

Registration

by Shannon Lynch,
Newbury ARM

It's that time of year again!! Registration is just around the corner and there are some things that you should make sure that you remember! First off, registration for Spring 2019 is tentatively set to begin on November 1st. You will be notified via email of your exact registration date at some point in October. It is important for you to set up an appointment with your academic advisor to discuss your plans for the upcoming semester. In addition, your advisor will be able to give you your pin, which will allow you to register. If you

you can visit the academic advisement center in Old Main.

When considering your schedule, you should start by discussing with your advisor which classes are most important for you to take next. After you have decided which courses you need to take, and which classes you might need to add to fulfill graduation requirements, you should turn to Open-Close. Open-Close is a website that shows you which classes have seats available, when the classes are, and where they will

do not know who your advisor is,

be taking place. With this information, you can set up a schedule, and be confident that there will be no overlaps. When you choose a class from Open-Close, be sure to write down the CRN code. You will need this to register. Another piece of advice that I can give is to make sure you have a few back up classes in case something fills up!

When it's finally the night of your registration date, make sure that you have all of the CRN codes where you can get to them. As soon as midnight hits, you will be able to enter your pin from your advisor. After, you will be prompted to enter the

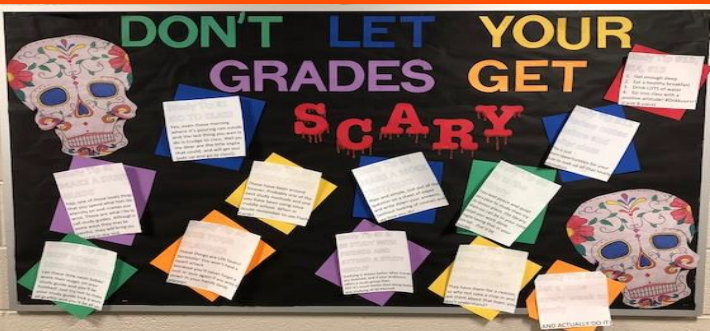
Cont. on pg. 4

A publication of the Department of Housing & Residence Life, Division of Student Affairs

The Handout an arm newsletter



Volume 7, #2
October, 2018



In this issue:

- Registration Page 1
- Inclusivity on a College Campus Page 2
- The Best Places to Study on Campus Page 3
- Midterms Week: the Circus Act Page 4
- How to Decorate Your Dorm Room for Less Money Page 5
- How to Balance Student Life & Personal Relationships Page 6
- Dieting Is Hard Page 6
- Weird Books at Haas Library Page 7



Inclusivity on College Campuses

by Keyanna Wright, Litchfield ARM

Inclusivity is an intention or policy of including people who might otherwise be excluded or marginalized, such as those who are handicapped or learning-disabled, or racial and sexual minorities. Inclusivity should be practiced everywhere, but it is especially important on our college campuses. This is our home away from home. Everyone in college has a right to feel important and included on campus. There are many ugly truths we have to face as college students. Being neglected or overlooked should never be one of them.

Western does a decent job at providing opportunities to include students who identify with any marginalized identities. We have the office of InterCultural Affairs as well as the office of Equity and Diversity, both of which aim to bridge the gap between the different cultures and Identities on campus. We also have student organizations like African-Caribbean Student Association, Black Student Union, Gay Straight Alliance, Latin American Student Organization, Minorities in Medicine, and Muslim Student Association that were created by students to give us a platform to speak up and demonstrate our presence on campus. However, like anything else, there is always room for improvement.

Although WestConn has all of these platforms, we still have to work on not excluding these resources. As students and staff, we have to do a better job of integrating these departments and clubs into the rest of campus life so that we are not marginalizing

these groups more. As a student, I find that although we have these clubs and offices that promote unity, there is still a division among us. We could do more to get individuals on campus who do not identify with any marginalized identities to be more involved with those of us who do. We could team up different student organizations in an attempt to expose others to cultures on campus with which they may not be familiar.

Having student organizations is of the highest importance when discussing acclimation and inclusivity on college campuses. However, it is important that we do not use our clubs as hiding places and instead, we use them as a platform to introduce ourselves to those who are unfamiliar with who we are. It is equally as important that those who do not identify the same way as we do not accidentally or intentionally dismiss or overlook us. It is important that everyone on campus is involved and properly represented. We should always aim to build a sense of community with one another even though we are all different.



The Best Places On Campus to Study

by Sara Slaiby, Fairfield ARM



With midterms happening, many students find themselves looking for places around campus to catch a quiet moment to study. Often times as midterms creep up, common studying areas become filled up with students, and you find yourself scrambling to sit down at any open table. My hopes for this article are that students will utilize the many locations on both Midtown and Westside campuses that are available to study in.

1. **Warner Hall Lobby.** Warner Hall is located on the Midtown campus right between White Hall and the Ruth Haas Library. Warner Hall is a classroom building, but the lobby on the first floor consists of many tables and couches that are great for spreading out your books and studying. Warner Hall does not have a mandatory quiet policy, however it stays quiet with the occasional talking student passing through. It is a quick walk to the library if you are in need of a book or printing something out. Warner Hall is not a very common location that students go to study, which means when midterms get closer, you will have no trouble finding a place to sit.
2. **The Ruth Haas Library fourth and fifth floors.** The Ruth Haas Library is a great place to go to when studying for any exam. During midterms, the library does tend to fill up quite quickly, however the library does extend the normal hours they are open when midterms and finals roll around. On the fourth and fifth floors, there is a mandatory quiet policy. If you are like me and need complete and utter silence in order to fully commit yourself to a study session, these two floors provide the perfect location. Having a quiet policy grants you the quietness that you desire, as well as providing a barrier which prevents you from talking to those you may know. There are individual study desks, as well as large tables where you can lay out all of your binders and textbooks.
3. **The Fish Bowl.** The Fish Bowl is located within the classroom building on the Westside campus. The Fish Bowl offers an area for students to study, as well as providing access to personal study rooms. To get into a study room, all you need is your I.D. and pin number, and you have access to a secluded area with a computer and a table. If you are on the Westside campus and do not want to travel to the Midtown campus, the Fish Bowl is the perfect place to study.
4. **The Science Building.** The Science Building is located on the Midtown campus and provides many different areas to study, depending on the weather. If it is a nice day out, the Science Building offers two patios with outdoor furniture, one in the front of the building, and one behind. These patios are great for studying while also getting a chance to be outside. The roof of the Science Building, accessible from the third floor, is also another great place to study when it is not too windy. It allows you to study, get some sunlight, while also enjoying the view of the Science Building lawn. The Science Building has a lobby on the first floor with tables to study, as well as a private study lounge on the second floor. In the study lounge there are two rooms, one on either side, that students can utilize to study in a more private area.
5. **The Robert S. Young Library.** Many people are not aware that on the fourth floor of the Classroom building on the Westside campus is the Robert S. Young Library. When you walk into the library, there are a multitude of tables that are available for you to study at. Although the library primarily is focused on Business majors, anyone can go and get some studying done!

There are many locations on both the Midtown and Westside campuses for students to go to when in need of studying. Understanding the environment that suits you best while studying can help you to narrow down the optimal study location. If you like to be secluded and in a quiet area, try the Fish Bowl study rooms or the fourth and fifth floors of the Haas Library. If you study best in a busy environment, then try the patios or roof of the Science Building. Finding where you study best will benefit your studies greatly and help you pass any exam!

Midterms Week— The Circus Act

by Kathryn Healy,
Pinney ARM



Yes, it's that time of the semester again. Midterms. Sometimes you feel like we all just started, and sometimes you feel like it should just be finals already. So many tasks all at the same time, you start to think every professor thinks their class is the only one you're taking, right? So how do you juggle the balancing act that is midterms?

Plan ahead. A class syllabus can become your best friend, if the professor keeps up with it. Knowing ahead of time when your exams or papers are due can help you figure out when in your week you want to dedicate time to study. Personally, I find dedicating time to study for a class immediately after getting out of it for the day to be very useful. Reinforcing what you learned in class, making sure your notes are detailed enough that you will remember what they were talking about days later is sometimes crucial.

Stay calm. There is such a thing as overdoing it. Never focus too much time on one subject. Yes, there will be classes that need more preparation than others, but don't let that get to you. If you over strain yourself on one class, you could hit a roadblock of sorts. You're so worn out with information for that class that your memory can slip simply because you are too stressed. This stress can lead to reluc-

tance to return to that subject at a later time, or even at all.

This can also rub off on your other classes. Stress your mind too much over one subject, and it's very likely you'll feel discouraged and deflated when thinking about your other classes. This will be when you start sacrificing study times to catch up on sleep or your favorite Netflix show. And although it is necessary to relax sometimes, losing too many study opportunities could leave you in a panic on the day of the exam.

Make time for fun. If you overwork your mind, you could end up draining yourself. If you don't make time to simply breathe, and take care of yourself, you could actually regress in your studies. Make sure you give yourself time to see friends, catch up, and grab some food to keep up your energy. If you really struggle with this, you could even plan times to study with friends, especially if you have the same major or class. Sometimes it is easier to remember information if it is connected to a certain person.

Midterms week (or weeks) can definitely be a rough time. Tensions are high, and expectations can be higher. Whether your major is exam based, paper based, or even both, it can become a lot to balance at one time. But if you take a deep breath, and start thinking about it early. It is possible to tackle it with your best foot forward and master the art of midterms.



Registration (continued from pg. 1)

CRN codes for each class you are taking. You can enter all of the codes at the same time. If for some reason you decide later to change a class, you follow the same procedure and can choose to either add it or drop it. Registration is easy if you follow all of the correct steps and make sure that you plan in advance! Good luck and reach out to your ARM if you have any questions.





How to Decorate Your Dorm Room for Less Money!

by Angela Nicastro, Pinney ARM



When you first move into your dorm, you look towards the white cinder block walls and immediately you want to start covering them up right away. You also just want to give the room personality.

Decorating your dorm for the first time can be really exciting; you get to make a room (or your side of the room) your comfort zone, add what you want to it, and make it look like you. Unfortunately, decorating your room can be a little costly, especially if you have an apartment on Westside that needs things like pots, pans, silverware, cooking utensils, cleaning supplies, and of course, décor. Over the last few years, I have been able to get an idea of where you can get amazing decorations and others things for a decent price, but still looks beautiful.

Dollar Tree: I know. You wouldn't believe me if I told you that Dollar Tree of all places has decorations. They have wall decorations that stick to the wall that can always peel off, they have posters that you can color yourself or just leave black and white, streamers in lots of colors for holidays, and almost everything you would need for your kitchen! To save a few dollars, Dollar Tree would not only be great for some decorations, but for overall supplies for your dorm!

Five Below: Personally, I love this store. It has tapestries, wall deco-

rations, trash and storage bins, posters, and almost anything you'd really want to go on your walls in your dorm. A friend of mine bought a canopy for her bed at Five Below, and it looks amazing! The best part? Everything is below five dollars, which for a college student's budget, seems too good to be true!

Facebook Market Place: Hear me out! I know it's crazy to be listing Facebook at a place to get things for a decent price, but it's true! For my dorm in Pinney, I was able to get a 9x12 rug for only \$25; normally a rug that size would be way more expensive. The only downside to this is that you have to be smart with prices and really know what you're looking for. You also have to pick up the item unless the person selling is willing to bring it to you, but otherwise I've had amazing luck getting things for my dorm!

Wal-Mart: In order to hang up your decorations on cinder block, you're going to have to get some sort of hooks or Command Strips. So far, Wal-Mart has the biggest variety of Command Strips for decent prices. They have clips that stick to the wall for tapestries, they have hooks for your frames, and they have the velcro like ones that you can use for almost everything else.

Amazon: If you're looking for a specific thing that can't be found at

the others places listed, Amazon probably has it, and most likely for a decent price. The best thing about Amazon is that with your student email, you actually get six months of Amazon Prime for free! After that, it's only \$50 a year, rather than \$95. This means free two-day shipping, and sometimes they even have sales and deals for Prime members. I wouldn't say get everything you need here as it can be pricey depending on the brand and item, but for decorations like tapestries, rugs, canvases, and even curtains, it can definitely be worth it!

Friends and Family: If you're on a really tight budget, ask around! If you're a younger sibling, ask your older siblings for hand me down décor. Ask around on social media or call/text a friend, even around your dorm!

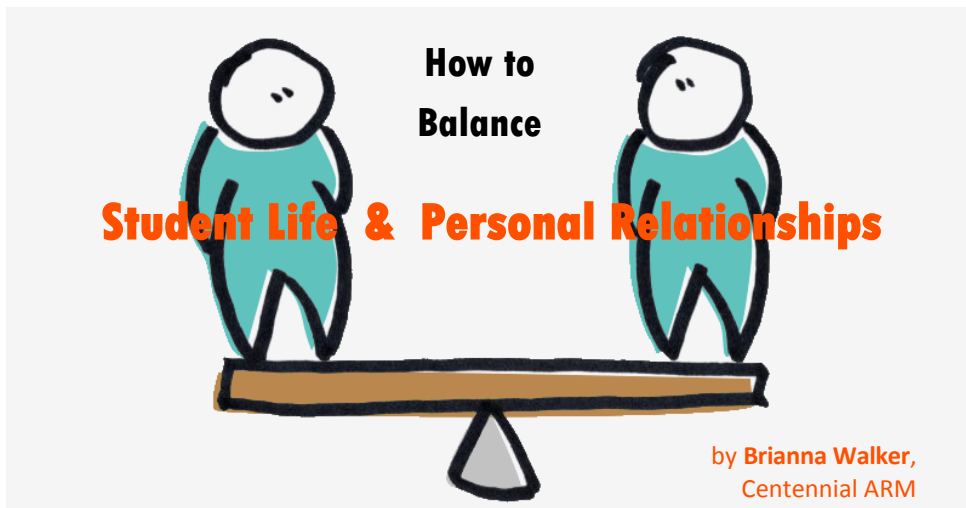
Overall, these places are amazing, and there's something for everyone. If you're in need of a canopy, picture frames, mirrors, posters, and even inflatable ottomans, check these stores out!



www.wcsu.edu/housing/arm.asp



SUCCESS
SPOT



Even as a junior in college, I am still finding the balance between my student life and personal relationships difficult. Student life usually takes priority (#ARMLife), which then in turn affects my personal relationships. When personal relationships takes the cake, my student life suffers. Though I am still not perfect, I have found a way to mostly balance the two on a day to day basis. Below are some tips for you to attempt to find a balance in between both, too.

1. **Prioritize by the moment what is more important:** student life or a personal relationship. Sometimes one will be more valuable than the other. For example, if today is Sunday and you have an exam on Monday, you should probably study on Sunday and then you can hang out with friends after the exam! In that case, student life is more meaningful. Another example could be a day in which friends invite you out and an on-campus program. In that case, choosing friends may be the better thing to do, especially if you haven't hung out with them in a while and you need a personal break. (You could also always take your friends to the program).

2. **Be organized!** Set up a schedule (by the minute if you have to) of what you can do. When you have a schedule of your day, you always know what to do. It's also another way to see your priorities.

3. **Give yourself reminders!** Most students use technology on a daily basis, so use that to your advantage! Little notifications throughout the day of where you should be and what you should be doing could potentially be helpful!

4. **Switch it up!** If things don't work out with trying one over the other, then change it up! Find a balance that works for you. It will not always be equal, sometimes one will be more than another! On days when it goes the wrong way to balance, you could either try the same thing for the next day, or go in the opposite direction the next day! That still creates a balance.

When in doubt, ask for advice! All students are trying to figure it out at the same time, so if you ever feel lost, ask a friend or stranger or RA / ARM what you can do. Everyone is here to help.

I hope that these tips help! Good luck with the rest of your semester!



DIETING IS HARD

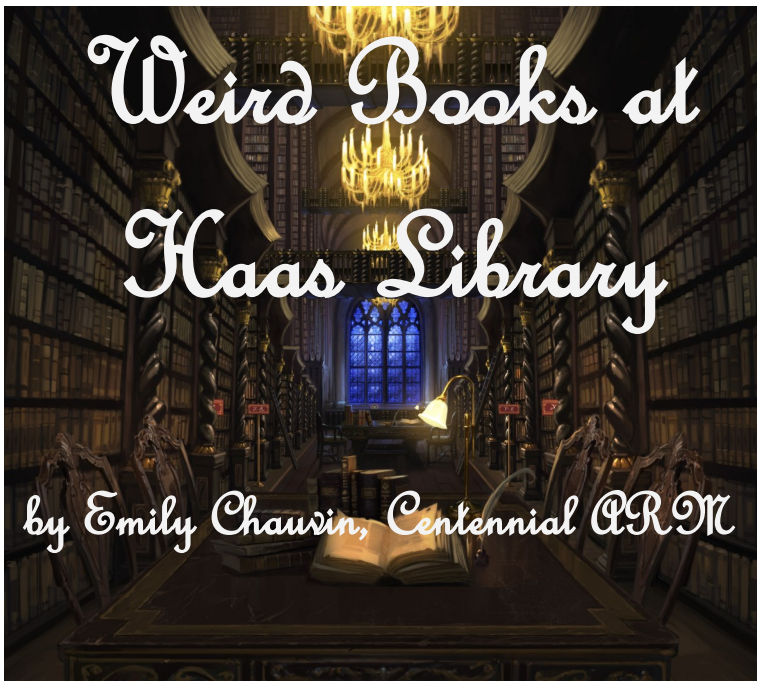
By Heidi Ohngemach, Grasso ARM

There are basically three times that we college students like to look at our lives and try to change something for the better - the new year, the beginning of summer, and the beginning of the school year. One of the really popular goals is to go on a diet or generally eat healthier. And then anywhere from a few days to a month or so later, you find yourself in a weak moment and have some ice cream with your friends. And then you think "Well, there goes my diet," and completely give up on it forever. I'm guilty of it. But it's nothing to be ashamed of! Dieting is hard! And everyone's different and has ways of living a healthier lifestyle that work better for them. So if you're like me and think dieting is extremely difficult but still want to watch what you're eating, check out some tips that I find work well to keep me on track.

Make a point to eat breakfast every day. It gets you kickstarted on



your day, energy to make it to your first class and get the ball rolling, and keeps you from craving a bunch of junk you don't need throughout the day. It doesn't have to be an spinach and veggie omelet with



Weird Books at Haas Library

by Emily Chauvin, Centennial ARN

I like to imagine our library as the library at Hogwarts—chock full of secrets, surprises, and ideas that can turn your every day into the extraordinary! Any major, any learning-type and personality, anyone can find new insights, empathy, and conversational topics just by browsing the shelves. I have perfected the art of randomly selecting books by wandering aimlessly through the stacks. By plucking books off the shelves without being critical, or holding back any curiosity, strange facts and wonderful stories will reveal themselves—widening your mind and diversifying your worldview.

Don't feel as though you must read the entire book, or even check it out of the library. After you flip through it, either put it back where you found it, turn it in to the front desk, or place it on a circulation cart near the elevator. I like to read the back, then look at the table of contents for especially enticing chapter titles. Sometimes, a serendipitous chance-meeting with an excerpt is exactly what you need in the mo-

ment. I won't even discourage you from judging a book by its cover! For example, here's 3 strange books I've found that have been exciting and insightful:

In the 'Oversize Books' section on the 4th floor, there are so many stupendous books on the wacky world of contemporary art that I could make this entire article about just that. One of my favorites is *Performance; Live Art 1909 to Present*. (Call no. NX 600.p47 G64) On page 85, it describes one of the New York City 'Happenings' of the 80s as including "A narrow path, so narrow only one person can pass at a time, littered with coloured advertisements from *Life* magazine and punctuated by loudspeakers greeting each passer-by with 'You! You! You!';...a swimming pool with water and several typewriters, plastic sacks and waterpistols filled with brilliant dye (with instructions to) 'Lie down in the bottom of the pool.' ..there were three television sets on a hospital bed, each showing distorted images of a different baseball game, Lette Eisenhower covered in flesh covered fabric, lying on a trampoline between a pair of inflatable cow's lungs; and a girl on a table embracing a vacuum cleaner tank." Whelp, that's art for you.

Another interesting find was

The Age of Chivalry, Manners & Morals 1000-1450. (Call no. CB 353.w7) I found some rules on love by the obvious expert on the matter, Andreas Capellanus- "Marriage is no real excuse for not loving; He who is not jealous cannot love; Every lover turns pale in the presence of his beloved; Real jealousy always increases the feelings of love..." I hope that you don't try that out on the subject of your fancy in modern times!

In an *Encyclopedia of Shamanism*, (call no. REF GN819. S889) a section on dreams describes how one man's dream of a bear staring at him, and disappearing when he looked at it, and another dream, where a wild buck running to the east told him not to kill babies anymore, called him to the work of shamanism. I learned that in many cultures, dreams of specific animals can mean different things for one's life.

Overall, I would like to encourage people to delve into any book that calls to them from the shelves of Haas Library, to increase their worldview, learn about other parts of the world, and become rounded, cultured human beings. Sometimes they're hilarious, sometimes they're useful to win arguments, and sometimes what you learn will come up on Jeopardy and you'll be able to answer a question, for once. Moreover, they may open doors to new subjects you may wish to pursue as a minor or just an elective, or add flavor to the research or topics you will have to write or discuss in the classes you already take. Let yourself love books, and books will love you, too!

bacon and avocado toast and an orange every morning. It certainly can be, but sometimes you just don't have time to do an extravagant breakfast every day. It's okay to make just two sunny side up eggs, just one slice of toast with peanut butter, just a protein shake, or just a bowl of cereal. As long as you're eating something before you get going on your day, you're setting yourself up for success.



Water! Drink lots of water! I know water can get boring and gives no satisfaction to your taste buds, but water is so helpful to eating better. Drinking water throughout the day can help keep you a little fuller, so sometimes you won't mistake your stomach's emptiness for hunger for food. It will also help you with your digestion, make your skin and whole body, really, nice and hydrated. What I usually do to help make drinking water a little more appealing is having a fun water bottle! It doesn't have to be expensive though. It can be a cute one from Walmart or Target, or it can be a free water bottle you get at a campus event and just cover in stickers.

Don't start off a plan by completely cutting something out, like carbs, sugar, sweets in general, soda, anything. It will only make you crave those restricted foods more and then you will break your plans. Then you will feel defeated and give up on your eating habits. In fact, allow yourself a treat. If you plan well enough, you can plan a time maybe once a week or once every few days that you have something tasty or special as a reward. So maybe if you're planning

around a calorie deficit, plan a day where you have even less calories and reward yourself at the end of the day with something sweet, and then you can still be within your calorie deficit.

Plan what you're going to get before you go to the store. Planning is one of the most important parts to eating better. When you go to the store without a solid plan, it's easy to impulsively buy sweets and snacks. By making a list before you leave for the store, you go in knowing exactly what you're doing and don't risk getting distracted.

Finally, find something to do. So many people overeat because they're simply bored and either eat to be a little less bored or eat to accompany something like video games or watching Netflix. There's always something to do. Maybe it's going to the gym, doing homework, doing laundry, cleaning the bathroom, or hanging out with a friend. By giving yourself a task or activity, you won't be thinking as much about food, because the chances are that you weren't even really hungry in the first place.

Hopefully these tips weren't too overwhelming. Trying to eat healthier or go on a diet can be really intimidating, and not going in with a game plan is usually what leads to the downfall of the diet and everyone's lack of interest in trying again. But by making it easier on yourself with little reminders of how well you're doing or keeping your mind busy, it's easier to see that everyone is capable of having control of their diet, and it's up to you to build it up to something you want to see in yourself.



Announcements



It's all about **Spring Room Selection**. Scan this code and read more about it!

This week is **Homecoming Week**. Check out the schedule of events at: www.wcsu.edu/homecoming.

Operation Jungle Red, an initiative to end violence in all its forms, is being held the week of **October 22—26**. Join us for all the events, kicking off with **Can I Kiss You** with Mike Domritz on **October 22nd** in the WS Campus Center Ballroom. You won't want to miss this and all the other OJR events, including table events each day.



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

The Handout is a publication of the Department of Housing & Residence Life at Western Connecticut State University. It will be published 3 times a semester, and distributed via email, on the HRL website (www.wcsu.edu/housing) and via the departmental Facebook page (WCSU Housing & Residence Life).