

The Handout

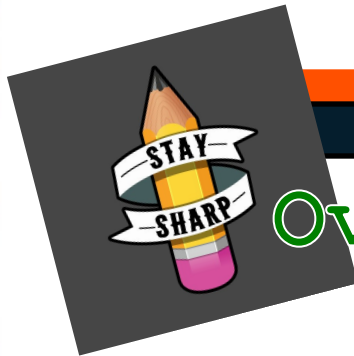
An ARM Newsletter

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by Maggie Walsh, Centennial ARM



Over the Holidays

At last, we have reached the end of the semester!! Allow me to be the first to congratulate you on a semester well done. After months of stress and hard work, we all deserve a break, and that's exactly what winter intersession is for! Being reunited with pets we haven't seen in a long time, spending time with friends and loved ones, and finally being able to relax after a lot of hard work are all very important things. But it's also important to keep ourselves sharp—Intercession is only for a month, after all, and before we know it, we'll be back into the grind once again.

Now, I certainly do not want to cause any anxiety. As I said before, it is extremely important to use our break to rest and rejuvenate so we can perform better next semester, and after four long months of working overdrive, what needs more rejuvenation than our brains? There are many fun and easy ways to stay sharp over the winter holidays that can help you feel rested and ready to learn when January rolls around.

1. Learn something new

Maybe it's a new language, or a skill you want to hone, or an issue you want to read up on, but whatever it is, intercession is a great chance to teach yourself something new without the pressure of it being required of you. Without homework, tests, and deadlines, teaching yourself something new can be extremely fun and beneficial. It gives you the chance to try something you haven't before.

2. Get Organized

Take advantage of the time off, and use this opportunity to clear out your school bag to make room for next semester. Even the most organized person accumulates extra stuff over the course of the semester, so go through everything you have and clear out whatever you don't need. A clear space does wonders to clear your mind.


Cont. on page 3


In this edition of The Handout:


- | | | |
|--|--------|-----------------|
| • Stay Sharp Over the Holidays | page 1 | Maggie Walsh |
| • Fun Sodexo Food | page 2 | Michael Newman |
| • Gab & GROW—Remember These? | page 2 | HRL |
| • When Is Self-Care NOT Self-Care | page 3 | Caitie Barry |
| • DEADlines: Beating Destructive Procrastination | Page 4 | Audrey Redpath |
| • Rock Your Finals! | Page 5 | Tamia Scott |
| • Optimizing Sleep | Page 6 | Sarah Slaiby |
| • Staying Safe on Campus | Page 7 | Angela Nicastro |
| • Housing Announcements | Page 7 | HRL |


by Michael Newman, Centennial ARM


As a connoisseur of food, I have learned the best combos of food that you can get at Sodexo on the Westside Campus and I'm here to share them with you.


 Just want pepperoni and salami on your sandwich like a Subway spicy Italian? No problem! Ask for a BMT without Ham!


 Want some fruit on your salad? Get mandarin oranges or peaches as a side and add them on to your salad to make your salad extra fun.

Want strawberries on your Friday waffle but they don't have any?  Drizzle a little of the strawberry flavoring from the soda machine on your waffle to give it some strawberry twist.


Want your apple cider from The Daily Grind to taste like apple pie?  Ask them to add some caramel in there. Boom, apple pie in a cup.


Want a crispy chicken salad? Make your salad and flex a side of 3 chicken tenders and add it to your salad. 


Want sauce all over your pasta but the bowl is too full to mix it up without dropping pasta? Take  the 2nd bowl from underneath, flip it and place it on top, and then shake! Now your pasta is evenly sauced.


 Want to make homemade ice cream sandwiches? Flex a couple cookies and your favorite pint of Ben and Jerry's, cut the ice cream with a knife sideways, and place it between


the 2 cookies. Now you have a homemade sweet treat! (Works with gluten free cookies, too!)

 DIY Spicy Nuggets? Add some Cajun seasoning to your nuggets from the spices they leave out near the microwave.

 Want your breakfast sandwich on a bagel? Grab a bagel and give it to The Grille and ask them to make it on the bagel! (sometimes they make a couple rainbow bagels, but you have to get there by 8 to get one because they go fast!)

 DIY Stir fry? Grab some chicken and veggies from the salad bar and meal swipe a salad, then go to your dorm, make some ramen noodles, drain the broth, and boom, you have yourself some homemade stir fry.

 Grab some plain pasta, grab some soup, add the soup to the pasta and you have some SUPER SOUP!

 Want some mini chicken parmeseans? Grab some chicken nuggets, a side of marinara sauce from Pomodoro's, and a little side of parmesan cheese. Now stack that up, and enjoy!

Now you have all my secrets! Go spice up your food experience. If you know something I don't, email me! I love trying new things! New-
mano45@wcsu.edu



You've probably seen the signs for **Gab & GROW**, a podcast about resources, people, events and ideas that will help you be more successful at WCSU. You may want to check out some of these podcasts from this year and last.

Study Skills & Test Taking



What Is An ARM?



The Women's Center & Healthy Relationships



Using the PASS Tutors



Preparing for Finals



Internships & Co-Ops



AccessAbilities Services



More Finals Prep Advice



When Is Self-Care NOT Self-Care?

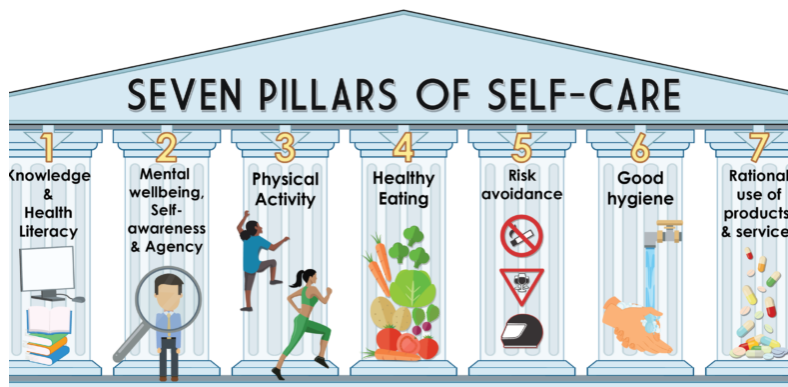


by Caitie Barry, Grasso ARM

Self-Care is a very popular topic in today's media and pop culture. Although this is obviously a very positive change compared to being out of tune with your mental health, there are a few drawbacks due to the mislabeling of what is and is not actually self-care.

Self-Care is critical to a happy and healthy life, but you must be realistic about how you're applying it. In my experience, I have seen quite a few people, teens and adults alike, mislabeling actions they are taking as "self-care", when in reality they are actually adding to their stress. Hopefully this will help you identify if you fit into this category, and show you how to better your self-care so it is effective. A really great phrase to describe improper self-care is **"You're mopping up the floor, when the sink is overflowing!"** This means that you're wasting your time trying

to counteract the symptoms of stress, without actually solving the problem that's causing the stress in the first place.



- Are you buying a \$7.00 iced latte when you only have \$15.00 in your account to "treat yourself"?
- Are you doing a face mask at 10pm when you have a term paper due at midnight that needs a lot more work?
- Are you skipping your 8am to get more sleep regularly, shrugging it off as a form of self care?

If this is you, then I am here to tell you that you are **most defi-**

nitely mopping up the floor when the sink is overflowing.

A lot of times, self-care is not as glamorous as it is portrayed. Yes, self-care can be a face mask, or treating yourself every once in a while, but it also is proper time management so you're not overwhelmed with deadlines, or keeping up with your budget and finances. Next time you are overwhelmed, try to think about what is actually the root of the problem instead. This will be the most effective form of self-care you can have.

Continued from page 1 – **Stay Sharp Over the Holidays**

3. Balance your social life

The holidays are a nightmare for some, because social interaction is nearly unavoidable. For others, the holidays are the best time of year for that same reason. Wherever you land on the spectrum, it's important to get a mix of both. Be as open with your family and old friends as you can, trying to embrace the friendly, giving spirit of the season; but also make time to

do something quiet by yourself to make sure you're still taking care of yourself. Moderation is key.

As relaxing as the winter holidays can and should be, if we let our minds take a complete vacation, starting up next semester will be as hard as getting out of bed the morning after a big holiday party. So let's take small, manageable steps towards keeping ourselves sharp over these next few weeks.



DEADlines:



Beating Destructive Procrastination Based on Mood

by **Audrey Redpath**, Pinney ARM



“A deadline is a beautiful thing.” That’s Maira Kalman, an artist and illustrator of books for children and adults, in an interview for “inspirational” magazine *Dumbo Feather*.

In the *Atlantic* article “The Procrastination Doom Loop—and How to Break It”, Depaul Psychology professor Joseph Ferrari, among other experts, explains how procrastination happens: (1) We delay action because we feel like we're in the wrong mood to complete a task, and (2) We assume that our mood will change in the near future.

This behavior isn’t limited to students struggling with their grades. Honors students who regularly pull all As come in regularly with debilitating procrastination habits and poor planning (they just might be better at repairing and addressing their mistakes - see “Academic First Aid”).

Researcher Keith Ericson points out in his 2014 paper on the [Interaction of Memory and Procrastination](#) that many procrastinators are naturally and naively *overconfident* in their memory and ability to return to tasks in the future and before a deadline. If you’re confident in your memory and you’re also leaving the work for the indeterminate future, you’re likely to end up at or past a deadline before you get the chance

to correct your behavior.

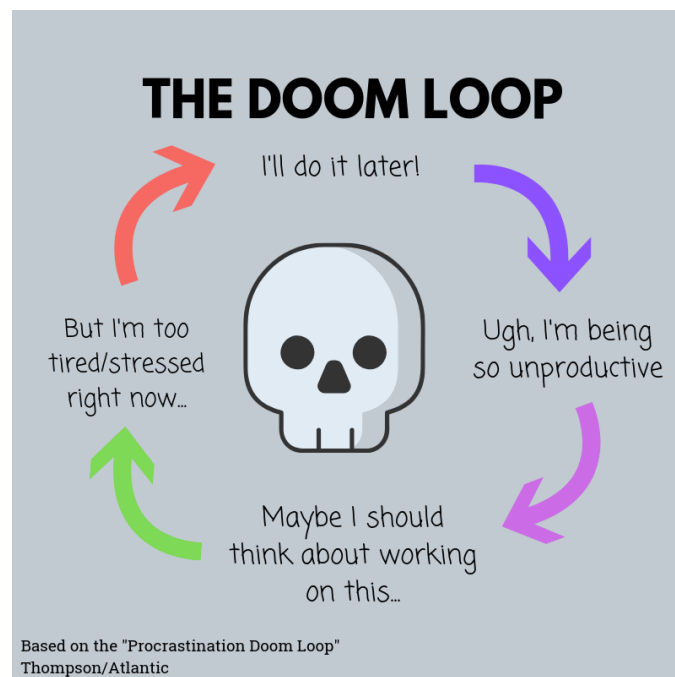
These habits lead to guilt, anxiety, and a mix of other bad emotions that our brains reward us with after waiting “too long” to do the work or using our time unwisely. Worse? When we feel anxious, guilty, and unproductive, we’re more likely to feel like we’re in the “wrong mood” to do the work needed to feel bet-

ter. The motivating nature of “last minute” work. Your brain is wired to perform when it knows consequences (and rewards) are right around the corner. Some can beat the Doom Loop by planning their calendar around spending more dedicated time on a project closer to a deadline. Would this work for you? Consider a week or day solely focused on one final, rather than a month of scheduling short unmotivated work sessions that feel “skippable” until a guilty mindset forces the issue.

We need deadlines - whether we meet them or miss them - because they create that sense of responsibility that we need to be productive. The first step is figuring out how best to swing our way out of a destructive cycle.

Kalman likes ritual, repetition, and a good (beautiful) looming deadline: she says “it puts [her] into a framework.” Armed with an understanding of what a destructive doom loop looks like, start thinking about how you can make a

similar framework for yourself around your final deadlines this semester. Don’t put too much faith in your memory, and schedule time that you trust yourself to take advantage of. It’s natural to beat yourself up for making mistakes, but catch yourself when you use your mood to justify procrastination, and see if you can redirect that impulse into a positive, productive routine.



ter! That’s the Doom Loop - a circle of unproductive negative feelings that leads to a pile of unfinished work and a debilitating anxiety headache.

Are you a chronic procrastinator who breaks through most lifehacks, timers, or calendars meant to fix your behavior? Rather than trying to circumvent your instincts entirely with quirky systems, some experts recommend leaning in to the moti-

ROCK YOUR FINALS



A How-To Guide

Close the Wikipedia page and step away from the energy drink - try this instead.



by **Tamia Scott**, Litchfield ARM

With finals slowing approaching here are some tips that I think are helpful when preparing for them.

1. Create your own study guide.

While many teachers provide a study guide, creating your own can help you understand the material better. Outlining the important information you need to learn can be helpful, both in its creation and to refer to during your studies.

2. Ask questions

Your professors and TAs are there to help! Ask them questions regarding the material and the exam so that you're prepared when exam time arrives.

3. Attend the review session.

Review sessions offer vital information on exam format, what will be on the exam and key concepts you should be focusing your studies on.

4. Start early.

If you always start ahead of schedule, you'll never be cramming the night before an exam. You'll almost always perform better in doing so!

5. Organize a group study session.

It can be helpful to study in groups – sometimes. Evaluate whether or not studying with others will be beneficial to the subject as well as your learning

process.

6. Study things not on the study guide.

Study guides aren't always comprehensive – they're just suggestions of the main concepts to learn. Use your study guide for its intended purpose: a guide. Be sure to fill in the blanks with related information.

7. Take breaks.

You won't be able to memorize or comprehend all the material at once. Balance is key - ensure that you reward learning with break time to recharge and relax.

8. Stay well-rested.

There's a lot to be said about a good night's sleep. Make sure you're well-rested so that you can be fully focused during your exams.

9. Create a study schedule and follow it.

Splitting the material into chunks you can actually achieve can be very beneficial. That way, you can keep track of what you've accomplished instead of looking at the big picture and getting overwhelmed.

10. Prioritize your study time.

Some exams will be more difficult than others, some you may find easier to study for. Some may be worth more of your grade than others. Make sure to evaluate all of your exams to

consider and determine all of the involved factors so you can study accordingly.

11. Study for the style of exam.

If it's multiple choice, you'll need to know definitions and concepts. For essay exams, focus on your understanding of all the concepts presented, with examples in mind.

12. Quiz yourself.

If you think about and create actual exam questions, you will likely become more familiar with what you need to study and, in the meantime, familiarize yourself with the type of language that will be on the exam. Draft potential exam questions and quiz yourself so that you can set expectations of what you need to focus on.

13. Meet with your professor or TA.

Often times, meeting with an instructor, whether it's a professor or a TA, can give you helpful hints for what to study and ways to prepare for the exam.

14. Reorganize your notes.

Evaluate and reorganize your notes into what's important, outlining important concepts, formulas dates and definitions so they're easy to understand.

15. Pace yourself.

Make sure you stay focused and don't burn yourself out. A great way to do so is to pace yourself rather than opting for the dreaded all-nighter. You can easily pace yourself by fol-

Optimizing

by Sara Slaiby, Newbury & Fairfield ARM



College life can often get caught up in the hustle and bustle of constantly being on-the-go, 24/7. Sleep can get downgraded in the priority list when focusing on accomplishing assignments, meeting deadlines, and passing exams. However, sleep is a necessity in our lives, especially for the restoration of our body. Sleep can affect everything from our brain power to our production and release of hormones, to even our physical performance. Therefore, we need to find a way to better optimize our sleep.

Did you know that it often doesn't matter the amount of time you spend laying in your bed resting your eyes, but more about the quality of sleep that you obtain? Below are a few tips to help you to better optimize your sleep that require no medications, fancy mattresses, or miracles. *Cont. on pg. 7*

Rock Your Finals (cont. from pg. 5)

lowing tips like starting early, creating a study schedule and taking breaks when necessary!

16. Teach classmates.

Learning by teaching is a method that really works! If you work with a study buddy and explain concepts to one another, you're re-learning the material all over again. It's a great way to reinforce what you've learned and help someone in the meantime!

17. Revolve your focus.

Switching up your subjects is a helpful way to learn everything for your exams while preventing burnout on one topic. Make sure to switch it up before your eyes glaze over! That way, you can keep studying for longer periods of time while maintaining your focus.

18. Color code it.

Create a system that allows you to color code material that's

going to be on the exam by what's most important, less important, etc. This will help you focus on the most pertinent information and prioritize the material.



19. Visualize.

If you're a visual learner, it can help to create mind maps or diagrams to visualize how the concepts

you're learning relate to one another. This is especially beneficial when learning concepts that build upon the understanding of one another, like in science courses.

20. Make it fun.

It's easier to focus if you adapt to studying by quizzing yourself, creating acronyms or rewarding yourself for a job well done. Create a game plan - literally - that allows you to accom-

plish tasks and be rewarded for each. For example, why not reward yourself with a piece of chocolate or a sip of your coffee after you've finished a new chapter, or allow yourself five minutes of free time for every chunk of material you digest? You can even add in fun factors like power-ups every time you learn a new definition and lose a life, which means you add another definition to your list when you get an answer wrong!

I hope these tips help you all as you get ready for finals. Please make sure that you're actually Studying, as studying is important. It is essential for a person to develop a complete education and it helps with the opportunity to develop study habits, time management skills, and self-discipline. Good luck :)



Lines for Winter

By MARK STRAND

Tell yourself
as it gets cold and gray falls from the air
that you will go on
walking, hearing
the same tune no matter where
you find yourself—
inside the dome of dark
or under the cracking white
of the moon's gaze in the valley of snow.
Tonight as it gets cold
tell yourself
what you know which is nothing
but the tune your bones play
as you keep going. And you will be able
for once to lie down under the small fire
of winter stars.
And if it happens that you cannot
go on or turn back
and you find yourself
where you will be at the end,
tell yourself
in that final flowing of cold through your limbs
that you love what you are.

Mark Strand, "Lines for Winter" from *Selected Poems*. Copyright © 1979 by Mark Strand.



Staying Safe on Campus—Cont. from pg. 8

tips are just some of the most common pieces of advice we are given coming into college, but we seem to always forget that even though we consider walking with a friend or carrying pepper spray as common sense, it doesn't mean we shouldn't take these precautions. If you're going to the city for a day, or walking around Midtown at night, please remember to be safe and be aware of your surroundings, and always remember to trust your instincts while walking alone. If you have any questions or want to learn more, go to a professional and see what you can do to make your walks safer.



Expose yourself during the day to as much natural light as possible. The body has a system known as the circadian rhythm which balances the body's ability to stay awake as well as fall asleep. By exposing yourself to as much natural light as possible during the day, it will keep the body's circadian rhythm on track.

Along with exposing yourself to as much light as possible during the day, **you also want to minimize any natural lights or blue lights prior to bedtime.** By exposing yourself to natural lights, your circadian rhythm recognizes the body as still in 'awake-mode' and therefore inhibits your ability to fall asleep. Phones have features now that allow you to turn on "night-mode" which inhibits the blue light from your phone screen. If possible, minimizing all screens up to two hours before bed would optimize your sleep.

Set a schedule. College can be unpredictable, and bed times may vary greatly. However, if possible, maintaining somewhat of a wake/sleep time schedule can greatly benefit your sleep quality. By doing so, your body becomes accustomed to a general time frame of when sleep is predicted/needed, and when sleep is not appropriate.

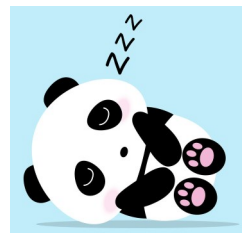
Accompanying setting a schedule, it also is important to **minimize naps during the day.** It is understandable that between busy college schedules a five-minute nap to rest

your eyes may feel as though it is the best sleep you've received in a while, and quite honestly, power naps are greatly beneficial. However, long naps of an hour or longer can inhibit your body's ability to obtain sleep later in the night. Therefore, povernaps are recommended, but after 30 minutes it is back to the normal daily schedule!

Limit your food intake prior to bedtime. It is recommended that you consume dinner a few hours prior to bedtime to produce optimal sleep. Studies have debated whether a specific food intake may affect sleep more than others, however it has been concluded that nearly any food, if ingested in a large enough quantity before bedtime, can greatly affect the body's ability to fall asleep.

Limit a large fluid intake before bedtime. If you ingest large amounts of fluid prior to bedtime, there is a large possibility that you will be up throughout the night to use the restroom, which can inhibit your body's ability to fall back into a sleep. Therefore, it is important to drink enough fluids that you will not dehydrate yourself or wake up thirsty, but not so much that you are constantly waking up.

Overall, with finals slowly approaching it is important to optimize your sleep so that you wake feeling rested and ready to go for all your exams!



STAYING SAFE ON CAMPUS

by
Angela
Nicastro,
Pinney
ARM

We have all heard the same thing: Never walk alone at night, always have a buddy, and make sure you are aware of your surroundings. That doesn't make of these things less true; you should be aware of your surroundings, and should try your best to not walk home alone at night.

But who is mostly being told this? For those women, girls, and those who identify as female, we are always told we should not be by ourselves at night and to be extra, extra careful. The thing is, it's not just women who need to know how to stay safe at night; everybody needs to know. So how does one take precautions when it's even simply walking around by yourself?

⇒ **Walk with a friend:** This is probably one of the easiest ways to make sure you get home safe. Not only do you get to catch up with your friend and talk about what happened that day, but you also have a buddy where you can make sure both of you get home.

⇒ **Don't wear headphones:** To be aware of your surroundings, you need to be able to hear and see everything around you. If you're walking alone at night while wearing noise canceling headphones, you won't be able to hear anything. If you are going to wear headphones of any sort, please try to keep one ear free.

⇒ **Pepper Spray:** Now you might think this is too over the top for simply walking back to your dorm at night from class, but this item is perfect if you are not self-defense trained and want something that is cost efficient. Most pepper sprays are sold online, and they are easy to use. They are also made to be put on your keychain for when you are walking to your house or car.

⇒ **Trust your gut:** Sometimes you

might think you are being really paranoid and talk yourself into ignoring your instincts. When it comes to being alone at night, don't ignore them! **Trust your gut.** If you think that person who has been following you for the last ten minutes might be dangerous, it is better to be safe and to get yourself out of that situation. Go to a public place and ask for help, or pretend you are meeting up with a friend to throw off the person following you.

⇒ **Walk confidently:** Studies have been done showing that walking confidently will make you less likely to become a target. This means not looking at the ground while walking and keep strong posture so they are least likely to sneak up behind you by surprise.

⇒ **Let a friend or family member know where you are:** Since a majority of us have phones, this one should be no problem. If you plan on walking home from work or class, let someone know where you are coming from so that they know when you're supposed to be home. This way, someone does know where you are and they know you are safe.

⇒ **Take self-defense classes:** If you are really that worried about traveling or walking alone at night, take a self-defense class. Some YMCAs or gyms hold classes for members and the community for decent prices, check local women centers (you don't have to be one to go,) or look online for places in your area. Even ask your local police department where you could go for basic self-defense training.

It does not matter what gender you are, you deserve to be and feel safe even if it's walking from your dorm to the cafe. These



Housing Announcements:

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.

Intersession/Semester Break—

some of you may be interested in staying on campus for the semester break. **Pinney and Centennial Halls** will remain open for break for those who register and pay. If you are not currently assigned to either WH or CH, you must find someone currently assigned in these buildings who agrees to allow you to utilize their room for the break, and all of their apt./suitemates must also sign and agree. If you don't know anyone in the building, we may be able to assist you with a space, so please check with the HRL office.



Intersession Housing is NOT included as part of the room and board package, so if you wish to stay for break, there is a charge of \$315/week for each week you wish to stay. There is no food service offered during the break.



The Residence Halls close for the Intersession/Semester break on Friday, December

13th @ 6 pm. You must move out for break no later than 24 hours after your last final, or by Friday at 6 pm. If you are changing rooms—whether within your building or to a new building—you must remove ALL of your belongings before leaving, and you may move your things into your new room assignment when we re-open the buildings on January 20th.