



2013—14 ARM Team

# Handout:

## The ARM Newsletter

August 30, 2013

Vol. 2, Issue 1



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

IN THIS ISSUE

## Just what is an ?

by Jamie Maitland, Litchfield ARM

**Academic Resource Mentors (ARMs)** are students who play a vital role in Housing and Residence Life. ARMs have many responsibilities, including educational programming, mentoring, and referring. If you need help in any courses, you can come to an ARM for assistance.

ARMs have designated office hours in their residence halls and the hours are posted in multiple areas. ARMs can help you with essential topics such as time management, studying effectively, the registration process, resources available on campus, building your résumé, and managing your stress level. ARMs put on eight educational programs per semester and sponsor GROW programs, which anyone is welcomed to come to. If an ARM is unable to help you, you will be referred to someone who can.

You do not only have to come to an ARM when you need help in a subject; you can come to your ARM's office hours to talk, or even have a quiet place to study.

If your GPA is within the 3.0—4.0 range, you are eligible to become a PASS member. PASS members are student volun-

teers who are comfortable assisting other students in familiarized subjects. If you need help in a particular subject, seek out a PASS member (they'll have PASS door decs at their rooms), or see your ARM to find out who might be able to help you.

All residence halls except for Fairfield Hall have an ARM. In Newbury Hall, Erin Selavka is the ARM and in Litchfield Hall, Jamie Maitland is the ARM. In Centennial Hall, Andrés Chaves and Eric Keller are the ARMs. In Grasso Hall, Allison Vas is the ARM, and in Pinney Hall, Natalie Glybin and Alex Saraceno are the ARMs. The duty of the ARMs is to help you in any way possible. You are encouraged to come for help. ARMs may not know that you are struggling academically until the start of the next semester, and by that time it could be too late.

ARMs are trained and know what resources are available to help you make a difference in your life, but it is up to you to utilize the help.



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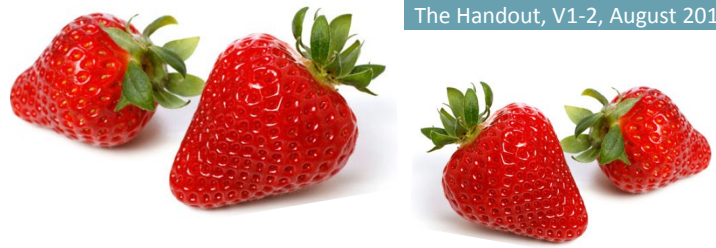
SUCCESS SPOT

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

# STAYING HEALTHY:

## GETTING OFF TO A GREAT START

By Eric Keller, Centennial ARM



It's back to school time! This means that there are no more home-cooked meals. Every single thing you eat at school for the rest of the semester is a choice. Here are some tips for eating right and maintaining a healthy lifestyle while living the life of a college student.

Eating a balanced diet is what it is all about. This doesn't mean that you can't eat your favorite foods such as pizza or Chinese food; you just have to eat them in moderation and accompany it with physical activity. Abiding by the food pyramid is key. Just as a refresher, this is the recommended serving amount for each food group:

- Grains: 6 ounces (half of which should be whole grains)
- Vegetables: 2.5 cups
- Fruits: 2 cups
- Milk: 3 cups (try to stick to low-fat milks and cheeses)
- Meats and beans: 5.5 ounces (avoid fatty meats and deep frying)
- Fats and oils: Use in moderation!

Eating a balanced diet is important, but tying in exercise is significant. The average college student should get about 30 minutes of physical exercise each day. Exercise is considered to be an increase in your heart rate. Going to the gym or taking a walk/run could achieve this. Taking the stairs instead of the elevator also contributes to these 30 minutes. There are gyms on both campuses that you could utilize to accomplish this goal.

Get some sleep! Staying up chatting with friends or studying all night long can make it difficult to get the daily-recommended 6-7 hours (but try to go for 8 hours) of sleep.

Budget your time and organize your day so you can get some sleep at night. If you eat or drink too close to bedtime, insomnia, or the inability to fall asleep, will occur. Lack of sleep contributes to obesity and diabetes.



## 10 tips for Eating Right

Clarke University Counseling Center

1. **Eat a good breakfast** - Studies show that skipping breakfast detracts from scholastic achievement. When there isn't time to sit down and enjoy your morning meal, grab a bagel, a piece of fruit, and some juice. Most of these items can be easily stored in your residence hall room.
2. **If you must eat fast foods, choose wisely** - Choose pizza with half the cheese, a regular size roast beef sandwich, baked potato, or green salad with reduced calorie dressing. Limit high fat offerings like French fries, fried chicken, or fish sandwiches and watch out for salad dressing!
3. **Keep healthy snacks on hand** - This way, if hunger strikes during a late night study session, you won't be tempted by vending machine candy, chips, or ice cream. Possibilities include fresh or dried fruit, pretzels, unbuttered popcorn, rice cakes, or whole wheat crackers. If you have a refrigerator, consider raw vegetables with low-fat yogurt or cottage cheese dip.
4. **Eat plenty of foods rich in calcium** - People in their early twenties need to be building up stores of calcium in their bodies to prevent osteoporosis later in life. If you don't like milk, try to include ample amounts of low-fat yogurt, low-fat cheese, and green leafy vegetables in your diet.
5. **If you need to lose weight, do it sensibly** - Starvation and/or diets that offer a quick fix

usually backfire and are harmful. There is no truth to the theories that suggest eating foods in any particular combination will promote weight loss. The only safe way to lose weight, feel good while doing it, and keep it off, is to eat a balanced diet and exercise.

6. **Limit your sugar intake** - Sugar provides calories in your diet but few other nutrients, and it contributes significantly to tooth decay. Use it sparingly and consider sweetening coffee, tea, cereal, and fruit with diet sweeteners instead.
7. **Visit the dining hall salad bar** - The dining hall salad bar can be either an asset or a detriment to your diet depending on how you choose from it. Of course, leafy greens, raw vegetables, and fresh fruits are beneficial. But, if you choose a lot of creamy dressings, bacon bits, and mayonnaise-based salads, the calories and fat may equal or even exceed those of a burger and fries—so choose wisely!
8. **Limit your alcohol intake** - If you drink alcohol, keep in mind that it supplies calories but no nutritional value. A light beer, a glass of wine, or an ounce of liquor each has about 100 calories.

There may also be health problems associated with drinking alcohol.

9. **Drink lots of water** - Your body needs at least eight glasses a day, and, if you exercise vigorously, you may need more. To remind yourself, carry a water bottle along to class and keep it handy during late night study sessions.

10. **Enjoy your food** - Food is a lot more than nourishment for our bodies, so take the time to enjoy and savor it!

<http://www.clarke.edu/page.aspx?id=6510>





The fun and excitement of starting college is hard to ignore during Welcome Week – all kinds of activities, people wearing the same staff shirts, everyone trying to get you to join their club or organization. It's hard to believe you could feel lonely or homesick in all this joyous revelry... but that's exactly what happens to students every fall. Many adjust quickly to the new life they're starting, but others of us have a rough patch to try to get through and really start to feel like we belong.

Here are some hints to help if you start to miss home or feel a little lonely:

- ◆ **Don't stay inside!** Get out and get to know the lay of the land – where your classes are, where the snack bar is, who's living on your floor with you, where your professors' offices are. The more comfortable you feel about the campus, the more at home you'll start to feel.
- ◆ **Call (or Skype or facetime) your family.** Believe me, they're missing you as much or more than you're missing them. Sure, your sister might be starting the renovations on the room you shared, but she can also keep you in the loop with photos or video of the project. Just don't make the mistake of calling or Skyping *too* much – it distracts you and may make you even more lonely. Like Baby Bear – figure out how much contact is “just right!”
- ◆ **Join something.** Find a club or sport or activity that interests you, and jump in. Not only will you be doing something you already like, but you'll have the opportunity to meet great new people who share your interests. And if you didn't see the kind of club you like at Clubs Carnival, think about starting your own. Talk to the CSI office about how to form a club. Put a few signs around campus and hold an interest meeting. You'd be surprised how many clubs started this way.
- ◆ **Talk to someone about how you're feeling.** It may be that a call to your dad is exactly what you need. Your RAs, ARMs, and RDs make great listeners. And, if you think you might like a little more support, there's a counseling center on campus who has terrific staff and strategies for getting you through these tough moments of missing home — and it's free to use them!
- ◆ **Develop a new routine.** College life requires you to take ownership of your schedule and your success. Take some time to think about your routine – when do you need to sleep, to study, to eat, to play? Set down a schedule, and then give it some time to work! Every new schedule has some kinks to be worked out. Don't worry if yours does, too!

There's no magic homesickness wand that will make you start to feel better, but there are many things you can do to get through the first few weeks and find your way at Western. Don't be afraid to let us know how we may help!

# IMPORTANT FALL SEMESTER DATES

From Andrés Chaves, Centennial ARM

Here are some important dates and events during the semester.

## August:

- 19<sup>th</sup> –31<sup>st</sup> // “Firebug” Exhibit on display in Haas Library
- 28<sup>th</sup> // First Newman Dinner of the semester
- 29<sup>th</sup> // First Coffeehouse of the semester
- 30<sup>th</sup> // Masterclass with Linda Eder
- 31<sup>st</sup> // Linda Eder Masterclass Concert Series

## September:

- 2<sup>nd</sup> // Labor Day, No classes
- 4<sup>th</sup> // Add/Drop period ends for full semester day classes
- 8<sup>th</sup> // Ives Festival Orchestra Performance
- 9<sup>th</sup> // Art Slide Lecture with painter Ying Li
- 10<sup>th</sup> // “Intricate Grammar” workshop with WCSU Tutoring Resource Center
- 12<sup>th</sup> // Ansell Day
- 13<sup>th</sup> // Student Independent Study forms and Faculty Development forms must be in to the registrar's office
- 17<sup>th</sup> // Political Science Lecture with Sal Lilienthal of Kent
- 17<sup>th</sup> // Constitution Day Lecture
- 19<sup>th</sup> // Environmental Lecture with Fabien Cousteau
- 24<sup>th</sup> // Political Science Lecture with CT Democratic Executive Director Jonathan Harris
- 25<sup>th</sup> // Pass/Fail option and Audit Form deadlines

## October:

- 9<sup>th</sup> // Repeat Policy deadline and INC submissions due
- 18<sup>th</sup> // Midterm grades due
- 21<sup>st</sup> // Second eight-week classes begin

## November:

- 6<sup>th</sup> // Withdrawal deadline (without academic penalty), Full semester classes
- 27<sup>th</sup> – December 1<sup>st</sup> // Thanksgiving break, No classes

## December:

- 10<sup>th</sup> // Reading Day
- 11<sup>th</sup> -17<sup>th</sup> // Final Exams
- 17<sup>th</sup> // End of the Semester



Education is the most powerful weapon which you can use to change the world..”

— Nelson Mandela



## Look It Up—WCSU Libraries

by Alex Saraceno, Pinney ARM

Here at WCSU there are two flourishing libraries. The **Ruth A. Haas** is the university's main library, located on the Midtown campus with six floors of helpful people, books, and other resources. Dr. Haas, former Western president, was the first woman in the United States to be elected president of a four-year college.

To check out books, to print from the library (or any computer lab), or to set up your Windows account you will need your WestConnect Identification Card. All students should create a Windows account and set up their school e-mail. This process can be completed in the Cyber Café in the Haas Library.

The **Robert S. Young** library is located on the fourth floor of the Classroom Building on the Westside Campus. This library honors the memory of a Danbury businessman and former President of Fairfield Processing. It is a business library specializing in accounting, finance, management, marketing, and even justice and law.

The library staff has many creative ways to enhance every student's experience at the library. While the reference desk is open, students can text any library- or research-related questions to (203) 340-0616 for help, or students can chat online with a librarian from the WCSU Library website. The library also has a Twitter account (@westconnlibrary) that tweets the "WCSU Libraries Words of the Day" along with much more interesting information. Don't hesitate to visit and explore the library; the librarians and all of the other comprehensive resources will help with all of your academic endeavors greatly.

These three simple steps, if you pay attention to and use them, will really help start your year off right!

- ◆ **Attend ALL your classes.** Even if you think you can "handle" it, your participation in class not only helps your grade (see your syllabi for participation grades), but also helps cement the information in your brain!
- ◆ **Invest in your education.** If you have reading assigned or a paper to do — DO IT! It's a fast slide downward when you get behind, and there are some big bumps at the bottom!
- ◆ **Manage your time.** You may not be used to living by a calendar, but paying attention to your time and tasks will be beneficial to you in the end!

Haas by Floor	Resources
1	Reserves, circulation desk, photocopiers, reference desk and collections, Cyber Café, printers
2	Videos, DVDs, music scores, group study rooms, listening/viewing equipment and rooms
3	Serials, periodicals, government documents, administrative offices, conference room, individual study rooms
4	Circulation collection (Call # A—N), library instruction lab & classroom, interlibrary loan office, curriculum room, juvenile collection, oversized books, individual study rooms
5	Circulating collection (Call # P—Z), study carrels and tables, meeting rooms
6	Archives, special collections

### Robert E. Young Hours

**Monday—Thursday**

9 am—8 pm

**Friday—Sunday**

Closed

### Ruth A. Haas Library

**Monday—Thursday**

8 am—11 pm

**Friday**

8 am—4 pm

**Saturday**

10 am—6 pm

**Sunday**

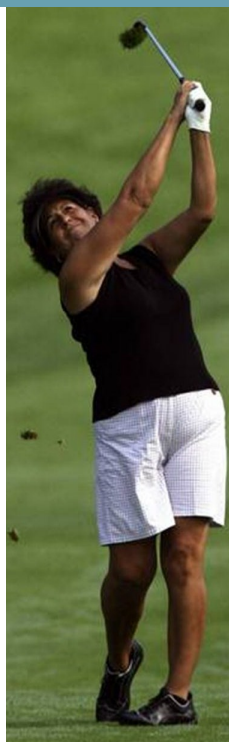
2 pm—10 pm

## Back in the Swing

by Erin Selavka, Newbury ARM

The end of summer is full of beach trips, making memories, and the return to classes. One of the hardest things about the summer ending is getting back into the flow of college life. Even if you took summer courses, it is still a struggle to mentally prepare for the semester ahead. Change can be difficult, but if you follow these tips, your transition back to school will be easier than waking up for 8am classes!

First, set a routine. With a daily schedule, your body and mind will quickly adjust to being back in classes. Try waking up and going to sleep around the same time every day. When you set up a sleep routine, you are preventing sickness and exhaustion by getting enough sleep. Following a set routine every day also helps you manage your time so you are able to complete assignments and



avoid stress.

Next, get involved on campus. Going out and meeting new people is fun, but if you do it around campus, you will be more excited about classes! Attending campus events and joining clubs increases positive feelings about school and makes going to classes easier. Also, if you have confidence and make new friends, anxiety toward meeting new professors and classmates will decrease.

Finally, leave time for fun! The most important thing about college is going to class and getting your degree, but keep in mind that you need to leave time for fun. The first few weeks of classes are challenging because you are still adjusting to a new schedule, but do not forget to socialize. Much like getting involved on campus, going out and connecting with new and old friends helps to keep stress and anxiety levels low. Enjoy college while you're here, because it will be over before you know it!

# Getting On The 4-Year Plan

by Natalie Glybin, Pinney ARM

So you've been accepted to WCSU and are starting your first year. Congratulations! Now, the real question is how will you structure your academic career to maximize your potential here at WCSU. This school is generally known as a four year school, meaning that most students finish their degree within four years of acceptance. This has recently started to change. Increasingly, more and more students are now on a five year plan and up. This article intends to break down reasons this occurs and reflect how to get on the four year plan as a freshman.

In order to understand how to get on the four year plan, we must first analyze why students are not completing their degrees in four years. One reason is lack of planning. This is particularly an issue for students who transfer here or those who are exploratory or undecided majors their freshman year. Transfers may know which program they wish to enter, but lack the necessary prerequisites. Incoming freshmen may require more than one year to decide which major they would like to attain a degree in, delaying their progress, especially if they require prerequisites for admission to their chosen program.

Another reason that students may not complete a degree in four years is related to poor grades. This can



occur for many reasons. Many freshmen do not fully understand how crucial their freshman year is, and therefore do not take some of their basic courses as seriously as they should. On the other hand, other students are so over-involved in organizations on campus or work that they lack time for studies. These are just a few reasons why students do

not attain the grades necessary to stay in their chosen program.

Yet another reason students cannot complete a program in four years is financial in origin. Some students may need to take a semester or a year off because they simply cannot afford the tuition. Unfortunately, if the student has exhausted the resources on campus, there is sometimes no alternative. However, it's how that year off is used that can make the difference. Having a plan to return to school in a certain amount of time can motivate the student to work towards a goal.

So, now that we have looked at some of the reasons that students don't complete their degree in four years, here are some ways that you can get on track your freshman year. First and foremost: **HAVE A PLAN!!!**

This can't be emphasized enough. For freshmen this means having some idea of the major you want to go into and the degree you are pursuing. WCSU provides program sheets for each degree which clearly outline what classes need to be taken in which semester to complete the degree on time. These are all available online at <http://wcsu.edu/academics/programsheets/>.

In addition, **taking advantage of available resources** is also key. There are a lot of resources available free of charge, dedicated to helping you achieve academic success. Not sure which major you want to choose or how to get to that degree? Visit the Academic Advisement Center. Not doing so well in a class and need some extra help? See the Tutoring Resource Center. Un-

FRESHMAN

SOPHOMORE

4 YEAR COLLEGE PLAN

JUNIOR

SENIOR

sure of how you are going to pay the remainder of your tuition this semester? Speak to the Student Financial Services office or the Cashier's office for your options. Need a job but your résumé doesn't quite exist yet? The Career Development Center can get you started. These are just a few of the resources available. Take advantage of them early on!

Finally, the best way to stay on track is to **BE PRO-ACTIVE!** This means taking the initiative to make contact with your professors, your adviser, and any other resources you may need. This means being self aware and knowing when you need that little bit of extra help and asking for it. This means knowing that at the college level these resources are not going to come to you, that you are going to have to go to them. And never be afraid to ask questions!

And if you do need the extra time? Don't panic! WCSU has some excellent resources that are here to help you finish your degree, which is the goal. It may take you a little bit longer, but having that degree makes a big difference after you graduate. Whatever road you take, best of luck in your academic journey!



# Get INVOLVED!

by Allison Vas, Grasso ARM

One of the first things every new college student hears upon arriving on campus is, "Get involved!" Within their first month of college, they will have heard this phrase more times than they can count on their fingers. Many students heed this advice, but not all of them realize why it is given.

Getting involved on campus boosts your sense of community at the school. It also increases your interest in partaking in activities around campus, as well as doing better in your classes. Some research indicates that students who are active in college tend to be a lot happier.

For those of you who have already gotten involved, good for you! For those of you who may be looking to get more involved or to join a club for the first time, to the right is a list of all the clubs in existence here at Western. Don't forget! If you would like to join a club that is not listed below, you can go to the Center for Student Involvement (Midtown Student Center, Room 207) and work with them to create a new club!

If you're looking for a club but are unsure which to join, don't fret. Most clubs hold interest meetings within the first two weeks of classes to help you find your fit. No one will mind if you attend an interest meeting, real-

ize it is not for you, and choose not to join. They will appreciate you taking interest to begin with.

Interested in joining a fraternity or sorority? Take part in Rush Week! Beginning September 9 with Meet the Greeks, you have the opportunity to learn about the different Greek Life organizations here on campus. You don't need to attend the entire week's events; feel free to stop in to one or two when you have the chance.

Looking to find a club or organization relating to your major? Talk to your professors. Often times they will know of clubs that are specifically geared to helping students of a specific major. Joining such a club will also look good on your resume.

Last but not least, pay attention to the flyers! Clubs will always post flyers around campus advertising their various meetings and events. Don't be afraid to attend one of these. They are being advertised for a reason: these clubs want students to attend.

Don't forget, even if you choose not to join a specific club or organization, it's still a great way to meet new people who may share similar interests!

Adjusting to college, learning the ropes and resources available to you, and just getting to know who's who and who's where on campus — knowing things like this can make your lives so much easier! Each week during the Fall, we offer workshops introducing you to campus and community resources, and you'll get something to snack on while you get to know WCSU. Coming this fall in our GROW programs:



Week of:	Topic:	Week of:	Topic:
9/2	Roommates	10/21	Personal & Career Goals
9/9	On-Campus Jobs	10/28	Living Healthily
9/16	4-Year Plan	11/4	Sustainability
9/23	Study Abroad Opportunities	11/11	Financial Aid/Credit & Finances
9/30	Utilizing Technology on Campus	11/18	Identity Development
10/7	Grad Schools—Never Too Early		
10/14	Registration, Your Advisor, & You	12/2	6th Annual Spelling Bee

\*\* Watch for signs in your buildings for exact times, dates, and locations of each program!

## WCSU Organizations

- Accounting Society
- Alpha Delta Pi Sorority
- Anthropology Club
- Astronomy Club
- Biology Club
- Black and White
- Black Student Alliance (BSA)
- Boys and Girls State Alumni Association
- Campus and Student Center Board
- Chemistry Club
- Christian Ministry
- Clio – Historical Club
- College Republicans
- Collegiate Health Service Corps
- Commuter Science Club
- Cross Country
- Dance Team
- Delta Gamma Phi Sorority
- Education Club
- English Society of WCSU
- Eversion Dance Club
- FOCUS Photography Club
- Gaming Club
- Grappling Club
- Greek Council
- Habitat for Humanity
- Herpetology Club
- History Society
- Honors Society Organization
- HPX Student Organization
- International Student Association
- Inter-Residence Hall Association
- Jazz Club
- Justice and Law Club
- Kappa Chi Alpha Sorority
- Keyboard Club of WESTCONN
- Latin American Student Organization (LASO)
- LETRA
- Marketing Club
- Math Society
- Media Production Society
- Men's Rugby
- Meteorology Club
- MIS Club
- NAfME (National Association of Music Education)
- National Broadcasting Society
- National Society of Collegiate Scholars at WCSU
- National Society of Leadership and Success
- Newman Club
- O.W.L.S. – Older Wiser Learners
- Order of Omega
- PC Gaming Club
- Philosophy Club
- Place Where He Provides
- Play it by Ear – WCSU Acappella
- Prisma Art Club
- Program Activities Council
- Psychology Student Association
- Queers and Allies
- Quidditch Team
- Recreation Council
- Roger Sherman Debate Society
- Roots N Shoots
- Rotaract Club of WCSU
- Show Choir
- Sigma Chi Fraternity
- Sigma Delta Tau
- Social Science Journal
- Social Work Club
- Student Government Association
- Student Nurses Association
- Student Veterans Organization
- The Bigger Picture
- The ECHO Newspaper
- Up Til Dawn
- The ECHO Newspaper
- Up Til Dawn
- WCSU Beekeepers
- Western Improv Group (WIG)
- Women's Rugby
- WXCI – 91.7 FM
- Zeta Beta Tau Fraternity

Don't see what you like? Start your own!

## IMPORTANT HOUSING REMINDERS



We certainly hope move-in went smoothly for you, and that you're settling into WCSU nicely. Sometimes, however, you may find that a room switch would be the best thing for you. We understand, and want you to know that room changes will be able to be made on or after September 9th. If you think you might be interested in changing rooms, please speak to your RD right away!

## WCSU changes to a year-long housing contract

Many of you who lived here before will remember the dreaded October Housing Deposit for the spring semester. Well, fear no more! With the advent of the year-long housing contract, you won't pay another deposit until March, which will cover you for the 2014-15 academic year. And now, you keep your assignment all year long.

Of course, again we realize that some of you will want to change rooms or buildings for the spring. Watch in early November for information on that process. Finally, a reminder that if you leave housing but remain enrolled at Western, you'll need to fill out a Housing Cancellation Request form to request to be released from your contract.

## WHAT DO YOU THINK?



What do you think? Have something you'd like to share about this newsletter or other housing issues? Want to give a suggestion for a topic you're interested in knowing more about? Let us know. Drop us a line at [housing@wcsu.edu](mailto:housing@wcsu.edu)