



Handout

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ACADEMIC RESOURCE MENTORS— YOUR ARM HAS A HANDOUT FOR YOU!

IN THIS ISSUE

What, Exactly, is an ARM?

by Jaclyn Servillo & Nadia Orjiugo, Centennial ARMs

ARM stands for Academic Resource Mentor. These are people who are vital to housing and residence life. They strive to make a difference and help those who are in need and are struggling academically. However, ARMS have many different responsibilities, such as providing academic programs and mentoring and referring students to resources to better help them. Every ARM has designated specific office hours that you can find posted around your building. If you cannot meet with your ARM at those specific times, feel free to email them in order to set up an appointment. It is important to keep in mind that ARMs are not tutors and are not experts in every subject. If your ARM cannot help you with a specific subject, they can refer you to a resource to better fit your need.

ARMs put on eight programs a semester that could include time management programs or how to study effectively. This year the ARMs will be attending at least one of the GROW programs. There will be a GROW program every Tuesday at 3:30pm in designated areas. GROW programs allow students to become familiar with the resources available to them on campus. Please contact your ARMs for more information about these GROW

programs if you are interested.

Everyone has a rough day and sometimes we as students struggle between working, studying and maintaining a social life. Do not feel as if you can only contact your ARM when you are struggling academically. You may reach out to your ARM when you are having a bad day and just need someone to talk to. Also, you can come to your ARM if you need a quiet place to study in order to concentrate.

ARMs also facilitate the PASS program. You are eligible to become a PASS member if you have a GPA within the 3.0-4.0 range. PASS members are volunteer students who serve as an extra hand to the ARMs. They live in your buildings and are able to assist you in specific subjects they are masters in. *(Continued on page 3)*



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SUCCESS SPOT

www.wcsu.edu/housing/arm.asp

AUTUMN FACILITIES CHANGES

by Kyle Venditti, Grasso ARM

Dr. Paul Simon and the division of Student Affairs have been busy over the summer working towards renovating and improving many of the facilities students use every day on campus. Some are completely new and built from the ground up while others are more like improvements to their original designs, so let's jump right in.

The most obvious and greatest change is to the Midtown café. Gone are the days of swiping in and filling your plate buffet style—replaced with autonomous kiosks where you place your order and wait for it to be prepared on the spot. No more will you have to come into the café and worry about how long that food's been sitting there. All of it will be made when ordered at one of these kiosks. Additionally, the café has gotten a major facelift in terms of the aesthetic and space of the café; the massive salad station has been cleared out and the room has been renovated to accommodate the made to order system by having much more lounge space and variety of eating areas, soon to be filled with all new furniture that stretches as far as the eye can see. The room itself has a warm orange glow to it that invites

students to come eat there. Also, the doors that traditionally led to the benches outside will now be unlocked at all times, allowing patrons to step outside and enjoy the weather. While the kiosks are still being worked upon, the rest of the café is functioning.

Coming in the spring will be a new branch of Einstein's Bagels that will open in the library where the cybercafé is. While it won't completely fill up the cybercafé, it will offer bagels and other pastries and coffee to students who find themselves at the library. Meal plans and most forms of payment, such as cash, credit and debit cards, connect cash and flex points, will be accepted here. Since this should be completed by the spring semester of next year, the Warner Hall cart will remain open in the fall to cater to your coffee and pastry needs.

One of the other major changes comes in the form of brand new laundry machines in each of the residence halls. The new machines are more energy efficient and run better, but better yet is the access to the washers' and dryers' statuses remotely from your Wi-Fi connection to Western's home page. The laundry map should prove useful to anyone who

forgot to time their laundry and is waiting haphazardly to get up and find out. The app will also notify you when your laundry is done so you can prevent forgetting about all that expensive clothing in your washer.

Also new this year is the revamp that was made to some of the meal plans for residents and commuters. The blue meal plan, which is the minimum meal plan required for residents of Grasso and Pinney Halls, has been changed to fit five meals a week into your schedule and up to \$350 flex points which could be used to toward just about any other food on campus. Without getting too into details with it, there's also a Blue plus meal plan if you would like more flex points.

Change is something you can be sure of that's happening at Western, and we as students only gain to benefit from these changes. Be sure to let your friends know about all these exciting changes and more, so much more, from DPS (**D**octor **P**aul **S**imon) and the division of student affairs. Keep an eye on the school website for any updates and changes to these and much more.



Greetings to all students and welcome to (or welcome back to) Western! We have a lot in store for this upcoming fall semester and our staff is just so excited to share with you! Aside from the amazing festivities coming up, we also are once again providing the students on campus with a very well needed resource in their residence halls. What resource, you may ask? Well for starters, there is an ARM in each building (two in Centennial and Pinney). What's an ARM? Great question! An ARM is an Academic Resource Mentor and they are here to help you find the information, locate the resources to help you succeed, and connect you to people who can help you in your academic undertakings.

Now let's introduce our ARMs for 2015-16:



Newbury Hall: Jamie Maitland,

Room 301

Her office hours will be Sunday 5 P.M.-8 P.M., Monday 4 P.M.-5 P.M./ 6 P.M.-8 P.M., and Tuesday 11 A.M.-3 P.M.



Litchfield Hall: Lexi Fonda, Room 237

Her office hours will be Tuesday 6 P.M.- 9 P.M, Thursday 6 P.M.- 8 P.M, and Friday 6 P.M.- 8 P.M.



Centennial Hall:

Jackie Servillo, Room N102 and



Nadia Orjiugo, Room W206

Jackie's office hours will be Monday

and Wednesday 11 A.M.- 1 P.M. and Tuesday and Thursday 4 P.M.- 6 P.M.

Nadia's office hours will be Monday 2 P.M. - 4:30 P.M., Tuesday 1 P.M.- 4:30 P.M., and Thursday 10 A.M.- 11:30 A.M.



Grasso Hall: Kyle Venditti, Room 216

His office hours will be Monday and Thursday 5 P.M. - 8 P.M. and Friday 10 A.M. - 2 P.M.



Pinney Hall:

Alex Saraceno, Room C52 and

Qin Lin (Seven), Room C31



Alex's office hours will be Monday and Wednesday 3 P.M.- 6 P.M. and Tuesday 3:30 P.M. - 7:30 P.M.

Seven's office hours will be Monday 6 P.M. - 8:30 P.M., Tuesday 8:30 P.M. - 10:30 P.M., and Sunday 3 P.M. - 8:30 P.M.

Aside from the ARMs' office hours, they also have contact hours where they will be around the building for you guys to interact with them. Use this time to locate your ARM and get to know them because you won't regret it; we have a very interesting staff and you won't know this until you get to know us! Communicate with your building's ARM (S) to find out when they will have their contact hours and good luck with this semester!

Words Of Wisdom



• As much as the college years can be seen as a long time, it really does fly. Do everything you can to keep yourself on the right foot and reach out to people who can help you along the way. Make connections and get involved. These are your years. Do not waste them partying. Do what is best for your future, and aim for what you know you are worth!

- Alexis Johnson, RA, Litchfield Hall

• Go to class! College provides you with a lot of freedom, and a lot of people skip classes, but the amount you can miss in just one class can be detrimental to your grade.

- Alyssa Kneski, RA, Pinney Hall

• Keep busy. Sitting around in your room will not help you. Join a club, Greek life, SGA, IRHA, and any other group. Meet new people and push yourself.

- Andrew Gusciora, RA, Pinney

• Go to the library and study. Really engage with your professors and the class and get to know them. They are an amazing resource!

- Eden Edwards-Harris, RA, Centennial Hall

On **October 8, 2015**, we're so excited to bring YouTube® sensation **Laci Green** to campus. Laci is the star of **Sex+** and MTV's **Braless**.

Laci will be here as the headliner to our annual Operation Jungle Red (OJR). Her topic is **Taking Down Rape Culture**. She's straightforward, no-nonsense, and very fun! Don't think you understand consent? Think how someone dresses or how much they drink gives you access to

them sexually? Feel like you want to finish what you started, regardless of what your partner thinks later in the evening? Laci can help you figure it all out and stay safe!

Put it in your planners **right now**:

Laci Green

White Hall/
Ives Concert Hall
Thursday,
October 8th
7:30 pm



And before that, on **Tuesday, September 15th @ 7 pm**

(location to be announced soon), **Mixed-Race Mixtape** will be here. **Mixed-Race Mixtape** is powerful, relevant, and timely, and at its core is a coming-of-age story about claiming your identity and community at a time when narratives about race, identity, and class in the US are evolving. Through hip-hop and stories from their own lives, this group brings their truth to what's happening on our campuses right now!





HOW TO STAY SAFE ON CAMPUS

by Jamie Maitland,
Newbury ARM

Emergency poles-There are multiple emergency poles set up throughout campus. If you hit it you will be connected to the Western police department. You can ask them for help if you feel unsafe, ask them to escort you to your car, walk with you back to your residence hall, etc. The police department is staffed with

friendly officers who want you to feel safe. So make sure to utilize their services. **If you dial the police off of any university phone the extension is 79300.

Walk with friends-No one likes walking alone! If you and your roommate both have classes at 5:25pm, try to walk together. You guys can chat about life and in the meantime keep each other company while walking around campus. If your classes also get out at the same time, text each other so that you can meet up and walk back to your residence hall together.

If you have to walk alone and it's late at night, let someone know where you're going and when you should be coming back. Therefore, they'll be expecting you around a specific time.

If you see something, say something-A lot of negative situations can be avoided if bystanders take action! If you see something that doesn't look good, such as someone breaking into a car, a man abusing his partner, a group of people bullying someone, do something! Call the Western police and let them know what's happening. Western is your home and we want you to feel safe at all times. In order for that to happen, people that have nothing to do with particular situations may have to step in.

Be alert while you walk-While you're walking around campus make sure to be aware of your surroundings. A lot of people walk with earphones in their ears blasting music and that isn't safe at all. Someone could be trying to get your attention and warn you about something. You can have your music in, just make sure that it's at a safe volume and you're able to hear what's going on around you. Also, be careful about texting while walking. Your attention is focused on your phone and not your surroundings and that's dangerous. Someone could easily bump into you and steal something out of your bag, so be careful!

Park in well-lit areas-You may have a late class that gets out when it's dark outside. Make sure that the areas you park in have good lighting so that you can get to your car safely. If you feel uncomfortable in any way you can always contact the police department and ask someone to walk you to your car. Also, some of the people in your class probably parked in the same area that you did, so you can always walk with them back to your car.

Stay safe in your residence hall-While you're in your room in your residence hall make sure that your door locks shut behind you when you decide to leave. When you're in your room, it's fine to have your door open because you're in there (although NOT when you're sleeping!). Just make sure to close it when you decide to leave.



Each fall, HRL sponsors a program series entitled GROW (Great Resources On Weekdays), which introduces campus and community resources to students. This year, we've teamed up with EA²P and AccessAbilities to reach a broader audience. Here are the programs coming this fall:

- **WestConnTech**—have a question about technology at WCSU? Find your answers here. **Tuesday, 9/1 @ 3:30 pm** in the Haas Library.
- **You're No Dr. Who : Time Management**—the single most important skill you'll learn in college. **Tuesday, 9/8 @ 3:30 pm** in the Student Center 201B.
- **Don't Be a Lump: Join Something!** Find a place to fit in when you join a group. **Tuesday, 9/15 @ 3:30 pm** in the Student Center 201B.
- **It's All About the Bucks**—understanding financial aid and how to fund your education. **Tuesday, 9/22 @ 3:30 pm** in the Warner Hall Lyceum (library side).
- **WTF is a Program Sheet, and How Do I Use It**—want to learn the language of advisement and registration? This is the program to attend! **Tuesday, 9/29 @ 3:30 pm** in the Student Center 201B.
- **Liar, Liar, Grade's On Fire**—what is academic integrity, and how can it impact your college life? **Tuesday, 10/6 @ 3:30 pm** in the Haas Library.
- **Beat Back the Stress Mess!** - Mid-October and it all is falling down around you. Tips to keeping your cool. **Tuesday, 10/20 @ 3:30 pm** in the Student Center 201B.
- **Is it Good For You, Baby?** - how do you know if a relationship is going the right direction? Find out here on **Tuesday, 11/3 @ 3:30 pm** in the Warner Hall Lyceum (library side).
- **What Good's the Library in an Online World?** - find out why the brick and mortar library is still a good bet for successful research at Western. **Tuesday, 11/17 @ 3:30 pm** in the Haas Library.

Snacks and gifts at each program!

FEW

It's a crazy time, these first weeks of school. But if you keep yourself active and busy, there are great rewards, too. One of the new things happening this fall is the FEW Passport programs. Each Monday—Wednesday, there will be FEW programs happening. Attend the programs, meet some great people and find out about WCSU resources, get stamps in your passport, and be entered in drawings for fabulous prizes!

Each of the first eight weeks of school has a theme:

- 1) A Sense of Belonging & Feeling Welcomed
- 2) Building Relationships & Getting Involved
- 3) Academic Success
- 4) Diversity & Acceptance
- 5) Campus Resources
- 6) Wellness & Safety
- 7) Sense of Pride/School Spirit
- 8) Choosing a Major &/or Career

Some things are as simple as stopping by the desk for information and a stamp. Others are activities and ways you can get involved and meet other students. Special guests may stop by the buildings and you'll have a chance to get familiar with many of the people on campus who will let you know you're at the right place! It can't be much easier.

Whether you're a resident or commuter, FEW programs are open to you. Stop by, get a stamp, and enjoy collecting this bounty of information and maybe even a prize or two along the way!



This year Western has an incredible, extensive line-up of recreational activities; this is a great way to stay involved outside of the classroom. All facilities and classes are free and available to current students, faculty, and staff. A WestConnect ID card is needed for access and proper attire is required.

For your straightforward workout needs there are three workout facilities: **The Colonial Fitness Zone** (open Sunday from 4:00 PM to 10:00 PM and Monday thru Friday 7:00 AM to 10:00 PM); **The O'Neill Center Weight Room** (open Sunday from 6:00 PM to 10:00 PM, Monday thru Thursday, 10:00 AM to 10:00 PM, and Friday from 10:00 AM to 5:00 PM); and **The Westside Pool** (open Sunday, 7:00 AM to 10:00 PM and Monday thru Thursday, 8:30 AM to 10:30 PM). There will also be Zumba, Boot Camp, yoga, and pump classes throughout the semester, which will be advertised once they are officially scheduled.

Beyond working out, the **Western Recreational Center** also organizes intramurals, which include dodge ball, soccer, flag football, powder puff, floor hockey, inner-tube basketball, volleyball, and basketball. These sports happen on the Midtown and Westside recreational fields and the Bill Williams gym. All participants must sign up online for IM Leagues and join the corresponding roster.

recognizing western rec

by Alex Saraceno, Pinney ARM

If you're unable to join a long-term sport, the Rec. Center is also holding **Friday Fun**: a semester long series of tournaments and competitions in Kan Jam (9/11), Corn Hole (9/18), and Ultimate Frisbee (9/25) all from 1:00-3:00 on the Midtown Recreational field. There will also be trivia (10/2 & 10/16) from 1:00-3:00 in the Bill Williams gym. Once a month the Rec. Center will also hold "**Rec. After Dark**"; each will have a different theme and location from 10:00 PM to midnight with activities ranging from Zumba to ice-skating.

Whether you're teaming up with friends or looking to make new ones, Western Rec. Activities is the place to get involved at Western. For up-to-date scheduling visit wcsu.edu/recreation, call (203) 837-8609, or find them on Facebook at "Western Recreation" and "WCSU Intramurals".



HELP! I NEED SOMEBODY.



by Lexi Fonda,
Litchfield ARM

At one time or another, all students will need to seek out extra help in order to jump through all the hoops leading to graduation. One of the many advantages of being a WestConn student is there are plenty of opportunities for receiving high-quality and free support from people who are ready and able to help you achieve your goals. These resources include the Math Clinic, the Writing Center, the libraries, the Tutoring Resource Center, the Ansell Learning Commons, and the Academic Advising Center.

The Math Clinic and Math Emporium. Students looking to receive help for math class levels 100 and 200 can walk into the Math Clinic Monday through Thursday, between the hours of 9:00am and 6:00pm; and Sunday, between the hours 9:00am-2:00pm. The Math Clinic is a first-come, first-served operation and accepts walk-ins only—no appointments. Services offered at the Math Clinic include student-tutors who are experienced in math and can help other students with homework, projects, and practicing for quizzes and tests. Separate from the Math Clinic is the Math Emporium. Students can receive one-on-one tutoring and will have access to computers equipped with educational software specific to the remedial math courses. Learn more at wcsu.edu/math/clinic.

The Writing Center. The Writing Center trains tutors from a wide range of majors; they are free and offer one-on-one help. The Center can be accessed Monday through Thursday, 10:00am-7:00pm; and Sunday 4:00pm-9:00pm. It's located in the Haas Library in Room 302. Students are encouraged to make appointments but can walk-in if they'd like to. To schedule an appointment or find out more, visit wcsu.edu/writingcenter.

The Libraries. There is no better place to find a plethora of reputable sources than a library, and WCSU has two of them: The Haas Library, located on the Midtown Campus and the Young Library, in the Westside Classroom Building. The libraries offer assistance in research for walk-ins, but appointments can be made. Appointments can be scheduled at library.wcsu.edu.

The Tutoring Resource Center. It sounds exactly what it is! The Tutoring Resource Center also provides services to teach students how to maintain a good relationship with their advisor, test-taking strategies, and more. It is located in the Haas Library on the second floor. Tutors are provided for every subject, and appointments can be made online at www.wcsu.edu/sos. More information on TRC can be accessed at www.wcsu.edu/trc.

The Ansell Learning Commons. The Learning Commons are in the Young Library, and it is a tutoring center specific to the Ansell School of Business (Statistics and JLA). It's open Monday through Thursday, from 9:00am-8:30pm; and Sunday, from 4:00pm-8:00pm. Appointments can be made online at www.wcsu.edu/sos. Learn more about the ALC at wcsu.edu/alc.

Academic Advising Center. For Exploratory Studies students, the Academic Advising Center is provided to help guide students through their general education requirements, leading them to declaring a major. Students are assigned an adviser alphabetically, which can be accessed by visiting wcsu.edu/aac. The webpage also provides some helpful videos about registration, program sheets, and forms.

There are all forms of aid, and not enough people take advantage of them. Take charge of your education by using the tools available. Have a wonderful semester!



Hi, and welcome to the Fall semester! If you somehow managed to move in and didn't sign a roster or turn in your Room Inventory Forms, please make sure to do so as soon as you can. Otherwise, we'll be tracking you down on your cell, calling your home, sending you emails — you get the drift!

Check out your building for hall council elections in the next few weeks. Your hall councils work with your RA and ARM staff to provide programs throughout the year in your halls, and they need you to help them figure out how to do that!

There are no room changes for the first two weeks of the semester while we sort out who's here, who's not, and who decided not to come. If you're interested in changing rooms, please make sure to speak to your RD about it right away. He or she can then be ready to help you as soon as we're able to make changes. In the meantime, try having a discussion with your roommate if it seems that you're just having trouble adjusting to them. Your RAs can be helpful with this if you're nervous about it!

Want to upgrade your meal plan? You can do that now in the housing office in Newbury Hall. They can answer most of your questions, too, and help you make a good choice of plan that fits your needs.



** Don't forget to look for campus events in the WOW email each Thursday! **

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