



# Handout

April, 2016  
Vol. 4, Issue 6

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

IN THIS ISSUE

## Your Social Network

by Kyle Venditti, Grasso ARM

Summer is fast approaching, promising freedom from homework, papers and stress in general, but should you disconnect completely from your college life? You've spent the past eight months on campus, working hard, joining clubs, and striving to land that internship you've always wanted – is it right to leave all that work behind for four months? College is all about experimentation and making new connections, among those new friendships and bonds with professors and mentors on campus. Rather than sever all ties for the warmer months of the year, you should try to stay in touch with all these people; you never know what will happen.

It would be difficult to make a list and stay in contact with every person you met at college since you began attending Western; everyone lives in different areas and has different re-



sponsibilities over the summer. However, this is where 21<sup>st</sup> century technology shows its greatest strength. It only takes a few minutes to send someone a quick text message, or better yet, a phone call. People love to speak with one another, and it eliminates a lot of the ambiguity inherent with texting. Should that not be an option, try using Facebook and see if you can meet up somewhere for lunch. If you live far away from each other, try meeting halfway between both of your locations to save on gas. Your university friends will usually stand by you for the rest of your life, so make sure you build strong friendships while you have the time.

What most college graduates tell freshmen is that they had a connection with a professor or fac-

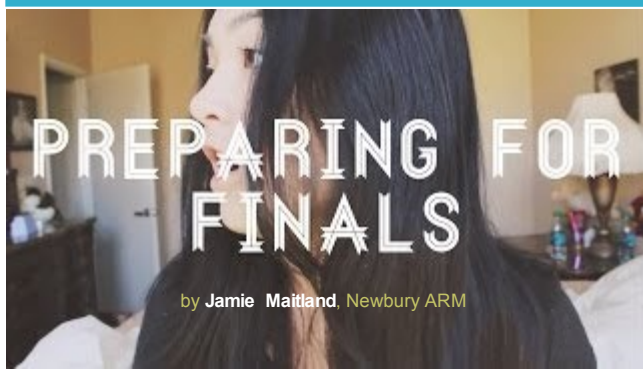
(Cont. on page 3)

- 1 Your Social Network
- 2 Preparing for Finals
- 2 Saying Goodbye to Your College Years
- 3 5 Steps: How to Take Advantage of Take Home Tests
- 4 Getting to Know Dean Begian
- 5 Making Your Summer Productive
- 6 Westfest!
- 6 HRL Reminders



SUCCESS  
SPOT

[www.wcsu.edu/housing/arm.asp](http://www.wcsu.edu/housing/arm.asp)



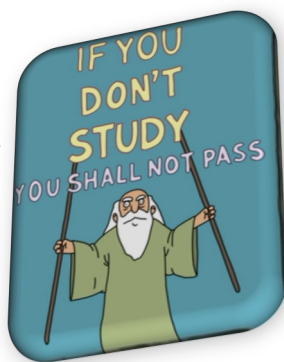
### Utilize your resources:

WCSU has a plethora of people that 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 lab is also available 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 finals 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 focused on your final.

**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 an answer down, 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 finals 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.

**Plan appropriately:** Finals week 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—the level of difficulty the class is for you, your finals schedule, and your personal schedule. If you have a final on Monday, May 9, and your next final is not until Thursday, May 12, make sure that you focus on the final that is first, which is the final on Monday, and then start preparing for your final 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 final. 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 finals week may think that it is this dreadful week that you do nothing but study. However, that is not true. During finals 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.

## Saying Goodbye to Your College Years



By Jackie Servillo, Centennial ARM

Graduating from college is a major milestone in many people's lives, but it's also a sad moment as well. It is a type of moment that is very bittersweet for many people. You are moving on with your life and hopefully beginning the career you always dreamed of. It is sometimes upsetting because depending on if you attend graduate school or get offered a job that is far away, you will have to say goodbye to some friends. Saying goodbye to friends is never an easy thing to do. It can be challenging to continue your friendship if you are far away.

College is often many people's favorite time of life. College is where you meet new people, take classes that interest you and gain the independence you have always been hoping for. It is a time in your life where you are not an adolescent with restrictions given from your parents, but you are not quite a full adult with a career and complete independence. Your college years are ideally the best times of your life, which is why graduating is very terrifying for some. After college, you have to make sure you are set on a good career path. It is where you officially become an adult.

But, just because you are "an adult" after college does not mean you still can't have fun. In fact, you can even more fun and if you are set up in a good job, you will finally be making a lot more money than you ever did in college, which will allow you to go on vacations and do more entertaining things. Saying goodbye to your college years will most likely be the most bittersweet moment of your life, but try to look at it positively and realize you can now officially be an adult with lots of freedom.



Many of you might have been given take home exams by some of your professors throughout college. If you did not perform well on a previous test, these exams serve as a great opportunity to improve your grade. The most beautiful part of having a take home exam is that you have absolute control over your every aspect of the test. Here are 5 steps for how to take advantage of your next take home exam:

### **STEP 1: CREATE A "GAME-PLAN"**

Planning out your method of attack prior to taking the exam will lead you to success. A take home exam could be in the form of an online submission, question assignment, or essay assignment. Make sure you read through your professor's instructions and exam assignment carefully to plan accordingly. Prepare all the documents you will need before you begin your test.

### **STEP 2: ORGANIZE YOUR TIME**

There is nothing more dreadful than taking an exam after you just woke up, or when you're about to fall asleep. Please take advantage of the amount of time you are given and choose a time slot that best fits your personal schedule. For example, if you are a morning person, you would want to allocate your exam time in the morning instead of in the evening (and vice versa); make sure you are calm, cool, and collected when you decide to take the exam.

Everyone should develop a habit of making their own personal weekly schedule. Give yourself some cushion time—several days before the deadline. You will not want to see yourself rushing your take home exam at the last minute.

### **STEP 3: UTILIZE ALL RESOURCES AVAILABLE**

Instead of having to rely solely on memorization as you retrieve information during past classes, you can fully utilize all the resources that are available to you (i.e. internet, textbooks, notes, etc.) Sometimes (if

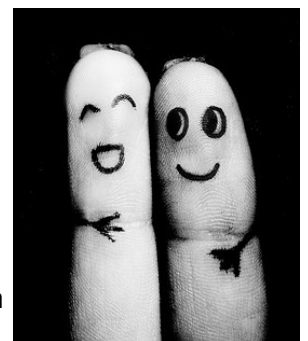
(Cont. on pg. 4)

ultly member on campus that guided them through their college years. For many students, we all have that one professor that stands out from the rest, either because he/she is funny, has many experiences, has similar interests to us, or just teaches well. This person is a valuable resource to college students, and one that shouldn't be taken lightly. While many students take advantage of their connection with a professor or faculty member at school, many leave it at that. Now, I'm not saying to become best friends with your professor and play golf with them, but stay in contact. Email them using their university email just to say hello in July and see how they're doing. Trust me, they'll appreciate the effort, and will enjoy speaking with you.

Another perk of staying in touch with college professors over the summer is opportunities. Many times, your professors know many employers and colleagues who are looking for either summer help or an intern to help with their research. In one of these instances, your name will likely come up because the professor knows you and your interests and will recommend you for the job. However, this does not mean that you should only befriend professors to use them for their connections and power. Many of them were like us once and want to help you succeed at whatever you want to do, so don't take advantage of their willingness to help. Do good, help others and usually you'll get help back.

Lastly, another good group of people to reach out to is your old high school friends. After a few months or years at college, you've all changed so much and found new groups of friends, but that doesn't mean you have to forget about your old ones. Many times, these people will share some of the same interests you had in common from your teen years, so it may be worthwhile to try and reach out to them. They could be working on a new project that you may be interested in, or want to travel the country just like you, so you never know what you may find.

As humans, we are social creatures and thrive off our ability to make connections and share ideas with one another. With college, it is the perfect time to make more connections and foster them so the relationships you make are healthy, and that stays true for summer as well. Keep up with your friends and mentors to the best of your abilities and who knows where you will go.



# GETTING TO KNOW DEAN BEGIAN

By Lexi Fonda, Litchfield ARM



The Visual and Performing Arts Center is home to many shining stars on its faculty,

and I had the privilege of speaking to one of its brightest—Dean Jamie Begian. From performer, composer, teacher, chair and dean, Dean Begian has always provided excellent work and accomplished great feats including but not limited to the Charlie Parker Award and Distinguished Adjunct.

**LF:** So tell us the story of how you first got involved with WestConn.

**JB:** A friend of mine was teaching here—who was also a student here at the time—and he was being relieved because they were saying that he had to have a degree in order to teach here, and he was a current student. So, he and I were teaching at a local music store. He said, “Hey, man, my position just opened up if you want to check it out.” And I sent my resume in. And it turned out that the person who was hiring was friends with my music teacher when I was still a grad student. So, one thing led to another and I started out teaching two or three jazz guitar students and Jazz Guitar Ensemble.

**LF:** And how long have you been with WestConn since?

**JB:** That was the fall of 1991.

**LF:** What’s one thing you want students to know about your job as Dean?

**JB:** That we have their best interests in mind. The Deans [...] are trying to make sure that our programs deliver what they’re supposed to, and that way you guys get the education that you’re paying for.

**LF:** Do you have any role models?

**JB:** My parents, actually—both of them. My mother is very smart, and very fair, a hard worker. And so I like to think I have those kind of attributes. And my father is very fair and a little sensitive. I like to think that I have a little bit from that, too.

**LF:** Do you have any hobbies outside of music?

**JB:** Yes, I have two very strong hobbies. [...] One of them is working on my sports car, which I built from the ground up around the same time that I was actually hired here. My father bought the car new in 1967, and I still have it [and] did a restoration in the late 80’s. I drive it when the weather is nice. And I like to play ultimate Frisbee.

**LF:** Last year [Music Department] had our day off from class. We were all invited to play ultimate Frisbee. Are you intending to do that again this year?

**JB:** Well, it’s not my call. You know, I’m not the chair so...

**LF:** That was the most excellent thing ever! Everyone really enjoyed it.

**JB:** I miss that. As a Dean, you’re not as connected to the students. Like, I miss teaching the classes that you took. I miss the daily kind of contact. With the students, I don’t really have my finger on the pulse. And that day off that I kind of made up last year was because I felt like everybody—I mean I certainly was feeling it. I’ve done that many times in the past, but not on the whole departmental level. I would just take my Jazz Orchestra and say, “OK, guys, we’re going outside today.” A great musician once told me: You can love music all you want; you can be super devoted to it but you need to have something outside in order to stay sane. [...] You can work too hard very easily. That’s a fault of mine.

**LF:** If you were on a deserted island—

**JB:** Oh, god...

Cont.

## 5 Steps

you’re lucky), you will have a professor who allows you to work with fellow classmates allowing you to pool everyone’s ideas and inputs together to find solutions.

### STEP 4: PICK A PRIME EXAM LOCATION



I know at this stage of the game we’ve all become masters at multi-tasking, but the last thing you want to do is be forced to finish your take home exam at a concert, party, or game. Avoid taking the exam on days where you will most likely have plans. The time flexibility of a take home exam allows you to pick a quiet location which will help you focus more intently.

### STEP 5: DOUBLE-CHECK, TRIPLE-CHECK, AND QUADRUPLE-CHECK YOUR WORK!

Do not forget to review your work and double check the exam assignment to make sure you complete all the required assignment. Some of the most important parts of the exam may be hidden or misconstrued. Going over your work carefully will allow less room for error!

Good luck on your next take home exam!



## Check Your Work

After a long and stressful semester you may not be thinking about doing anything productive during summer but you may be surprised to find out how much can be accomplished within that time period.

**Summer is a perfect time to get ahead**

Summer classes are the best way to go. Most classes are only offered a couple times a week and are half the time of the classes you take during the semester. One of the best things about taking classes in the summer is that you only have to study and focus on that one class. Unlike a semester during the spring or fall, you only have to do homework assignments, tests, and readings for one topic instead of 5 different classes. If you take classes elsewhere, most of those credits transfer to the university and you will be one less class away from graduating.

**Keep your mind open**

During the summer it is best that you keep your mind engaged with things you already know. This decreases your chances of forgetting information learned in the previous semester. Reading notes, power-points and reviewing videos can keep your mind running. This prevents you from

falling behind and from coming back to school unprepared.

**Earn some money**

It may be very hard to earn money during the school year but during the summer you may have extra time. Getting a summer job can keep you occupied and allow you to save up for the books you will need the following semester. Starting a job in the area that you major in can become a stepping stone towards pursuing your dream career. In this sense , you work to earn money as well as gain experience in your field.

**Intern for Experience**

Regardless if the internship pays or not, it very important for students to get as much as experience as possible. Using the summer to be a part of an internship can help you get ahead, and will allow you learn in the area that you love. During this time you may be able to obtain information about a company and determine if that is the best spot for you.

**Keep Learning while Having Fun**

There are many interactive videos on YouTube that can keep you in the scholastic mindset so that you don't feel like you forgot everything during

**LF: —and you could only take 3 things with you, what would you take, and why?**

**JB:** A Frisbee, a Hindemith book, and a metronome. [...] If you get the right metronome, it makes a note, so you're good.

**LF: You'll never get bored.**

**LF: Do you have any advice for students looking to get involved in the Visual and Performing Arts?**

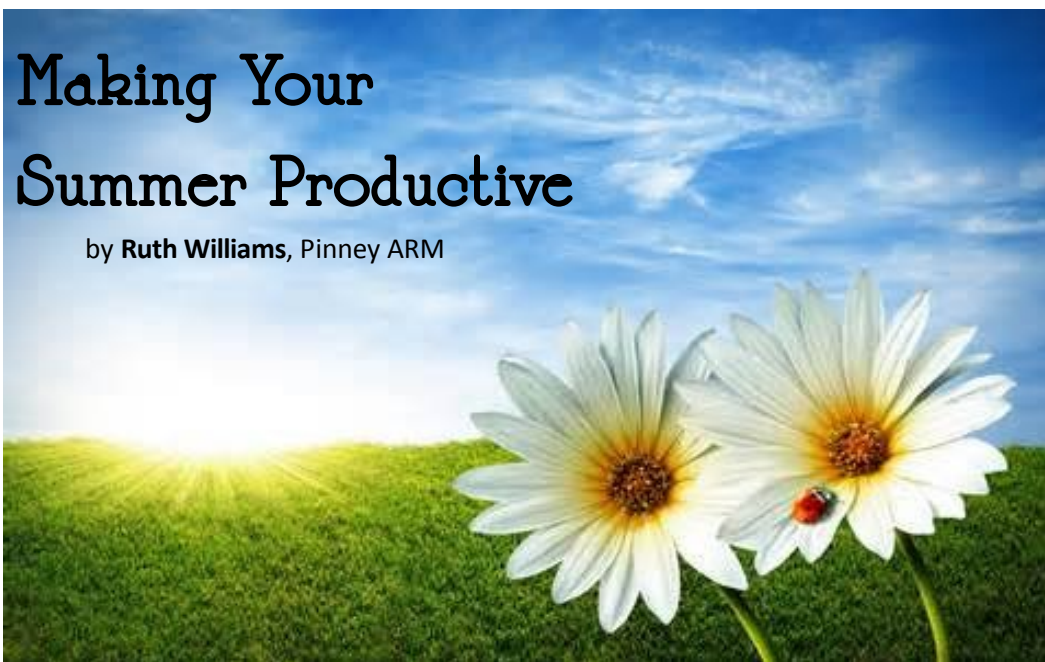
**JB:** Yes. Please come to concerts. Come to events. Come to theatre productions. Come to the art gallery. Come to masterclasses. Come to convocation. Come to student recitals. If you play an instrument, play in the symphonic band. If you sing, sing in the choir. I think the theatrical productions are open to people auditioning from outside. It would be great to have people from the general student population participate in what we're doing here because we're all part of the same thing.

this time. Playing games that are educational can keep you engaged and keep your mind productive. During the summer it is important to keep up with what you have learned, but it is also important that you make sure to have fun. If you want to read, maybe you can go to the beach and enjoy the fresh air. If you have to study for one of your summer classes, have your friends quiz you since some of them won't be busy. Keeping your mind productive is good, but during the summer it feels easier and may seem better.

Stay interactive! You will thank yourself later.

# Making Your Summer Productive

by Ruth Williams, Pinney ARM



# Westfest 2016

By **Nadia Orjiugo**, Centennial ARM

April 23-30 is going to be a week filled with many activities and possibly the best week of the semester. What's all the hype about for this week? Well this week is **WestFest week!!!!** WestFest is a week full of events to close out the semester before finals. It is also a tradition at WCSU that builds community among students and faculty. Hopefully your week will not be too busy and you can enjoy some Colonial Fun before the semester ends!

**Special activities and events** have been scheduled for everyone involved with the Colonial Community.

## 4/23- Six Flags Trip

The WCSU Program Activities Council will host a trip to Six Flags Great Adventure in Jackson, New Jersey. The bus will depart the Midtown Student Center at **8:30 a.m.** and the Westside Campus Center at **9 a.m.** The trip is open to WCSU students and their guests. **Unfortunately tickets are now sold out for this event.**

## 4/24- Chuck's Mini-Mudder

The WCSU Recreation Office and the Avielle Foundation will host "Chuck's Mini-Mudder" on the Westside campus. Registration will begin at **7 a.m.** in the WAC (Westside Athletic Complex). Heats will begin at **8 a.m.** and will occur in 15-minute intervals. The event will begin and end on the turf field of the stadium and will include 20 physical challenges over the course of two miles. Of course as expected, many of these obstacles are covered in mud. WCSU students can participate for free with valid I.D. Registration is \$20 per person before April 10 and \$25 per person after April 10. You may register in advance at <https://register.chronotrack.com/r/19044> or stop by the WesternREC Info Desk for a brochure.

## 4/25- Acapocalypse

WCSU's acapella groups will present Acapocalypse at **8 p.m.** in Ives Concert Hall in White Hall on the Midtown campus. This event will also be free so make sure to try your best and show up!

## 4/26 – Banachek the Mentalist

IRHA will be hosting mentalist Banachek at **8 p.m.** in the Ballroom of the Campus Center on the Westside campus. The performance will be free so be sure to check it out!

## 4/27- Kettle Corn

The WCSU Program Activities Council will be giving away free Kettle Corn from **11 a.m. to 3 p.m.** in the Student Center on the Midtown campus. This is another free event so come grab a bag and join in on one of our school's most cherished giveaways.

## 4/27- Lip Sync Battle

SGA will be hosting a Lip Sync Battle at **8 p.m.** in Ives Concert Hall in White Hall on the Midtown campus. The event is also free!

## 4/28- Chris DiStefano

The WCSU Program Activities Council will host Chris DiStefano from MTV's "Guy Code" at **8 p.m.** in Ives Concert Hall in White Hall on the Midtown campus. The performance is free!

## 4/29- WestFest Carnival

SGA will be hosting the WestFest Carnival, featuring rides, carnival food, music and more, from **6 p.m. to midnight** in the Commuter Parking Lot on the Westside campus. The event is open to the campus community and free for WCSU students only.

## 4/30- REC Oozeball Tournament

WesternREC will host the third mud volleyball tournament, "Oozeball," at **11 a.m.** on the grass recreation field on the Westside campus. "Oozeball" incorporates the love of playing in a 10-inch deep mud pit with the competitive nature of volleyball. Pre-registration is required. Registration forms and tournament rules are available online at [www.wcsu.edu/recreation](http://www.wcsu.edu/recreation).

## 4/30- WestFest Picnic

The WestFest Picnic will be from **4 to 7 p.m.** at the Alumni Pavillion on the WCSU Westside campus. The picnic will be open to WCSU faculty, staff, students and alumni only.

## 4/30- WestFest Concert

The WestFest 2016 concert will feature Wiz Khalifa at **6:30 p.m.** at Ives Concert Park on the Westside campus. Tickets are for sale at the Midtown Student Center and Westside Campus Center Information Desks. The concert is open to WCSU students and their guests only.

## IMPORTANT HOUSING REMINDERS



Missed housing room selection for the fall? All is not lost! If you pay your deposit now, you may still attend a special room selection on April 27th. Have questions? Give us a call at 203-837-8531, or email [housing@wcsu.edu](mailto:housing@wcsu.edu).

It's hard to believe, but the end is almost here for the 2015-16 school year. And that means it's time to plan your departures. You are expected to move out of the residence halls after you finish your last exam. Students who are not graduating seniors must be out of the halls no later than Friday, May 13th at 6 pm. (Seniors who are staying for senior weekend events must register and pay through the CSI offices in the Student Center in order to stay beyond May 13th.)

Each building has a check-out system that you will be informed of. Please make sure to check your email, as well as signs in and around your building, to see what you will need to do to officially check out of your building. Everyone, regardless of building, will need to complete a walk-through of your room/apartment and will need to sign your Room Inventory Forms (RIFs). Rooms should be clean (bathrooms, floors, drawers in dressers and desks checked). Any keys you may have (room keys, mailbox keys, etc.) must be returned and logged in. If you rented a Microfridge or have a fridge in your suite/apt. it must be unplugged, cleaned and defrosted.

Please see your RD ASAP if you have any questions about what check-out entails. Good luck on your finals and final projects! Have a terrific summer. Congratulations to all our graduates, and thanks for being a part of Housing & Residence Life at Western!



\*\* 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](mailto:housing@wcsu.edu)