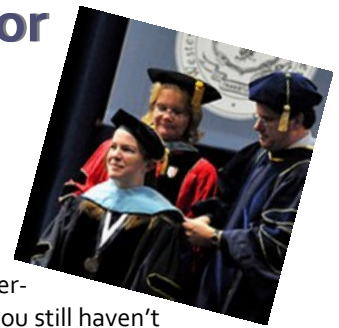
There's always one excuse or another—classes, exams, work, etc. But you've got all summer free, why not work on your fitness? College students aren't exactly known for their health habits, so getting into a good routine over the summer can make it easier to stick to a routine during the semester. And find interesting ways to get fit. Swimming is great!



5. Clean Up Your Profiles!

This goes for any juniors and seniors approaching the career search. Take this time to go through the *Facebook*, *Twitter*, and other social media websites you have an account on and really do some deep cleaning. Look at your profile and assess what can hurt you in the job search in the coming year. Untagging yourself from some embarrassing or inappropriate pictures is a great place to start. Consider taking this time to also make a *LinkedIn* account or maybe even work on your résumé. The staff at the Career Development Center are here to help you! They are located in the Midtown Student Center Room 227 and are open all summer.

Preparing for Graduate School



Soooo... 12 years of elementary, middle and high schools, 4—5 years of undergraduate education, and you still haven't had enough? Grad school is in your future! It's a new adventure, to be sure, and has some serious things to think about. Let's talk about some of them.

Grad school is tough

You'll have a ton of studying, research, and writing to do. Don't be lulled into thinking that because you have fewer classes your work load will reduce. It will take your time and your energy. Be ready for it!

Work issues

Some of you worked your way through undergrad, so you're familiar with the demands having a job places on your academics. You may now have a full-time job, or you may be lucky enough to have received a graduate assistant or intern position. Trust me when I tell you that, even though the description says "25 hours a week", you'll be putting in loads more time. Be prepared to prioritize and handle the demands both school and a job will have on you!

Budgets

Grad school classes are more expensive than undergraduate classes, and you probably won't have the energy left to get another job to support your luxurious lifestyle! Take time to think about all your expenses, and work out a budget to try to stick to. The stress you may relieve by giving this some forethought will be well worth it.

Change Your Ways

Have you been a procrastinator as an undergrad? You may want to find ways to change that bad habit! Getting behind in grad school is a bad idea. Plan ahead. See if you can get the syllabi ahead of time, or perhaps you can start reading through your text books. Don't wait until it's too late!

Relationships

Don't wait to get involved and get to know your department's faculty, including your graduate advisor. The relationships you develop with them will last you well into your life, and may set you on academic journeys you never dreamed of! Make an appointment and see if you can begin that relationship NOW!

With just a little thought and a little work ahead of time, you can start your graduate career off on the right foot!

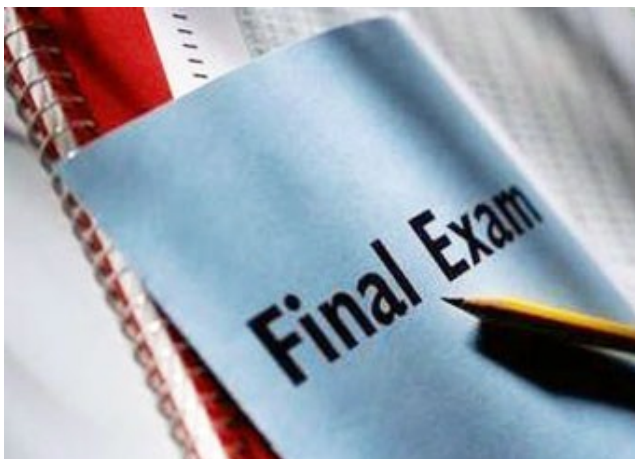
Final Exam Study Tips

by Samantha Augustine, Litchfield ARM



This is it, the last lap of the semester. There are only a few short weeks until your bags are packed, your parents are here loading up the car, and you are waving goodbye to your friends in your residence hall, thinking, "I can't believe I just survived finals." But how exactly can you go about preparing yourself – both mind and body – for the excruciating five days of exam periods? Everyone has a theory about what will work best to ensure that you pass an exam; check out what different things you can do get yourself focused for your finals.

1. Make sure you know WHEN and WHERE the exams are. There are few feelings worse than submitting a paper past its due date or showing up to an exam that's already over.
2. Start early! Sure, it's still over a week away, but start your reviews NOW!
3. Review your notes. You will realize what you don't remember and know what kinds of questions to ask your professors.
4. Don't spend your time cramming; you will burn out after the first few days. Instead, make a study schedule and stick to it.
5. Consider the different types of exams your professors will administer. Will it be essay? Multiple choice? Short answer? Be prepared for whatever test they may give you.
6. If you've kept your old exams, look over them. It's pretty likely that if your professor tested you on material earlier in the semester, it will be included in the exam.
7. BUT don't waste your time trying to hunt down people with old tests – if you don't have them, don't bother, otherwise you're just throwing away valuable study time.
8. Make a study group and come up with possible questions for the exam, then quiz each other.
9. Don't just study in groups, but take some time to study alone. If you feel too distracted in your room, try the library or the quiet study rooms and lounges scattered throughout the campus buildings.
10. Make a summary sheet or outline describing all of the important concepts that you have reviewed all semester. It can't hurt to ask your professor if there is anything else that you are missing or that you might want to pay closer attention to, especially if they see that you are already putting in the work.
11. Eat well! This includes while you're studying and before you take the exam. Try eating healthy, quick snacks, so that even if you do veg out nervously, it's not on junk food that will make you feel sick later.
12. Sleep! You might think that pulling an all-nighter is what you need to make it through (didn't I already tell you, no cramming!), but getting at least 4 hours of sleep can do wonders for your brain.
13. Arrive a little bit early to the exam to take some of the pressure off. If you're late, you'll



have the stress of barging in on top of this monster of an exam you're about to take.

14. When you get the exam in your hands, take a moment to relax. Close your eyes, take some deep breaths. Tell yourself that you can do this!

15. Don't sweat it once it's over; you can't change anything. Just think about you, and reward yourself for your hard work.

IMPORTANT HOUSING REMINDERS



Please read the information your RDs will distribute shortly about your building's checkout procedures. Every student is **required** to officially check out of the building following their last exam (or after Sunday's ceremony if graduating). Failure to properly check out and sign your room inventory form will result in an improper checkout charge.

In preparing for checkout, please clean your rooms and apartments. Kitchens and bathrooms should be thoroughly cleaned, (showers and toilets cleaned, ovens and stoves cleaned, refrigerators emptied and turned off/defrosted, drawers emptied, and floors swept). Please throw away garbage in appropriate facilities, and remove any non-university furnishings or carpets. Turn in any mailbox or room keys issued during the year.

Room Selection

2013-2014

→ Explore your options.



Room selection for those who have completed their group packets and appropriately registered will be held by appointment on April 24, 25, 26, 29, 30 and May 1 in the Pinney Hall Conference Center. Look for answers to most of your questions at: http://www.wcsu.edu/housing/Templates/Room%20Selection/fall_2011_room_selection.htm

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