

The Handout

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Do's & Don'ts



by Tamia Scott, Litchfield ARM

There are some things that are essential if you want to succeed in college. Some were ok in high school but just won't fly here. Here are some do's and don'ts that 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. Do Take Good Notes

The correlation between good grades 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. Do 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. Do 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 or Procrastinate

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

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Tips on How to Become an Adult



by Angela Nicastro, Pinney ARM

There seems to be some sort of phenomenon that happens when someone enters college for the first time: people always think that they are automatically an “adult.” The first semester of college seems like a test; a test to show whether or not you can make it on your own without your mom reminding you about that science project you should’ve started three weeks ago, and without her making sure you wake up for class every day.

Of course, this doesn’t happen to everyone. Some people are used to taking care of themselves, or are just naturals at it. But what about those of us who just knew small things? I remember coming to school for the first time and the only thing I really knew how to do is laundry. With the help of some friends, research, and yes, my mom, I was able to grow and learn more things than I knew before. Here are just a few basic pieces of advice that helped me “adult” in college:

Plan out your meals in advance – This is more for residents who live on Westside, but for those of you who still love to cook this is perfect for you! As you’re going through your meals throughout the week, keep track of what you’re in need of, like milk or bread. If you’re a sucker for meal prepping, plan what meals you plan on making during the week, and buy the ingredients for those the next time you go shopping. This way you will actually get

what you need, along with that bag of double stuffed Oreos you didn’t really need, but wanted anyway.

Get a Stop & Shop Card – This has saved my life, and my bank account, more than once. If you are a person who goes grocery shopping somewhere else, this might still apply to you, just check with the store! Either on your phone or an actual card, Stop n’ Shop has a rewards card where if you scan it while checking out, it can take off some of the price from certain objects depending what sales they have going that week. On the app, where your card can be found, it also lets you see in advance what items will be on sale or what the deals are for things like meats, cleaning supplies, and yes, even chocolate. At the end of check out, it will show you what your total would have been, and how much you saved just by scanning this magic card!

Stop Spending Your Money on Things You Don’t Need – I shouldn’t have to write this piece of advice we all have heard a million times, but I notice that we seem to really forget. As college students, we spend a good amount of our time thinking about money in general. Will I have enough to pay some of my loans? Will I be able to get groceries this week? Could I afford my biology textbook this semester? Or can I splurge for this awesome pair of headphones that I won’t use often? It doesn’t really hit you until you get to college about how much money you don’t have, and how much you can’t be spending. College is expensive, we are all aware of this, so start putting money aside for paying back those loans when you graduate, or for that new/used car you’re going to need to get to work every day. Every time you get your paycheck, maybe start putting a little bit each time so you have something both in your wallet, and in your savings.

Take Responsibility for Your Actions– We have all been there when we have done something we weren’t supposed to. Maybe it was playing ball in the house even when your mom said no, and you eventually broke her favorite picture frame, and you told her it wasn’t you. Maybe it was something that happened in the dorm, like you accidentally broke something but you didn’t come clean about it. Being an adult means taking responsibility for your actions, despite what the consequences are. Again, you’ve probably heard this a lot from your own parents, but you don’t realize how true it is until you forgot about your math homework, told your professor that Blackboard didn’t work when it actually did, and you receive a bad grade because they know you just didn’t do it. Jobs in the “real world” aren’t going to accept these type of excuses, and if a mistake is made, it just might be better to come clean about it so you can figure out how to solve the problem before things get worse. I get it; it can be scary admitting you did something wrong, especially when it’s something you did deliberately, but it’s better to be honest and take ownership for your actions rather than lying or denying it was you. Chances are, it might be a small consequence, but it will be a lot better to come clean now rather than later.

There is so much more to being an adult, and as someone who is still in school, I’m still learning as well as you. The idea of an “adult” might be different depending on the person, but we can all agree that when we entered college, we probably had no clue how to live on our own. Luckily over the course of four or so years, you learn through trial and error (like to put water in microwave mac n’ cheese) or with the help from your friends and family.



Overcoming the Start of the Year Slump



by Maggie Walsh, Centennial ARM

The beginning of a new school year can inspire a wide array of emotions. I'm sure we all know the person who will be cheerily welcoming you back (or to) school, while they set up their shiny new planner with stickers and highlighters and print and laminate all of their course syllabi. (There's always one. Fight the strong urge to hit them.) I, for one, always strive to be that person, but also have a part of me thinking "oh boy, here we go again." The beginning of the semester always feels like a rut to me; with this semester's schedule looking eerily similar to last and the ghosts of old bad habits looming over you, threatening to return. So instead of submitting to the call of the mundane, I have decided to take this semester into my own hands and set concrete goals to really turn things around. I hope you will take some of these tips and join me in turning over a new leaf this semester. Here's how:

1. Reflect

Take some time to really comb through last semester and pinpoint where things went right and wrong. Were you spending a disproportionate

amount of time doing one thing? Were you on top of homework assignments? Did one type of test or assignment always trip you up? Did your diet or lifestyle change in any big way? All of these things and more can drastically affect your performance, so compile a list of the biggest things you noticed so you can be more aware of them.

2. Inspire

Think of the types of things that make you feel inspired and motivated, and surround yourself with as many of them throughout your day as you can. For me, having a clean, organized, Instagram-worthy study space does the trick. Other ideas are making a mood board of things you like/aspire to, setting your phone screen to an encouraging quote, or surrounding yourself with friends who are a positive influence.

3. Commit

A scary word, yes. But change starts with commitment. Pick out a few things that you reflected on and know you want to change, and make a few easily attainable goals that will get you on track. Start with things that can be

done in a weeks' time frame. This way, you can be encouraged by seeing yourself actually commit to something you want to do. For example, if one of your goals is to keep your room cleaner, start with agreeing to make your bed every morning. In a week, you will be able to see how well you've committed to that small goal and be motivated to move onto something a little more challenging.

The beginning of a new school year can be an exciting time, but some of us need help in realizing it. Even if this semester seems like a carbon copy of the last one, remember that change starts with **you**. You always have the chance to turn a new page and completely change everything around. Is it going to end up perfectly every time? Of course not. But starting is the first step. The even more important second step is getting back on the horse when you fall off. If we take time to reflect on what needs to change, get inspired to make those changes, and commit to accomplishing small goals, we can make a big difference.

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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.

6. Do 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. Don't Forget to be Social

College is the time to go out and find yourself. Be social and go to the events hosted on campus. You'll meet a lot of people and experience new things. Try new things but also make sure you're being safe and know your limits.

8. Do 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.



DOs



DON'Ts

Being Involved In Clubs Improves Your Overall College Experience



By Caitie Barry, Grasso ARM

It's the beginning of the school year, which means clubs all over campus will be looking to recruit new members, giving out free things (the best way to entice college kids) and hosting attention grabbing events. For those who are freshman, you may get so overwhelmed with options you decide to say no all entirely. So many clubs, so many options, but so little time am I right? For those who are returning to campus, you might think you've already seen it all, and there's no point in trying something new and becoming more involved.

I'm here to tell you otherwise!

up successfully rushing a sorority and joining a few clubs that I'm still a part of and love my senior year. As a senior who is on two separate organization's executive boards, and involved in countless other clubs, this is some of the information I wish I had when I first started my campus journey.

Western Connecticut State University has dozens of different clubs and organizations to cater to any and every interest a student might have. CSI (the Center for Student Involvement) will help you create any club you want to bring to campus that is not already here. That means every single student has the opportunity to find a place they feel like

This brings me to another key point; being involved on campus help build your time management skills. Students are forced to stay organized when each has an average of 5 classes, the work that comes along with them, job shifts and meeting times to balance. Getting a planner, or using freecollegeschedulemaker.com are easy tricks on how to stay organized and make the best of your time.

Being involved in clubs can also help you find peers with like minded views. It's one of the easiest ways to make friends on campus and learn what's going on!

So why not join a club on campus? Finding the club that's



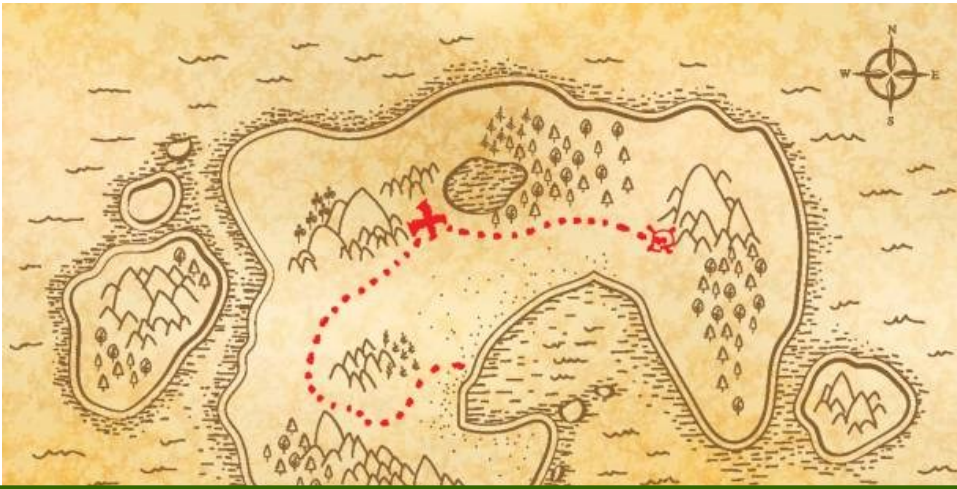
My first semester as a freshman, I went to clubs carnival, and basically ended up putting my email down for every club. Then when those emails started rolling in, I got overwhelmed real fast, and ended up not doing anything. The next semester I tried again, and limited myself to the clubs and organization that I really could picture myself in. I kept an open mind and just remained positive and ended

they belong.

Being involved in a club or organization is a great way to improve your college experience. To start off, they help build your resume. Jobs love seeing that you're involved in extracurricular activities. It shows that you can not only balance school and a job, but other scheduled, organized activities as well. It's even better if you become involved in the executive board.

right for you can make you more marketable for your dream job, help you become more organized and even help you make new friends.

The best way to get involved is to dive right in! Head down to Clubs Carnival, or any club's meeting and just see where it takes you! Good Luck on your fall semester, make it the best one yet!



bathe. Vitamin D is very important and can help treat depression.

5. (The Final Quest)

Start your journey from the tennis courts facing the parking lot. Take a right and cross the street. Follow the hill up until you see the entrance to Ives Concert Park. Take a right and follow the driveway into the park. Pass 2 gazebos. Walk 35 more paces and on the right you should see a pond. Down to the right there should be a small stream, look upward to find a small bridge. Go to the bridge, sit down, close your eyes and take a few deep breaths. Let the sounds of nature distract you for a moment. It is very important to take time away from other people and just focus on you.

I hope you have enjoyed my treasure map. In the rush of school, work, and a social life, it can be very hard to take time just for you. Peace is something college students struggle with, including me. Napping is great but in small doses. Solo adventures can give you the peace you're looking for while not sacrificing productivity. Now go have fun and be productive!



Study Spots Treasure Hunt

by Michael Newman, Centennial ARM

Ahoy!

You've now landed your ship at Western Connecticut State University. Ready to do some treasure hunting? Use these instructions as directions to the best studying/relaxing places around WCSU's Westside campus. To maximize your experience, bring a blanket, a piece of fruit, and a nice book to read (you'll be there a while).

1.

Start your journey from the Pinney Shuttle Stop. Now cross the street. Walk up the steep hill into the woods. Once you climb to the top, there should be a building. This is the observatory, on the right of the observatory there is a stone patio. Now place your blanket down, have a snack, and catch up on those chapters you need for your morning class

2.

Start your journey from the Centennial front door. Walk down the ramp. Follow side walk to shuttle stop. Continue past shuttle stop toward stairs to Grasso but do not take the stairs. Take a right and go through the tunnel. Once you're out of the tunnel you should be in a parking lot. Scan the area, look for the light blue recycling bins. If it is the hours of 1:00pm

to 5:00pm, there should be a strip on shade under the trees on the grass past the recycling bins, this is a great place for a picnic study session.

3.

Start journey leaving The Daily Grind in the Campus Center with your favorite beverage. Take a left. Go up the Cinderella staircase (Note: do not fall). Once you reach the top take a sharp right. Grab a hold of the railing. Follow the windy railing till you see carpet. This is the Loft. Grab a spot on a couch and send some emails that you've been meaning to send. (There are less people up here now that they moved all the tables to downstairs).

4.

Start your journey from The Daily Grind. Take a left. Go up the Cinderella staircase (Note: do not fall). Once you reach the top, go straight and exit through the green doors. Put on your sunglasses because it's normally pretty bright. You should see stone flats in the ground that resemble bleachers. Hurdle over them to increase your adventure experience. Look to your left. There is a big hill. No one uses this hill for any events because of its slope. This is a great place to roll in the grass and sun

by Sara Slaiby, Newbury & Fairfield ARM

AVAILABLE FOR COLLEGE STUDENTS

Being in college can definitely make things tight when it comes to money. Why not take advantage of the multitude of discounts available to college students? Below I have compiled a list of discounts available for all college students with the use of your student ID or student email!

- **Free HBO & Showtime Anytime**

Did you know that when you live at WCSU, you are eligible for Free **HBO-Go** and **Showtime Anytime**? All you have to do is visit college.hbogo.com to start watching today free of charge! From here, you will choose your provider as WCSU, and you can use your school email for the username. Directions for **Showtime** are on the Housing front page, too!

- **Diners**

Three Brothers Diner is a local diner located right on 242 White Street which is available 24 hours a day. This restaurant has great food and service and even gives students a 15% discount off of their bill when you show your student ID! **The Holiday Diner**—down near the train tracks—offers a 10% discount to WCSU students, too.

- **Spotify/Hulu/Showtime**

Spotify currently has a deal available for students where you are able to get 3 months free, as well as unlimited use of **Hulu** and **Showtime** for only \$4.99 per month! All you need to do is sign up for the Student plan, and provide your institution name and school email!

- **Apple Music**

Apple Music, along with Spotify, is now offering a discounted rate for students! It has become 50% off, therefore rather

than paying \$9.99 per month, you will only pay \$4.99 per month. All you need to do is select the student plan, and provide your current institution along with your school email.

- **Amazon Prime**

Amazon Prime is great when you are in need of something quick, and even has hundreds of free movies, TV shows, and music available. Normally, an Amazon Prime subscription is \$12.99 per month, totaling out to \$119 per year. However, with the student plan, you receive your first six months free, and then you are able to get Amazon prime 50% off for only \$6.49 a month, totaling out to \$59 a year!

- **Insurance**

Did you know that **Geico**, **Allstate**, **State Farm**, **Farmers**, and **Nationwide** insurance all give discounted insurance rates to students who provide a transcript of grades in the “B” average? You can save up to 25% annually on your insurance. Therefore, if you currently use one of these insurance companies, and have maintained B’s throughout your last semester, you are able to communicate with your insurance company and provide them with proof of your academic success to discount your rates.

- **Office 365**

Just for being a student, you are able to receive free Word, Excel, PowerPoint, OneNote, and Microsoft Teams. Normally, these subscriptions can cost up to \$100 a year. If you are unsure of how to access the correct site to download all

of these software’s, you can visit <https://www.microsoft.com/en-us/education/products/office> and all you need to add is your school email to have access! Check out the IT page on campus for more information!

- **UNiDAYS**

UNiDAYS is an app that you can download on your phone at anytime that verifies your enrollment at a university, and provides you with hundreds of daily updated discounts available to students. All you need to do is verify your institution and school email, and then make an account. These discounts range from beauty to clothing, food, etc. There are amazing deals reaching all the way up to 75% off on certain items. Not to mention, this app is free!

Although the list is somewhat sporadic, containing a variety of different resources, all of the discounts mentioned above can help save you money in your day to day life. Oftentimes we forget about the small purchases such as Spotify or Apple Music which are pulled from your account every month. Even

though they may only be \$4.99, overtime these charges do add up to something significant. Save yourself as much money as you can this upcoming semester!



How's Your Content Diet?

By Audrey Redpath, Pinney ARM

55 books. That's how many books that filmmaker Max Joseph would read before he died: one book a year for the next 55 years until the average age his grandparents and great-grandparents passed away. Joseph broke down his approach to reading more in his film *BOOKSTORES*, and emphasized managing what he called his **Content Diet**.

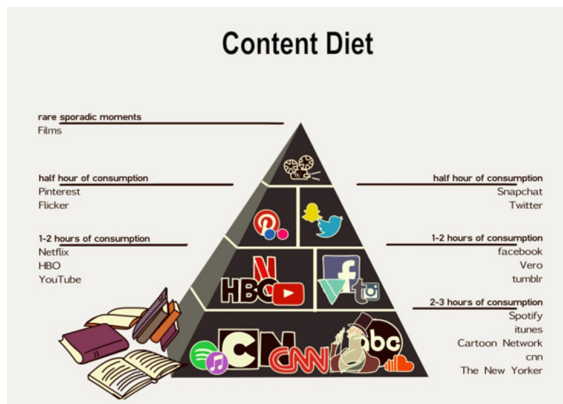
Your **Content Diet** is the breakdown of everything you take in during the week: the TV shows you stream, the YouTube videos you watch, books and textbooks, the threads you read on Twitter, and the stories you see on Instagram. If you intentionally break down the time you spend on each type of consumption, you can build a content diet pyramid that reflects your priorities. Are you spending too much time on things you feel are unimportant? Or are you spending all of your time on scholastic reading, and leaving none for social media, video games, or other things that make you happy? Like most things in life and in college, it's about finding the balance. You can start to redistribute your content diet by building positive habits.

French Author Jules Renard said that "laziness is nothing more than the habit of resting before you get tired." While the mental load of reorganizing your life around habits or shifting your content diet can feel overwhelming, there's a way to avoid laziness or task exhaustion when bringing new habits into your life.

Habit Stacking, introduced by time management expert James Clear in *Atomic Habits*, is a way to approach kicking off new behaviors. Rather than trying to immediately assign a recurring date and time to every habit you try to pick up, to 'habit stack,' you block new habits to old ones you have already built. If you want to read more, you'd tie reading time to your routine of getting coffee in the morning. Instead of setting up your schedule as 'Reading at 9:30am', you associate your coffee habit with reading and build your habit stronger through that association.

After readjusting his content diet and planning to read 30 minutes every day with his breakfast, Joseph recalculated the books he should read during his lifetime. With the new habit in place, Joseph

is looking at more than 1,000 books read by the time he dies. If you adjust your content diet and implement new habits, how would your life change?



Housing Announcements:

Hopefully, you've all been adapting to life on campus again, and that, if you're looking to move, you've already reached out to your RD or the RD of the building you'd like to move to. Although we can't always accommodate everyone's wish to move now, the building staff can be helpful in trying to work with you to be as comfortable where you are as is possible. Don't hesitate to reach out to your RAs and RDs!

A few dates and some information to remember for the Fall semester:

Thanksgiving Break—is late this year. We close the halls on Tuesday, November 26th at 6 pm. If you need to stay for that night or any of the break, you can do so at no cost, but you **MUST** fill out a request to stay form. Forms will be available at your building's info desks in early November. Halls reopen after the break on Sunday, December 1 @ 1 pm.

Halls close for the Fall semester on December 13th at 6 pm. Not all halls are open for break.

Please look for information on what halls will be open in mid-November. There is a **cost** for staying on campus over the semester break, and this is a reminder that there is **no meal plan** available, and only limited meal service during the break.

You are required to check-out within 24 hours of the completion of your last final, or by Friday the 13th @ 6 pm, whichever is first. Please make your plans and travel arrangements **NOW** so that there are no problems **THEN!**