



Handout

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

IN THIS ISSUE

Student vs. Student Leader



Tips for balancing your life!

by **Jamie Maitland**, Newbury ARM

- **Write everything down**— how are you going to be a student leader and a good student without writing all of your tasks down? If you are taking five classes, have a job, and are involved in multiple clubs/organizations on campus, it's easy to forget about certain things that you have to do. By writing them down in a planner or making a to-do list, not only will you remember everything that you have to do, but you'll also be prepared.
- **Prioritize**—as a student leader and a student, it's easy to become overwhelmed with all of your responsibilities. Sometimes you may have to choose between studying for a hard test and doing work for your organization/club. If you know that a certain week you're going to be extremely

busy, try doing the work for your club beforehand. Therefore, by the time the test comes around, you can focus on it.

- **Be honest**—Sometimes you may not be able to complete all of the tasks that you have to do for your club and do your schoolwork. If that's the case, it's important to be honest with the members of your club, preferably in advance. Let them know that you won't be able to do the work that you previously thought you could and apologize. If a situation like this does arise-take the necessary steps to prevent it from happening again.
- **Get enough sleep**—a lot of responsibilities can leave you going to bed late every night and waking up early just to get a head start on the

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www.wcsu.edu/housing/arm.asp



Spring BROKE

by Kyle Venditti, Grasso ARM



Spring break is just around the corner, and for many of us, it will grant us some much needed rest from the spring semester, but for others, it may prove to be taxing on our wallets. It's tempting to book long trips to warmer areas like Florida and California, or even out of the country, but it's also rather expensive. There are plenty of options for spring break that won't make you broke, so hopefully I can give you some new ideas to have fun and save money.

In terms of some raw statistics, according to research conducted by Student Monitor LLC, 1.7 million undergrads (around 21% of that population) plan on going on spring break trips, spending a total of \$1.6 billion, or an average of \$914 each (courtesy of the Miami Herald). That's a lot of revenue for wherever those students are travelling, which means that space will be more limited not only for hotels but also plane tickets. Combine that with expensive dining fees and you've got quite the heavy bill. Fortunately, there are a lot of alternatives to flying and travelling far.

One way to control your spending is to establish a budget and plan accordingly. If you decide that you only want to spend \$400, a budget will help you control your spending more and find different ways of accomplishing the same fun activities. If you still want to travel, consider driving to your location with your friends and splitting the gas costs. Gas has been down for a while and the cost of driving to Florida is cheaper than flying, so that can be an easy way to cut the costs of your trip down. And besides, who knows what you'll see on the way down; you could even plan on making occasional pitstops at points of interest along the way.

Another method of cutting your spend-

ing is deciding to pick up some groceries and cook a few meals a day at the hotel you're staying in. Eating out is expensive, and while you'll want to probably try some of the local cuisine, choosing to eat one or two meals at your hotel will control how much you spend on food while you're away from home. Also, take advantage of continental breakfasts if your hotel offers them.

Don't forget to bring your student ID as well! Many restaurants and entertainment facilities (movie theaters, clubs, stores, etc.) will offer a discount for students if you present them at the check-out counter. The trick here is that many of these places won't readily offer this discount, meaning that you'll have to ask about it in order to receive it. Just have your ID ready wherever you go and ask, "is there a discount for college students?" You'd be surprised how many stores participate in a discount of some sort.

You could always take a trip to New York City or Boston if you'd like to stay closer to home. The variety of sights and entertainment options in the city are infinite, and also not too expensive to travel to and from. A roundtrip train ticket to New York City will cost you around \$30, and once you're there, you're free to check out all the attractions you desire, from Central Park to Broadway to Radio City and the Empire State Building, all are within walking distance, or subway/bus if you prefer. Be sure to bring a camera and some spending money, because you'll probably see something you'll want to bring home!

If you're more the local type, there are always movie theaters nearby along with a ton of small daytrip kinds of activities in Danbury and around Connecticut. AMC Loews in Danbury is only a few minutes

from both campuses, and every day after 4:00pm, you can receive a discount on your movie tickets if you present your student ID to the ticket master. Why not go see a movie you haven't had time to watch during the semester because you were too busy? The Danbury Fair Mall is only a few minutes from the Westside campus as well, so why not

take advantage of the time off and update your wardrobe? And within walking distance of the Midtown campus is the Danbury Ice Arena, where you and your friends can skate circles on the ice during free skate, or in my case, try not to fall and swiftly land on my butt in cold pain.

Or, y'know, you could always work on some of those final papers that'll be due in just a few weeks' time. I know, not the most exhilarating way to spend your spring break, but it'll ease your pain when you return to classes and have four papers due all during the same week in addition to two or three exams. In years past, I've benefited from devoting just a little bit of time to doing research or starting a paper, so consider it if you're staying home or close to it this spring break.

And of course, you can always pick up a new book! Whether it's a visit to the library or a quick order on Amazon, choosing to read a book this spring break may prove to be a relaxing and meditative experience away from all your smart devices and bills due. Sometimes being alone with a book is enough to recharge your soul and prepare you for the coming onslaught of exams in May.

What's great about spring break is that we're given nearly limitless freedom to pursue our hearts' desires on a whim, but keeping our bank accounts in the positive range should also be a goal as well. Fortunately, you can still travel on a budget if you control how much you spend and what travel mediums you choose, or you could forego travelling for staying at home and having fun around your home town. Whatever you choose, enjoy the time you have. You deserve it.



day. However, if you don't get enough sleep you can feel fatigued all day, which prevents you from putting your best foot forward. Plan your day so that you can adequately finish all of your tasks and go to bed at a decent hour. If you didn't finish everything that you wanted to do, make time to do it the next day. Your health is important!

- **Balancing**—if you have school work and multiple tasks to do for your club, balance is key—if you study better during the day, make sure that you complete your school work during the day. This leaves you time later in the day to focus on the tasks for your club.
- **It's okay to say no**—if you have multiple responsibilities in your club and your club members want you to take on more tasks, it's okay to say no. Don't feel as if you have to say yes to more responsibilities. If you have enough on your plate then focus on what you *have* instead of taking on more tasks.
- **Don't stress**—take one day at a time. Focus on what needs to be focused on that day and don't worry about the future. Thinking about everything that you have to do could leave you feeling exhausted and worried. However, by focusing on what's in front of you—you can do the work that you have to do and allow everything else to fall into place.

I have an almost complete disregard of precedent, and a faith in the possibility of something better. It irritates me to be told how things have always been done. I defy the tyranny of precedent. I go for anything new that might improve the past.



Clara Barton
American Public Servant,
Founder of the
American Red Cross

Why Is It Important to Know Your Professors?

by Jackie Servillo, Centennial ARM



It is important to know your professors because your professors are a way to network. Your college years are all about planning for your future and setting yourself up for the best career. These are becoming difficult times in many of our lives and especially within the job market. Depending on your major, some jobs are becoming more and more difficult to find. Whenever you apply for an internship or a job you will need letters of recommendation. Professors are excellent people to ask for letters of recommendation because they know your work ethic and speak to how well you handle assignments and how effectively you communicate. Time management and communication are very important traits that employers look for in an employee. Therefore, knowing your professors well enough and creating a good relationship with them will help when you apply for jobs in the future.

Professors do not only help people network, but they also help you academically. When you are struggling in a class, it is important to feel comfortable enough to speak with your professor. Establishing a professional, good relationship with your professor will help you because they will have a better understanding of who you are and how you learn. Also, they know the material they are teaching so they can give you resources to help you. And who knows—you may even find that they're nice humans who you share interests with!



by Ruth Williams,
Pinney ARM

Well everyone, it is that time again. Midterms are upon us! As quickly as we got to this point is how quickly it will pass. It is time to buckle down and get serious.

This upcoming week may seem full of papers, tests, projects and performances that all may seem to be pushed together. I, like you, have many assignments and exams that will test my skills in organization and stress manage-

ment. I want to give you some tips that I have researched and valued since I became a nursing major. Hopefully, you can find them just as helpful.

1. Gather all your material

This may be the simplest but most important step to getting prepared for midterms. First, find out what format the exam will be (multiple choice, short answer, fill-in-the-blank). Then find out what chapters are on the exam and gather all the PowerPoints, notes and flashcards you've done for those chapters. Organize them in a way that you would expect the test to go.

2. Divide and Review

Divide up each assignment you have to do and set time for studying each in specific time-slots. If you have multiple exams in one day, this is the best technique for you. For those who have days between exams, set days dedicated to that assignment only. Once you have figured out how you are going to divide the work and studying that needs to get done, utilize that schedule and review. Review each topic and get to know that subject way as best as you can. Use that time wisely.

3. Do not Cram

Cramming will get you nowhere and if it does get you somewhere, it is only temporarily. Cramming can put you and your mind in a state of panic and what you think you are absorbing in actuality is not being stored in your brain. This is important because this can put you at more risk of having your mind go blank during an exam. This is something you most certainly don't want to occur.



4. Find a Study Buddy

I cannot count how many times having a study partner actually helped me prepare for an exam. Once you feel comfortable with the information you have studied on your own time, call up one of your classmates to go over the material with you. You guys can bounce ideas off each other and maybe better understand a topic that you didn't understand when you studied alone. This could be very beneficial for both you and your classmate to successfully pass your midterm.

I hope you take these tips into consideration. They have significantly helped me in the past and I plan to apply these tips to the upcoming midterms that I will have to do within the next couple of weeks. Just keep in mind that we all, as students, have to deal with the stress and pressure of this demanding time but it is important to keep calm, take your time and understand the materials and to apply what you know to the best of your abilities.

The Next Note

by Maribeth Griffin,
Director for Residential
Programs & Staff

Sometimes, despite our best thoughts and efforts, we find that we've made a bad mistake, and there's been a cost to it that was much bigger than we expected. It can be a really painful time.

You can let that pain stick around and continue to hurt, or you can opt for a different outcome. As the great Miles Davis, jazz trumpeter, once said, "When you hit a wrong note, it's the next note that makes it good or bad." Don't let that bad note, that mistake, define you. Rather, choose your next note well, and you'll be on the path to a great new tune.

Did you have a tough semester in the fall—a little too much time spent on fun and maybe not enough on studying for that test? It's OK. You can recover if you take the time to think about what caused the results, and then make your next note sing! How? Take a night off from going out and work on the paper you have due. Re-copy your notes after class instead of hanging out with your friends. Find just a few little things you can change—you'll be astounded by what big things can happen to your grades with a few small changes!

What if it wasn't schoolwork, but that you disappointed a friend or co-worker by doing something you know was wrong? Again, painful, perhaps, in the outcome, but **not** impossible to recover from. Author Dani DiPiro has a list of 5 ways to recover from bad decisions. She writes:

1. **Take full responsibility.** The first step you must take when having made a poor choice is recognize the part you played in a situation. It does no good at all to make excuses or rationalize or pretend that, for whatever reason, you aren't to blame. If you want to move forward from wherever you've found yourself, you have to take responsibility for your choices and actions.



by **Nadia Orjiugo**, Centennial ARM

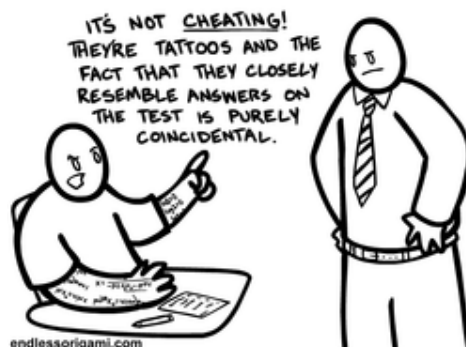
Happy March everyone! As we all know, midterms are approaching and of course we all want the highest grade possible. However, the means you take to get the grade is very important. Academic dishonesty is one of the biggest problems occurring in higher education and we must avoid it. Temptations are everywhere but we must fight them!

Examples of academic honesty violations include, but are not limited to:

- Submitting material that is not your own work
- Using information or devices that are not permitted
- Fabricating information
- Collaborating with others on assignments without the faculty member's consent
- Cooperating with or helping another student to cheat

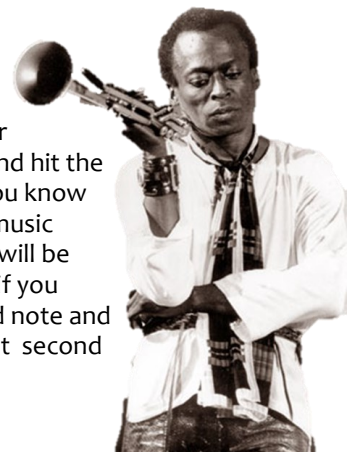
These are just some examples, but there are many more. Engaging in dishonest conduct is not worth the risk of endangering your academic career and possibly your future. Here at Western, The Office of the Dean of Students will maintain a copy of each Academic Honesty Report filed on a student until that student's graduation or permanent suspension of studies. The penalty for an academic honesty violation on a significant course requirement such as a final copy of a term paper/project or final examination shall be an "F" for the course. The penalty for academic honesty violations in other coursework will be left to the discretion of the faculty member and may be modified upon appeal. The Office of the Dean of Students also may initiate disciplinary action against a student with repeated academic honesty violations.

This was taken right out of the WCSU Academic Honesty Policy, which can be found here (www.wcsu.edu/facultystaff/handbook/forms/honesty-policy.pdf). So before you go in to take your midterm or any other test this semester, rethink how dishonest behavior can greatly impact your future! Good luck on midterms and the rest of the semester.



2. **Understand your choices.** Next, it's essential that you understand why you made the decision you made. Keep in mind that this is not a time to think of excuses for why it happened; this is a time to understand why it happened so you can avoid making similar decisions in the future. Really take some time to think about why you did what you did so you can begin to move on.
3. **Apologize and explain.** If your decision hurt anyone else, the best thing you can do is apologize and explain. Don't offer excuses or try to play down the situation in any way. Be honest and open with those you have hurt and explain to them what you realized from Step 2. Once you've done that, it's also important to apologize to yourself and do what you can to come to terms with your decision.
4. **Focus on the present.** When you've made a bad decision, it can be tempting to dwell on that but, believe me, that's a waste of time. The most productive thing you can do to move forward from your choice is to focus on what's happening now. Cut yourself some slack and begin to focus on the positive things you're currently doing instead of the negative things you have done.
5. **Be proactive in the future.** The best thing you can do for yourself when you find that you've knowingly made a bad decision is to find ways to be proactive after the fact. Ask yourself what can be fixed or changed now. And then think about what you can do in the future to make sure you don't find yourself making similar decisions. Don't downplay the importance of taking future action. (<http://www.positivelypresent.com/2010/07/5-steps-for-recovering-from-a-bad-decision.html>)

So, take a deep breath, think of your next step, and hit the best note you know how. That music you'll make will be astounding if you take the bad note and make a great second note!





STOP! You might want to read this!

With a killer cover letter, nearly perfect grade point average, and an outstanding list of recommendations, you could only assume that you would be able to score that dream job once you graduate, but you are only half way there. The most important item that is missing from the list above is internship experience! After my experience in promoting internship opportunities to several classes, I found that most students did not realize the importance of an internship(s) (yes, more than one internship is always better) and the fact that the earlier you get an internship, the better off you are when applying for a job after college. Although most freshmen and sophomores always classify themselves as unqualified candidates due to the lack of knowledge they may have in their professional fields, I always like to say, "You will never know your true potential if you don't try."

Here are some reasons why acquiring an internship is a "must":

◆ **The opportunity to "test drive" a career**

After interning, many people might discover that their planned career is not what they thought it would be. Or, in a situation that one major has many concentrations, people might find that they fit better focusing on one concentration rather than another. Personally, I know one of my friends was an accounting major and she realized accounting was not for her after she interned at an accounting department. You also have the ability to test out a completely different career field that you are interested in, just to find an alternative if your major doesn't work out. Isn't it better to plan ahead and have real-life experience before you accept that job offer?

◆ **The chance to network with professionals and finding lifetime mentors**

By **Qin Lin,**
Pinney ARM

Everyone you meet at internship workplace will be a potential contact you can reach for to network in the future. With so much diversity among experienced professionals, you will be able to receive valuable advice from different perspectives. Any positive relationships will allow you to reach out to your supervisor or co-workers for referrals that will aid you during your job-hunt process post-graduation. Most of time, you might also find some lifetime mentors who share the similar interests with you and can guide you through your whole career.

◆ **Developing essential working skills to success**

Interning at a real workplace will really sharpen your interpersonal communication skills by interacting with people on a professional level, which you will never have an opportunity to do in the classroom. You will also gain much more confidence by improving yourself in the workplace and developing your leadership, teamwork, and problem-solving skills, proving to yourself that you have the ability to work in the real world.

◆ **Potential permanent position**

Many internships tend to lead you to potential permanent positions. When everyone else will worry about scoring a job after graduation, you could already have a full-time job waiting for you.

◆ **Co-op and college credits**

At WCSU, Career Services (previously known as Career Development Center) offers participation in the Co-op program to all full-time matriculated students who have completed 45 credits and are in good academic standing. Employers frequently use the Cooperative Education Internship Program as a recruiting tool, and many students are offered permanent positions following completion of internships, as I just mentioned. Please contact Career Services for further information.

IMPORTANT HOUSING REMINDERS



Spring Break is the week of March 21—25th. The halls will close on Friday, March 18th at 6 pm for anyone who has not registered to stay for break. You can register now by completing the form at your building's information desk. There is no fee to stay for break, but you must register to stay for any part of break. Halls reopen on Sunday, March 27th @ 4 pm.

Room Selection Information:

Have you paid your housing deposit yet? Deposits for the 2015-16 school year are due now (and must be paid by March 21st. You can pay your deposit online at www.wcsu.edu/ezpay. Make sure to get your deposit in by the 21st. If you don't, you won't be permitted to participate in room selection in early April! Don't miss out on being able to get the space you want with the people you want to live with!

Signs have been posted in every building which explain the process and deadlines. Make sure to read them. You're also receiving emails with information at your WCSU@connect accounts. Ask your RD or stop in the Housing & Residence Life office in Newbury if you have more questions. A few dates to keep in mind are:

- ◆ March 21—Housing Deposits due
- ◆ April 5—Group Pre-Registration packets are due
- ◆ April 7—Group leaders emailed selection appointments
- ◆ April 11, 12, 13, 14— Selection appointments.

More complete information can be found on this link: <http://www.wcsu.edu/housing/documents/forms/Room%20Selection%20Process%20and%20Timeline%20201710.pdf>



** 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



“I write for those women who do not speak, for those who do not have a voice because they were so terrified, because we are taught to respect fear more than ourselves. We've been taught that silence would save us, but it won't.” — Audre Lorde