

Laci Green Lecture

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the **arm** newsletter

Handout

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

IN THIS ISSUE

How to Manage Your Stress During Midterms

by **Jamie Maitland, Newbury ARM**

Plan appropriately: Midterms are coming up and it can feel like an overwhelming time. You may not know what class to focus on first, or how to even start preparing for it. Therefore, there are a lot of things that you need to take into consideration, like the level of difficulty the class is for you, your midterm's schedule, and your personal schedule. If you have a midterm on Monday, Oct 19, and your next midterm is not until Thursday, Oct 22, make sure that you focus on the midterm that is first, which is the midterm on Monday, and then start preparing for your midterm on Thursday.

Remember to eat: While in the midst of studying, you may not realize that you have been at your desk for hours. All you may be focused on is receiving a passing grade on your midterm. However, not eating can harmfully affect you in more ways than one. Making sure to have a nutritious breakfast, lunch, and dinner

throughout the day will benefit you physically and mentally.

Set time aside for you: Those of you who are new to college and are new to the idea of midterms may think that it is this dreadful week that you do nothing but study. However, that is not true. During midterms week you need to study, but you also need to make sure that you relax. Overloading your brain with a lot of information all of the time is not going to benefit you in any way. Go out for a walk, exercise, and even nap— just make sure that you partake in other things besides studying.

Utilize your resources: WCSU has a plethora of people you can go to for help in your academics. If there is a certain topic in math that you do not understand and you know that you will see the material again on the final you can visit the math lab. If you need help in writing, the writing center in Haas Library is also availa-

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SUCCESS SPOT

www.wcsu.edu/housing/arm.asp

A MOMENT WITH PRESIDENT

JOHN B. CLARK

by Kyle Venditti, Grasso ARM

When I arrived for my interview with President Clark, he shook my hand and greeted me with a smile, asked me how I was and if I needed any refreshments.

He ushered me into his large, tidy office and had me sit down on the sofa. The first question he asked me was who I am. From that point on, I knew President John B. Clark was a man whose focus was not only on delivering a quality education for all his students at Western, but that we, no matter what the case, were more important to him than any other concern at the university.

"When everything piles up, I go to the events and see how happy you (students) are participating in sports and organizations on campus and it makes my day."

President Clark started his life with a plan- after he graduated college, he would have one wife, one family, one job and one house- for thirty years. This was his model for success, and at the time, it seemed to fit what he needed.

"But plans change," Clark said. "Always have a plan, but be ready for it to change."

According to President Clark, education gives students opportunity, and it's why he kept going back for more. President Clark has earned a "bachelor of arts degree in history cum laude from Providence College, a master of public administration degree from the John Jay College of Criminal Justice (CUNY), a master of arts degree in economics from Fordham University, a master of arts degree in philosophy from New York University, and a doctorate in education from Teachers College, Columbia University" (wcsu.edu)*.

Though President Clark's path wasn't always clear, he knew that education was the key for giving him new opportunities and allowed him to accomplish tasks he never would have been able to without his education.

"Show up and join in," Clark advised students. "You never know where you'll end up."

President Clark's plan initially was to attend the Teachers College at Columbia University to attain his master's degree

in philosophy by working on Wall Street as a public finance consultant during the day and attending his philosophy courses at night. His schedule at the college was flexible and allowed him to attain his goal, but Clark found his plan disrupted when the college cancelled the master's program while he was still attending.

"While I made good money on Wall Street, I liked teaching more," Clark said.

Despite all the stress and strains of teaching, Clark loved it. "Continuing that legacy of the teacher and student relationship is something special."

Clark ended up pursuing his master's degree in philosophy at NYU and attaining his doctorate in education from the Teacher's College, which made him eligible for the position of president at SUNY Plattsburgh. In 2001, Clark received a phone call that changed his life.

"I was a candidate for the position because of my background in the public sector and my doctorate. Without my education, I would've never been able to become the president."

While serving as president, Clark was faced with an issue by his board of regents: how to get students jobs after graduation. It was here that Clark began working towards making the university support their students more, and it's one of the goals he carried over to Western for graduating seniors.

"There are three problems we need to address: retention rates, graduation rates and affordability for parents and students. Along with that came the question of what happens to students after they graduate, and I'm working to address all of these," Clark said.

President Clark is working with SGA (Student Government Association) and Student Affairs on a survey for recent graduates of Western Connecticut State University to track how satisfied they are with their degrees and if they need help finding job placement. Along with that, President Clark is looking to begin focusing incoming freshman on making plans for their futures through looking into in-



President John B. Clark
Western Connecticut State University

ternships and careers early, so by the time senior year rolls around they're not lost in the real world.

President Clark urged students to consider teaching and finding the rewards that lie in it, even if they've never thought of it before.

"Life presents opportunities, and sometimes plans blowup," Clark said. "But then life gives back and a new opportunity arises. Know when to follow those opportunities."

President Clark ended our interview by discussing his favorite day of the year- the commencement ceremony.

"To see all those students succeed, have all their work pay off and finally walk down that stage — that's priceless," Clark said.

"You, the students, you're my energizer."

*courtesy of <http://www.wcsu.edu/newsevents/New-WCSU-president-named.asp>

ble to you. All you have to do is go in and make an appointment.

Get enough sleep: A lot of students think that they are going to pass their midterms if they stay up all night and cram. Getting at least 7 to 8 hours of sleep will allow you to remember more information, feel awake, and keep you focused on your midterm.

Keep calm: If you look at your exam, do not immediately think that it is too hard and become discouraged. Go through each question one by one and answer it to the best of your knowledge. If there is something that you do not know, skip it and go back to it. Once you put down an answer make sure that you stick with it! Remember not to change an answer unless you are **sure** that it is wrong.

Study in a quiet place: While studying for midterms you need to concentrate on the material. You may think that you are fully concentrating on work while you are around a group of friends or in a distracting place but you are not. Grab some snacks, a water bottle, and find somewhere quiet to study. (Check out page 6 for ideas!)



By Alex Saraceno, Pinney ARM

If you wait until the last minute, it only takes a minute. Unofficial studies show that nine out of ten college students habitually start nearly every major school assign-

ment closer to the date it is due than the date it is assigned. It isn't until we're on our third cup of coffee in the 24-hour computer lab that we really reevaluate why we didn't start working earlier. If you can relate to this situation, it's time to address this procrastination. As with changing any habit, awareness is the first step and motivation to change has to come from within. Waiting until the last minute may work, but the quality of your assignment and your grade suffers.

The best way to start making this change is by assessing how you currently complete assignments. To manage classes, school, and work efficiently use a planner to keep track of short-term and long-term assignments. Making lists is also extremely useful. They can be organized by order of importance or level of difficulty. Consider how much time and effort certain tasks will require. Both planners and lists help break down what may seem like an overwhelming amount of work into manageable chunks.

When it comes to writing a paper, making a thorough outline is comparable to making a list. An outline is the foundation of any good paper. It guides us through understanding the topic, developing our main points, and organizing a structure to follow. Last minute papers will lack clarity and organization. Starting to break down the larger assignment, which is a paper in this case, allows for more ideas, revisions, and opportunities to be thorough. Using this approach not only enhances your understanding of the material, but will also help your grade. For more help and guidance with writing assignments, check out the WCSU Writing Center on the third floor of the Haas Library on the Midtown campus.

NEED HELP? SEND OUT AN SOS!



Go to

- ✓ **Writing** – make an appointment at the Writing Center
- ✓ **Research** – make an appointment with a librarian
- ✓ **Math** – drop in to the Math Clinic
- ✓ **Business and Law** – make an appointment at Ansell Learning Commons
- ✓ **All other subjects** – request a one-on-one tutor from the Tutoring Resource Center

www.wcsu.edu/sos

Striving for success without hard work is like trying to harvest where you haven't planted.

- David Bly

Homecoming!

by Nada Orjiugo,
Centennial ARM



October 9 – 18 is one special week of this semester. “Why?” you may ask? Because it’s **Homecoming week!!!!** Homecoming is one of the best times to show your Colonial Pride! Alumni, parents and families are highly encouraged to participate during our events. Homecoming is an impeccable time for alumni to reunify with past colleagues, and families to reunite with their loved ones on campus. Speaking of alumni, this year we are welcoming the members of the Class of 1965; they will be celebrating their 50th class reunion this fall! Hopefully your week will not be too busy and you can enjoy some Colonial Fun!

Special activities have been scheduled for everyone involved with the Colonial Community. These activities include but are not limited to, the Homecoming Bonfire, Tailgating, and the Homecoming Football Game.

10/9- Homecoming Kick-Off Pep Rally

Festivities started with our Pep Rally from 9PM-12 AM in the O’Neill Center! Refreshments were provided and there were prizes and lots of games and performances!

10/11- Run or Dye: *Get fit or dye trying*

This 3-mile color run took place on the Westside Campus and was hosted by the Recreation Department. Things kicked off at 12 PM and registration began at 10 AM. This run started off with a color bomb and continued at various locations as you ran. **The “paint” was colored cornstarch dust.**

10/14- Cardboard Canoe Races

This was another event hosted by the WCSU Rec Department that took place from 7-10PM. You built your canoe from 7-8:30 and put your skills to the test at 8:30 by taking your canoe to the pool and racing.

10/15 – Coffeehouse

What better way is there to express yourself than an open mic night? At 8PM in the New Colonial Corner in the Lower Level of the Midtown Student Center an open mic night took place. At 9PM a featured act also featured a performance by the Terri Small Band.

10/16- Homecoming Bonfire—**TONIGHT**

At 8PM The Program Activities Council will be sponsoring a bonfire in Lives Concert Park (Westside Campus). Please make this event a success by adhering to the Bonfire Safety Regulations.

10/17- Homecoming Day —**TOMORROW**

Homecoming Street Fair - From 3-5PM come support and check out Western’s student organization on the side of the O’Neill Center. The Annual Homecoming Chili Cook-Off Competition will also take place here.

The Great Box Derby Race- At 5PM in front of the Westside Athletic Center, A derby race sponsored by Housing & ResLife Chuck Cup Program and IRHA will take place.

Homecoming Football Game- At 6 PM come cheer on the Colonials as they take on Fitchburg State.

Homecoming After Party (Black Tie Affair)- From 9PM-12AM the Program Activities Council will be hosting a dance that is free to WCSU students with ID. WCSU Students are permitted to bring one guest at the cost of \$10

Come home to celebrate WCSU and the exciting university it is becoming. WCSU has certainly changed for the better and it will continue to move in this direction. We look forward to spending this wonderful week with you all!

Learn How To WCSU Your Money!

By **Qin Lin**, Pinney ARM

Firstly, can you introduce yourself a little bit?

My name is Melanie Mangco and I am currently a junior at WCSU. I’m majoring in finance with a minor in accounting. Over the summer, I completed the certification to become a Financial Literacy Instructor, in which I am able to host programs and events with my fellow teammates and teach the importance of financial literacy.

As a financial peer mentor, what is your understanding of money and the importance of managing the money?

Having an understanding of one’s financial situation is very important and applies to many aspects of a person’s life. In order to afford your goals, lifestyle, and aspirations, you must first be exposed to different ways of how to manage your money in order to accomplish these goals; that’s where we come in.

Can you introduce “WCSU Your Money” program a little bit?

The team here at WCSU works together to host programs and events to teach our peers about financial literacy and how vital it is in everyday life. We are currently in the same situation as our peers, going from class to class and at times juggling extracurricular activities as well as jobs. We want to be able to help our fellow students be confident in any financial decisions, while having the comfort of financial stability down the road.

When do these programs/events take place?

We try and organize a few programs each semester, but are also available to speak with individual classes regarding topics such as: debt, credit, money management, savings, and so

forth. We actually have two incredible events that I hope everyone attended or will. We had Peter Bielagus (Young America's Financial Educator) coming to speak on Wednesday October 14th at the midtown student center and at the Westside Classroom Building .

Our second event is with a gentleman who is a Connecticut CPA and shares a passion about personal financial literacy. His name is Ross Rifkin and he will be speaking at the Westside Classroom Building, Rm 212 on Wednesday, November 11 at 5:30pm. These are two great opportunities to enrich your knowledge in personal finance.

How the students and community benefit from this program?

By being financially literate, the students and community have the ability to create a clear financial plan while defining how much money they need to live their desired lifestyle. Regardless of their income, 70% of US citizens are living "paycheck to paycheck" (The Wall Street Journal). We want to be able to educate our community into taking the necessary steps towards living comfortably.

After your presentation, what do you want students to take away?

We want the students to feel comfortable asking us any questions, whether personal or general, as we are here to guide them in the right financial direction. A KeyBank study found that less than 25% of students and only 20% of parents said students are very well prepared to meet the financial challenges that await them post-graduation. We want the students to be aware beforehand of any expenses they may incur and financially prepare them from now.



Got Music?

by Lexi Fonda, Litchfield ARM

It's become apparent that not enough students are aware of all the opportunities provided to perform music on campus, even when they aren't music majors! The intense amount of musical talent I've seen in music clubs and open-mics has been the true inspiration of this article, and students need to know that they have a variety of options at their fingertips. Sometimes, all it really takes for students to get involved is an audition!

The Music Department, as part of the School of Visual and Performing Arts, offers many ensembles for both jazz and classical musicians. These ensembles count for courses and students receive credit for participating in them. A list of all ensembles can be accessed by visiting www.wcsu.edu/music/ensembles.asp. These groups range in skill and numbers, with some groups including as little as four people in quartets or as many as one hundred in Concert Choir!

As a Music Education major, I often encounter people who wish they were involved in some type of ensemble for a variety of reasons. Some students don't want to major in music but maybe used to love doing band and choir in high school, are looking for a

new experience, or would like to fulfill a fine art credit. For students who haven't considered joining an ensemble, get on it! It's also a great way to meet new people. I've met people from all kinds of backgrounds, majors, and ages. In addition, it would be a great chance for students to get to know the Visual and Performing Arts Center, which seems to be an enigma to many. And if none of the provided ensembles catch your eye, take a look at the music clubs. There are a lot of seriously cool ones on campus including the A Capella Coalition, Show Choir, and the newly formed Synth Club. A list of all clubs can be found at sga.wcsu.edu/clubs. Don't forget that you can also start your own club, meaning that you can start your own ensembles! However, it should be noted that clubs do not count for credit.

You can take the first step to getting involved by emailing the appropriate instructors. Refer to www.wcsu.edu/directory to find faculty to contact. From there, some might require an audition for the sake of proper placement—so have no fear.

May your adventures in music bring you nothing but happiness! The outcomes truly are worth every rehearsal.

Studying Tips & Hidden Spaces

by Jackie Servillo,
Centennial ARM

There are many hidden places on campus that people are not aware of. These places make good places for studying. Some people require silence in order to study and concentrate on their work. Other people do not mind a little bit of noise and enjoy being around others when studying. Also, it is important to be aware of different ways to study. Every student learns differently which means that everyone studies differently. Some of these tips may only help a few people.



Haas Library

Firstly, the midtown campus contains many secretive places that are quiet and perfect for studying. For instance, the library can be considered the norm for

wanting a place to study quietly.

However, not everywhere in the library is always quiet. From experience, the first floor is usually the busiest and loudest. On the third, fourth and fifth floor there are corners and little spots that are rarely used by students and are always quiet. There are also specialized rooms on these floors that would be beneficial if you are working on a group project and can be reserved in advance. The science building has a rooftop that allows you to go outside, which is perfect for those who enjoy being outside while doing their schoolwork. The student center provides a computer lab that some people are not aware of. This computer lab becomes very convenient if you ever need to print something out instead of walking all the way to the library where you might have to wait to use a printer. The computer lab in the student center is located on the second floor. Berkshire also has a lounge that not many people ever use because they do not know it exists. Warner Hall's lobby can be loud at times but is a comfortable place to study if noise does not typically bother you.

Student Center



On the Westside campus, there are not as many places to study unless you enjoy nature. Westside has the nature preserve center, which is always quiet and has a trail consisting of benches. The student center also has a computer lab located on the third floor with a little lounge area. The

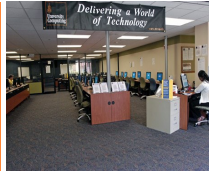
Westside classroom building is definitely a great place for hidden studying areas. The building is confusing, especially for those who have never stepped foot in there.

However, there is a computer lab located on the first floor, and if you can find the fish bowl in the building, it is a great, quiet place for getting work

done. The fish bowl is a big lounge area located in the middle of the building that not many people are aware of. There are signs near the elevators that can direct you there if you have difficulty discovering it. The Westside classroom building also consists of a smaller library containing a few computers and a learning center. The learning center is perfect for group projects because they have specialized rooms that are available to JLA and business majors only.

Now that studying places have been identified, what are some techniques to studying effectively? Different studying methods work for different people; the following are only suggestions for improving your studying technique. One important thing to remember about studying is time management. Never leave all your work to do the night before it is due, because you will become overwhelmed and not effectively finish your assignments. Make a list before the weekend, starting with the most important and time-consuming assignment. If the assignment is large, such as a 5-page paper, make sure to space it out and write a paragraph each day. Breaking up your assignments can help you focus more and effectively complete the assignment. If you are studying for an exam, be sure to take short breaks while studying. It is important to divert your mind at times because you do not want to overload it with too much information in a short period of time. Overloading your mind can cause you to become stressed easily and to actually forget the information that you just reviewed. Some people need to be relaxed while studying, and music can often help people become more focused. Also, studying with others can be very beneficial because they can test you and may provide different tips for tackling the material you are trying to understand. There are many more studying tips but these are just a few suggestions that may help you.

Westside Lab



IMPORTANT HOUSING REMINDERS



Don't forget to study and prepare for **midterms**. You may have noticed a theme here in this newsletter about that topic! Look for help from your ARMs, and at the resources all around our campus!

PAD (Public Area Damages) are damages that occur in public areas of our buildings like broken windows, excessive cleaning, or bodily fluid cleanup. These are reported by building staff, and a bill is generated for residents of that building or that area of the building. Charges are posted throughout the semester, and you'll be billed for them at the end of the semester. Rather than be billed, why not work to identify who might be causing the damages, and to stop it from occurring. A little diligence on everyone's part means you don't get billed, but also that you aren't living in a horrid place. Please do your part!

GROW—there are 3 GROW programs left this semester.

- **Stress Management**—Tuesday, Oct. 20th @ 3:30 pm in 201B in the Student Center
- **Healthy Relationships**—Tuesday, Nov. 3 @ 3:30 pm in Warner Lyceum (Library Side)
- **Using the Library**—Tuesday, November 17 @ 3:30 pm behind the elevator in the Haas Library

There's great information, and each program lasts only 30–45 minutes! And, there's always snacks and gifts!



** 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