



the **arm** newsletter

The Handout

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ACADEMIC RESOURCE MENTORS— YOUR ARM HAS A HANDOUT FOR YOU!

IN THIS ISSUE

Department VIP - *The Secretary*

by Samantha Feliciano, Fairfield ARM

As a college student you become part of many communities both large and small, from those in your major’s department, clubs, social or organizational group to just your own group of friends and family. Within each of these group you stay connected to these individuals through support and what you can offer to each other. Due to these concrete relationships, in the academic setting students are often told to connect with their professors in order to gain the most success out of their studies. However, another important person that is quite frequently overlooked, but is essential in easing a student’s college experience: The department secretary. If this is news to you, you should recognize that this important figure typically knows more about how the department runs than anyone else.

In a recent interview with Western’s Music department’s secretary of nearly 12

years, Debbie Del Vecchio Pontelandolfo , I found out the inside perspective of one of our secretaries, who like ourselves as Academic Resource Mentors wants to offer all she can for students to take full advantage of their potential.

Debbie can confirm she gets asked and emailed a countless amount questions a day, from simply “do you have any bandages?” to office supplies, scheduling, contact or program information and more.

Besides answering everyday questions from her staff and students, she offers



candy that is always present on her desk for anyone who comes in, even if it is just to say hello, or talk about how well or not well they are feeling, or how they are doing as part of the department. She believes you really should get to know your secretary since he or she is accessible to go

to throughout the day with any of your problems while your other professors can be busy. I asked Debbie what her favor-

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SPOT

www.wcsu.edu/housing/arm.asp



IT'S TIME TO Register

by Ruth Williams
Newbury ARM

Registration can be one of the most frustrating processes if done last minute so it is important that you are completely prepared before you have to register. Here are some of the most important tips to successfully registering for Spring 2017.

1. Registration tentatively begins November 2nd.

This may sound like it is a long time from now but I must warn you that it will come quickly. A majority of midterms are scheduled during the week of October 17th (homecoming week) and grades are due October 24th. This means that you will get grades on your progress in the classes you are currently taking. These grades can determine whether you will be able to register for courses that follow the one you are taking now. For example: If you are taking BIO 100, you need a passing grade to register for BIO 105. It is important that you check your grades so you will be able to register for next semester.

2. Find out Your Date

Each student, based on their major, level, credits and priority status, has an assigned registration date. You **cannot** register for classes before this date. Once this date has passed, you are allowed to register at any point during the next 5 months. For example: For the Fall 2016 semester, I was able to register from April 6th - September 6th. Every student's time frame varies, but the majority have a similar time. Here's how to find **your** time:

- Log on to Banner
- Click on: My Registration Status
- Select Term: Spring 2017
- Check Information

3. Find your Advisor

The advisor you were assigned this semester will be your advisor for each year (unless you change majors). You should email or find out your advisor's office hours to schedule an appointment with him or her. They will review your file and recommend classes that will align with your requirements for your major. They will put those classes on a form and give you a PIN.

The PIN allows you to register online or register at the Registrar's office.

4. Class/Course Search

To search for classes offered for Spring 2017:

- Log on to: www.wcsu.edu
- Click Tab: Essentials
- Click: Course Registration (Open/Course)
- Enter: Spring 2017 Term and Enter Subject

Look up Number of the course (which will show the days



ACADEMIC ADVISEMENT

by Melanie Jones

Centennial ARM

It's almost that time of year again! No, not Thanksgiving or Christmas break. Registration! Now I'm sure some of us find that less than desirable to think about, but registration is such a great time of year! Think about it. It's your chance to finally create a schedule that you actually love. Freshmen and transfers, most of your classes were picked for you, right? Now is your time to pick classes that you actually want to take. No more 8 a.m.s every day (for some us that may still be an unfortunate reality), no more shuffling between campuses inconveniently, and no more of that annoying professor who gave you homework every class and didn't drop the lowest test grade. One key resource that every student needs to be aware of is their academic advisor. Academic advisors are similar to guidance counselors we had in high school. Academic Advisors assist students with a ton of things, such as helping us select and register for courses, deciphering our program sheets, choosing a major if we would like to change or haven't declared yet, along with providing students with a variety of other academic resources.

(Cont on pg. 3)

and times it is available). Select the times that are best for you.

5. Banner (Register)

Log onto banner and click the add/drop tab. Use your PIN to access the registration page. On your registration day, you should write down the class information and UG number. The UG number is what you will enter into the add/drop section in Banner. Once the UG number is entered, hit submit. Then, you're done!

Registration can be simple when one is prepared! This year be ready and stay ahead!

By
Qin Lin,
Pinney ARM

Why is it important to know dining etiquette?

You might think we only use dining etiquette in our everyday lives; however, you might not know that it is also essential to know dining etiquette for our professional lives.

If you are juniors or seniors looking for internships or full-time jobs, interviews often come with a social lunch/dinner. If you are thinking that you can completely relax and have a “regular” meal with your recruiters after the interview, you are only half correct. Yes, you can relax a little bit after having the tough interview, but not “completely”. Even though the meal is after the interview, recruiters are still critiquing and observing you as potential candidates. Good dining etiquette will definitely leave recruiters a good impression, but inappropriate dining etiquette and behaviors will most likely forfeit the job offer.

Now, don't be too afraid to accept the invitation; it is definitely a great way to network with other professionals, practice your social networking skills, and gain some real life experience. The **Etiquette Dinner** event hosted by the Career Services will help you learn everything you need to know about dining etiquette. Please come to the event and be an expert!

Event Title: Etiquette Dinner

Location: Westside Campus, Ballroom (43 Lake Avenue Extension in Danbury)

Date & Time: Wednesday, October 26, 5:30 to 8:30 p.m.

Guest Speaker: Ms. Ann Marie Sabath, a professional etiquette consultant, will discuss "Putting Your Best Fork Forward." Tips for successful networking, business etiquette and effective communication will be presented.

Note: This event is highly recommended to seniors as you embark on your professional job search. **Pre-registration is required** at www.wcsu.edu/etiquette and space is limited. There will be a fee payable by check/cash at the time of registration. **Business casual dress is required.**

Most of us are aware of who our advisors are, but others may not be, and that's okay too! Academic advisors are SO important! It is very easy to meet with your advisor. Just go online to <http://www.wcsu.edu/aac/appointment-request-form/> and fill out the form! You will be contacted within 24-48 hours with a time that you can come in and meet with an advisor. Some majors or departments may have their own advisors, so be sure to find that out ahead of time. As an advisee, there are things you can do as well to educate yourself on resources and your 4-year plan. First and foremost, get familiar with your program sheet! A program sheet is a small packet that contains every class you need to take in order to graduate with whatever degree you are pursuing. It is suggested that you check off each class box as you complete them so you can easily keep track of what you have done and what is left. If at all possible, it is best to look at your program sheet before meeting with your advisor and figure out what classes you are eligible for or would like to take next semester. This will help speed up the advising process and allow you to take control in your class selection process. Having your classes already picked will allow your advisor to notify you of prerequisites (requirements you must fulfill before taking a class) and other useful information to know before registration. Keeping your program sheet up to date will make it way easier when it's time to apply for graduation as well. In the unlikely case that there are any discrepancies in which classes you've taken, the program sheet and your academic transcript can quickly resolve the problem. This is *your* time at Western; make it a positive and productive one by staying on top of your academics. Your advisor can help you graduate on time and keep your grades looking splendid! Take advantage of their services while you have the chance!

Academic Advising

“Don't reserve your best behavior for special occasions. You can't have two sets of manners, two social codes—one for those you admire and want to impress, another for those whom you consider unimportant. You must be the same to all people.”

— Lillian Eichler Watson

by

Jamie Maitland,
Pinney ARM



DE-STRESSING BEFORE MIDTERMS

Are you ready for your midterms? Did you speak to your professor about hard to understand material? These are questions that you should ask yourself. You may look at midterms as this dreadful time during your college career. You may not know where to start studying or how to go about studying. I am going to provide you with some tips to help you do excellently on your midterms and future exams!

Study Sessions-Whether you like studying alone or with other people, study sessions can help you in more ways than one. If you prefer studying by yourself, learn the content on your own and then meet up with a study group to go over the material. Sometimes having someone else explain a concept will help you learn it. There are lounges in every residence hall that you can meet with your study group, as well as lounges in the different academic buildings and quiet areas in the Haas and Young libraries. Pinney Hall also has the back conference rooms that are available for your group study sessions.

Get rid of distractions-Throughout the years technology has transformed the way we think and go about our day to day lives. You could be working on an assignment and get ten social media notifications and seven text alerts on your phone in a matter of seconds. At that point you have to decide whether you should look at your phone and see what the notifications were or focus on work. One way to prevent having to make such a hard decision is by putting your phone on "Do not disturb." If your phone is on "Do not disturb" your notifications are silenced and when you press the home screen you will see them. You can enable your phone to allow repeated calls so if there is an emergency and someone

is trying to get in contact with you they will be able to.

Ask for help-At some point in your life you had to ask for help... I mean you **did** make it to college. There is nothing wrong with asking for help when you may need it. It is better to understand a certain concept that you are having trouble with instead of ignoring it and never understanding it. The tutoring resource center is located on the 2nd floor of Haas library. If you go in there and speak with the woman who runs it, she will try to pair you up with someone who can help you in the particular subject that you are struggling with. The Writing Center is located on the 3rd floor of Haas Library (make sure you make an appointment beforehand) to help you with your writing skills. Also, the math clinic is open Monday-Thursday for students who need help in math. There is a schedule available online for the specific tutors and the time that they will be in the math clinic so if you feel comfortable with someone you can go to them for your math help.

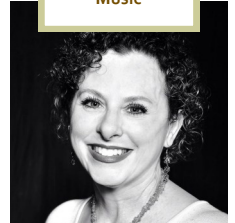
Learn to say no-It's easy to forget about yourself when you are going to school, working, involved in extracurricular activities, etc. However, sometimes you must shut the world out and focus on yourself and your needs. Make sure that your mental health is a priority and that in the midst of everything you have going on you save some time for yourself.

Don't forget to eat-When you're stressed out with a lot on your mind, eating is either the only thing on your mind or the last thing on your mind. Don't forget to eat three balanced meals, snacks, and to drink water throughout the day. Making sure that your body is well nourished also helps your mental health which contributes to how you do in school.

Departmental VIP (cont. from pg. 1)

ite part of working in the Music Department was and she replied: "The best part of working here is to be fortunate to work in such a creative environment, getting to hear students practicing & performing. That is a pretty good trade off for the commute to get here. One other thing I thought about was that, at least in my case, I try to be

Music



encouraging to the students in letting them know that there are many resources for them on campus, such as the tutoring center. And that if that if they need help to please come by and ask me. I let them know we want them to be successful and am here to help. If I don't know the correct answer, I will find it out. I just really want students to enjoy their time here at Western while getting a great education." Overall, it is in your best interest to get to know your department's secretary because without the secretary's help, you may find that the multiple obstacles that naturally come your way can quickly become overwhelming. The department secretary is able to make things happen for you in ways almost no one else can. S/he is on your side. Not only will many problems be easier to resolve, many others will never even appear at your door.

Sometimes when people are under stress, they hate to think, and it's the time when they most need to think.

— William J. Clinton



Happy October everyone! I hope we are all feeling the Western spirit by now because October 14-22 is going to be all about representing our Colonial love! What's all the hype about for this week? Well this week is **Homecoming week!!!!** Homecoming is a week full of events to bring all Colonials together whether you're an alumni, faculty or student. So come out this week and have fun being a Colonial!



by Nadia Orjiugo, Centennial ARM

Special activities and events have been scheduled for everyone involved with the Colonial Community.

10/14- Homecoming Kick-Off—Pep Rally

From 9 PM – 12 PM in the O'Neill Center on the Westside Campus, a pep rally will be held with guest performance by Step Afrika and special performances by WCSU Cheer and Dance Team.

10/15- PAC Trip to Eastern State Penitentiary—

Sponsored by the Program Activities Council, a trip to the Eastern State Penitentiary will be occurring and buses depart at 11 AM. **Purchase tickets at either the Westside or Midtown Info Desk Box Offices.**

10/16- Run or Dye—

The WCSU Recreation Department will host a 3mi Fun Run on the Westside campus. *Run or Dye: Get fit or dye* trying is a 7MI that fires off in a blaze of color bombs; color cannons, color mortars, (all made of colored corn starch dust) and multi-toned courses that guarantee your outlook will be brighter. **Please bring a change of clothes; showers will be available after the race.** Registration begins at 10 AM and run begins at 12 PM. It will be held at the Ives Concert Park Pavilion on the Westside campus. This event is free for WCSU students, \$10 pre-registration, and \$15 on Race Day. Open to student, faculty, staff and the public.

10/17 – Inflatapalooza—This event is sponsored by IRHA and will be held from 7 PM – 10 PM. **Location is TBD**

10/18- Kettle Corn —The WCSU Program Activities Council will be giving away free Kettle Corn from **11 a.m. to 3 p.m.** in the Student Center on the Midtown campus. **This is another free event so come grab a bag and join in on one of our school's most cherished giveaways.**

Sodexo will also be hosting a special Homecoming Dinner in the Student Center Restaurant and Westside Café.

10/19- Cardboard Canoe Race— From 8:00 to 10:30 p.m. (build from 8:00-9:30 p.m., Race from 10:00-10:30 p.m.) WCSU Rec will be hosting its second annual cardboard canoe race. It will be held in the O'Neill Center on the WCSU Westside campus. **This event is free and open to WCSU students only. Prizes will be awarded.**

Visit the WCSU Recreation website for more information: <http://www.wcsu.edu/>

[recreation/](#) or stop by the CSI office, SC 227 for an application form.

10/20 – Midtown Coffeehouse—At 8:00 p.m. in The Colonial Corner of the WCSU Midtown campus, there will be open mic and at 9:00 p.m. there will be a featured act. **This event is free and open to the public.** The coffeehouse will include open mic performers followed by the featured act. Call (203) 837-9700 or visit www.wcsu.edu/stuaffairs/Coffeehouse.asp for more information.

Hypnotist Eric Mena—At 8:00 p.m. in Ives Concert Hall of WCSU Midtown campus, sponsored by the Program Activities Council, Hypnotist Eric Mena will be performing. **This event is free and open to the WCSU students with a valid ID.**

10/21- PAC Bingo—Sponsored by the Program Activities Council, at 2 PM in The Colonial Corner of the WCSU Midtown Campus, bingo will be taking place. Come out for a chance to win awesome prizes!

Homecoming Bonfire—Sponsored by the Program Activities Council, at 8:00 p.m. in Ives Concert Park of the WCSU Westside Campus the annual Homecoming Bonfire will be taking place. **Please make this event a success by adhering to the Bonfire Safety Regulations.**

10/22— Homecoming Day

Homecoming Tailgating – From 12:00 p.m. to 5:00 p.m. in the Commuter Parking Lot of the WCSU Westside campus gather with friends and former classmates for a tailgating party prior to the Homecoming football game. This event is open to alumni, faculty, staff, parents and students (must be 21 years and older to consume alcohol). \$10 per carload; \$50 per tent space; free for pedestrians.

Street Fair— Sponsored by the Student Government Association, from 2:00 to 4:30 p.m. on Access Road (between the Classroom Building and the Westside Athletic Complex) of the WCSU Westside campus come and support Western's student organizations. **This event is free and open to alumni, students, parents, faculty and staff.**

6th annual Chillii Cook Off—Sponsored by the

Student Government Association, from 2:00 to 4:30 p.m. next to the Alumni Pavilion of the WCSU Westside campus. Everyone's a judge! The WCSU community will compete for the title of Chili Cook-Off Champion. First, second and third place prizes will be awarded. **This event is free and open to alumni, students, parents, faculty and staff.**

Box Car Derby Race— Sponsored by Housing & Residence Life, at 3:00 p.m. in front of the O'Neill Center of the WCSU Westside campus a box car derby race will be held.

Western vs Worcester State—At 5 PM come cheer on the Colonials at their homecoming game located in the Westside Athletic Center of the WCSU Westside Campus.

The Absurdity Comedy Festival—

Sponsored by the Center for Student Involvement and funded by the Student Government Association, at 9:30 PM in the O'Neill Center of the WCSU Westside Campus, an act featuring Damon Wayans Jr., Chris D'Elia, Judah Friedlander, and Ron Funches will be taking place. The show will be hosted by Emma Willmann and DJ Bonics. Doors open at 8:30 PM. **Purchase tickets at either the Westside or Midtown Info Desk Box Offices.**

Midtown Students Please Note:

Because of Homecoming activities, the Midtown Student Center Restaurant will be CLOSED this Saturday. All students are invited to the Westside Marketplace which will operate during its normal hours.

Not only will Homecoming be a week filled with events, but it will also be a spirit week! The days are as follows:

10/17 – Rep Your Organization

This day is meant to wear you club/ team/ organization's gear around campus!

10/18 – Twin Tuesday

Wear matching outfits with a friend!

10/19 – Western Wednesday

Go ALL OUT in your best Colonial gear!

10/20 – Throwback Thursday

Wear attire that resembles the past!

10/21 – Costumes at the Bonfire

Come to the Bonfire in your Halloween costume!

If you are spotted showing spirit during this week, you will receive a raffle ticket towards the drawing at the Bonfire!



The Shocking Development of Horror Films

Something a lot of people don't know about me is that I am horror movie enthusiast. However, lately I've been more interested in digging deeper into this hobby of mine and tracing its roots.

It all started with classic gothic literature, written by greats like Mary Shelley and Edgar Allan Poe in the 1700s-1800s. About one hundred years later, people started creating horror movies. However, these first films were silent. It wasn't until the 1920's that sound was added to the experience and changed the game entirely. Eventually we make it to the 1930's and 1940's, seeing the first set of horror movies as we know them today, with horror gothic topics including *Dracula*. During the 1950's, the development of Science Fiction expands the possibilities for plot lines in movies like *Invasion of the Body Snatchers* and even *Godzilla*.

Later, the themes for the movies turn psychological. This is especially attributed to Alfred Hitchcock and his masterpiece, *Psycho*. We also see the development of occult movies in the 1970's like in *The Exorcist* and *The Amityville Horror*. In the 1980's, genres started branching out even further with creature features like *Jaws*, teen horror like *Carrie*, and Stanley Kubrick's *The Shining*. Other noteworthy movies include *ET* and *The Thing*. Also from the 1980's comes the development of the independent film, like the *Evil Dead*.

Now we're getting to the good stuff: 1990's through today. Unfortunately, the 'jump scare' every year becomes a more critical part of the horror movie. The 1990's are also a great time for the psychological thriller. Part of this is teen horror, which takes a step forward through the *Scream* series, eventually inspiring the *Final Destination* series. Another major development comes with the release of the *The Blair Witch Project* in 1999, introducing the concept of found-footage perspective. This will later inspire the *Paranormal Activity* series we have come to know and love. Equally as important, if not more, is *Silence of the Lambs* for its brilliant plot line. Eventually we make our way towards the 2000's. During this time, zombies became really popular in works like *Zombieland* and *The Walking Dead*.

Unfortunately, many of the horror movies for the last five years or so have been more of a gimmick in my personal opinion. Most of what's playing in theatres is less about plot and more about jump scares. This is why I generally prefer a good independent film. So if you're looking for me, I'll probably be curled up in bed browsing Netflix for my next find!

T'is the season!

by **Lexi Fonda**, Grasso ARM

Housing Announcements:

GROW Programs:

- ⇒ **Ancell Learning Commons**—Centennial Hall, Wed., 10/12 @ 7 pm
- ⇒ **WCSU Libraries**—Newbury Hall, Wed., 10/19 @ 7 pm
- ⇒ **Registration & Advising**—Newbury Hall, Tues., 10/25 @ 7 pm
- ⇒ **CHOICES**—Fairfield Hall, Tues., 11/1 @ 7 pm
- ⇒ **The Women's Center**—Centennial Hall, Mon., 11/7 @ 7 pm
- ⇒ **Career Services**—Newbury Hall, Tues., 11/14 @ 7 pm

Room changes are permitted until October 25th. More information will be distributed soon about procedures to keep or switch rooms for the Spring 2017 semester. Watch your email and notices in the buildings.



Operation Jungle Red is coming. Each year, WCSU paints a pinkie red and pledges to be agents for stopping violence. Look for

information for a week of events happening October 24—28th.



** Don't forget to look for campus events in the WOW email each Thursday! **

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