

**Final Finals Tips**

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**...and more!**

# The Handout

Photo courtesy of  
Birte Pfitzner, 2021

April [2021]





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# The Handout

April [2021]

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# 1 Final Finals Tips

Tamia Scott, Grasso ARM



I don't know about you, but I get nervous around this time. With finals slowly approaching, here are some tips that I think are helpful when preparing for them.

## 1. Create your own study guide.

While many teachers provide a study guide, creating your own can help you understand the material better. Outlining the important information you need to learn can be helpful, both in its creation and to refer to during your studies.

## 2. Ask questions

Your professors and TA's are there to help! Ask them questions regarding the material and the exam so that you're prepared when exam time arrives. Oftentimes, meeting with an instructor, whether it's a professor or a TA, can give you helpful hints for what to study and ways to prepare for the exam.

## 3. Attend the review session.

Review sessions offer vital information on

exam format, what will be on the exam and key concepts you should be focusing your studies on.

## 4. Start early.

If you always start ahead of schedule, you'll never be cramming the night before an exam. You'll almost always perform better in doing so!

## 5. Organize a group study session.

It can be helpful to study in groups – sometimes. Evaluate whether or not studying with others will be beneficial to the subject as well as your learning process.

## 6. Study things not on the study guide.

Study guides aren't always comprehensive – they're just suggestions of the main concepts to learn. Use your study guide for its intended purpose: a guide. Be sure to fill in the blanks with related information.

## 7. Take breaks.

You won't be able to memorize or comprehend all the material at once. Balance is key – ensure that you reward learning with break time to recharge and relax.

## 8. Stay well-rested.

There's a lot to be said about a good night's sleep. Make sure you're well-rested so that you can be fully focused during your exams.

## 9. Create a study schedule and follow it.

Splitting the material into chunks you can actually achieve can be very beneficial. That way, you can keep track of what you've accomplished instead of looking at the big picture and getting overwhelmed.

## 10. Prioritize your study time.

Some exams will be more difficult than others, and some you may find easier to study for. Some may be worth more of your grade than others. Make sure to evaluate all of your exams to consider and determine all of the factors involved so you can study accordingly.

## 11. Study for the style of exam.

If it's multiple choice, you'll need to know definitions and concepts. For essay exams, focus on your understanding of all the concepts presented, with examples in mind.

## 12. Pace yourself.

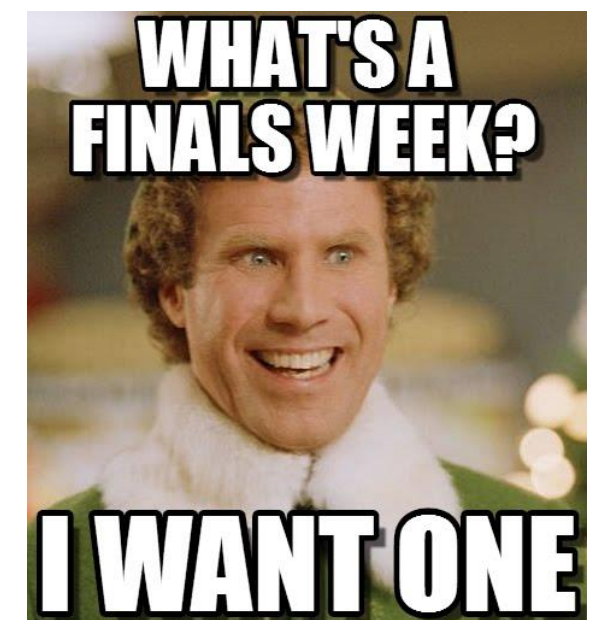
Make sure you stay focused and don't burn yourself out. A great way to do so is to pace yourself rather than opting for the dreaded all-nighter. You can easily pace yourself by following tips like starting early, creating a study schedule and taking breaks when necessary!

## 13. Make it fun.

It's easier to focus if you adapt to studying by quizzing yourself, creating acronyms or rewarding yourself for a job well done. Create a game plan - literally - that allows you to accomplish tasks and be rewarded for each. For example, why not reward yourself with a piece of chocolate or a sip of your coffee after you've accomplished a new chapter, or allow yourself five minutes of free time for every chunk of material you digest? You can even add in fun factors like power-ups every time you learn a new definition and lose a life, which means you add another definition to your list when you get an answer wrong!

I hope these tips help you all as you get ready for finals. Please make sure that you're actually studying, as studying is important. It is essential for a person to develop a complete education and helps with the opportunity to develop study habits, time management skills and self-discipline.

Good luck :)





# 2

# Burnout!

Caitlyn Archambault, Centennial ARM



This has been what feels like the longest semester ever. We all know that due to safety and travel concerns, we did not have a spring break. I know that I don't have to remind anyone of that, but what does that mean for students and professors. Not only are students feeling burnout, but upon speaking with some professors, not having the break has affected them as well. Professors used breaks to evaluate where their classes are and where they are going, as well as catching up with grading. It's okay though, because we are here to talk about student burnout and not why professors miss break – just know you're not alone. I am sure we have all gotten ambitious at one point in our college careers and decided to take extra classes, join clubs, and just book ourselves completely. If you are like me, you could've had an advisor tell you that you will experience burnout if you take on too much at once, simply because you want to get through things. This idea of burnout was not brought to my attention until that happened to me. I sat back and thought 'Burnout? Impossible.' Well, here we all are about a year after that comment, and we are all experiencing it. Fear not! I have some tips to avoid burn out and how to change things if you currently are feeling it.

Although we are already experiencing it, here are some tips for following semesters to avoid feeling burnout again.

### Stay Engaged:

If you can, take an elective class that you will enjoy or join a club.

### Develop Good Habits:

Keeping a consistent study schedule and good time management can help you avoid feeling burnt out.

### Learn to Say No:

I feel like as a generation this is a big issue for many of us. We are willing to take on any task to show that we are willing to be involved in so much. Although this seems like a good habit, it will cause you to feel burnt out quickly, due to overloading your schedule. It is okay to say no sometimes.

### Set Realistic Expectations:

This follows up with learning to say no. Set a realistic goal for the day and don't overwhelm yourself. A rule of thumb for me, when making a daily to do list, I always leave a little extra room and am okay if I do not accomplish everything, because of planning ahead.

### Practice Self Care:

This is one tip I don't have to speak much on, we preach it so much. It is truly important to have your time for self-care. It will refresh and reset how you feel.

If you are currently feeling burnt out, which many of us are, here are some tips to ease this feeling.

### Change it up:

Yes, it is important to have a routine, but if you have one that is still causing you to feel burnt out, change it up. Sometimes it's even just a matter of a scenery change. Although all COVID rules apply, there are so many nice places on campus to go: the library, the science building, the student center on midtown, and the fishbowl in the classroom building on westside to name a few. I'm sure there are so many other places you can go if you ask the right people.

### Reevaluate:

Look at what you are doing now and ask yourself, what can you change? Are you focusing too much on self-care? Are you forcing yourself to do work when your body does not function the best? Have you said yes to too many things? Find what you can change and do it.

### Reach Out:

As I mentioned in the beginning, you are not the only one feeling burnt out. I am sure your professor is too. Reach out to them and explain what is going on, and ask if they can help you in anyway. If you do not wish to speak with them, there are so many resources on campus. Go to your ARM, your RA, counseling services, the women's center. We all want to help you.

Before I let you go, I will give you some signs of burnout:

- Chronic fatigue or insomnia
- Lack of focus or forgetfulness
- Loss of appetite
- Anxiety
- Depression

- Decreased Grades
- Health Problems
- Strained Personal Relationships
- Boredom: Lack of Interest

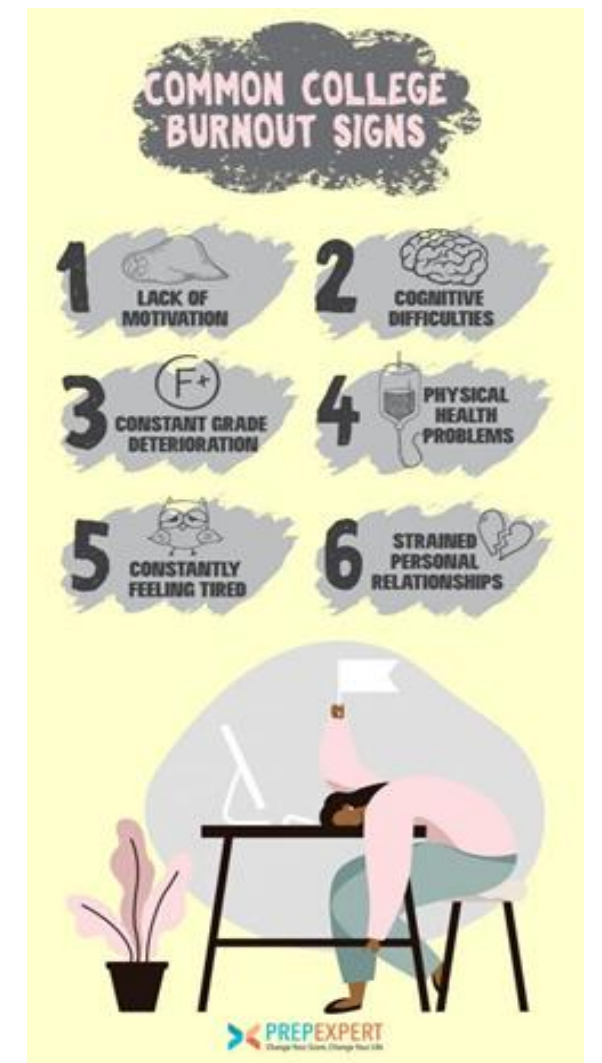
If you are currently experiencing any of these symptoms, please reach out to someone. You are not alone and there are so many people who want to help you. We will get through this together!

Sources: [Burnout in College: 7 Signs You're in Trouble \(studybreaks.com\)](#)

[Most Common College Burnout Signs To Avoid | Prep Expert](#)

[How To Avoid College Burnout \(snhu.edu\)](#)

[16 Smoking-Gun Signs Of A College Burnout, Because Where There's Smoke, There's Fire \(theodysseyonline.com\)](#)





# 3 How to Find Your Ideal Study Space

Gabby Christofor, Pinney ARM

Have you ever got to talking with a friend and realized you each have completely different study habits? Every person is unique in the way they study and how their environment must be set up to ensure an efficient and effective workday. Finding your ideal study space can make or break your grades for the semester. It became increasingly difficult in the COVID-19 pandemic for some to find the right place for themselves, but I will go over a few tips to keep in mind when setting up your study space for the day.

Think back to a day when you were really proud of yourself for getting a great deal of work done. What did you do? Were there others around? Did you take breaks? Brainstorm all that you can and jot some bullet points down so that you don't forget. Whatever works for you is correct. There is not a one-size-fits-all solution. What may work for your friend may be the polar opposite to you, but if it works for them, respect the way they need to study.

One of the most important parts of making a successful study space is to know whether you can work around others or not. There are varying degrees to this point. Many get distracted when their friends are around, but they can study somewhere – like the library – where others are sitting. There is just a guarantee that there will be no talking. How do you fit into this category? Do you get distracted when your friends are around?

Do your friends try to speak to you when studying? If so, this may help you.

Some students like to teach others while learning themselves, so the act of speaking aids with the process of absorbing information. For others, this is widely distracting. It is okay to tell friends that you need to be alone for a few hours to study. If they are your real friends, they will not take this personally.

Now, move onto whether or not you can study around anyone. Do you have to be alone in your room or can you hone in on your work while others are around? If you can focus with others, consider going somewhere to study. It is not great to study in your room because sometimes your mind cannot differentiate between a home space and a workspace. It is especially important to avoid studying on your bed, if possible. The mind needs to know the difference between sitting/laying on the bed to relax, and when you are sitting on the bed to study. Try a local coffee shop, the school library, the public library, somewhere on the grass if it's a good day outside, study lounges, or other classrooms around campus. You can go by yourself or with a group. The action of leaving your room is a good way to let your body know that it is time to work.

Next, ask yourself about your biggest distractions. We already mentioned others being around, but do you get easily distracted by your phone? If so, put it on Do Not Disturb, shut the ringer off, or turn it off

altogether. Many people use Macs for computers, so if that is the case and your phone is attached to your computer, be sure to put the computer on Do Not Disturb (press the 3 lines at the top right corner and scroll down until you see the Do Not Disturb button). Ask yourself if you get distracted by any noise. If you do, I recommend going to the library or a lounge where it is unacceptable to speak. When COVID is not around anymore, the upper levels of the library are a great place to try. Unfortunately, now due to the pandemic, the upper levels are closed, but it is still very quiet on the lower level. If you prefer some type of white noise, try studying music such as classical, piano, or a playlist. I like to listen to Lo-Fi Hip Hop while I'm studying.

No matter how much time you have delegated to studying that day, ask yourself if you can take breaks. It is proven to be good for the mind to take short breaks, but some people (like me) cannot get back to work if they stop. Make sure that you do what you are comfortable with and cater to your own needs.

Think about what you need to get done today, then think about how you usually do it. Run through some of my points now. Do you like people around you? If so, do you like them to speak? Do you like music? Do you like to take breaks? After taking these questions into consideration, use the answers to find your ideal space. If you need to be alone and in the quiet, use the desk in your room. If you can focus with some noise, consider leaving your room and going to the library. Try out the Pomodoro technique of studying if you like to take breaks. This technique is 25 minutes of studying and then a short break between study sessions (which is about 5 minutes long).

Finding your space and knowing what *you* need to excel is difficult, but knowing yourself academically will make you more successful in the future. Please remember that if you ever need someone to study with to guide you on the right track, do not hesitate to reach out to your ARMs. Good luck studying and finish this semester strong!



# Burnout: What It Is and How to Defeat It

Lizzie Hinds, Litchfield ARM

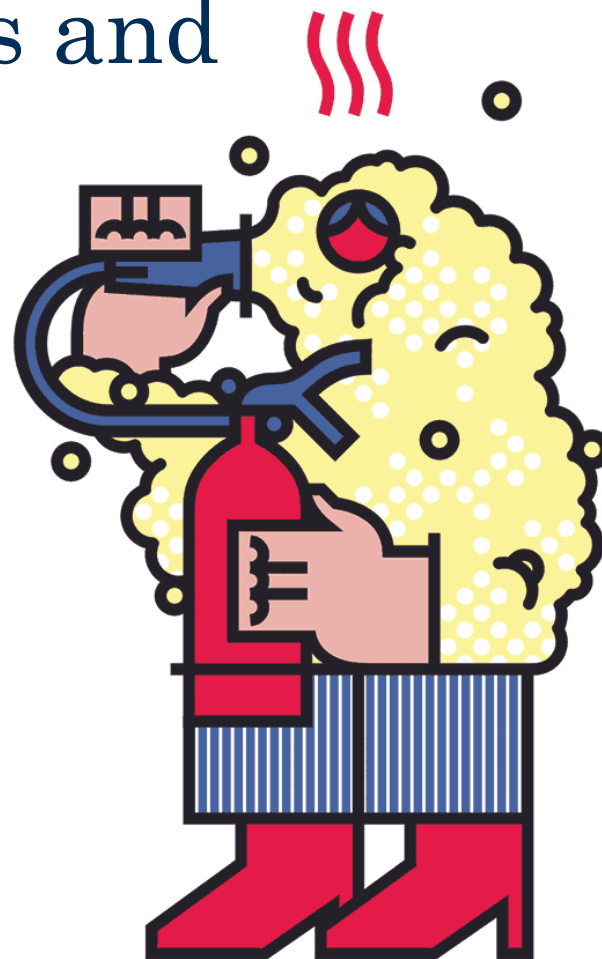
Midterms are over, the semester is beginning to wrap up, and the weather is getting warmer. It's almost idyllic... almost. Due to the concern surrounding COVID-19, Western made the wise decision to extend the winter break and remove spring break from this year's academic calendar. This means that classes are still rolling after midterms with no break for students and faculty alike. What does this naturally entail? Burnout. At this point in the semester, it is natural to feel burnt out. Western's students have been presented with their own individual challenges, but despite the monster burnout can feel like, it's actually conquerable.

## What Does Burnout Look Like?

There is no one answer to this question. Burnout can be simple, it can be complex, and it can be hard to identify. Students who experience burnout typically do so after the midterm season, just before an expected spring break. Some signs of burnout are:

- Fatigue, or increased fatigue
- A lack of motivation to do schoolwork
- Increased struggle to focus
- Increased stress
- Depression
- Neutralized positive emotions

These indicators are all signs of burnout, but that does not mean a student must experience all of them. Sometimes it is a select few, sometimes it is just one.



Perhaps you've been sleeping more, or wanting to sleep more. Perhaps you've been sick of that one class you initially really loved. Perhaps you've just wanted to "do nothing" for a day, a few days, or maybe even a week. Regardless, burnout doesn't always look the same for each student.

These different ways that burnout can present make it difficult to identify sometimes. Burnout can create a fog over the mind, and when coupling that with other signs, recognizing the hidden being in students' minds as burnout becomes challenging. It entails looking at your daily life, how you've navigated it thus far, and how you're navigating it now. No matter what burnout looks like for each student, the ways of tackling it are fairly similar.

## How do I Get Over Burnout?

There are two sides to this, and one is not more important than the other. First, there is the emotional and mental aspect of overcoming burnout. This means self care, self maintenance, and self kindness. If burnout has you sleeping all the time, implement a strict sleep schedule and do your best to hold to it. If burnout has you unmotivated to do anything, resort to what you know you enjoy. Pick up the book collecting dust in the corner, go for a walk around the sunny campus, or watch your favorite TV show. If you're feeling depressed as a result of burnout, give yourself the time and space to release those emotions, and then reach out for help. Students can connect with each other, with their RA, or with campus resources. Take the time to return to healthy habits surrounding food, sleep, activities, and mindfulness. Before long, you'll be beginning to feel better.

There is also the academic side of things. In conjunction with campus resources for counseling, students have many, many

resources to help them pick back up academically. Even in the smallest way, students can connect with others in their major or degree path. Just having a peer to talk about class with can help restore any lost motivation or focus. Further, there are campus offices and resources that are always ready and willing to help. The Tutoring Resource Center, the Math Clinic, and the Writing Center are just three great ways of connecting with academic support. They are all running virtually this semester, and the information can be found on Western's website. The convenience of having a virtual platform makes accessing them during a time of burnout much, much easier.

Of course, there are also the Academic Resource Mentors in each residence hall. ARMs are not only friendly faces, but also great avenues to getting connected with whatever support students may need. All it takes is an email, a short conversation in the hallway, or a message. Burnout can be overwhelming, exhausting, and confusing, but with the help of both professionals and peers, students are already one step closer to being back on top of their semester. As the end of the year gets closer, taking time to rebalance, recharge, and return to the healthy habits of life will only serve as a benefit.

## Resources

Counseling Services:

<https://www.wcsu.edu/counseling/>

Tutoring Resource Center:

<https://www.wcsu.edu/trc/>

Math Clinic (remote):

<https://www.wcsu.edu/math/math-clinic/math-clinic-remote/>

Writing Center:

<https://www.wcsu.edu/writingcenter/>



# The Surprising Generation

Sam Cross, Newbury ARM

Currently at Western Connecticut State University, most students identify as “Gen Z,” the most racially and ethnically diverse generation yet. We are changing the “norm” of the common face in America with nearly one in every four of us being a non-white Hispanic, 14% black, and 6% Asian. These numbers are expected to continue to shift as interracial marriages are becoming more widely accepted among our generation.

Generation Z is changing the entire social climate of the United States simply by existing and striving for education. We are the most educated generation yet, even compared to Millennials. Studies find that most Gen Zers are focusing on school with the high school drop out rate at an all-time low and only 18% of people ages 15-17 in the workforce. Statistics bring in a whopping 44% of people in Gen Z living with at least one parent who has a bachelor’s degree.

From what I’ve seen from my time here as an ARM in Newbury Hall, it’s evident that Gen Zers have a lot of drive and passion to make what’s wrong right and to use education as a bridge to understanding and appreciation. I’ve seen so many people sporting “BLACK LIVES MATTER” masks, bracelets, and

shirts! What is even more promising is listening to groups like the Black Student Union and the Afro-Caribbean Association talk about the issues facing people of color in America. It is clear that these groups have done their research and understand the full implications of systematic racism; part of that knowledge comes from the care for their communities and the recent push for education. Gen Zers are also more reliant on the government to fix issues, compared to previous generations thinking businesses and individuals have to make the change.

The change is happening with us. We care a lot about our fellow brothers and sisters and are constantly pushing for more equality amongst diverse groups and visibility for minorities that get swept under the rug by older generations. For example, 48% of Gen Zers think that same-sex marriage is a good thing for our society and 36% say it doesn’t matter. We also are the most likely to know people who use gender neutral pronouns (they/them), and 59% of us think that online forms should have more than “man” or “woman” for gender options.



## GENERATION Z

WCSU is on this wave of giving people who use gender neutral pronouns a safe space to meet and talk about their issues. On April 12, 2021, the new Pride Center opened in the Westside Classroom Building. Room 200 is being converted to a center for students to get help and resources if they need. Services include personal and academic advising and support by phone, email, online chat, or video-conferencing, provision of case management and housing resources, educational information and material, social and cultural programs/opportunities for engagement through online discussions, live-streamed performances, and social media, (virtual)

consultation, training/education, along with support for faculty and staff. I highly encourage you to check out our clubs that offer support to minorities and our newest Pride Center. The groups that make WestConn a successful, caring environment are always looking for new engagement, members, and fresh ideas on how to show support for minorities in times of need.

Find out more information about Gen Z here (All statistics came from this article): <https://www.pewresearch.org/social-trends/2020/05/14/on-the-cusp-of-adulthood-and-facing-an-uncertain-future-what-we-know-about-gen-z-so-far-2/>





# Talk Campus: Top Tips For Managing Exam and Assignment Stress and Anxiety

TalkCampus Blog



Let's start with the good news - experiencing some amount of stress or anxiety is an indication that you're human. It's how your body reacts to the demands and challenges it's faced with. It is natural to feel anxious prior to an exam or stressed while juggling assignment prep.

While stress and anxiety can sometimes be overwhelming, they can also be an energizing and healthy pressure that encourages you to grow your capabilities and take control of your situation.

So how are you able to strike a balance between too little and too much stress? This will cover some techniques you can utilize to help reduce and manage your stress and anxiety levels during assignment periods and leading up to your exams.

## 1 Slow down to speed up.

True productivity requires downtime! Studying remotely has eliminated the daily commute or the act of physically leaving your university at the end of a day of studying. It might not seem like a huge deal, but those rituals are actually super helpful when it comes to telling your brain it's time to get out of work mode and into rest mode. And rest mode is incredibly important.

Our attention span is a limited resource – there are only so many things we can take in and process at any given moment, and to keep running on high-alert is cognitively expensive for our brains. In order to learn something or focus powerfully, we need to take breaks.

Schedule downtime in your daily plan, and stick to it. Take regular breaks during the day and make sure to switch off at night to recharge.

## 2 Determine your optimal part of the day to work and take breaks at your least productive.

Not everyone is the same and no one size fits all when it comes to the best time of day for productivity. And it's unproductive to try and force yourself to study when your focus and productivity levels are low. You are better to try and use those times as your downtime to relax, catch up with friends, exercise, or do something you enjoy, and then make use of the times that work best for you.

Ask yourself these two questions:

1. *When during the day do I have the greatest amount of energy and concentration?*
2. *When do I have the fewest interruptions and distractions?*

For some, that might be first thing in the morning. For others, they might find the mornings challenging and have a habit of procrastinating until midday anyway. So rather than making yourself feel guilty for procrastinating, schedule in that time as downtime and kick off your studying session at midday.

## 3 Messy workspace, messy headspace.

The physical environment of your workplace has a significant effect on the way that you work. Cluttered spaces can have negative effects on our stress and anxiety levels, as well as our ability to focus, our eating choices, and even our sleep.

## 4 Establish a good routine of basic self-care.

Hopefully, you already have a good routine in place, but if not there has never been a better time to start. Self-care doesn't have to cost a lot of money or take up heaps of time. Start with the basics, making sure you get enough sleep, drink enough water, eat regular meals and snacks, and get in some movement or time outdoors.

Then look to build on this, through self-care that helps you to relax. Remember - relaxing is not one activity, it's the outcome of that activity and how it makes you feel. And what works for your friends may not work for you.

Experiment and see what works best for you! From journaling, reading, different types of exercise, stretching, meditating, the options are endless. Pay attention to how you feel after each activity. Ask yourself, does this make me feel grounded and at ease? If so, schedule in some time each day to help you shake off the tension of studying, or to unwind after an exam.

Continued on next page





**5 Get enough sleep!**  
Not only can sleep deprivation worsen anxiety but getting enough sleep is vital to feeling and performing your best, which is particularly important around exam time. Don't stay up late the night before or get up too early on the morning of. A good night's sleep is more valuable than an extra few hours of revision.

**6 Write down the things you are worried about.**  
It's been proven that if you take a few moments to write about your fears just before you take an exam, it will help to reduce your anxiety and improve your performance. Write down what you are stressed about, why you are stressed, and what the outcome would be if those worries were realized. By writing down your worries, it can help you to put everything into perspective, and help you to feel lighter and less tense by emptying your worries from your mind and onto the paper.

**7 Move your body!**  
You don't need to run a marathon every day, but movement is just as key to a healthy mind as it is to a healthy body. Exercise is considered healthy stress on the body, which can actually help your body fight off the effects of the "bad" kind of

stress. Exercise in almost any form can act as a stress reliever.

**8 Have a support system, whatever that looks like for you.**  
Having people to lean on is great for your mental health. Make sure you let those close to you know if you are feeling overwhelmed or preparing for an upcoming exam. Not only can they help to support you emotionally, but they can also be on hand to help you in other ways (healthy study snacks anyone!).

If you don't feel as though you have people in your life that understand your stress and anxiety, that's what [TalkCampus](#) is for! Jump onto our global community and chat with other students that get it.

**9 Schedule out your day ahead of time.**  
Outlining a routine is a tried and true therapy trick for keeping yourself on track. But make sure your schedule is realistic. If you schedule an unrealistic amount of exam or study prep, it will make it really hard to achieve and you may end up feeling disappointed with yourself at the end of the day. Instead, be honest with yourself, schedule in time to scroll on social media if you know that is usually part of your daily schedule! And make sure to prioritize rest and self-care in between those study sessions.

**10 Manage your distractions.**  
Self-discipline may well be your greatest challenge when studying from home. With entertaining technology all around us, it can make it so challenging to stay focused.

Luckily, with this technology comes other forms of technology to help keep your distractions at bay. There are a number of fantastic free apps available for students that allow you to choose and schedule what distracting apps to block at certain times.

While all of these tips and tricks have been suggested with assignment and exam stress in mind, they are all also fantastic for your overall mental health and wellbeing and will be impactful throughout all other areas of your life where you may experience stress. By experimenting with these suggestions and finding what works best for you, this will help in maintaining your stress levels to just the right amount, to keep you motivated and focused, resulting in greater levels of optimism and confidence.

***TalkCampus***

Get instant support for your mental health any time of day and night through the TalkCampus app. Student life can be incredibly tough. At TalkCampus we're here for the moments when you just need a friend. Talk anonymously to students from universities and colleges around the world going through the exact same struggles you are any time of day or night.

This is a safe place where you can talk anonymously about anything and get support for your mental health and whatever is on your mind.

Sign up using your student email address which will unlock the app free of charge. See more about it here: [TALKCAMPUS](#)



# Blue Phones

Sara Slaiby, Centennial ARM



Have you ever been walking around campus and you see a funny light post with what looks like a big blue light? These are emergency telephones, provided for students at a plethora of locations throughout both campuses that are available in the event an emergency occurs, or if you are ever in a position where you need to contact WCSU police quickly. When walking up to the telephone, you will notice one round red button that says “call” and all you have to do is push the button to be connected to the WCSU police dispatcher. The dispatcher will respond to the call, and communicate with you through the phone, all hands free! There are also wall-mounted blue and yellow phones in and on campus buildings.

These phones are available to students in the event of an emergency, or if a student is placed in a position where they may feel uncomfortable or in danger. The locations of emergency telephones throughout campus are found in the list to the right.

If, however, you are in a situation where you feel in danger or uncomfortable, but are not near an emergency telephone, it is important to keep the WCSU police phone number in your phone, 203-837-9300, so that you can be connected to a dispatcher quickly if need be.

Building	Location
Berkshire Hall	1st fl. lounge; elevator; handicap ramp; weight room
Centennial Hall	Front entrance/handicap ramp; Front Door; side near Loading Dock; Rear by benches in the quad; Rear entrance; basement laundry room; and one in each elevator
Centennial Hall Parking Garage	level 1: by stairwell 1 and 2 level 2: by stairwell 1 and 2 level 3: by stairwell 1 and 2 level 4: by stairwell 1 Elevator
Fairfield Hall	Elevator; front door; north wing
Grasso Hall	Elevator; front door
Haas Library	Cybercafé, 1st floor, 2nd floor, 3rd floor, 4th floor, 5th floor; elevator; basement
Higgins Hall	Annex 1st and 2nd floors; Annex handicap door; Annex north end
Ives Center for Performing Arts	Charles Ives Center on Westside Campus
Litchfield Hall	Elevator; front door
Midtown Student Center	Elevators; theater exterior
MT Student Parking Garage	level 1: by stairwell A, B, C and D; level 2: by stairwell A, B, C and D; level 3: by stairwell A, B, C and D; level 4: by stairwell A, B, C and D; Elevators, outside south stairwell
New Science Building	Outside Center Front Entrance: Right Side door; Outside Side Entrance-near Osborne and Dr. Roach Ave.; Outside Greenhouse exit; Outside near Osborne St. and Ninth Ave.
Newbury Hall	8th Ave. entrance; c; rear entrance; 1st floor
Old Main	Elevator
O'Neill Center	Arena; lobby; elevator; main entrance; pool; Weight room; gate 2
Pinney Hall	Elevators; front and rear lobbies; lower, middle, upper lots
University Hall	Elevator; rear lot
Warner Hall	Elevator
Westside Classroom Building	Elevator; front entrance; 4th floor elevator lobby 4th floor hallway close to restrooms
Westside football field	Sand Road
Westside Stadium	Front entrance; inside elevator
Westside Student Center	Bus stop on University Blvd. Inside Public Elevator and Service Elevator
White Hall	Handicap ramp; lobby; elevators
White Street Parking Garage	At entrance to all stairwells; bridge; ramps



Didn't or couldn't pick a room yet?

If you missed signing up, paid your deposit late, or hadn't completed your application on time, you can still sign up for Fall Housing. On **April 28<sup>th</sup>**, the Housing Portal (THD) will open for you to select a fall room.

**Log in to the portal on April 28<sup>th</sup>. Once you've selected your room, don't forget to also select your meal plan!**



Just a reminder that the

## Housing & Residence Life Offices

are now in Pinney Hall, suites C21 and C24.

Our phone numbers are the same, but you'll need to come to the Westside to see us!



Want to know more about campus resources and other advice to improve your academic life? You can check it all out on Gab & GROW, a podcast you can find here:

[www.wcsu.edu/houaing/gab-grow/](http://www.wcsu.edu/houaing/gab-grow/)



## About *The Handout*

*The Handout* is a product of the Department of Housing & Residence Life at Western Connecticut State University. There are 6 editions each year, 3 in the fall semester and 3 in the spring semester.

The ideas for and execution of the articles are the work of the Academic Resource Mentors, or ARMs, who provide academic coaching and resource referral to all members of the WCSU residence community.