



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

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IN THIS ISSUE



## Health Awareness Month

by John Locke, Grasso ARM

“An apple a day keeps the doctor away”

Where the heck did winter go? Wasn't it just last week that winter break ended? Time seems to be flying by at an unfortunately fast rate.

What with us being in the month of March, I'm sure that in a blink of an eye it'll be April soon and that means **SPRING IS COMING!!!!!!** One of the other things that comes with April is “Health Awareness Month.” We all know that various days and months throughout the calendar year are dedicated to different things like Black History Month (February), Women's History Month (March), or National Talk Like A Pirate Day (September 19<sup>th</sup>), and April has a bunch of days in it that are dedicated to a variety of health issues, diseases, and awarenesses.

April kicks off with “National Public Health Week” where the idea is to bring awareness but also strategies to the general public about how to make communities as a whole healthier. The National Public Health Week Organization puts emphasis on spending more time outside and eating a well balanced diet. The recommended diet consists of mostly fruits and vegetables with a small portion of red meat and fats/oils as well as a medium sized portion of grains and breads each day. Also suggested is 45-60 min. of moderate exercise 5 times a week. This can be integrated with just going outside and spending time with friends walking around campus or, if you feel up to it, walking down and up the Westside

hill. Plus, going outside during study time is a great way to break up the sometimes monotonous atmosphere of in-hall studying. Bring your books and laptop outside and enjoy the warmer weather.

Along with physical health is the equally important aspect of mental health. Mental health starts with a good night's sleep (Haha Right! Like college life has time for that.) But in actuality, sleep is a crucial part of both physical and mental health. As opposed to the normal 5-6 hours of sleep college students get, we are supposed to be striving for around 8-10 hours a night depending on our bodies and lifestyle. To help with this, try to make a fixed bedtime for yourself depending on when you need to get up in the morning. There are a variety of websites and apps that can tell you when you should go to bed to get enough sleep at night and then can wake you up during the right moment in your sleep cycles so you wake up feeling rested and refreshed.

Another part of mental health is being happy where you are. Brighten up your room with lights, rugs, posters or tapestries on the wall and bring in or learn how to take care of succulent plants. Plants have an amazing way of making a room feel much more homey and succulents require very little care. Certain plants are also recommended for sleeping aids and flowers can help make your room smell nice naturally.

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# THE TRUE COST

## of Skipping Class

by Suzie Farner  
Grasso RD



Imagine this:

It's Tuesday, which is your busiest day, starting with an 8AM class. Your alarm goes off and you have three decisions in that moment.

- 1) Leave the warm bundle of covers, turn off the alarm and get ready for the day;
- 2) Resign to the fact that you could probably go without showering for another day and hit snooze (personal hygiene is overrated anyhow); OR
- 3) Decide that in order to get through the rest of the day you need more sleep, hit the off button (maybe reset the alarm), and roll back into your slumber.

Although I am not in college right now, it was not long ago when I was faced with this dilemma often, and through my last 6 years of undergraduate and graduate work I have chosen to do all of these things. In high school it was obvious what the negative consequences of skipping class would be. In college, without someone to notify your guardians that you have missed class, these consequences are much harder to see.

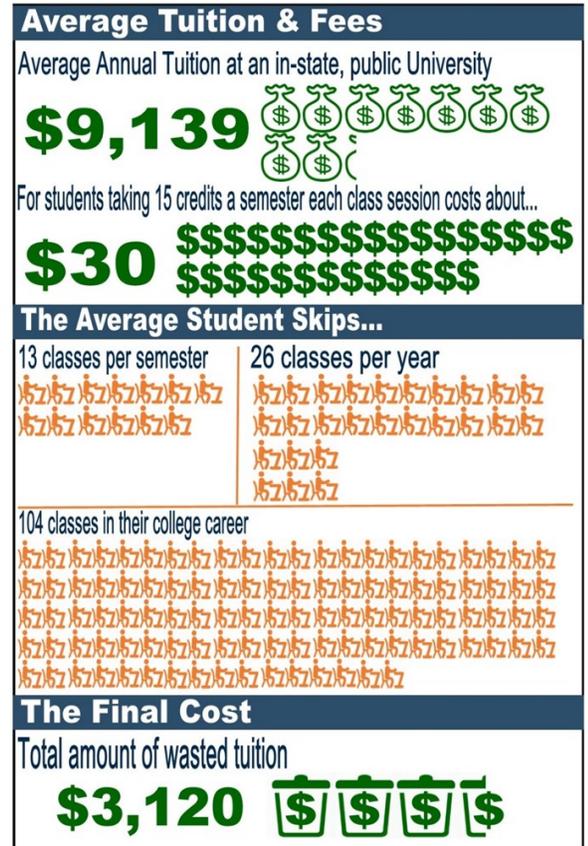
So, let's try to find the facts:

Lost money:

Apart from the lost tuition money, it also has been proven that when you skip class it actually takes you longer to study and you need to dedicate more time to getting "caught up". According to College Planning and Management, the top reasons college student skip class are:

- Hanging out with friends
- Too tired
- Recreation
- Studying
- Weather

I think it would be unrealistic to ask college students to never skip class, but next time you make the choice, you can now weigh out the cost. Is hanging out with your friend worth \$30 dollars and an extra 3 hours of studying? If we had to pay someone every time we skipped class, I think we would think twice about it... at least I know I would.



by Jamie Maitland, Pinney ARM

- ◆ You're kind to each other—the world can be cruel. You will have days that you regret getting out of bed in the morning just based off of how your day is going. You might've spilled your coffee all over your brand new dress, or wake up late. No matter what your issue is, your partner should be there to make things a little easier for you.
- ◆ You speak your mind—tell your partner how you feel. It's not always what you say, but how you say it. If you say what you have to say in a loving way, hopefully your partner will understand your wishes and you can talk about the issues.
- ◆ You look at the cup half full—Your partner will get on your nerves and vice versa. But in moments like that you need to remember why you wanted to be with that person in the first place. Every day is not going to be a walk in the park. However, you have to take the good and the bad if you want to be with that person.
- ◆ You have fun—be spontaneous. Drive to your partner's house and tell him/her to come outside and go to a new restaurant, try a new activity, take a walk in the park. No matter how long you've been with someone, make sure that you keep going on dates and having fun.
- ◆ You give each other space—there is no need to constantly be around your partner. They had a life before you came into the picture and will continue to have a life with you in the picture. Encourage them to have fun with their friends, spend time with their family, and even chill by themselves if that's what they want to do.
- ◆ You work out your problems in a loving way—all couples fight. But it's how you handle the fights that matter. Watch your tone of voice, what you say, and give your partner space for a few minutes if he/she is very upset. Deal with your issues together and talk out your problems.

# safety tips...

## spring break and beyond

by Melanie Jones, Centennial ARM

**Spring Break may be over, but the safety tips you usually get are great to keep in mind as you plan your summer travels, too! Take a look at these helpful hints!**

### 1. Be smart in the water!

If you're lucky enough to get to go away to a warm vacation site, you're probably going to want to go swimming! Be aware of your surroundings and be sure the water you're going in is safe. Look out for any signs or postings notifying you of the conditions of the tide. Sometimes, those signs may just look like random flags, but those can easily be decoded with a quick Google search. Key rule: never swim anywhere without a lifeguard present. Know your swimming abilities and think before you jump in!

### 2. Protect your location on social media sites.

This is something that some people don't even think twice about! We all love sharing our locations on Facebook, Twitter, Snapchat, and Instagram. But be wary, some may use that information against you! Think about it, checking in everywhere you go just leaves a trail of your locations where others can easily find you. This may also leave your location back at home at risk. If people know you aren't home, this can leave your residence at jeopardy for being burglarised.

### 3. Create a code word.

Create a secret word among your group of travellers. It should be a word that everyone is comfortable saying in conversation but isn't so common that'll it be said all the time and lose its meaning quickly. This code word should make everyone in your group aware that something is wrong or someone is uncomfortable and others need to intervene. Better safe than sorry!

### 4. Drink responsibly.

Don't drink in a hot tub. Alcohol can dilate blood vessels and lower blood pressure to dangerous levels. The effects of drinking are felt faster and stronger if you're sitting in a hot tub, which can create serious problems, even if you are a responsible drinker. Never leave your drink unattended. If you turn away from it for even a minute, just order a new one. Don't accept drinks from anyone you don't know or trust. Here's an obvious one, never drink and drive! Be aware of how much your friends have had to drink and don't get in a car if the driver has been drinking.

### 5. Make a copy of your passport.

All the travel experts recommend this. It is best to make two copies of your passport. Bring one copy with you along with your original, and leave a copy at home with your parents or a loved one just in case anything happens! Nothing ruins a vacation more than realising you've lost your passport or even worse, it gets stolen.

### 6. Tan safely.

We all love having fun in sun! Make sure to pack a lot of sunscreen if you plan on being out on the beach all day. Wear protective clothing, hats, and sunglasses to protect your skin from the hazardous UV rays. Reapply your sunscreen every few hours and after sweating or swimming. Self tanning lotion or spray tans are a great alternative to letting yourself fry in the sun!

### 7. Carry phone numbers and cash.

On spring break, carry emergency cash and the phone numbers of local cab companies. Surprisingly, Über and Lyft aren't available in all locations. Keep the address of the hotel or rental property that you are staying at in your wallet and phone at all times.



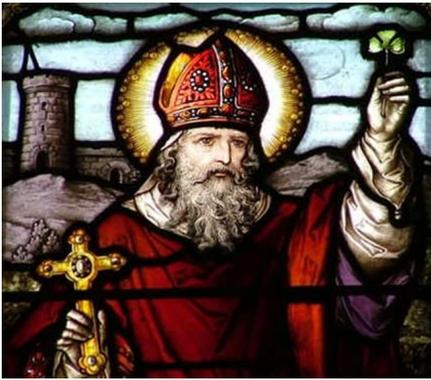
## How's YOUR ♀ History?

Here are a few facts you may not know about women in history:

- The two highest IQs ever recorded through standardized testing both belonged to women.
- Over 60% of college degrees awarded in the US every year are awarded to women.
- Virne "Jackie" Mitchell, a pitcher, was the first woman to play professional baseball. She struck out both Lou Gehrig and Babe Ruth.
- The world's first novel, *The Tale of Genji*, was published in Japan around A.D. 1000 by female author Murasaki Shikibu.
- Marie Curie is the only woman ever to have won two Nobel prizes. Her first was in physics for her work with her husband on radiation. Her second was in Chemistry for her work in the study of radioactivity.
- Queen Victoria ruled one of the largest empires in history, once controlling lands including India, Egypt, Kenya, Australia, Canada and British Guiana.
- Sybil Ludington of Danbury was a Revolutionary War hero, riding to tell patriots that the British were attacking the munitions and supplies storage. Her ride was twice the distance of the more famous "midnight ride of Paul Revere"!
- Mary Anderson was granted a patent for the first windshield wiper in 1903.
- Actress Hedy Lamarr was much more than a Hollywood heartthrob. She developed a device using spread spectrum and frequency hopping technologies to stop torpedo jamming. This technology is used today in modern wi-fi and Bluetooth® technologies.

# ST. PATRICK'S DAY

by Nadia Orjiugo, Centennial ARM



**St. Patrick's Day** is a holiday that is annually celebrated on **March 17<sup>th</sup>**. It is a religious and traditional feast day of St. Patrick, one of the most recognized patron saints of Ireland, and is also said to be the day he died in 460 A.D.

St. Patrick was born in Britain and was captured at the age of 16 and held hostage for six years by Irish raiders who attacked his family's property. During these six years, he became a devoted Christian, and it is said that a

voice of God spoke to him in his dream to escape Ireland. He listened to the voice and returned to Britain and studied for 15 years before becoming an ordained priest who was sent back to Ireland. He wanted to minister to Christians and convert the Irish to Christianity. This is how the **Celtic cross** was born; he overlaid the sun, which is said to be the center of Irish beliefs, onto the traditional Christian cross so that the Irish would accept the result.

This began as the national holiday of Ireland and then was brought over to America. The **first** St. Patrick's Day parade was held in New York City on March 17, 1762. We began to celebrate in America when the Irish soldiers served in the British army. The first parade was for the homesick Irish to connect not only traditionally, but to fight together.

Americans had their feast, which consisted of meat, drinking, and dancing. Now, although the holiday is seen as much less religious, it is still a symbol of the Irish strength and pride.

Now that we know some history behind this holiday, we hope you wore your **green** and you didn't get pinched!



**Rebecca Davis Lee Crumpler** was the first African-American female to become a physician in the United States, receiving her degree from the New England Female Medical College in 1864. That year, there were 54,543 physicians in the U.S., 300 of whom were women. She was the only African American woman physician. She spent much of her life working with the indigent, and published a book entitled *A Book of Medical Discourses*, filled with notes she'd made of her cases over her career. The Rebecca Lee Society, a medical society for African-American women, was named in her honor.

Health Awareness Month—cont. from pg. 1

Finally, part of being healthy is learning how to take time out for you in the midst of the chaos of life. Try to allocate a little time each day to work out or to take a small breather so that your day isn't filled with stressful events. Watch an episode of Netflix or listen to a few of your favorite songs. Just find something that works for you and remember that you will do better at everything you work at if you remember to take care of yourself.



by Qin Lin,  
Pinney ARM

WCSU's annual **Career Fair** is just around the corner! After

experiencing promoting the career fair to some of the students, I found that most students do not realize the importance of attending the career fair, or they are afraid of going due to different reasons.

Here are some reasons why you should definitely go and check it out!

## 1. Never too early

Most freshmen and sophomores always classify themselves as unqualified candidates based on their professional knowledge, or think it is "too" early for them to go to the career fair since most companies want students with some working experience. I cannot argue the fact that most companies look for more juniors and seniors; however, attending the fair as a freshman or sophomore will not harm you but will only benefit you. I attended my first career fair when I was a freshman, getting familiar with the career fair atmosphere, observing how other people interacted with each other, and most importantly, learning how to present myself in front of the company representatives. The preparation work I did for the career fair also landed me an internship offer from one of the largest corporations within the region.

## 2. Never too late

If you are still looking for internships or full-time jobs, attend the career fair this year! It is never too late. WCSU's annual **Career Fair** is open to all current students and alumni as well as students from all CSU universities. Employers at the career fair typically offer full-time jobs, part-time jobs, and internships. Career Services holds prep workshops to help you to succeed in this important event. This is your chance to get your hands on your dream job!

With everything being said, come and participate our annual **Career Fair** this year!

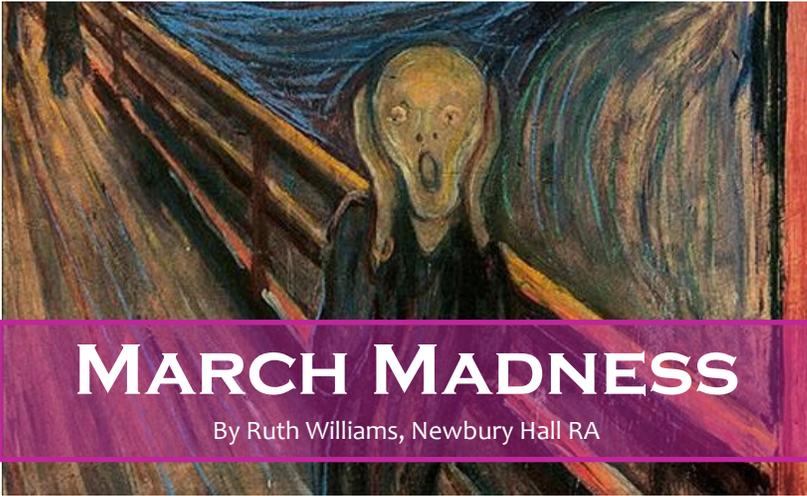
**Date:** April 5<sup>th</sup>, 2017

**Time:** 1:00 PM – 4:30 PM

**Location:** O'Neill Center,  
Westside Campus

**Tips:** dress professionally and bring plenty of resumes

**Workshop Schedule:** <http://www.wcsu.edu/career-services/pdfs/Workshop-Schedule-2017.pdf>



# MARCH MADNESS

By Ruth Williams, Newbury Hall RA

March is one of the busiest months of spring semester! During this time students are stressed over projects, presentations, papers and midterms. With all the madness that March offers, I've come up with some information to get you prepared to conquer it safely.

The first things you should know are the important dates:

**March 10<sup>th</sup> is when midterm grades were due:** This means that between the first and second week of March, teachers gave students papers, projects and exams that were heavily weighted towards their grade (usually 15-20% of grade). If you didn't do as well as you wanted, it's very important to get focused and get connected with the resources of campus that can help.

**Writing Center:** The writing center is the best place to get your midterm papers reviewed and edited.

**Library:** This is a great place to grab a study room so you can focus in peace and quiet.

**Counseling Center:** They have certified counselor who are specialized in

providing support. Even if students need to voice their stresses/ opinions and just want to get their frustrations out, the counseling center is the best place to go.

**Tutoring Resource Center:** They have highly

skilled staff that tutor in a variety of courses. If there is a topic that will be on the next test that students have difficulty with, they can make an appointment with the tutors so that they will better their chances of doing well on it.

With all the stress, fun is just around the corner. Summer is coming soon!

It can be a time for relaxing, but can also be used as a time to get ahead on some of school and personal accomplishments.

**Freshmen - Sophomores:** Now is great time to inquire about summer jobs. Apply for as many positions that you are interested in. Most companies are beginning their hiring process around this week.

**Juniors:** This an excellent time to search for internships. Find out what field you want to go into and apply for the best positions that will "get your foot in the door".

**Seniors:** This a perfect time for seniors to inquire about jobs with their career

field that they desire. If it never too early to start your job search.

**Fun:** Go somewhere fun and recover! Get all the rest and relaxation you can get so that when you return next fall you will be prepared to start strong.

**Go out of state:** Miami, Virginia Beach, Cancun and many more are the hotspots for partying and letting loose. It is absolutely okay to have fun but it is vital that you remain safe. Do not go or doing anything with anyone you do not know or trust! Stay in groups with your friends and never do anything you do not want to do. Summer should be fun and should not be a time to regret things you've done.

**Stay in State:** Go bowling, to movies, kayaking or whatever makes you feel liberated. Summer is a time to get to do the things you were too busy to do during the semester. Grab some friends and family and make the most of it. Above all else; be safe!

**WestConn:** Some of the fun things that will occur on campus during the month of March include PAC movie night (showing Fences: March 24<sup>th</sup>), PAC trip to Broadway to see "Aladdin" (March 25<sup>th</sup>), WCSU theater will show the production called "Violet" (March 29- April 9<sup>th</sup>), and the WCSU Planetarium show/ Telescope viewing (March 25<sup>th</sup> at 7PM).

Through the madness that March may bring just remember to do as best as you can and take breaks when you can too!

## Study Well!

This time of year can be tough for a student—especially a busy, working student who spends so much of the day cooped up at work and just wants to get outside and play. So when the work day ends, how do you fight the urge to skip the schoolwork? Here are six tips that might help.

1. Perform a little "spring cleaning" in your workspace. Clear your desk, dispose of old material, and reduce your digital clutter.
2. Plan ahead and create a to-do list with mile markers before you sit down to study. Once you reach a goal, reward yourself.
3. Study in the shade outside. Being relaxed

helps clear the mind and absorb information, so sit under a tree or on the patio while studying and enjoy the warm weather.

4. Keep healthy snacks on hand that will fuel your brain and improve your ability to maintain mental alertness, stay focused, and retain information. Apples, nuts, whole grains, berries, or dark chocolate are a few ideas.
5. Exercise before you study. Go for a bike ride or do some jump rope outside before you hit the books. Your head will be clearer and your spirit will be brighter as a result.
6. When your motivation is lagging, take a moment to look at the big picture. Remember what you are working toward and how far you've come.



### SPRING FEVER—How to Survive It

See more at: <http://www.wgu.edu/blogpost/6-ways-combat-spring-fever-and-stay-focused-your-studies#sthash.IBOnDBVA.dpuf>

From Washington Governors University ([www.wgu.edu/blogpost](http://www.wgu.edu/blogpost))

# coffee house

An Interview with Dean Walter Cramer

by Samantha Feliciano  
Fairfield RA

**What is the history of coffeehouse, how did it begin? What was your place in starting coffeehouse?**

**Dean Cramer:** The Midtown Coffee House started in the Fall semester 2005. I had begun my job as Dean of Students in January 2005 and I heard quite a few students saying “There is nothing to do on campus,” so I put forward a proposal for several projects including the coffeehouse and to extend the hours of the snack bar that was in the basement of the Midtown Student Center. We started in what was then the Alumni Hall; now the Honors House. The primary goal was to have week-end programming on a regular basis so that students knew there was something every Thursday night.

**What kinds of acts and performers does coffeehouse offer?**

**Dean Cramer:** Another goal of coffeehouse was to provide a place for student (and faculty/staff too) performers to perform on campus through the weekly open mic as well as in the capacity of an opening act, as well as possibly the feature act. We have always had one or two student acts that rise through the open mic to opening act to qualify for feature act. The coffeehouse has always been open to non-WCSU people to attend and/or play open mic. We have always had music, poetry, short stories, storytellers and even a dancer or two over the years. Another goal of the coffeehouse was to create a safe environment where performers felt they could try out material.

**Go to Western’s website to find the full Spring 2017 coffeehouse schedule, and see when your friends may be performing!**

**What is your background in the arts?**

**Dean Cramer:** I have a B.A. in music with a minor in theatre from the University of Pittsburgh. My M.M. is in choral conducting from The Indiana University School of Music. I served as the founding Performing Arts Coordinator at Georgetown University for several years but have spent the vast majority of my professional career in Student Affairs work.

That said, for many years I kept an active performance schedule in music, theater, and opera. I sang for two years with the Washington (DC) National Opera and a year with the Austin (TX) Opera. I have performed in non-equity and equity companies mostly doing musical theatre. I have also served as conductor of choirs at the community, church and college levels. I continue to perform theatre in my spare time and last year served as guest artist in WCSU Theatre Department’s production of “Parade”. More recently have gotten back into choral singing with the Danbury Music Center Concert Chorus and the Blanche Moyses Chorale in Brattleboro Vermont.

**Do you have any future plans for coffeehouse?**

**Dean Cramer:** I would like to find a way to reach more students who haven’t discovered coffeehouse yet—some of whom I think sit in their rooms saying there is nothing to do on campus, go home for the weekend, or, if a commuter, just don’t hang around on Thursday nights. We have added more “All Night Open Mic” dates this semester, as well as we are featuring more student performers which I think are very positive steps. I would also like to see more non-WCSU people find coffeehouse. We have added The Best Darn Jazz Club in Danbury (BDJC) this year on a two or three time per semester basis on Friday nights. This isn’t the same as The Midtown Coffeehouse, but it speaks to creating something for students (as well as alumni and Danbury community) to have to do on the weekend. I am particularly pleased with the support of the Alumni Office in attracting alumni back to campus. We have also featured some alumni performers as well which is particularly cool in my judgement. As always we are open to ideas from students, faculty and staff.

**Come out to coffeehouse and show off your talent with the first hour of open mic. Support your friends and the acts of the evening and enjoy events on campus every Thursday from 8:00-10:00pm.**



## Housing Announcements:



Deposits were due on March 20th. If you haven’t yet paid a deposit, you can still

pay—you simply aren’t able to participate in room selection in a few weeks. There will be a time later in April for you to select a room, but you are not able to be a part of a group and do your selection during the regular selection process.

All those who did pay a deposit by March 20th should have a Housing Application and Contract at the Info Desk in your building. If you haven’t yet picked yours up, please do so!

With the group of people you want to live with next year, gather your individual contracts, get ONE Group Pre-Registration form, and attach them together. Complete the Group form, then bring this entire packet to the Housing Offices in Newbury prior to March 30th!

**Don’t wait until the last minute**—bring them any time now. We’ll look them over to make sure everything is all right before you leave. If there’s any issue, you’ll have time to fix it before you hand it in.

On April 3rd, your group leaders (identified on your Group Pre-Reg form) will receive an email with your group’s appointment time to select a space for next year. **DO NOT SKIP ANY CLASSES TO MAKE THE APPOINTMENT.** Give us a call if you can’t make it—we’ll walk you through what to do.

Ask your RDs or give us a call if you have any other questions!



**\*\* 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](mailto:housing@wcsu.edu)