



**Academic Resource Mentors 2017-18**

Front: Brianna (CH), Emily (GH), Shannon (FH) and Keyanna (LH)  
Back: Melanie (PH), Victor (PH), Megan (CH)

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

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## Still Don't Understand Your

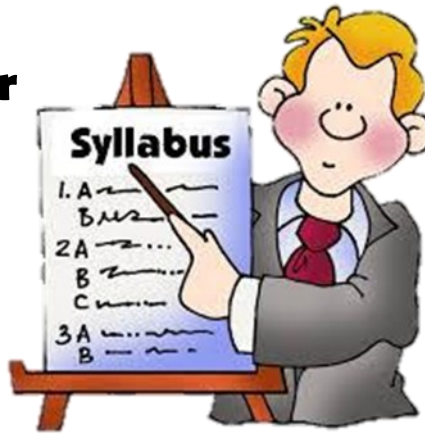
Welcome back to school! For some of you, it's your first year of college and for others, you dragged yourself back for another round of classes. Either way, you probably just received a whole bunch of syllabi and may or may not know what to do with them! Fear no longer!

Typically, a syllabus starts out with information about your professor. Look out for your professor's name, office location and email. These could become very important to you in the future. In addition, professors typically list their office hours near the beginning of their syllabus. Write these down or keep your syllabus handy. You never know when you could need to know these hours and having them accessible will make your life a lot easier.

Next in your syllabus is most likely course descriptions, objectives and content. For some classes, this may seem like a useless section for you, but give it a chance. The "content" section, specifically, allows you to gauge how far along you are in the semester and gives you an idea of what's coming next. For people who like to map out their agendas, this allows you to put things in your calendar at the beginning of the semester and begin to plan ahead.

Professors usually put a section in their syllabus describing the grading system that they use. This varies greatly among professors and classes. Never trust that the grading system is the same class to class because it most likely is not.

One final thing that a lot of professors put in their syllabi is a list of assignments and all of their due dates. This is really important when thinking about time management and tackling your work in the most effective way for you. If you are following the syllabus carefully and attentively you will never find yourself procrastinating. If you combine all



By Shannon Lynch, Fairfield ARM

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**SUCCESS SPOT**

[www.wcsu.edu/housing/arm.asp](http://www.wcsu.edu/housing/arm.asp)

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By Keyanna Wright, Litchfield ARM



**WELCOME FIRST YEAR STUDENTS!!** Congratulations on beginning your first year at WestConn. We all know this could be a very stressful point in your academic career. There are many people who believe in you and are rooting for your success. However, before you begin to establish your new life, I want to offer you advice in many of the areas you will encounter on your journey:

### 1.) Getting settled

For all first year students, it is imperative to enter college with an open mind. Although it may be scary, especially because it is the first time many of us have been away from home for an extended period of time, you have to remember to make the most of this opportunity. Learn the resources you have available to you on campus and use them as much and as often as you can.

### 2.) Getting Involved

WestConn's campus offers a variety of clubs and sports to keep you busy when you aren't in class. At the beginning of every year, we host a clubs carnival that allows all of the clubs to meet in one space. Each club sets up a table and the students can walk around and sign up or ask questions. If you missed this year's carnival, the clubs post their meetings all over campus so you can join at any time. Each club is open to all students. I have attached the URL for the page of the school website that allows you to view a list of all the clubs on campus as well as the time and location of the meetings.

<https://www.wcsu.edu/studentlife/Clubsbridge.asp>

### 3.) Going to class

Often times, because of the freedom that comes with being a college student, people will allow themselves to slack off or procrastinate. Although the idea of sleeping in or doing anything besides going to class is tempting, this is a dangerous habit to begin. You waste so much money when you don't show up. You also run the risk of being dropped from the class all together. Depending on the time of the semester, being dropped could mean receiving an "F" on your transcript. Furthermore, you miss out on material that will be valuable throughout the course. The best thing to do is to stay organized and keep up with you work as the semester progresses.

### 4.) Taking care of yourself

In my opinion, this is the most valuable piece of advice to give any college student. Because of how demanding the work load is as a student, it is so easy to forget to take the time you need to breathe. It is necessary to give your self a set period of time every day or every week to collect your thoughts, regroup, and do something for yourself. This can range anywhere from treating yourself to dinner or your favorite treat to taking 30 minutes out of your day to watch an episode of your favorite show or listen to music. Although being a student, athlete, worker, etc. is important, it will all mean nothing if you are not of sound mind, body, and spirit.



# Student Discounts

By Melanie Jones, Pinney ARM



As students, we are inevitably broke. That's just the order of life. Being a college student = broke. Sometimes FAFSA isn't our friend (does work study really even exist???) and finding a job off campus can be a hassle if you don't have a car. Even those of us who do have jobs are grateful to see if that miniscule paycheck will even last the week. Luckily, as college students, we are eligible for TONS of student discounts at hundreds of stores and online. Our benefits range anywhere from free drinks at Chipotle to a percentage off plane tickets!

Surprisingly, your student ID can get you more than 'questionable' meals from the cafe.

**Fedex:** Offers 20% off shipping

**Amazon:** (the one we all know about): Amazon Prime membership for 50% off regular the price including a 6-month free trial

**Jo-Ann Fabric and Crafts:** 10% off all purchases

Into reading newspapers? The Guilford Press offers a 40% discount on books, newsletters, journals, and videos. What can beat that? Oh, free shipping! The New York Times also offers 99% cent newspapers to students for four weeks and 50% off afterwards!

## RETAIL

**J. Crew:** 15% off full priced items

**Topshop:** 10% online and instore

**Toms:** 10% off for students AND faculty

**Banana Republic:** 15% off full priced items

**Eastern Mountain Sports:** 20% off full priced items in store

**The Limited:** 15% off instore

**Club Monaco:** 15% or 20% off in store

## FOOD

**Subway:** 10% off your entire order

**Burger King:** 10% off your entire order

**Chick-Fil-A:** Free drink with a student ID

**Chipotle:** Free drink with purchase

**Dairy Queen:** Offers student meal deals

**Student Advantage** is a great company that teams up with different colleges and universities to offer students online and instore discounts. You can have the option of a one or four-year membership. Student Advantage offers discounts on Amtrak train tickets, backpacks, furniture at Target, and movie tickets.

## ONLINE

**Ebates** isn't a student-only website; it is great for anyone to use! Ebates is an add-on to any web browser that offers a percentage cash-back on certain other websites. Simply attach the add-on and anytime you enter an Ebates partner website, the add-on will flash a pop up on your laptop screen that you click to activate your cash-back. If you forget to activate the cash-back add on, you can easily file a claim on the website! Just provide your order confirmation and the price you paid and Ebates will add the cash-back on your account. For every eligible purchase, Ebates adds your cash back onto your Ebates account and deposits that money into your bank account or mails you a check! Not to mention, you get a \$5 gift card to Target or Walmart when

you first sign up!

**Honey** is a similar add on to Ebates except Honey finds every available coupon for a website and automatically applies the best one for you at check out. Pro tip: add both add-ons to your browser for maximum savings!

Check out **Retailmenot** for other student savings and coupons! Retailmenot has an app that offers coupons for HUNDREDS of stores and online as well! **Unidays** is a specialized student discount website, like Student Advantage!

As a student, there are many ways to save money and stretch the rare dollars we come across. Use these mentioned tips to get the most bang for your buck!

*"Once you really accept that spending money doesn't equal happiness, you have half the battle won."*

- Ernest Callenbach





By Emily Chauvin, Grasso ARM

Finding the time to do homework or study is, strangely enough, a matter of finding a place to do it. Your room can be distracting, a busy common area can be noisy, and a windowless computer lab can be boring. On the other hand, the same res hall room can be just the inspiration you need, a busy common area can keep you on task, and a computer lab can have all the resources and tech help you require to knock that project out of the park. It's all about finding what works best for you, and luckily, WCSU has a surprising assortment of options to choose from. All it takes is to grab your bag and go hunt down the lounge with those incredibly comfy chairs, or the tree with the perfect amount of sunshine, so don't be afraid to try taking your studies somewhere outside your usual comfort zone!

The benefit of utilizing a variety of places to study is that it demarcates study time. As

in, by deciding to go out and begin at that place, you'll be more likely to dive in when you get there. Assign yourself to go do your Bio homework in the greenhouse-lounge with giant windows facing the quad on the back of Higgins. Tell yourself that when that's done, you'll head to the science building rooftop balcony area to begin your English paper. A change of scenery and a chance to stretch your legs and clear your mind is indispensable to the study process.

Feeling chilly? The lounge on the first floor of Berkshire is always ten degrees warmer than everywhere else. Need quiet? The libraries' study cubicles have got your back. Have to read a few chapters of a book? Take a walk into Ives Concert Park and find a log to sit on in the woods.

Also on Westside, the fishbowl lounge in the classroom building has just received a

make-over, so go check it out! In the Campus Center, the corner lounge on the third floor, next to the computer lab, is usually pretty empty and has huge windows to stare out of while trying to crunch numbers or think of just the right word.

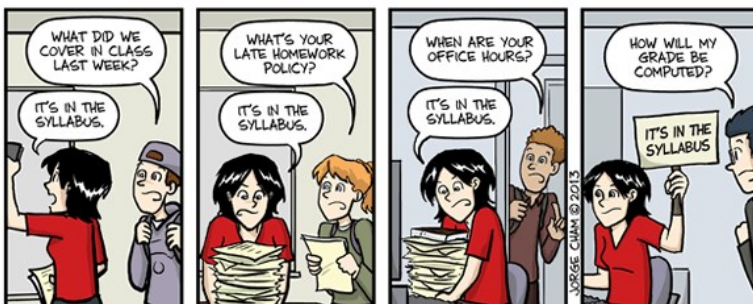
If you prefer to study in your hall, take the time to clean your room and desk first. You might think that it is a waste of time when assignments are piling up, but it should take less than an hour, and it will save your mind the clutter and frustration of a messy workspace in the long run.

The best advice on studying I ever got was to just commit yourself to taking the very first step. In different situations, that might be to complete just the first math problem, to decide on a thesis for a paper, to read one page of a textbook, to answer the first question, or to just take a minute to come up with an idea. My advice makes this even easier; just pack your backpack with what you will need and go find the perfect place to start. One there, the inclination to study should come much easier than it would be from where you started.

(Syllabus—Continued from Page 1)

your assignments for all of your classes in an agenda, you can decide along the way when to start things. Also, because you've written them down, things will be a lot easier to find. You'll find yourself completing assignments earlier and you'll be less likely to forget until the last minute.

Essentially, your syllabus will be your savior the entire semester. If you haven't already, you should definitely START using it NOW. Using your syllabus will help you become more organized, and relieve stress. So, take advantage of a great resources and have an excellent semester!



# IT'S IN THE SYLLABUS

This message brought to you by every instructor that ever lived.

WWW.PHDCOMICS.COM



## Take Control of Your Time!

### time.

Set up a specific time to study. Turn off your phone until you're done. Don't check email or surf the web—except for your project—during study time.

### 6. Budget your time

Figure out how much time you need for all that you do, and create a weekly schedule to follow. Remember to fit in time to relax!

### 7. Don't get sidetracked.

If you find yourself wasting time, pull out your to-do list and get back to what's on top. If you're stuck, check in with your teacher or a classmate for help.

### 8. Get a good night's sleep.

Your brain needs rest to perform at its peak. If it's time to sleep, list the things you still need to get done on the next day's to-do list, and go to bed.

From <https://bigfuture.collegeboard.org/get-started/inside-the-classroom/8-ways-to-take-control-of-your-time>

### 1. Make a To-Do list every day.

Put the most important tasks at the top and do them first, even if you dread them. Give yourself rewards if you do everything on your list!

### 2. Keep your work with you.

That way, if you have extra time—like on the shuttle bus—you can get something done.

### 3. Don't be afraid to say no.

It's OK to say no if your friends ask you out but you have a test the next morning. Ask them to find a time that works for all of you, and go then!

### 4. Find your productive time.

Are you a morning or night person? You'll be more efficient if you work when you're at your best.

### 5. Create a dedicated study

Have you ever wanted to travel the world, grasp the spirit of adventure, or spread your wings outside of the United States? At Western, one of the opportunities students can take advantage of is the International Student Exchange Program! The programs here at WCSU offer the ability to study in hundreds of locations worldwide, in both foreign languages, and in English language courses. There are two main types of programs that students can take advantage of; these are the student exchange program, and student direct program.

The first is the student exchange program. The great thing about this program is that first and foremost, students pay what they pay here at WCSU. ISEP costs the same tuition, room, and board as general costs at WCSU. The only extra cost is the plane ticket to get you there. Just list your top 3-4 international universities and get matched with one of the universities you listed. You'll be studying in another country within the year!

The second type of program is called the student direct program. This program is where you would pay the direct cost of the university that you are attending, but you are guaranteed acceptance into that university if you meet the requirements for

entry (i.e., language proficiency). This program can be cheaper or more expensive than general costs at WCSU depending where you study, so make sure you look at the benefits and costs of the programs you are interested in.

In terms of academics and credits, the study abroad program has got you covered. Each country has different programs, different classes, and different fields of study in which you would be able to take classes abroad, and transfer the credits back to WCSU! Often times, you can get credit for courses that fulfill major requirements if you speak with the chairs of your departments. In the majority of cases, when credits you received cannot be applied to the requirements of your major, the credits will fulfill free electives. For those who have very heavy program sheets, fear not! There are programs that are offered over the summer by ISEP as well! Whether you want to go in the fall, spring, or summer, ISEP has you covered, and financial aid applies!

Within the International Student Exchange Program, there are three types of living arrangements students can choose from. The first is an apartment stay, where you would either be provided with an apartment or have to find an apartment in

the city you will be studying in. The second is a host stay, where you will be able to live with a host family in the country that you visit. For the semester you would live with this family and would have a more local perspective. Lastly, there is a dormitory option offered in certain countries where you would be able to live with other students in the residence halls. These would be similar to those we have here at Western. Each country has one or more of these three options, so you will be able to choose what suits you best!

Looking at the phrase "you have nothing to lose" doesn't do justice to this program. The truth is you have everything to gain. Aside from credits, employers love to see a study abroad experience listed on resumes, as it sets people apart and helps them stand out. Ahead of you lie endless possibilities, and you just have to be willing to reach out and grab them. For more information please contact Donna Warner at [warnerd@wcsu.edu](mailto:warnerd@wcsu.edu). Happy traveling!

## Travel the World

By Victor Namer, Pinney ARM



By Megan Cancelliere, Centennial ARM

# Party Safely

With September comes school and classes, seeing your friends and hanging out. It also comes with going out, partying, and having some fun. Everywhere you look it seems like you see people at the club, or a house party, or just with their friends. It can be overwhelming, and at times (if you are new to this scene) a little bit scary. Here's some tips for being safe if you do decide to go out.

- **Do not drink and drive!!!!** This is the most important piece of advice you will ever receive. It seems simple: if you drink, you don't drive. That's not the case. Close to 2,000 college aged drivers die from alcohol related crashes every year. Do not let one of them be you. Call an Uber (your first ride is free if you look up the code on the internet), call a friend, or call anyone who can come and get you. It is not

worth the risk to drink and drive, so do not do it.

- **Go out with other people.** Once again, this seems obvious. It's not. People go out to the club, to house parties, and all other sorts of other settings by themselves all the time. If you go out with a friend or a group of friends, you are reducing your rate of drunk driving, sexual assault, and getting "black out drunk" drastically.

- **Do not leave your drink unattended.** It's a tough subject but one that needs to be talked about—date rape drugs. Getting drugged is real. It happens at bars all the time, and in a club setting the chances are even higher. Do not leave your drink on the bar, on a table, or even outside a bathroom stall, because you never know what could happen. If you do accidentally leave your drink, immediately dump it and get a new one. Some bartenders will even make you a new drink free of charge if they find out you are getting a new one because you left the old one unattended. It might seem like it could never happen

to you, but it could. If you do start to feel really "off", seek medical attention immediately.

- **Do not walk alone at night (ever) but especially after a night of drinking.** It's a sad truth in our world that walking alone at night can get you in a lot of trouble. It might seem like no big deal, you're just walking a few streets over, it's just a few blocks, or whatever it is that you want to do. Not only are you at risk of assault but you are also more at risk of a driver hitting you. Harsh, but true. If you decide to walk home, try to get someone to go with you. If no one will, call an Uber or a taxi.
- **Don't drink at all.** You *can* go out, *not* drink, and still have *fun*. Give it a try!

These may seem like really simple, basic tips but they are really important to keep in mind. Partying is all fun and games- until it's not. Make smart choices and you will have a great time. Welcome to the semester, drink responsibly, and try to stay focused on school while still having a great time this year.

## ADULTING 101— Getting A Job

Congratulations! If you're reading this, you're most likely between the ages of 17-25, meaning that you are at the perfect age to start gaining job experience! At this time in your life, companies are looking for fresh faces to spice up their workplace, so now is the best time to apply! There are many jobs that WCSU offers - and not only through work study. The Career Success Center - located in the Westside Campus Center on the third floor - is the perfect resource to finding and possibly landing a job on campus. Recently, the center sponsored an open house for all students to come and learn about possible opportunities that are available to you. If you missed that, you still have a chance by stopping into the center and talking to someone!

If you didn't want to get a job on campus, there are plenty of small restaurants and places around both campuses to apply for. A lot of students work in the Danbury mall, which will give you variety with the amount of stores it holds. There are also many students who work at Stop and Shop, which gladly accepts WCSU students.

*Every job that I apply for asks for job experience. What do I do if I don't have any?*

That's where a resume comes in! When someone is applying for jobs, sure, it'll look nice to know that the candidate has really worked for a company, but, if that's not possible, related experiences can also be put on a resume. By experience, it could be babysitting for your friend's family or an internship that you didn't get paid for or even a community service project that you've worked on. When companies are going through your resume, they are looking for keywords that will make them believe you could be an essential part of their team. They want a balance of a leader and a team player, someone who is responsible, a person who will meet if not exceed all of their expectations for their job requirements.

To successfully acquire a job, you'll need to make sure that you've read about the company you're applying for beforehand, know what they're looking for, and have confidence that you are the person for the job. If you're chosen for an interview, make sure you do your research not only about the possible interviews questions, but once again, about the company to make sure that you have a good idea of their policies. Plus, if you have any questions, during the interview it would be a great time to ask, proving to the interviewer that you've done your background research and that you're passionate about working there.

If you land the job - great! If you don't - there are plenty more out there, waiting for you to apply! The great thing about jobs is there is never a bad time to apply - there will always be a company in the market for new employees. Sometimes they're specifically looking for students, so don't get discouraged if you apply for a job, go through the interview process, and they decide that they're moving forward with another applicant - you went through it and now you know what to do better for next time!

*I have a job but I'm not sure how to balance my school, work, and social life. Help?*

Luckily, a lot of companies hiring students are very understanding of the fact that for the most part, school comes first. Some jobs are willing to be flexible with their scheduling hours, so as long as you're upfront about being a student, a company will choose whether or not it wants to work with you (a lot of the time, they will).

If you already have a job and your hours go along with your free time in your schedule, it's time for your time management skills to come in. Sometimes, it can be overwhelming working



20 hours or more a week along with being a full-time student and still trying to be involved on campus. The most important thing to do is step back and evaluate. Do you really have time for classes, a job, and extracurricular activities? If so, you'll need to break down what's happening when and schedule appropriate times to do homework or even just relax so you're not drowning with all of your responsibilities. I would suggest getting a planner so you can see your day, week, and month on the go. I would also suggest buying a dry-erase wall calendar or a dry-erase board in general, so you can plan out your week and visibly be forced to see what's going on for that day, week, or month.

Getting a job isn't the end of the world - it's the beginning to becoming a fully responsible adult! Whether you're at a fast food restaurant or a billion dollar computing company, you are gaining valuable job experience which will help you in the long run to finally getting the job of your dreams. Good luck this semester, and stay focused!

**By Brianna Walker, Centennial ARM**



## Housing Announcements:

### Room Changes

If you are interested in a room change, please speak to your RD right away. It's now time when room changes can be made—if spaces are available! You must complete paperwork with your RD, and, if changing buildings, with the RD of the building you wish to change to, before a move can be made. Room changes will only be permitted for a month, so don't miss your chance!

### Hall Councils

Your building's hall councils are looking for your ideas and participation. Talk to your RAs and RDs for more information, and stop by the next meeting to see how YOU can contribute to your building through participating in hall council. And don't forget IRHA, which meets Tuesday nights.



**\*\* 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)