



Handout

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

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Starting the Semester Off Right

by Ruth Williams, Pinney ARM

You have probably heard the term “Time Management” used by almost every teacher you’ve had since high school and maybe even tried to take advice from your academic advisor on the skills they found effective in the past. With much research and hard searching, I have come up with the 5 most important ways to use your time appropriately.

Let me start of by saying that managing anything (especially time) in college is not easy work. Classes are scheduled between huge time frames that range from 8 in the morning to night classes that don’t get out until 10 at night. Having the skills to effectively manage your time can not only help you survive the challenges that colleges demand, but also prepare you for other challenges that may be presented such as a huge project in your career or a more personal task of balancing time while working and raising a family.

1. Get and Use and Daily Planner

Don’t just buy one and barely open it. Ac-

tually utilize it! I find myself buying a planner each year that is big enough to write my agenda but also small enough to fit in my purse (or backpack). They come in various sizes, colors, and fonts so that there is a variety that may fit your style. It will help you keep on track with deadlines or due dates, and aid in keeping up on your responsibilities.

2. Determine if you are a Night Owl or a Morning Bird



This may not seem like an important thing to determine but I guarantee that it can make a significant difference in managing your time. Find the time that you feel alert and energized enough to get things done, and prioritize what can be done within the time frame.

3. Set goals and stick to them

Making realistic goals is key. Make sure to set goals that can be achieved and ac-

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SUCCESS SPOT

www.wcsu.edu/housing/arm.asp

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Surviving Winter



by Qin Lin, Pinney ARM

Many people in the New England area are faced with cold and troublesome weather during winter, such as freezing rain, snow, black ice, and hail. This type of weather is dangerous to drive in as well as it can cause many problems for students, so down below are a few tips to combat winter weather.

Plan more time to travel

- Plan around 15 minutes beforehand to account for accidents caused by the weather, to avoid rushing and driving fast on icy and snowy roads.
- Turn on and defrost your car before departing, because with a frozen windshield your view is obstructed and you will have difficulty going anywhere. Moreover, you'll be stuck waiting in a cold frozen car while your windshield defrosts.

Tips:

- Remember to lift your windshield wipers up before the snow; it makes it easier to brush snow off the windshield since there is less chance of them getting in the way or freezing to the windshield.
- Always keep a snowbrush in your car. Keeping a pair of gloves in your car is strongly advised, along with a scarf and hat, in case you need to brush the snow off your car.

Safely Walk

- When walking around campus, pay attention to the ground as there may be black ice that can easily cause you to fall and be injured.
- In addition to black ice, be careful when walking on freshly fallen snow as it can conceal ice, and quickly become a hazard.
- When entering any building be sure to kick off as much snow as possible from your shoes. Dragging in snow will create slippery surfaces, yet again increasing the risk of falling.
- If you happen to fall, try to fall as limply as possible and do not use your arms to try and stop the fall.

Delayed Opening

- When the university announces a delayed opening of the university, classes will begin and offices will open at the time given in the announcement. Make sure to check with your professor about the status of class if you have concerns.
- For example: If the University officially opens at 10:00 a.m., then a 9:30 class would have a delayed starting time of 10:00 and would end at the prior designated time, but is not cancelled.

University Closure

- If the University closes because of inclement weather and determines that the conditions warrant that students, faculty and staff should be released from campus. Classes or other scheduled activities must be cancelled at the announced time.
- For example: If the University officially closes at 2:00, then a 1:40 class would have to be dismissed at 2:00. (It is reasonable for students to believe that a class or test would not be held after the official announced time that the University closed.)

Shuttle Services

- Early Closing: The shuttle bus will continue to run for one (1) hour after the cancellation time.
- Delayed Opening: The bus will begin to run one (1) hour prior to the start of classes.
- University Closure: There will be no shuttle service.

Media Announcement

- Closing/Delay information will be called into the following websites and radio/television stations:
- <http://www.ctweather.com>
- <https://www.facebook.com/WestConn>
- <https://twitter.com/WestConn>



I had no idea that history was being made.
I was just tired of giving up.
- Rosa Parks

completed within the time limit that it needs to be done. Don't overwhelm yourself with things because it can lead to disappointment. Focus on those specific goals and get them done step by step.

4. Talk with your advisor

Most of us only utilize our advisors when we need our pin number to register for classes for the following semester, but you will be surprised by how many useful tips and good information advisors can provide. Schedule to meet and talk with your advisor about your concerns. They should be more than willing to contribute to making sure you are able to manage your time.

5. Reward yourself

After finishing a project, test or even finishing that homework assignment that took an hour to do, make sure to reward yourself. It can be as simple as "after I finish this paper I am going to treat myself to an ice cream cone." You will be driven to push through to get the paper done. It is also important to make time to reward yourself. Incorporate at least 30 minutes just to yourself in your schedule so that you can recuperate. It is important to know that you are the most important part of your own success so make sure to take care of yourself to get to where you aspire to be.

Hopefully these tips have helped you and will be useful for starting this semester off right. Remember that there are many resources on campus that can provide a variety of services to aid in time management. Check them out!

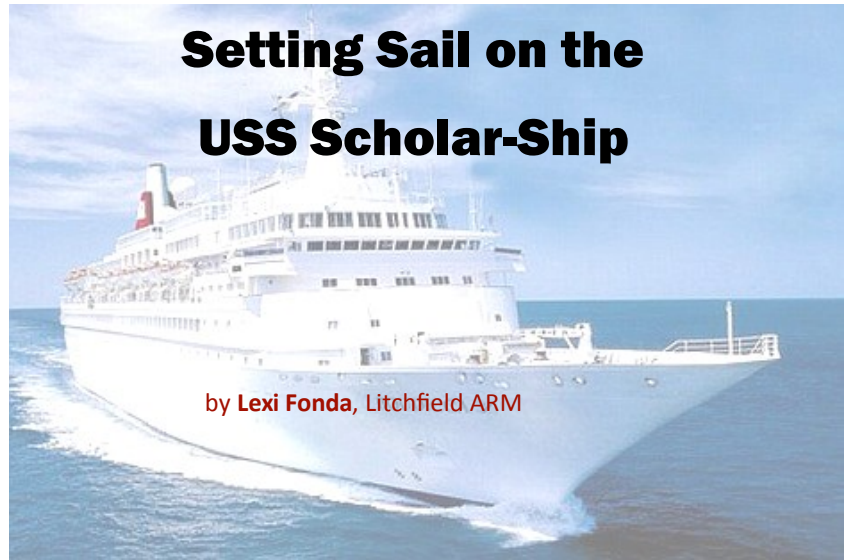


"DON'T LET ANYONE ROB YOU OF YOUR IMAGINATION, YOUR CREATIVITY, OR YOUR CURIOSITY. GO ON AND DO ALL YOU CAN WITH IT, AND MAKE IT THE LIFE YOU WANT TO LIVE."

- DR. MAE C. JEMISON

NASA—ASTRONAUT, ENDEAVOR
FIRST AFRICAN AMERICAN WOMAN IN SPACE

Setting Sail on the USS Scholar-Ship



There is absolutely no doubt that one of today's hot topics is the rising price of higher education in The United States. So many people are quick to say that scholarships alone are the answer, but I've always found it a bit hard to find ones that are legitimate or that I am eligible for achieving. However, recently I came upon a helpful little email from Student Affairs about an online application for scholarships. I've seen so many websites that just seem unattainable or too good to be true, but I was curious and checked it out anyway. As it turns out, the online application is quick, easy, and painless! I must have just completed it within ten minutes of clicking on the link. And you, too, can also participate in this quick, easy, and painless process by visiting www.wcsu.edu/scholarships.

When I finished the application, I decided to check out the rest of the webpage about scholarships and scroll through them all. The website first provides links separated by incoming and returning students. Underneath there are links to scholarships based on the student being undergraduate or graduate, the school they are studying at, and even ones that are university wide. From there, you can browse the scholarships and see what majors they are specific to (if specific at all) and get the details about what the applications entail.

What I really like about this page is not that it has just a bunch more scholarships to look at, but that they are legitimate scholarships made specifically for students like you and me here at Western Connecticut State University. They're not scholarships from random people on the Internet or big organizations; they're from people living in our community hoping to give back, and they want to give back to you!

What would it hurt to browse through some opportunities or fill out a quick application to help the cost of your tuition? Be sure to get to it quickly, because the online application closes **February 19!** Scholarships, ho!

Winter is a rough season to deal with for anyone, and college definitely doesn't help with that. Some days, students wake up before the sun rises and go to bed long after it has set, which equates to our circadian rhythms being thrown off and our general mood going sour. But winter's not all bad, and can be manageable this spring semester with a few new strategies for tackling the dark and cold northeast.

1) *Make Time Outside*

Yes, it's usually freezing and windy outside with a dash of freezing rain and black ice, but most days, there's some sun to be caught and exercise to be had. Whether it's walking, running, jogging, biking, or even catching a breath of fresh air, making time for exercise can break the feeling that you've been indoors for weeks and help promote a sound mind. Not to mention it allows your body to naturally develop vitamin D from the sun exposure, which boosts your immune system, supports lung and heart health, aids in preventing diabetes and various cancers, and maintains the health of your bones and teeth. Got cabin fever? Go outside and exercise.

2) *Get a Morning Lamp*

Much of our morning routine is reliant on light sensitive receptors in our eyes that wake us up and get us moving. In the winter, because most of us are awake before the sun is in the sky, our rhythms are thrown off and we feel tired and want to stay in bed. Instead of hitting the snooze button, try flipping on the Wake-Up Light. This special lamp simulates the natural white light of the sun and stimulates those light sensitive receptors in your eye to get you moving. There are various versions of Wake-Up Lights on the market, and they vary in price, but you can get a lightbulb and replace the one in your lamp to get the same effect, or if you're tight on money, try switching on all the lights in your room when you wake up (not advisable if your roommate is present. In that case, maybe try doing this in the bathroom).

3) *Uplifting Music*

Music has this wonderful ability to snap us out of bad moods and make us stop

worrying about our stressors, and can be a great way to fight the woes of winter. Try making a new playlist of your favorite songs to wake you up in the morning, or to play during that midday slump between lunch and your final class. There are also apps you can download on your phone that automatically shuffle songs based on how you're feeling or what mood you want to be in, such as the Mood O'Clock on iTunes (costs \$.99), or stereomood.com for free!

4) *Plan Spring Break or Summer trips*

Daydreaming is a great way to escape the mundanities of everyday life, but why daydream when you can actually plan a getaway? With spring break coming up in March and summer break arriving in May, try planning a trip to someplace new. Traveling is a great way to have new experiences and see life from another culture's point of view, so planning a trip may give you an attainable goal that you can strive for when the papers and exams pile up this winter. Or, if you're on a budget, why not look for fun activities in the Danbury area, or even plan a trip to New York City or Boston? There are so many options for traveling, so find one you like and shoot for that to get your mind off the blustery weather outside.

5) *Volunteer*

Helping other people can be a rewarding and relieving experience because you not only make an impact on someone else's life but take your mind off your work and busy schedule for a while, allowing you to recharge and focus on what needs to be done. There are many of volunteer opportunities around Western, some of them including Habitat for Humanity, the Dorothy Day House, the Danbury Animal Welfare Society and many more. Plus volunteer work allows you to meet new people and make new connections you wouldn't ordinarily get during your class time, so why not try helping someone out?

This isn't a comprehensive list by any means, but it should give you some new ideas of ways to counter that feeling of sadness and loneliness this winter, so get out there and have some fun!



Finding the Right Balance Between Work & School

By **Jamie Maitland**,
Newbury ARM

Plan- Before taking on a job while you're in school, make sure to talk to your supervisor about how many hours you can work. As a freshman you don't want to work multiple hours each week and not have time for your school work. Depending on your class load, start off with a low amount of hours and increase gradually when you know that you can handle more work.

School always comes first-

Your supervisor may want you to work later than you're supposed to or pick up additional hours, and you're going to want to do it because you want more money. However, you have a huge test tomorrow that you haven't finished studying for. Instead of working later or picking up additional hours, make sure that you study for your test and maybe you can pick up more hours when you have time.

Set time aside for studying-

With less time in your schedule to study whenever you want because of work, you should make

(Cont. on next page)



Eat Healthy and Exercise

by Jackie Servillo, Centennial ARM

Not only is school work a challenge for many of us during college semesters, but eating healthy and exercising can be an obstacle for many people. People do not realize the importance of eating healthy and exercising, especially during college. College not only sets you up for your career but also your way of life. It is important to begin a healthy diet and routine exercise at a young age because it will most likely stick with you in the future. There are tons of health and mental benefits to eating healthy and exercising daily.

Regular physical activity and a healthy diet can help to lower your blood pressure and cholesterol levels. Lowering these levels can reduce the risk of type two diabetes and heart disease. Diabetes and blood pressure levels are not necessarily on our minds at this age but are things that you may encounter in the future. Exercising routinely with a fat free or low fat diet (including dairy products) is necessary to build strong, healthy bones, and will help slow the bone

loss process as you become older. Being in good shape can give you more energy and clear your head of any stress you may have. Also, being healthy can improve your self-esteem and reduce depression.

For women specifically, eating healthy and exercising can help reduce PMS. Also, being healthy helps to wipe out allergies. Sneezing and watery eyes can really take the fun out of a workout, but working out helps to release toxins and can help to sweat out your cold if you have one. Also, being healthy and exercising routinely can help you sleep better at night.

In college, everyone is busy, and I am sure we can all relate to staying up late just to finish a paper. Getting a good night's sleep is one of the most important things you can do for your health. While sometimes sleep does not come easy for us, exercising routinely has helped people who suffer from insomnia or simply cannot sleep well.

Why not give these tips a try this winter?

designated study time. Go somewhere quiet, grab a snack and water bottle, and get to studying! At the end of the day you'll be so happy that you set aside study time so you don't have to worry about it.

Don't forget to eat - When you have a lot going on throughout the day you could forget to eat. Make sure to have snacks with you while studying and at work. Also, sit down and have at least three full meals a day. Not only will it keep you nourished, but it will also keep you energized!

You have to sleep! Make sure to get at least 7-8 hours of sleep a night. It's not healthy to work all day and at night try to get your school work done. You won't be focused and will stress yourself out. That's why **balance** is key.

Don't overwork yourself - No one is perfect, and if you try to be, that can harm your life in more ways than one. If you overwork yourself because you want money, that can lead to detrimental outcomes. Regardless of how much money you want/need, remember that you're in school for a reason and the ultimate goal is to graduate.

Don't forget to make time for yourself - Even though you have a job and a difficult course load, don't forget to set time aside for you! You need to relax and remember

that even though you have responsibilities you still have to have fun. Go out with your friends or read a book; just do something other than work.



NOTE TAKING TIPS

by Nadia Orjiugo, Centennial ARM



Hello all! I hope you guys are having a great start to your semester and will end it the same!

After our mini vacation, we might be feeling a little lazy and may have forgotten how to succeed in the classroom, which is why I'm here to help. Success in your classes all starts from your notes! Here are some tips on how to be a great note taker so you can move forward on your path to success:

- Be alert so you are aware of and prepared for the lecture content and situation.
- ⇒ Use a three-ring binder instead of a spiral or bound book. This is more efficient because you can remove pages without destroying them and you will be able to place pages where they belong.
- ⇒ Bring highlighters to class because this can help you identify direct clues that will more than likely be on an exam.
- ⇒ Read assigned material and previous class notes before class so you are always prepared and can ask questions.
- Keep notes for one class separate from other classes
- Some people prefer to write on one side of the paper for easier organization and this

may benefit you as well.

- Carry extra pens and pencils for color coding and back up of course!
- Don't doodle because it distracts you. Try to focus on the teacher by making eye contact.
- Leave blanks where information is missed and fill in the gaps after lecture.
- Record examples that will be helpful.
- Get into the five-minute technique of reviewing your notes right after class. At this time you can change, organize, add, delete, summarize, or clarify misunderstandings.



Most importantly, besides having the greatest notes ever, create study sessions with your peers. These sessions can help you learn or go over information from class and also get input from classmates on some topics. Also be sure to review notes within 24 hours after class— this can be really helpful in not forgetting what you've learned. Hopefully these tips are helpful and I wish you nothing but a great semester!

FOR ME, I AM DRIVEN BY TWO MAIN PHILOSOPHIES: KNOW MORE TODAY ABOUT THE WORLD THAN I KNEW YESTERDAY AND LESS-EN THE SUFFERING OF OTHERS. YOU'D BE SURPRISED HOW FAR THAT GETS YOU.

Dr. Neil deGrasse Tyson



Quick reminder: There are no classes on Friday, February 12 or Monday, February 15 for the President's Day Holiday.

Join the **Housing** STAFF & RESIDENCE LIFE Applications are now available for **Resident Assistant** (RA) and **Academic Resource Mentors** (ARMs) for the 2016-17 academic year. You will find applications at the www.wcsu.edu/housing/employment.asp webpage. Won't you consider joining our team of student leaders?

Room Selection Information:

It's not too early to begin thinking about where you'll live next year. Deposits are currently being accepted for Housing for the 2016-17 year. You can pay your deposit online at www.wcsu.edu/ezpay. If you live on campus now and want to again for the fall, your deposit must be paid by March 21st. If it is not paid by that date, you will be unable to participate in the room selection process.

Watch your email for more information on just what you'll need to do to secure a room for the fall. Or read the signs you'll see going up around your building. Or attend a program in your hall that explains the process. Or ask your RD what you need to do. Or stop in at the Housing Office and ask a few questions. There are plenty of ways to discover and be aware so you won't miss out on your opportunity!



** 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