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Handout:

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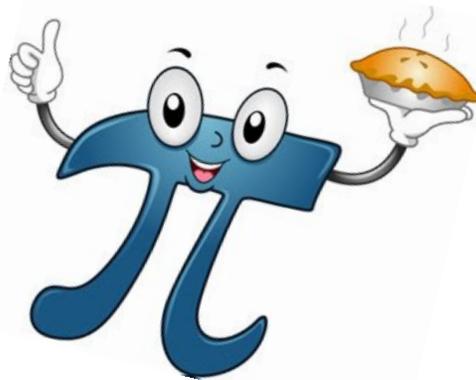
ACADEMIC PEER MENTORS— YOUR ARM HAS A *HANDOUT* FOR YOU!

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Pi Day is Friday!

by Alex Saraceno, Pinney ARM

Between Mardi Gras, Daylight Savings, and St. Patrick's Day it can be easy to overlook or forget about another special day also in the month of March that comes from one of society's favorite mathematical constructs: Pi Day! **Pi** or π is an irrational number and a mathematical constant that refers to the ratio of a circle's circumference to its diameter. While Pi's digits are infinite, the first five decimal places are well known: 3.14159. People's fascination with Pi's never-ending decimals has led to the practice of "piphilology," which involves using mnemonic devices to aid in memorizing as many digits of Pi as possible! These little poems about Pi are often referred to as "Piems." The Guinness Book of World Records recognizes Lu Chao, of China, as holder for reciting the most digits of Pi. In twenty-four hours and four minutes he listed 67,890 digits.



The date of Pi Day (March 14) comes from the first three numbers (3.14). Math enthusiasts and learners celebrate this day by measuring circles, by competing with one another to list as many digits as they can, and of course by consuming Pi's convenient homophone: pie!

In case the holiday passes uncelebrated, be sure to engage in your favorite mathematical celebrations all over again on July 22, or Pi Approximation Day. This day refers to the fraction (22/7), which is nearly, but not exactly, the same as Pi. To whatever degree you celebrate **Pi Day**, don't be too *irrational*.

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www.wcsu.edu/housing/arm.asp

7 THINGS TO DO BEFORE YOU GRADUATE

by **Natalie Glybin**, Pinney ARM

Plan a day trip with your friends.

Pick a weekend and a place, and spend a day exploring on foot. Check out the areas restaurants, hit up the local shops, and have a good time with your friends. Depending on where you go, this doesn't have to cost a lot of money and it's memories you and your friends will remember forever.

Clean up your Facebook account.

There is no better time to get rid of those party pictures, especially as you will be going through the job interview process in several months. Take this time to purge your Facebook of any potentially embarrassing photos you don't want your future employers to see.

Learn to cook real food.

Challenge your roommates to a cook off. The trick? You have to use real food. Like vegetables. And meat. Not things that come in a box. Or need to be microwaved. Not only will you learn how to use that oven in your kitchen, but you'll have a blast (maybe) taste testing your roommates' creations.

Visit the Career Development Center.

If you are still unaware of where they are on campus, they are in room 227 of the Midtown Student Center. If you have a résumé or a cover letter, bring it with you.

Plan a college reunion with your friends for this summer.

It's easy to lose touch after you graduate. Everyone is busy looking

for work. If you make a point to make plans before you even leave, you are more likely to keep them and keep making them in the future.

Look into continuing your education.

Grad school isn't for everyone, and you're just finishing up your bachelors degree, but hear me out. Take a few minutes to see what's available for advancement in your field. If this is something that interests you, now would be the time to make a plan, even if you are not going to be applying this coming year.

Say thank you.

To your parents, your friends, and anyone and everyone who has helped you through this process. If you can't think of people to thank, think harder.

MY ROAD TO WESTERN

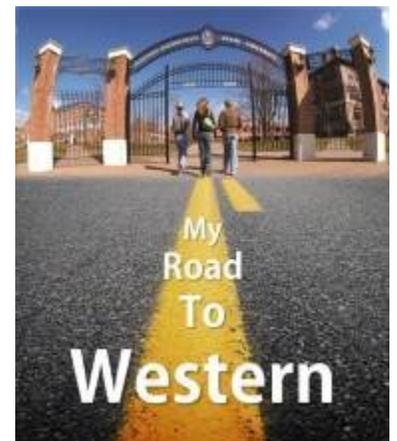
Once again, our dinner speaker series, **My Road to Western**, is back for the spring semester. Get a chance to know professors and administrators in a relaxed setting with terrific food.

Here's who's on the list for the rest of the semester:

- **Dr. Jeff Schlicht**, HPX March 12th @ 5 pm
- **Prof. Terrence Dwyer**, JLA April 2nd @ 5 pm
- **Dr. Keith Betts**, VP, Student Affairs April 21st @ 5 pm

All meals are in the Faculty Dining Room in the Midtown Student Center except Dr. Betts, which will be in the WS Campus Center. Please join us for a few meals this spring!

And let's take a moment to thank Dean Missy Alexander for being our featured guest at the first MRTW dinner!



Have no fear—there’s still time to recover if your midterms tanked! Take the time to relax over spring break. But be sure to also think about what might have caused your disaster. Were you going to class? Did you do the reading and complete the assignments your professors gave? Were you eating well and getting enough sleep?

When you get back from break, start your semester like you’re starting a new fitness program—only this time, it’s your academic fitness you’ll be working out! Try some of these tips:

- ⇒ **Make a schedule**, and do your best to stick to it! What classes do you have this week? Are there any tests or papers due? What other obligations do you have with your time?
- ⇒ **Do the work!** It’s hard to do that first sit-up, just as it is to do the first assignment you have. But DO IT! It gets easier as you build your reps.
- ⇒ **Ask for help.** Without ever leaving your building, you have PASS members who will help you. Your ARMs can help as well — they can become your academic coaches. ARMs can assist you in seeing where you might be struggling, and help you find ways to work on your weaknesses so that they disappear and you build only on your strengths.
- ⇒ **Keep the faith.** It’s hard, but you can do it! Don’t give up!



Keeping Focused When the Weather Changes!

by *Jamie Maitland,*
Litchfield ARM

Keep a clutter-free environment: It is no secret that we have had a plethora of snow days



since the beginning of the semester, allowing us to spend more time in our residence halls. Even though relaxing and not having anywhere to go is fun, we have to make sure that things do not accumulate in our rooms.

Exercise: Just because the gym has reduced hours when school is closed does not mean that you cannot work out. You can work out in your room or even the lounge. Do not let the weather stop you from achieving the amount of physical activity that you want. You just have to get it in different ways.

Check on assignments: Just because you do not have school does not mean that work due for that day is not due. Your teacher may want you to upload your work in Blackboard Learn or to email your work. Check Blackboard Learn and your Western email account frequently.

Designate time to do work: During a snow day it is not hard to relax all day, watch movies, and eat more snacks than you normally would. Because you do not have school, homework gets pushed to the back of your mind. However, setting some time aside to get work done would be beneficial.

Sleep: If you get a weather alert on your phone or email notifying you that school is cancelled for the next day, your first reaction is probably a shout of joy. You do not have to go to bed at a certain time anymore because you do not have to wake up at a certain time anymore. However, if you usually go to bed at 10pm and then on a snow day you decide to stay up until 4am, that can throw your sleep pattern off. Remembering to go to bed at a decent time can help you stay refreshed for the next day.

Dr. Jess House, Dean of Professional Studies

by Allison Vas, Grasso ARM



Dr. Jess House is the Dean of the School of Professional Studies. The duties of Dean include representing the school in all academic issues and matters, as well as attending to program quality, and students' educational and co-curricular experience. He works to make sure all programs meet the outcomes society expects to find in teachers, counselors, nurses, health program specialists, and all other helping professionals. He works to identify and nurture attributes like knowledge, skills, and disposition in students, in order to help students attain them. All but one program in the School of Professional Studies have national accreditation. As a whole, Dean House is the Chief Academic Officer of the School of Professional Studies.

Dean House has always been involved in the education field. After obtaining his Bachelor's degree in Art Education at Truman State University in Missouri, Dean House spent time as a

high school teacher. He then progressed his way up from high school teacher to a high school principal. With both a Master's and a Specialist's degree from Truman State University, Dean House obtained his Ph.D. in Educational Leadership from the University of Iowa, where one of his professors encouraged him to enter the college sphere. He began as a professor and quickly moved to a department chair position, and finally a dean. Dean House also spent four years in Hong Kong. He worked there to help found the Hong Kong Institute of Education.

When asked if he had anything he would like to share with the students of WCSU, Dean House said, "I think Western's a great opportunity. I think there is a lot of value here at Western." He explained that Western is one of the least expensive universities in New England. "Our school is staffed with fine faculty and people who actually care about their students' progress through the university. Unlike bigger universities, students can always find someone to talk to about any issues they may be having." As Dean House said, "This is a place where students can prepare themselves for success in their career and in their lives. Take advantage of it."



by
Andrés Chaves,
Centennial ARM



I had the opportunity to interview Ryan Cooke, the Vice President of Internal Affairs, about what the SGA is and how the SGA is set up. In the interview, we talked about the various responsibilities of the SGA, E-Board positions, and what you can do to make an impact with the help of this incredible

organization.

The Student Government Association (SGA) is a student-run organization that acts as the governing body for the WCSU student populace. They oversee most of the student organizations on campus, and take annual reports to make sure groups are being productive. They also accept, budget, and delegate the money collected from the Student Activities Fee in order to help fund student organizations on campus. In addition, the SGA is here to listen to the voices of the students. The SGA

sends a liaison to the Board of Regents on WCSU's behalf and fights for the rights of the student body.

The SGA is held together by a group of people who oversee the organization's actions. At the top of this pyramid are the 3 advisors: Dennis Leszko, Bianca Paoello, and the faculty representative Leslie Lindenauer. Just under the advisors is the president of SGA: Corey Paris. The president oversees the organization as a whole and represents the SGA to the faculty, administration, and public.

Continued on page 5

There are three vice presidents (VPs) of the SGA, each with their own responsibilities. The VP of Internal Affairs is Ryan Cooke. It is the VP of Internal Affairs' responsibility to act as the glue that holds the organization together, as well as fulfill the president's duties in his absence. The VP of Student Relations is John Mensah. The VP of Student Relations conducts the annual reports about student organizations and leads some of the larger events on campus such as Homecoming, the Holiday Tree Lighting, and Westfest, the last of which is planned in collaboration with PAC. The VP of Finance is Morgan Murphy, and her duty is to handle all money that passes through SGA and to lead the finance committee. Other positions in SGA include the Chief Justice, Secretary, Committee Chairs, and Senate.

Strangely enough, a lot of people are under the misconception that the SGA is just another group with the sole purpose of putting on programs. The SGA is a much larger organization than that, with many responsibilities. The WCSU Student Government Association holds prestige not just within our university, but within the region as well. The senate is always willing to listen to the public voice, whether it's through public comment at the senate meetings, email, or on their Facebook page. If you would like to learn more about the SGA, please go to one of the sites listed below.



sga.wcsu.edu
-- SGA's web site

www.facebook.com/wcsusga
-- Facebook Page

Staying HEALTHY

by Eric Keller,
Centennial ARM

With numerous assignments due and tests upon us, it is key to stay healthy in the middle of the semester. Here are some reminders and tips on how to stay healthy:

Drink lots of fluids. Colds and flu can wreak havoc on your body, often depriving it of much needed fluids. Replenish these by drinking plenty of water or energy drinks when you're ill.

Don't touch your eyes, nose or mouth. If your hands aren't totally clean, try to avoid touching these areas. The membranes in these areas make it easy for bacteria and viruses to enter your body.

Keep immunizations up to date. While most students will have been immunized as children, some shots may need to be updated when you enter college. Make sure yours are up to date to keep you from contracting a serious illness. (Especially important with the recent reported cases of the Mumps!)

Get a full night's rest whenever possible. While the amount of sleep each person needs varies, most people need 7-9 hours to feel fully rested. While this may not be possible every night, try to sleep a full night whenever you get the chance.

Avoid caffeine, eating and drinking right before bed. All of these activities can throw off your body's internal clock, so try to limit meals, alcohol and caffeine consumption to a few hours before bed.

Don't go to class. If you're sick, don't force yourself to go to class. It will only make you feel worse and infect other students. Email your professors that you're ill and stay home and rest.

Wash your hands. Studies have shown that simple hand washing can help prevent a large number of illnesses. So wash your hands, especially any time you'll be touching your nose, mouth or eyes or if you've been around others who are sick.



Here is a link on how to properly wash your hands:

<http://www.cdc.gov/features/handwashing/>



ARE YOU SPRING BROKE?

by Erin Selavka, Newbury ARM

Spring break is right around the corner, but have you forgotten to make plans? Have to work and don't have time to travel? Low on money and need to find cheap fun? Well here's some tips to help you plan an amazing spring break if you're short on time and money!

- ◆ **Have a movie marathon** – plan a themed marathon with your friends! Love action movies? Have everyone dress like a character from their favorite movie! Love romance movies? Make heart-shaped cookies and drink red or pink punch! Plan a sing-along movie marathon with your favorite musicals!
- ◆ **Have a miniature adventure close to home** – look for local businesses that offer cheap thrills, like indoor trampoline parks or laser tag if it's too cold. If

the weather is nice, look for a ropes course or zip-lining course! Not into the thrills? Go midnight bowling, play indoor mini golf, check out a roller or ice skating rink!

- ◆ **Plan a local road trip** – print out a map of your town, pack some food, gas up a car, fasten your seatbelts, and go for a drive! Do not use a GPS; instead plan your route strictly by map. Keep driving and turning either left or right and see where you end up! You may discover a beautiful park to have a picnic at, find a movie theater that shows classic movies for cheap prices, or an impromptu free concert; you never know until you try!
- ◆ **Take this free time to complete outstanding work**, homework, studying, etc. Once you get that done, you can sit back, relax, and catch up on your sleep before powering through the rest of the semester! And don't worry, even if you don't get a chance to go out and have fun, summer vacation is right around the corner!

“After that hard winter, one could not get enough of the nimble air. Every morning I wakened with a fresh consciousness that winter was over... There was only — spring itself; the throb of it, the light restlessness, the vital essences of it everywhere: in the sky, in the swift clouds, in the pale sunshine, in the warm, high wind—rising suddenly, sinking suddenly, impulsive and playful like a big puppy that pawed you and then lay down to be petted. If I had been tossed down blindfold on that red prairie, I should have known that it was spring.”



- Willa Cather, *My Antonia*

IMPORTANT HOUSING REMINDERS



Here are some important dates and reminders about Fall 2014 room selection:

- Deposits from returning students are due no later than **March 31st** in order to be able to proceed with selection.
- There are several Living Learning Communities (LLCs) available to students—find out more about them at the Housing & Residence Life Office. Applications are due for LLCs by **April 9th**.
- Complete groups for apartments and suites are given priority for room selection. All groups (complete, partial, or individual) are required to fill out a group registration packet and turn it in to the Newbury Housing office by **April 9th at 4pm**.
- Room selection appointments will be emailed on **April 11th**. Appointments will be on April 21, 22, 23, 24, and 25th.
- For more complete information, check out this site: <http://www.wcsu.edu/housing/documents/Room%20Selection%20Process%20and%20Timeline.pdf>

‘Tis the season to pay your deposit—fa la la la la...



Well, maybe not quite so happy, but it is the time of year that deposits are due in order to secure your on-campus room for Fall, 2014. Returning students have until March 31st to pay your deposit, which will start the ball rolling for the rest of the room selection process.

Questions? Ask your RD, or stop by or call the Housing Offices in Newbury Hall (7-8531).

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