

The Handout

An ARM Newsletter

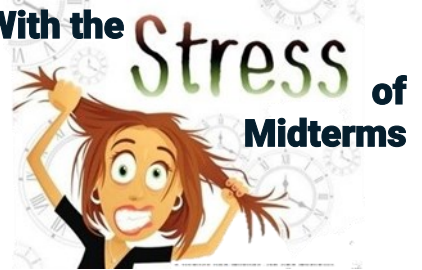
A publication of the Department of Housing & Residence Life
Division of Student Affairs



Volume 7, #5 March, 2019

by Angela Nicastro, Pinney ARM

How to Deal With the Stress of Midterms



It's that time of the year again, folks! Midterms are right around the corner, and with them comes stress, studying, lack of sleep (more than usual), and overall anxiety of how you're going to do. It doesn't matter if you're a freshman or senior; midterms— or sometimes tests in general—will stress you out. So I've looked up some easy ways for you to stay stress free, and ace your midterms!

Remember to take breaks: It's great that you're studying, but you also need to remember self-care is very important. Studying for hours straight without any breaks can just wear you down, and cause you to stop concentrating on the task at hand. Go to dinner with friends, catch up on your reading, even take a walk to the residence hall vending machine and get some chocolate; not only will you be getting a break from studying, but you'll be returning with clear mind.

Make a list: Most students have more than one serious midterm, so it can get pretty overwhelming. Making a list might help you keep track of what you need to do, what you've already done, and what you'll need for when the midterm comes. Some ways of keeping lists are sticky notes, calendars, lists on the fridge or by your bed, or on an app on your phone that can be set with a reminder.

Sleep: Nothing is better than a good night's sleep, but sometimes a serious nap is in order. If you find yourself having a difficult time staying awake while studying, or your eyes are beginning to strain, set your alarm for 30 minutes, and take a quick nap. Studies have shown that the brain works better and retains more information after sleep, even if it's a cat nap. Staying up really late the night before the test is also not good for the body; without sleep you won't be able to remember all the facts you studied so hard for, so please just remember to take care of yourself.

Exercise: Slouching over your laptop is not good for your back and neck, and staying in one position for so long can just make you overall sore. If a quick walk to the vending machine doesn't cut it for you, go to the gym and spend 30 minutes to an hour exercising. This can loosen your stiff muscles, get your blood flowing enough so you

Cont. on page 3

In this edition of The Handout:

- | | | |
|--|--------|------------------|
| • How to Deal With the Stress of Midterms | page 1 | Angela Nicastro |
| • A List Of Lists | page 2 | Emily Chauvin |
| • Resilience | page 2 | Maribeth Griffin |
| • Good Study Habits | page 3 | Tamia Scott |
| • Foods That Are Great for Improving Your Memory | page 4 | Sara Slaiby |
| • Fall Registration—RU Ready? | Page 5 | Kathryn Healy |
| • Spring Cleaning | Page 6 | Brianna Walker |
| • Happy Place, Happy Space | Page 7 | Maggie Walsh |
| • Happiness Tips | Page 8 | Woolymag.com |
| • Housing Announcements | Page 8 | |



by Emily Chauvin, Centennial ARM

Making lists doesn't have to be boring or laborious. In fact, listing can become a useful practice to organize your brain, unleash creativity, and give yourself a pat on the back. Here's a list of lists to get you on track!

List of Helpful Lists

- List everything you've accomplished so far, (today, this week, this month, your whole life...)
- List things that make you unique!
- List the reasons why your education is important to you.
- List gifts to yourself for when you need inspiration or a pick-me-up, such as art supplies, concert tickets, new clothes or a slushie.
- List tiny goals that will get you to your larger goal, such as *5 Books I Want To Read So I Can Be A Better Gardener*.
- List ways you can show your mom, significant other, or friends that you care.
- Lists memories that make you feel confident, smart, and ambitious.
- List the attributes of the place you'd like to live one day.
- List each homework assignment's first step.
- List supportive friends
- List day trips to take on the weekend, such as museums or lectures.
- List people you look up to, from business leaders and stars in your field to fictional characters or teachers you have had.
- List areas you can improve, in your personal life or in studying, connecting with your professors, etc.

Make these lists and use them as an addition to a well-organized assignment pad packed full of to-do lists. It will improve your attitude and remind you of the little things in life that make everything worthwhile.

Resilience



How often do you find yourself feeling anxious,

imagining the worst is going to happen (because sometimes it just does!), or that you'll never live up to your dreams? If you're like many people, you can get to feeling down and before too long, it's as if you can't find your way out of the swamp you're in.

Education, as students know it today, has always been stressful and success-oriented, according to Dr. Jenni Griffin, Dean of APEX at The College of Wooster (OH). As students today, you've had most of your lives scheduled for you—you've been set up by well-meaning parents and advisors, and come to college having had very set schedules and instructions for going about your days. Suddenly, you're dropped off at school in a whole new and different environment, and now you're expected to do all of these things on your own! It's no wonder the stress can get high!

The good news is that you don't have to wallow in that swamp forever. There are tangible things you can do to start to thrive again today—simple steps that will help you become your best self. On a recent **Gab & GROW** podcast, Dr. Griffin gave some great tips for caring for yourself and practicing techniques to bring yourself through it. Here are a few:

- **Sometimes life just sucks.** Knowing that things aren't always going to be wonderful can be a liberating idea. The key thing to remember is that things will and do get better.
- **Think about the things in your life that have been amazing** (we all have had them). Appreciate those things and moments.
- **Remember that life is cyclical**—it's filled with peaks and valleys. So even when you're down in a valley, there will be a hill with a view coming along in the future.
- **Reframe your thoughts and habits.** Try to understand how you tend to look at things, and then try to look at them differently.
- **Practice!** If you were running a marathon, you wouldn't just go into the race without having tried to improve your running and timing. Resiliency is no different. Look back at your life and think about times when you demonstrated resiliency—when you've bounced back from some kind of struggle. If you have trouble remembering, ask one of your friends to help you re-

Cont. on page 5

Good study habits are essential if you want to succeed in college, whether you're just beginning college or you're looking for that crucial senior year productivity boost. Here are some tips I found to be very helpful. FYI—these are only tips and *you* know you better than anyone; so, find what works for you.

1. Good Notes

The correlation between good notes and good study habits is undeniable. However, taking good notes doesn't come naturally to everyone. The trick is to record the key points of the lecture or textbook without writing down too much extraneous info. If you're worried you're missing important details, feel free to ask your professor during office hours. Many students also record lectures so they can listen to them later to verify their notes; just make sure you get permission from your professor first!

2. Stay Organized

Keep a detailed calendar with all your commitments, including classwork, social events and extracurricular activities. This way, you can block out time each day to study. Organizing your class materials is also one of the most important tips. Use sticky notes to remember important textbook pages, keep your returned assignments, and make flashcards for key terms.

3. Unplug and Reconnect

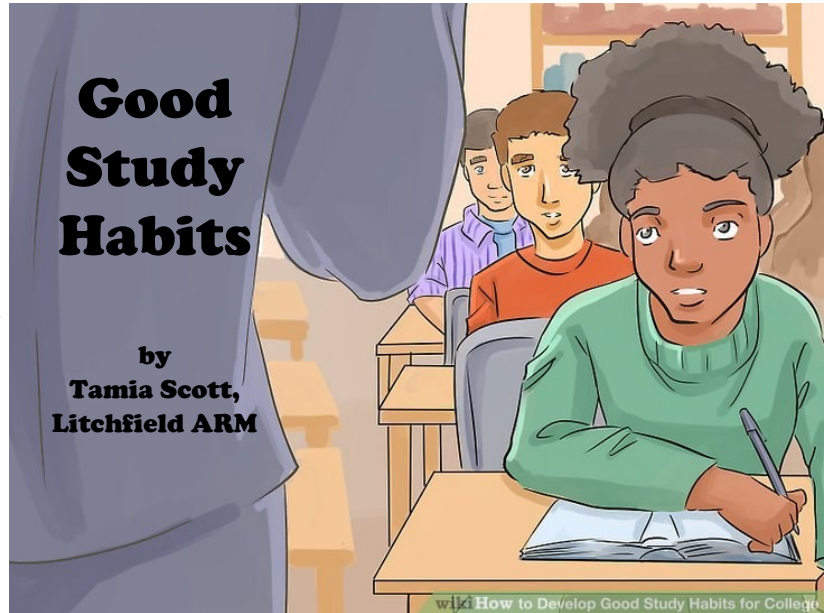
This can be tricky, since most students use their computers for virtually all their homework. Still, the internet is the worst distraction there is, and limiting time on it is one of the best study tips. Try to set boundaries for yourself: for example, no Facebook during class or study time.

4. Don't Cram

It's tempting to put off your studying until the last minute, but you're much less likely to retain information this way. Good study habits come from pacing yourself. Try to study a little bit each day, rather than saving it all for the week before the exam. This will help you ward off exhaustion and remember what you learned.

5. Don't Over-Study

For most students, "over-studying" seems (and probably is) impossible. But if you're the sort of person who camps out in the library, you might be doing more work than you need to. Among other study tips, time management is one of the most essential. Make sure you're studying the key ideas of each lecture or textbook chapter and avoid absorbing useless information. If you're not sure, meet with your professor to make sure you're practicing good study habits.



*Continued from page 1—
How to deal with the stress of midterms*

can go back to studying, and overall get you prepared for that summer body you've been promising yourself.

Don't Try Other People's Tricks: This one is something we are all guilty of. We ask our friends, especially those who tend to get higher grades, how they do it and if they can give us advice. Normally this isn't a bad thing, but remember that you are also not them; meaning what works for them might not work for you. Don't spend a majority of your time preparing yourself for a midterm in the way that they do, as it may not help you overall. Look for something that will work and make sense for you, and could help you in the future.

Hopefully these tips will help you out during midterms, and maybe even finals! I wish you the best of luck, and if you ever need help your ARMs and PASS Members are always here for you!

Foods that are GREAT for improving your memory

by Sarah Slaiby, Fairfield ARM



School is full of sitting at a table for hours, dozing in and out and trying your best to remember the 50 slide PowerPoint that you were just presented with. Some days, no matter how hard you try to focus, you find yourself wondering what you can do to become more focused. Did you know that making small adjustments to your diet can improve your brain's memory function? Below is a list of different types of foods and beverages that help your brain to memorize information, as well as keep you focused!

The first food may sound gross, but can significantly improve your brain functioning! Fatty fish, such as salmon, tuna, trout, etc., are all a great source of the fatty acid we know as omega-3. Omega-3 helps our body to build different types of cells such as brain cells! Our body is unable to naturally produce omega-3 and therefore relies on the consumption of Omega-3.

The second food that helps boost your body's memory is avocado! Avocados are very rich in the vitamins C and B. Vitamins C and B are known for helping to boost the body's memory, but unfortunately, like Omega-3, are not stored or produced within the body. Therefore, our body relies

on our diet for replenishment of these nutrients. So, the next time you are craving the delicious avocado toast at the dinner down the road, go for it as it might help you in your studies!

When you were little did your guardian always encourage you to eat your broccoli? If so, thank them! Broccoli is a great source of Vitamin K, Vitamin C, and choline. Choline helps the brain cells produce a neurotransmitter called acetylcholine. Acetylcholine is a huge help for the body's ability to focus and learn! Also, studies have shown that broccoli helps to improve the brain's ability to remember verbal instructions as well!

Beets are the gross pink root that you have avoided eating all of your life, right? Well, beets actually are a great food for your brain! Beets contain loads of natural nitrates; all which help increase blood flow to the brain. The better the blood flow to your brain is, the more improved brain functions you will observe!

Eggs are egg-celent for your brain! Did you know that eggs contain large amounts of Vitamin D which is proven to improve the brain's cognitive abilities? A study was conducted by the University of California Davis' Alzheimer's Disease Center that studied Vitamin D deficiencies and the im-

pact that it held on the brain's cognitive abilities; the results were drastic.

Dark chocolate, although it may seem like a treat, is great for your brain functioning! Dark chocolate contains caffeine, which is a known stimulant to keep you awake and alert while learning. Dark chocolate also contains antioxidant plant compounds known as flavonoids. Flavonoids work to enhance our brain's cognitive abilities.

Blueberries are also proven to help our brain! Blueberries contain Vitamin C, Vitamin K, and high levels of Gallic acid. Gallic acid works by preventing any neurons in the brain from dying, as well as helping our body cope with stress!

All of the foods listed above help to improve the overall health of your brain. Having a single serving of any of the foods will not dramatically help you with your studying and learning habits, or improve the health of your brain. Consistency and a balanced diet over time will help your brain. The better health that your brain is in, the better your cognitive abilities, focus, and alertness will be!

Continued from page 3

Good Study Habits

6. Find Your Study Place

Everyone has their perfect study environment. For some, it's a quiet reading room, while others prefer the constant noise of a coffee shop. Some like to listen to music while they study, and some need complete silence. Try a few different kinds of environments and see what works for you.

7. Take a Break!

Take a ten-minute break every hour or so and try to take a day or two off per week if you can. It'll help you stay energized and at peak mental condition. Given how easy it is to become overwhelmed in college, this is probably the most important of our study tips.





Resilience

Cont. from pg. 2

Fall 2019 Registration—R U Ready?

by Kathryn Healy, Pinney ARM

Yes, it's that time of year once again. You've probably just relieved the stresses of midterms, and as soon as you take a deep breath, you get four emails about registration for Fall 2019 courses. This 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 Fall 2019.

1. **Registration tentatively begins April 1st.** No, it is not an April Fools' joke, so be prepared. Midterm grades are due by March 25th, so by around this time you should have 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 correspond with ones you are taking now, called "prerequisites". 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 sign up 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. 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: Fall 2019
 - Check Information
3. **Find your Advisor.** The advisor you were assigned this semester will be your advisor for each year (unless you switch majors). Some advisors will email you reminding you to set up an appointment, but **do not** rely on that! 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 write those classes on a form and give you a PIN. The PIN allows you to register online or in the Registrar's office. *Note: if you are planning to register the day it is set to be available to you, make this appointment prior to your assigned date!
4. **Class/Course Search.** To search for classes offered for Fall 2019:
 - Log on to: www.wcsu.edu
 - Click Tab: Essentials
 - Click: Course Registration (Open/Close)
 - Enter: Fall 2019 Term and Enter Subject Look up Number of the course (which will show the days and times it is available). Select the times that are best for you, if there are remaining spaces.
5. **Banner Web.** Log onto Banner and click the add/drop tab. Here it will request you to enter your PIN to access the registration page. On your registration day, you should make a note of 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. The page will then refresh and let you know if you are enrolled in the course, or if not, what steps you need to take to gain access. If there are no issues, you're done! Registration can be simple when you prepare ahead of time. This year, save yourself from the stress and be ready!

member a time when you overcame difficulty.

- **Build a good social support network.** It could be family, friends, or a mentor or counselor that you can talk with and consult when you're feeling down. Create a list, and talk about the roles these people can play in your life—cheerleader, listener, advisor.
- **Take a social media break.** People are presenting their "best selves" in social media. A break will allow you to not overwhelm yourself with how dismal your life feels compared to theirs.
- **Give yourself a time limit to wallow in your suffering.** Seriously—set a timer, think about how horrible things are right now, and then commit to moving on to better times.
- **Practice gratitude. Every day!** Find 3 things that you're grateful for each day, and make sure to make this gratitude a personal practice and part of your habits.

Take a listen to the entire **Gab & GROW** episode for yourself for more advice and information:

<https://soundcloud.com/wcsumedia/gab-grow-a-bump-in-the-road-wont-wreck-the-car-talking-about-resilience>



Spring CLEANING

by Brianna Walker, Centennial ARM

A new season is on its way – Spring! To prepare for Spring, which includes warmer weather, the sun being out longer and flowers sprouting, loads of people also take the change in the timeframe to do some deep cleaning. Deep cleaning could be as little as taking items out of your room that you no longer use, to doing deep meditations and cleaning out your brain space. Whatever you decide to do for cleaning, ARMs stand behind you all the way!

Deep cleaning your personal belongings can be a process. Start with your room on campus – there are plenty of things that we bring that we end up not needing for our room! Get rid of the unnecessary clutter! You and your roommates will appreciate having more space, or even a cleaner space. A lot of us also have made personal connections to our belongings, so breaking those connections can feel super freeing. If you brought everything you need to your room and are unable to get rid of any items, move around objects that take up surface spaces and give those a deep clean. Wiping down all surfaces even with just a Clorox wipe can provide a huge difference! Getting rid of items does not always mean throwing them away – it could also mean taking them home or putting big items into a storage unit. Minimalizing what you have can change your mood completely.

Besides deep cleaning your room on campus (and even possibly at home), you can also work on your feelings within yourself. It is super important to

feel at peace with yourself—if not all the time, then most times. This is not an easy thing to do – it is not like wiping down the surfaces of your dorm – it is more of a long and intimate process. You can try doing this with daily meditation – taking at least 5-10 minutes for yourself every single day to clear out your mind pollution will make a difference. By meditation, that doesn't always mean sitting down in a cross-legged position in complete silence to think. It could also mean riding the shuttle at the end of the day and taking that time to process everything that has happened during the day. Or, if thinking about everything stresses you out, use that same time to clear all of your thoughts of the day, including thinking about what happens next. During this time, focus on your breathing...block out all other sounds if you can. If you need noise cancelling headphones, use those too. Or, if you can drown out all of the other sounds with music, do that. All too often, especially as college students, our brain is wired to always think about the next step. Taking time to simply be present on Earth in space can be grounding and helpful. It could also remind you of what your priorities are. By the end of the shuttle ride, you might feel refreshed, or like a pressure has been lifted off of your shoulders at that moment.

The purpose of spring cleaning your physical and mental space is to ensure that you are being the best version of yourself that you can be. Spring cleaning doesn't need to always happen in the Spring! Whenever you feel particularly down or not like you usually are, remind yourself of this segment and what you can do for yourself in an attempt to feel better. Even if it means taking a few hours to go through all of the items that you own, or using a car / shuttle ride to clear your head, taking time for yourself is extremely necessary.

Enjoy your Spring Break and don't forget to do what's best for you!



by Maggie Walsh, Grasso ARM

Throughout the semester, our lives get very crowded and cluttered with assignments, commitments, clubs, jobs, studying, exams, and countless other things, all of which can be very overwhelming. I don't know about you, but in these times of chaos I often feel like I am drowning and like there is nothing I can do to keep order in it all. Last semester, I let myself believe that, and it was the toughest semester I have had so far. But this semester, I have found a simple way to take control back, and to keep myself calm and motivated so I can tackle my heavy course load. I found that if the *space* that I am living and working in is positive, efficient, and motivating, then my mental *place* will mirror it. Here is how I did it.

Find what works for you

This is probably the most important tip on this list. Because there are thousands and thousands of Pinterest pages on organization and office spaces, but if it isn't a system that works for you, it'll just make things worse. So take a few minutes to sit back and really think about how your mind performs best. Do you need a place for everything and everything in its place, or do you need one general location with some healthy clut-

ter? Do you need lots of posters and decorations or would you find that distracting? Do you need to study in one place or should you have a mobile study setup? The goal is to tailor your study space directly to the way your mind works so there's no disconnect.

Keep it positive

Avid readers will remember the story of my letter board from the last issue. But, to reiterate, I have this letter board in my room, the kind that you can change around the sayings on. When I first set it up, I put a funny but negative phrase on it, because it made me laugh. But I found that having that phrase right next to my desk made me feel really weird, because here I am trying to be productive, and I have a negative phrase staring at me the whole time. So I changed it to say "Be better than yesterday" because this was a phrase that gave the vibe I wanted for my study space. It seems like a small detail, but making that one change to my study space has made it so much easier to get things done. So, regardless of whether you decide to have a minimal or decorated space, make sure you fill it with positive, motivating vibes.

Make it academic

I feel like this can be the hardest part. I know I'm certainly guilty of it. You see, I am a very visually driven person, with a fair eye for aesthetics, so it is extremely easy for me to get caught up in an issue of Good Housekeeping, and design a beautiful and trendy space. The only problem is that my space will end up being extremely impractical and inefficient. It is important for our spaces to not only be motivating and inspiring, but also productive. So make sure that your desk space is clear and organized, so any work you have to get done can be done easily and quickly. It pains me to say, but if that super cute piece of art or your succulent terrarium is getting in the way of your studying, it needs to find a new home.

School is not easy. But if we have a study space that facilitates productivity and organization, we can make it a little easier on ourselves. Give it a shot, I know you can do it.





It is an ancient truth that the beginning of any journey to happiness starts with clicking a random link on the internet. And now, friend, you are on that journey.

Thankfully, these

super simple tips are SUPER simple. They take very little time or effort, and will help turn your literal, or metaphorical, frown upside down. Seriously. You will vomit sunbeams of joy. And I'm not just a hack writer for a website sponsored by a mattress company—I'm also desperate to be happy.

So I wish you luck on your journey. I hope you find what you are looking for in life. Because you deserve whatever it is you want from this life. Me? I just want love but, if I can't have that, I'll settle for website clicks. Namaste.

Don't Read The Facebook Comments

This is very important: Whatever you do, do not read Facebook comments. They are full of nightmares. Nothing of any value has ever been written in a Facebook comment. In fact, it's probably smart to delete all your social media apps and bury your phone in a hole. Be free.

Always Eat Free Cupcakes

If someone offers you a cupcake, don't wrinkle your nose and say, "Oh, I shouldn't." You should. You absolutely should, especially if it's free. Merge your face into the cupcake. I'm not saying a free cupcake has no calories: It has the same number of calories as a cupcake that costs money. I'm just saying you should be open to gifts from the universe.

Walk Around Like You're A Classic Disney Princess

I don't care if you're a 300-pound biker nicknamed "El Diablo." Hold yourself with the grace and gentleness of Snow White or Sleeping Beauty. Float through life with a smile. Walk on your tippy-toes and wave to bluebirds. Gliding down the street like a classic Disney princess isn't something exclusive to women. Poise knows no gender. You're a beautiful princess on the inside, El Diablo. Show it on the outside, too.

Name Your Houseplants

If you don't have a houseplant, then get one immediately. Water your houseplant regularly. Make sure your houseplant gets plenty of sun. Keep your houseplant alive. Also: Name your houseplant. Come home from work and say, "Hello, Bernard" to your plant. This will make you happy. It will also make Bernard happy. Plants have feelings. They're like people—green, leafy people— who never move, or emotionally wound, anyone.

Use Mental Telepathy For A Positive Reason

Do not use mental telepathy to make people's brains explode. Instead, focus your brain waves on changing the hearts of jerks who annoy you. This is not as easy as it sounds. It requires concentration and a desire to infect others with good vibes. If there is a person, like a coworker or some random grump on the bus, who you think needs an attitude adjustment, just stare at them with laser-beam eyes until they smile or tell you to stop staring. WARNING: Telepathy has been known to cause nosebleeds.

Laugh At Your Own Jokes

Someone has to laugh at your jokes; it might as well be the person in your life whose opinion should matter the most. Laughing at my own jokes is something I do at work all the time. I'll make a sassy quip during an important meeting about performance goals and then chuckle to myself. I really want my coworkers to like me. I mean, haha, I don't care if they like me. (I do care.)

Breathe While Flapping Your Arms

Stand on a beach at dawn. Inhale. Exhale. Inhale, and raise your arms. Exhale, and lower them. Repeat. Don't stop. Arms up, arms down. Faster. Faster! Inhale, exhale. Keep repeating this routine until you are flapping your beautiful wings. Fly.

From: <https://woollymag.com/wellness/9-super-simple-happiness-tips.html>



Housing Announcements:



Housing Deposits for the Fall 2019 semester for returning students

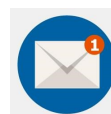
are due **MARCH 20th**. If you haven't yet paid yours, why not take advantage of Spring Break to pay? You'll be all ready to participate in room selection if you do. Paying your deposit is the **ONLY** way you can secure a room and participate in room selection!

Once your deposit is paid, you'll **receive your Application / Contract**. Fill it in and add it to your Group



Pre-registration form along with the App/Contract for each member of your group, and **turn it in at the housing offices in Newbury Hall by March 28th** (March 27th if you're applying for Honors Housing or Gender Neutral Housing).

Remember—if you apply for Gender Neutral Housing, your entire group will need to meet with someone from Housing. Try to do this as early as possible—any time now through March 27th is best!



Your group leaders will **receive an email with your group's appointment time**. If you have

a full group, only the leader has to come. If you're in a partial group, each member must come to the appointment to select your room or apartment. More information can be found in your building's lobbies or your university email.