



Human Bowling @ Centennial Hall

Handout:

The ARM Newsletter

October 9, 2013

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

IN THIS ISSUE



No need to fear **REGISTRATION!**

by Erin Selavka, Newbury ARM

Ah, October, a time of pumpkin carving, hay rides, corn mazes, apple cider, and stress. Whether it is midterms, projects, or studying, your to-do list leaves no room for the most

important part of October: course registration. And for many of us, registering for courses shapes our futures; we have to make sure to get into our required courses and get the best professor, location, and times, all before they fill up. But you do not have to lose your mind over registration! If you follow these simple tips, registration and advisor meetings will be a breeze.

First, review open/close NOW! Go to www.wcsu.edu and type **open/close** in the search bar, select the link, click Spring 2014 in the drop down menu, and you can look for courses via subject.

By looking through courses now, you can jot down ones that interest you or that you have to take, and get a jump on the

registration process. And if you do not know what courses you should be looking for, you can look in the undergraduate catalog and download a PDF of your major's program sheet to see what you need there.

Next, email your advisor and begin making a connection with them now. They will be able to answer any questions you may have and they may be able to schedule a meeting to get your pin before everyone else! And if you do not know who your advisor is, you can go to the Academic Advisement Center in Higgins Hall 214 and they will be able to put you in contact with the correct person.

Finally, do not wait to start thinking about next semester! I know it seems far away, but if you begin planning out your courses for next semester now, you will not miss out.

And do not be ashamed about staying up until midnight to register – I will be too, and I'm bringing the coffee!



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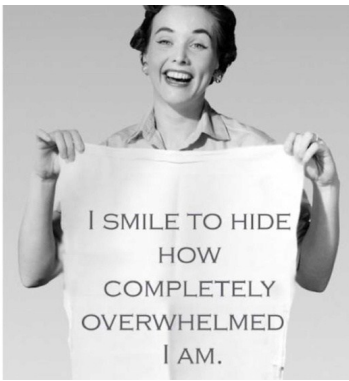


**SUCCESS
SPOT**

www.wcsu.edu/housing/arm.asp

FEELING OVERWHELMED?

By Natalie Glybin, Pinney ARM



You're probably not the only one on campus.

With papers, presentations, exams, and of course who could forget midterms, it's easy to feel overwhelmed and anxious day to day. However, not coping with these feelings can lead to chronic stress, lack of sleep, and destructive coping mechanisms that may make your college experience even more difficult. Here are some ways to handle anxiety day to day as a college student.

First, it is important to identify **what specifically is making you feel stressed**. Is it that one difficult class that you are having trouble in? Is it the sheer number of exams and papers coming up? Is it that you are having trouble keeping track of due dates? Once you pinpoint what is making you feel stressed, you can learn coping strategies. However, these strategies only work if they are targeted specifically, so take a look at your workload and really think about what is causing the most anxiety.

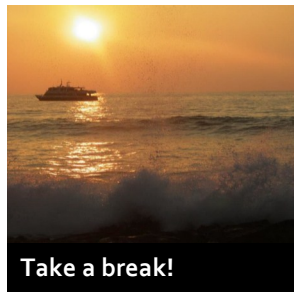
The next step is **prioritizing your workload**. As a student, academics should come first. Take a look at your classes and figure out which class is either the most difficult or the most time consuming. This is the class that should get the most study time from you. Go down the list of your classes and prioritize them. Then, organize your study time. Look at your schedule and see where you can effectively study. Pick times that work best for you. If you

retain the most information right before bed, plan to study at that time. Make it work for you. There is no point in setting aside study time that you will never use.

Another great strategy is to **map out your semester**. To do this, get out your calendar and syllabi and pencil in all of the important dates for an entire semester. Include exams, papers, presentations, and more. Then look at your semester overall and see which weeks are going to be the toughest. This way you can plan ahead to either start studying or working on your papers/projects earlier to ease up in other areas of your life to make more time for studying this week.

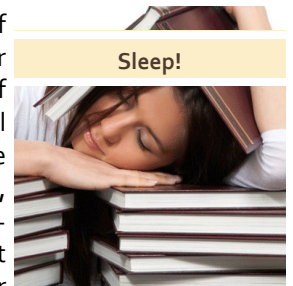
Now, let's be realistic. College students don't just go to class. We also have to work and want a social life. That being said, **balance is key** to not getting overwhelmed. This may mean taking fewer hours at work or taking on a lesser role in your extracurricular activities. It may seem like a big sacrifice at first, but work and extracurricular activities place a great deal of stress on you, and you may not even realize how much until you pull back a little bit. That is not to say that you can't work, just be realistic in how much time you can allocate towards these activities.

It is also very important to **take breaks!!!** This cannot be emphasized enough. You need to do something that you enjoy, that relaxes you, es-



pecially with your friends. It is so easy to isolate ourselves when we get stressed, but just hanging out with your friends is a great way to relax and let off steam, so talk to them, let them know what's going on in your life. If you are studying (or cramming) also take breaks. For every hour you study, take ten to fifteen minutes to do something you enjoy. Watch some TV, grab a (healthy) snack to eat, or just take a quick nap. Your studying will be a lot more effective this way and you will feel a lot better.

And **sleep!** Depriving yourself of sleep on a regular basis, especially if you're cramming all night, will make you feel more tired, anxious, and overwhelmed the next day, which never helps you do well on exams.



Finally, **these strategies may not work for everyone**. Sometimes, you really do need to talk to someone about these feelings, especially if you've been feeling overwhelmed and anxious for a long period of time. The WCSU Counseling Center is located on Midtown, in the Student Center room 222. They provide free and confidential help, should you need it. They have trained staff who can offer even more strategies for dealing with anxiety, and their services are free of charge to students. They are open Monday through Friday, 8:30 am to 4:30 pm.

7 PROOFREADING STEPS

1. Use a Checklist

Create a list of important things to check for, such as problem areas like agreement of nouns and verbs and of pronouns and antecedents, and number style.

2. Fact-Check

Double-check facts, figures, and proper names. If information remains to be inserted at the last minute, highlight the omission prominently so that no one forgets to do so.

3. Spell-Check

Before proofreading a printout, spell-check the electronic version to find misspellings, as well as errors you or a colleague make frequently, such as omitting a closing parenthesis or quotation mark.

4. Read Aloud

Reading text during the proof stage improves your chances of noticing errors, especially missing ("a summary the report follows") or repeated ("a summary of the the report follows") words.

5. Focus on One Line at a Time

When proofing print documents, use another piece of paper or a ruler to cover the text following the line you are proofreading, shifting the paper down as you go along. This technique helps you keep your place and discourages you from reading too quickly and missing subtle errors.

6. Attend to Format

Proofreading isn't just about reviewing the

text. Make sure that the document design adheres to established specifications. Check page numbering, column alignment, relative fonts, sizes, and other features of standard elements such as headlines, subheadings, captions, and footnotes. Inspect each type of feature within categories, such as looking at every headline, then every caption, and so on.

7. Proof Again

Once revisions have been made, proofread the document again with the same thoroughness, rather than simply spot-checking the changes. An insertion or deletion may have thrown off the line count, for example.

From DailyWritingTips.com



By Allison Vas, Grasso ARM

We all know it is the middle of the semester slump time again. Work, papers, tests, and quizzes have been piled up on us and it's getting hard to get it all done. After working until 2 a.m., missing that one morning class so you can catch up on sleep is starting to look tempting. So is skipping your afternoon class so you have more time to work on that paper that's due tomorrow. Here are a few reminders why it is so important to make that effort to get to all your classes.

- **You're paying for it.** Quite simply, if you don't go to class, it's your money that you are wasting. You are paying for your education. Take advantage of that!
- **It's less work in the long run.** If you skip class, odds are you will spend more time playing catch-up on what you missed that day than you will if you go sit through class.
- **Attendance policy.** Double-check your syllabus, but most professors issue an attendance policy at the start of the year. You're going to want to make sure you follow that.
- **In-class credit.** If a professor doesn't have an attendance policy, they may grade you on in-class participation. In order to earn those points, you actually need to be in class.
- **New information.** You may think you already know everything that's going to be taught this week, but there's always something new to learn. It's important to be there to get all the information your professor has for you.
- **It's a hard habit to break.** Once you skip one class, you'll want to skip them all. Really though, once you start missing a class here or there it becomes a really tough routine to snap out of. Do yourself a favor and don't even start.



As we approach the middle of October, most students catch the mid-semester blues. A lot of us get stuck in that mid semester slump at one point or another. The motivation to go to class dwindles away, and the desire to do anything productive is gone. The thought that you did all of this work and the semester is only half way over might seem a bit discouraging. Here are some tips to get you out of this slump and to keep you motivated until the end of the semester.

Step 1: Get organized. Keep your agenda up to date with all your tests, meetings, and workout schedules. Highlight and prioritize what you need to get done in a day. Staying organized and writing things down will reduce a lot of stress. Also, schedule some time for yourself!

Step 2: Eat well. Make sure you're eating. Do not skip meals! Your body and brain needs fuel, so make sure you eat three healthy and balanced meals. If you are running late to class, grab something healthy like an apple or a granola bar; something is better than nothing.

Step 3: Take a nap. We all catch ourselves saying, "I can't nap, I have to get this paper done in the next hour." But, a little catnap never hurt anyone. Research shows the perfect nap is twenty-five minutes. Find time your schedule for a quick nap if you're tired. You will wake up with just that little motivation you need to get through the day.

Step 4: Freestyle. Find something for ten minutes you can relieve stress with. According to a report by Reader's Digest, impulsive workouts and occasional indulgent snacks help make us feel better. So go for it once in a while. Grab a cookie, blast some Avril Lavigne, and dance.

Step 5: Spoil yourself and celebrate. It's the end of the week, everything in your planner is complete, you are well rested with good food in you, and now, you can really treat yourself. Do something fun that you love—see a movie, go to the mall with friends, or just sit on the couch and watch TV. Whatever it is, you deserve it!



There is no short cut to achievement. Life requires thorough preparation—vener is'n't worth anything."
— G.W. Carver

Meet the Dean

by Andrés Chaves, Centennial ARM



Recently, I had the opportunity to interview Dr. Dan Goble, the **Dean of the School of Visual and Performing Arts**. Some of the topics we discussed in-

cluded: the duties and responsibilities of the deans, a bit about Dr. Goble himself, and the future of the School of VPA and WCSU. It was definitely an enlightening experience regarding what the deans are and why we, as members of the WCSU community, should take a moment to appreciate all the hard work that goes into being a dean.

Dr. Goble is a man who is very passionate about helping the WCSU community and making sure that the students are equipped with what they need. He enjoys fly-fishing, playing golf, going for a run, and listening to classic rock in his free time. Like most academic administrators, he did not see himself as a dean when starting his career as an educator. The desire to become an administrator evolves from the combination of having a passion for providing service to students and faculty as well as an affinity for solving problems, and Dr. Goble is no exception to this. His work at the university as the head of the music department and as dean of the School of Visual and Performing Arts is a concrete testament

to this. The academic deans at the university each have individualized responsibilities. The four schools at the university each require attention in different areas, and it's the dean's job to make sure they get what is necessary. The dean operates as the chief academic officer of the individual school, making sure everything runs smoothly. They approve/deny course substitutions, review the academic progress of the students, oversee faculty advising, and perform various administrative duties. They ensure the faculty is equipped with the resources necessary to provide quality education. Above all else, the "most exciting part," as Dr. Goble describes it, is making sure the students and faculty have what they need to have a great experience. The deans collectively work as

a unit with the goal of making sure the students gain the most they can out of their experiences at WCSU.

The future of the School of Visual and Performing Arts, as Dr. Goble describes it, is a "very bright future." The new building on the Westside campus continually proves to look very promising. The painting and sculpture studios are built to have mainly northern exposure to optimize natural lighting. The recording studio is equipped to fully prepare the students for any setup the professional world will throw at them. The concert hall is designed as a music-only facility;

there is just the stage, audience and acoustically designed space. The theatre is a true marvel of the dramatic world, rivaling some Broadway theatres. However, this means 600 students will be moving their major courses from the Midtown campus to the Westside campus. White Hall, where most of the music and art courses are currently held, will be retrofitted for other departments. Certain music and art appreciation classes will still be held on the Midtown campus so students who ordinarily would take most of their classes on Midtown would not need to travel to Westside for a general education course.

Before the interview ended, I asked Dr. Goble if he had any last thoughts he would like to impart on our readers. His



main message was this: "Be involved. Coming from an arts perspective, if you're not involved in what you do at an intimate level in any discipline, then you won't be successful. Put in more than you expect to get out and you will be successful."

See a video of the planned VPA building here:

<http://www.youtube.com/watch?v=irCxZnZk9Rg&feature=youtu.be>



“We need people who think with the creative side of their brains—people who have played in a band, who have painted...it enhances symbiotic thinking capabilities, not always thinking in the same paradigm, learning how to kick-start a new idea, or how to get a job done better, less expensively.”

—Annette Byrd, GlaxoSmithKline



The ancient Celts celebrated the festival of Samhain, marking the end of summer, the harvest, and the beginning of the dark, cold winter. On this

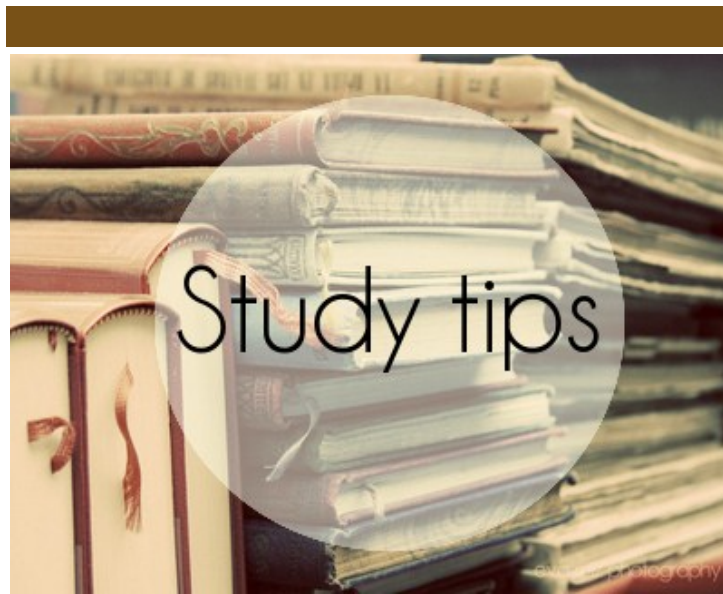
night, the line between the worlds of the living and the dead blurred, as the ghosts of the dead returned to earth. The Druid priests built bonfires and wore animal skins and heads while collecting prophecies from the dead.

When Rome conquered the Celts, they mixed Roman and Celtic traditions. The Romans celebrated All Souls' Day in much the same manner as the Celts had celebrated Samhain, and once joined, it became **All-hallows**, from the middle English "alholowmess" (All Souls' Day). The night before All Souls' Day was referred to as "all hallows eve", which was soon shortened to Halloween.

During the 1800s, Irish immigrants brought many of their traditions with them to America, and Halloween festivities became a community-building event. The tradition of trick-or-treating relates to a practice where the poor paraded through their villages, asking for "soul cakes" – foods that would hold them over during cold winters – in exchange for prayers for the gift-givers' dead relations. Some also believe that the trick-or-treating sprang up around the tradition of leaving treats on doorsteps and lit candles along the roads to help the spirits of their loved ones find their way back to the spirit world.

Halloween costumes also have their roots in European and Celtic history. Because winter was uncertain and often frightening, with low food supplies and plenty of darkness, people were often fearful. Tradition said that ghosts came back on Halloween, and in order to not be recognized by the ghosts, people would wear masks when they left their homes in order to trick the ghosts.

Whether you're hiding from ghosts or putting out treats to entice them to the safety of the afterlife, Halloween offers a little fun for everyone. Just be careful to look out for the real witches, ghosts, and black cats!



by Jamie Maitland,
Litchfield ARM

Be organized: Have a designated notebook and folder for each subject. This will help you keep everything for that specific subject in one place. Academic planners are also a good re-

source to have to make sure that you know when tests, quizzes, and even homework is due.

Take notes: Many college students have a plethora of reasons why they do not like to take notes. Either it is time consuming, they do not see the point of note taking if they have the text book, or sometimes students simply do not feel like writing. However, taking notes can reinforce information. The key to good note taking is not writing down everything that is in your text book, but writing down important points.

Stay off social media: With social networks like Facebook, Twitter, and LinkedIn, it is difficult for you to not get distracted and want to see that new picture your friend just put up. However, while viewing those pictures or posts you can be losing valuable study time. If social networks are a distraction for you, it may be a good idea to deactivate your accounts. Therefore, while studying you can completely focus on the task at hand.

Take breaks: While studying, it is recommended that you take breaks. For every hour that you study, take a break for a few minutes to relax your brain. Go out for a quick walk, grab a snack, or even watch funny YouTube videos. By taking breaks you are more likely to avoid burnout and stay energized.

No cramming: If you wait until the last minute to study you are less likely to remember the information. If you have a test on several chapters, you need to pace yourself. Simple steps like going over your notes daily, making flashcards, and doing practice problems can really make a difference on what you retain regardless of how much information is on a test.

Find a study location that works for you: Some of you must study in a quiet location to understand information. However, others could study on a patch of grass in the middle of campus with people constantly walking around them. In order to find the location that works for you, you must try different environments out.

Stay Healthy—It's Cold & Flu Season!

By Allison Vas, Grasso ARM

Flu season is upon us! As fall sets in, colds are beginning and germs spread like wildfire. Follow these ten simple preventative tips to reduce your chances of getting sick or getting someone else sick!

1. **Wash your hands.** Wash your hands after you cough or sneeze. Wash your hands after coming in contact with someone who may have coughed or sneezed. Wash your hands before you eat anything. Keep yourself germ-free!

2. **Eat healthy.** Pass up the junk food and eat your fruits and veggies instead. The healthier you eat, the better your immune system will be.

3. **Get enough sleep.** We understand it's crunch time for homework and midterms but make sure you're getting enough sleep each night. The more rest your body has, the easier it is for it to ward off germs.

4. **Don't touch your face.** Avoid touching your mouth, nose, or eyes at all costs. The easiest way for germs to enter your body is through these areas.

5. **Cover your mouth.** It's simple enough. If you're going to sneeze or cough, cover up with a

tissue or sleeve. Really, there's no need to share.

6. **Stay home.** If you're really sick, do everyone (including yourself) a favor and stay home. Sleep, rest, and get better. Please don't come to class to share whatever you have with everyone else.

7. **Don't eat group food.** Avoid sharing food with other people, whether it be splitting a sandwich or grabbing a handful of chips from a bowl. Who knows who else has touched it and you definitely don't want to know what germs they have.

8. **Hydrate your body.** Make sure you keep consuming water and other liquids. This will help to flush your body, which will boost your immune system.

9. **Take your medicine and vitamins.** If you're sick, if you can, take the necessary medicine to help combat your cold. If you're not sick, take vitamins to help boost your immune system to keep you from catching anything.

10. **Avoid sharing.** This includes sharing anything from food to a hairbrush to silverware. The more you share, the more likely you are to share germs.

Be smart,
stay healthy!



Still to come in **Operation Jungle Red:**

- **Intimate Partner Violence**—Thursday, October 17, Student Center Courtyard, 11 am—2 pm
- **Campus Violence** (featuring Karen Jarmoc of the CCADV and Attorney General George Jepson) - Wednesday, October 23, Student Center Courtyard, 11 am—2 pm

IMPORTANT HOUSING REMINDERS



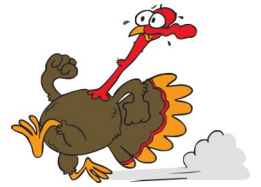
Room Selection

Soon, it will be time to notify our offices about your intentions for the Spring semester. You will be receiving an Intent Form within the next week. Please take a few minutes to indicate your plans for the spring semester and return the forms to the Newbury Housing Office by November 1.

Remember, with the new year-long contract, you will have no deposit to pay for the spring (Yea! An extra \$250 for the holidays!!)

Make sure to read all information you receive about what YOU will need to do to secure your room for the spring. Ask your RD if you're unsure.

Can you believe Thanksgiving will be here before we know it? Information about Thanksgiving Break will be available in early November for those interested in staying for the break. You must register to be able to stay! Stay tuned to our Facebook page, [WCSU Housing & Residence Life](#), for a live chat about what you'll need to do.



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