

THE HANDOUT

ACADEMIC RESOURCE MENTORS

THINGS TO GET DONE BEFORE GRADUATION

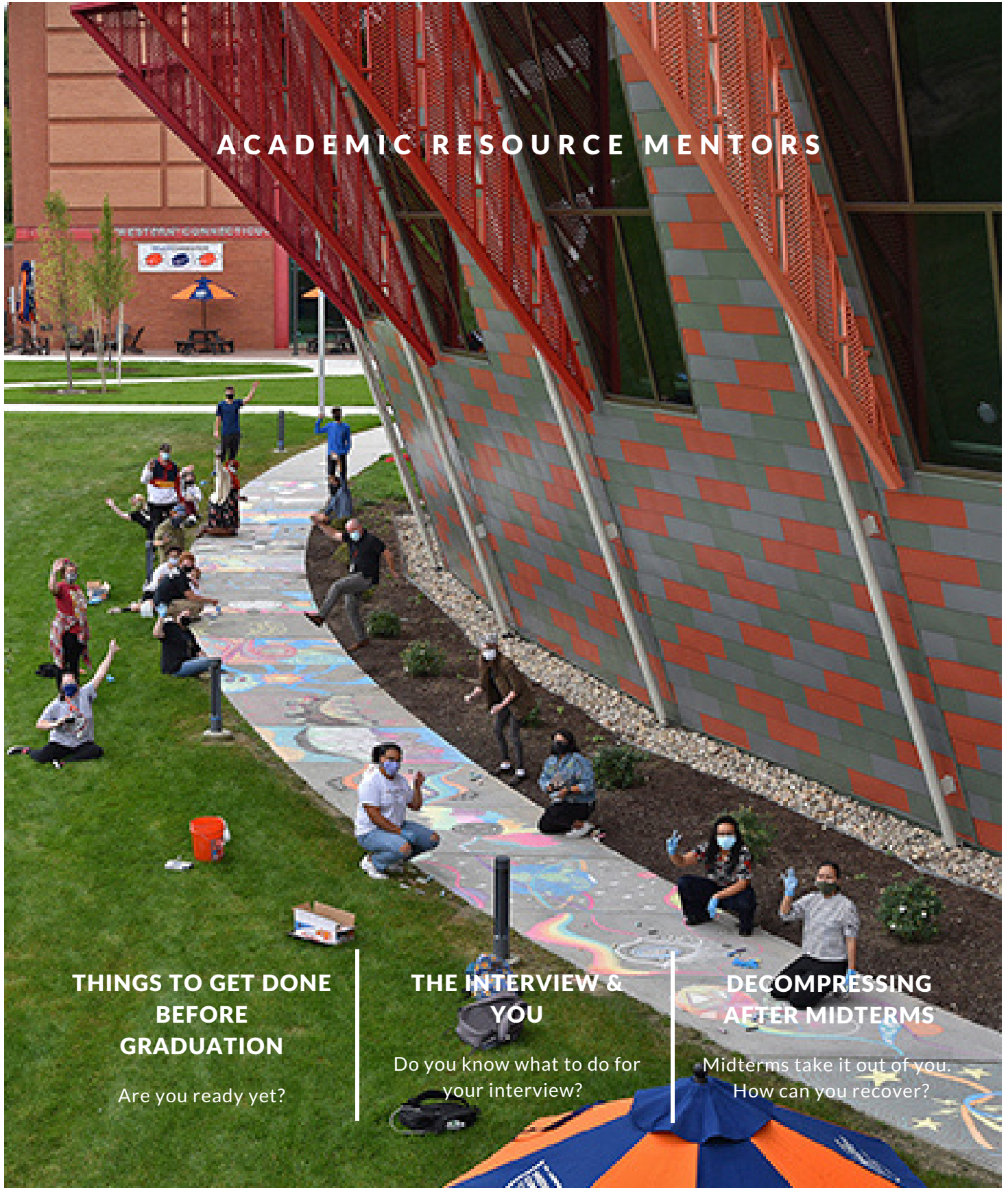
Are you ready yet?

THE INTERVIEW & YOU

Do you know what to do for your interview?

DECOMPRESSING AFTER MIDTERMS

Midterms take it out of you. How can you recover?





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How WCSU Celebrates Women's History With Inclusivity

by **Lizzie Hinds**, Newbury & Litchfield ARM

The month of March not only marks midterm exams and the coming of spring, but also Women's History Month. With March 8th signifying International Women's Day, Western Connecticut State University puts forward substantial effort into celebrating and honoring women across our campuses and across the world. In alignment with Western's values, the university has added an emphasis on inclusion while celebrating women's history month.

What is Inclusion and How Does it Relate?

In a society full of various backgrounds, lifestyles, identities, and stories, there is a growing need to have full representation of everyone that makes up our communities. This is what inclusion is all about when celebrating women (or any other identity) -- making sure all aspects of womanhood are honored, acknowledged, and respected. This is including, but in no way limited to:

- Cisgender women
- Transgender women
- Women of minority races
- LGBTQ+ identifying women
- Religious women
- Working women
- Stay-at-home women
- Pivotal women in history



This list could extend far longer with the immeasurably diverse population of powerful and important women across many societies. What is most important is that each of the above mentioned women has their place in the spotlight as Women's History Month continues. Something as simple as a social media post or comment is a step towards inclusion that anyone can take.

How Does WCSU Celebrate Women?

As an institution that honors and values diversity and inclusivity, the ways in which Western celebrates Women's History Month are substantially high in number. Whether it be a shared quote over social media or the mention of the month's importance by professors, there is a campus-wide understanding of its importance, just as with many other months of significance. One of the largest campus resources for inclusivity, The Center for Education and Empowerment, opens its social media for all students, whether residential or commuter, and regardless of gender identity, to submit entries of women that inspire them. With permission, The Center then goes on to share those submissions with their online audience to spread this women-based inspiration. With incentives like giveaways, this campus resource creates a fantastic presence for the greatest of acknowledgements for the month.

Perhaps the most significant example of WCSU's honor for women is its very own Ruth A. Haas Library on the Midtown Campus. Dedicated to a powerful woman in academia in 1969, the Haas library's namesake marks a pivotal point in academic history. Serving as Dean of Women in Danbury for several years, Ruth Alice Haas later went on to become the President of the Danbury Normal School for almost thirty years. Contributing to significant changes during her time as President, Ruth Haas certainly left her mark. As the first and only woman President over what we now know as Western Connecticut State University, the most fitting way for the university to honor Ruth Haas is as they have, through the focal point of academic study: our library. This example of inclusivity, while seeming grand in nature, is in fact one of the most indirect ways to extend the empowerment of women far past the date of March 31st.



Ruth A. Haas at the Dedication of the Haas Library in 1969.

How do we Honor Women After March?

With the end of the month comes the formal end of Women's History Month. However, WCSU has made it possible for students and faculty alike to continue honoring and acknowledging the significance of women well past the month of March. In the larger senses, there are campus groups like the Center's "Girl Talk" that allow female identifying students to commune and support each other. There is also the Pride Center on Westside campus that strives to constantly support and encourage the vast identities of all women. Students also have the option to minor in Women's Studies, a way of extending women's



history across years, not just weeks.

What is more integral and integrated into WCSU's community are the conversations that take place in classrooms. Whether it be in sociology, English, or even powerful women in STEM, Western students are surrounded by either the history of women, or examples of inspiring women today. With several ways of honoring women in all backgrounds, Women's History Month turns into a constant message throughout each year at WCSU, thanks to the values it strives to consistently uphold.



Things to Get Done Before Graduation

by **Finan Deakin**, Pinney ARM

As graduation is approaching for some of us, it is important to take advantage of the resources Western Connecticut State University has to offer for us. You do not want to be stressed after college is over trying to figure out your next step. Get things done early and be prepared! Here is a list of things you should get done before graduation to make the next step of attending grad school or starting a new job smoother.

Go to the Career Success Center

The WCSU Career Success Center is a resource that WCSU offers for its students. It provides students with numerous resources and connects them with people that can help with any of the students career related questions or concerns. For example, some resources the career center offers are: information to help students discover jobs or internships, information to help build and write a cover letter or resume, and resources to help students prepare for interviews. All of this information that the career center provides its students helps make the transition easier. Think about visiting the career center before graduating and using these resources to develop a plan and properly prepare for your life after college.

Build your Resume

Whether you are applying for grad-school or applying for a job or internship, everyone will be required to submit a resume that showcases their work experience, education, and skills. Making sure a resume is easy to read, correctly formatted, and contains the right information is extremely important and is something that companies and schools take into consideration when making a decision. Before graduating college, take time to visit the career center or talk to someone who can help finalize your resume. This will allow you to have a perfectly formatted resume that displays the most important and most relevant information that must be present and will make you better prepared for your next step.



Do Not Wait till the Last Minute

As your time at Western Connecticut State University is ending, it is now time to decide whether you want to attend grad school or enter the workforce. Either way, it is important to start your search early. Before graduation, sit down and make a list of possible jobs and internships you might be interested in applying for. After completing your resume and cover letter, apply to the jobs. If students apply before graduation, they will be able to have a variety of different options for their next step in life. This will lower the students' stresses and allow them to properly prepare for whatever is next.



It can be a scary and difficult thing leaving college and starting something that is unfamiliar. If you take full advantage of the resources that Western Connecticut State University has to offer to you before graduating it can make the change easier. Come up with a plan and make yourself fully prepared by completing this list of things to get done before graduation. You have time, do not stress!





The Interview & You

by **Madison Adams**, Centennial ARM

How To Carry Yourself In An Interview

Interviews can be extremely nerve-wracking for numerous reasons. I believe that for many, it is really hard to talk about yourself and your accomplishments. In an interview, you must carry yourself with confidence, and there are multiple ways in which you can exude confidence. First, you can shift the way you walk. It may sound strange, but the way you walk into a room says a lot about how people perceive you. Start by walking with purpose during the day. This means putting a “pep in your step”, raising your ribcage and bringing your shoulders back, and looking head-on as you walk with purpose to your destination. Practicing the way you walk into a room with confidence can automatically start an interview off on the right foot.

What To Wear To An Interview

How you carry yourself with confidence and how you dress are equals in making a professional and positive impact during an interview. What to wear to an interview can be tricky, and it does hold a lot of weight in the decision for a job interview. Start by looking for inspiration online or on Pinterest to find a professional style that you feel best represents you as an individual. It is extremely important to find something that fits comfortably and that makes you feel confident. Considering professional attire is not everyday wear, I would suggest making a trip to your local T.J. Maxx, H&M, or even thrift stores to find the appropriate clothing. You can easily make it fun by going with friends or with family. Keep in mind that the person who shows up to an interview in a sweatsuit, versus someone in a suit and tie, does not have the same chances of obtaining the same position.

Questions You Should Prepare Beforehand

The anxieties of what questions to expect can be overwhelming, especially if it is your first interview. Some common interview questions involve thinking and discussing your strengths and weaknesses, how to approach diversity, and the reasons for which you are interested in the position. They want to get to know the type of person you are, and a lot of that shows through how you communicate as well as how you talk about yourself. It can be challenging to speak on your strengths and weaknesses, however, do not stress about finding the perfect words to use. Trust the confidence you use walking into the room, even if it is fake.

Questions to think about before an interview:

- “What are some of your strengths and how do you feel they will align/serve you within this position?”
- “What are some of your weaknesses?”
- “Think of a time when you have been challenged in the past, describe the challenge and how you overcame it?”
- “In what ways do you feel you would add to this position?”

Take the time to prepare. You'll ace that interview!



CHOICES stands for **Cultivating Healthy Opportunities in College Environments**. During college it is hard to avoid or make the right decision regarding alcohol and drugs. It's the first time away from home and the substances are often available more frequently than they were previously. CHOICES is the Alcohol and Substance Abuse program that is available to all Western Connecticut students. The two main goals of CHOICES are to provide assessment of students to establish if there is a substance abuse problem, and doing so completely confidentially. CHOICES will also provide information regarding substance abuse (and the resources that are available) to someone who is experiencing a form of substance abuse. Lastly, they want to educate students on the healthiest lifestyle choices.

A few things they offer...

CHOICES will give you the resources to find AA meetings locally.

Follow this link <https://ct-aa.org/meetings/?tsml-view=map>.

On the CHOICES' website, there are Spotify playlists that assist with sobriety.

Sober Cast: "An AA meeting in a podcast. Sober cast is an (unofficial) Alcoholics Anonymous podcast featuring AA speaker meetings and workshops. This is not a discussion podcast, simply speaker meetings and workshops in podcast format."

The Sober Experiment: What would it be like to not take that drink? That snort? That pill? That needle? That tenth cookie? What would it be like to be SOBER – uninsulated from the slings and arrows of life's sometimes excruciating reality? Nan poses the question?

Sober Pod: "Sober pod is a podcast dedicated to the idea that one addict or alcoholic helping another to get and stay sober is an essential ingredient to building a foundation in a life of sobriety. We discuss recovery, sober living, sobriety, and more! Stay sober. Subscribe. Thrive!"

CHOICES



The Facts-

The number of drinks you consume a week has an effect on your academic performance. Someone who drinks 3.6 drinks on average a week will generally be able to have an A average, whereas someone who drinks 10.6 drinks a week can generally expect only a D/F average.



Alcohol not only affects academic performance, but can also result in physical injury and physical assault. If a female drinks more than 4 drinks in a two-hour period, it constitutes binge drinking, and 5 drinks per 2 hours is binge drinking in males. Binge drinking is defined as "the consumption of excessive amount of alcohol in a short period of time." If you find yourself or someone you know binge drinking, seek help through the CHOICES program.

CHOICES Contact information-

Phone #- 203-837-8898

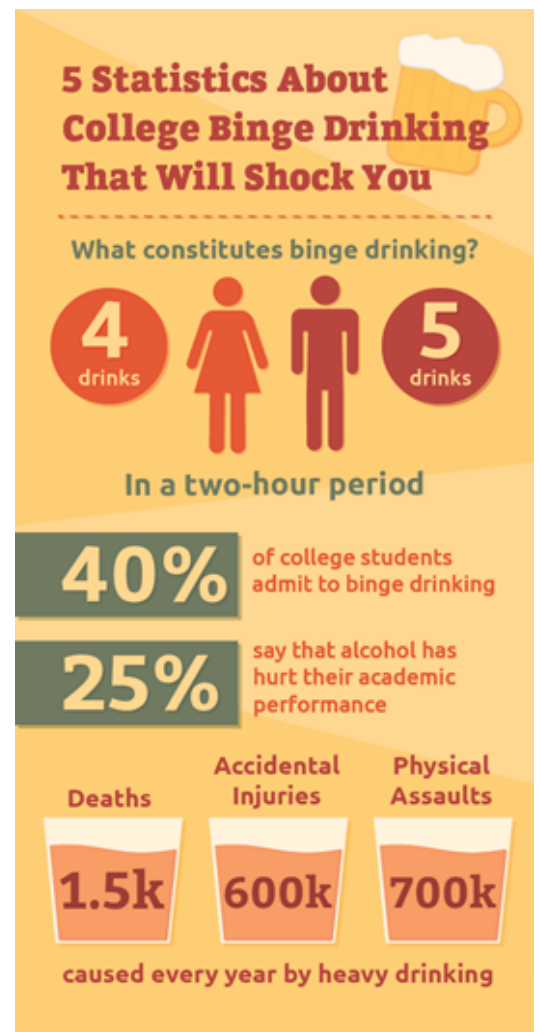
Email- choices@wcsu.edu

Location- Midtown Campus

CHOICES Hours of operation are as follows:

Mondays- Fridays: 8:30am-4:30 pm

Staying sober in a college environment can be extremely challenging. If you or someone you know is struggling, reach out to your RAs, ARMs or RDs. Housing staff will be able to point you in the right direction and assist you in finding the resources you'll need in the process of remaining sober and practicing healthy habits.





Women's History Month

by Gabrielle DeMaro

March has been proclaimed a month to celebrate Women and their achievements. The National Women's History Alliance announces a theme for the month each year. 2022's theme is "**Women providing healing, promoting hope.**" This is for the frontline workers and those who have been providing healing during the pandemic. However, this is a celebration of all women. Women in sports, in the arts, in STEM, in Hollywood, stay at home moms, blue collar workers, and everything in between.

March wasn't proclaimed Women's History Month without the help of powerful women. Sonoma County in California was the first school district to initiate a Women's history week in which they learned about important women in history. In 1979 Molly Murphy MacGregor presented the success of Sonoma county's teachings at Sarah Lawrence College. This encouraged them to have similar celebrations in their own communities and school districts. Barbra Mikulski, a senator from Maryland, introduced resolutions to make a Women's History Week. Congress announced Women's History Month eight years later.

It's important that we see the importance and value of all women, regardless of our ethnic, cultural, or socioeconomic backgrounds. You may be wondering, "Why do we need to have an entire month only dedicated to women?" There are a few reasons for this. One being that it nourishes self-esteem especially in young women. When we see that we are celebrated and respected for our accomplishments, we are more likely to try new things. In other words, we build confidence in ourselves. Another reason it is so important is because our history books in America don't celebrate women the way they celebrate men. Young girls in school go through years of history class only learning about a few prominent women. There's so many more women who have been overlooked.

Intersectionality

We still have a long way to go to achieve equality around the world. It's important to note that some women experience more inequality due to their race, ethnicity, religion, gender identity, sexual orientation or socioeconomic status. We call this Intersectionality. Many women's organizations recognize this and are committed to the fight to end racism.

Ways to celebrate

- Write about a woman you admire
- Donate to women's causes
- Shop at a women-owned business
- Become a mentor
- Fundraise
- Celebrate your own accomplishments
- Spread awareness
- Do your research of women's rights
- Know what problems women are still facing today (pay gap, digital divide, violence)

Books, podcasts, documentaries

Books

Hidden Figures - Margot Lee Shetterly

The Vanishing Half - Britt Bennett

The Woman Warrior - Maxine Hong

Kingston

Beloved - Toni Morrison

Podcasts

What's Her Name

Ordinarily Equality

The History Chicks

Gutsy Women

Documentaries

American Experience: *The Vote*

Frontline: *Pelosi's Power*

Josephine Baker: The Story Of An Awakening

Remembering those who passed in 2021

● Betty White, 99

Actress, author, animal activist

● Sarah Weddington, 76

Lawyer who argued Roe v Wade, Adviser for women's issues for Jimmy Carter

● Joan Didion, 87

Author and Screenwriter

● Wanda Young, 78

Motown singer and rock and roll hall of fame recipient

● Suzzane Douglas, 64

Actress and Broadway star

● Beverly Cleary, 104

Children's book author





WAYS TO DECOMPRESS AFTER MIDTERMS

by **Gracie Johnson**, Centennial ARM

With midterms upon the horizon, it can be hard to focus on anything but studying! Although this particular time period can be extremely stressful, exam week DOES pass by and spring break was over before you knew it! If you find yourself struggling with trying to decompress after exams, here are some helpful tips that can hopefully help you rest and rejuvenate.

CATCH UP ON SOME SLEEP

Studying for exams requires a large time commitment and often leaves students without enough sleep to get them through the day. With back-to-back exams or assignments that pile up, along with extracurriculars that need to be completed, it can be hard to obtain 8+ hours of sleep while trying to accomplish everything you need to get done. Because sleep is such an imperative component of our well-being, it is important to get a good night's sleep after your exam to allow your mind and body to rest efficiently. Allow yourself to catch up on sleep and go back to your studies when you are well rested!

FOCUS YOUR ATTENTION ELSEWHERE

Being pulled away to study for long hours can often isolate you from friends, family, and doing activities you normally enjoy doing. Time is cut short with the amount of tasks awaiting, leaving students unable to partake in their normal day-to-day events. After taking exams, it's important to emerge out of the reclusiveness and participate in your normal activities. Whether this is spending the day shopping with friends, or being able to return to the gym, it is crucial to take a break from studying mode and engage with enjoyable pastimes.

TAKE TIME OFF FOR YOURSELF

When so much time is spent focusing on academics, it can be hard to continue to successfully focus on this subject after a few days have passed. Once all of your studying and exams are complete, take some time off to allow yourself to relax and focus your attention elsewhere. Take your mind off of academics by traveling for a change of scenery, going home for the weekend, or simply taking a refreshing walk outside in nature. This time can also be spent catching up on the cooking, cleaning, or other to-do tasks that were placed on the back burner when studying for exams.

TREAT YOURSELF

Studying for and taking difficult tests can leave students physically, mentally, and emotionally drained. Midterms can definitely take a large toll on students and many people fail to acknowledge the importance of taking breaks and rewarding ourselves for all of our hard work. We often don't give ourselves enough credit for all of the dedication we put into our studies. It is crucial to validate the work we are doing and rejuvenate with a little pick-me-up! Some ways to do this are buying yourself coffee, going shopping, or even just catching up on your favorite TV show. You worked hard, go treat yourself!

I hope these tips can help you "fill your cup" after exams and allow you to go back to your studies with a clean slate. Study hard, take some time for yourself, and don't forget to take care of your well-being. Good luck with midterms - you've got this!

Room Selection

If you paid your housing deposit but did not yet complete your housing application for Fall 2022, you must do so right away, or you'll be too late to participate in Room Selection! Don't miss out on the space you want! Go to the Housing Portal now!

And - don't forget to request the roommates you'd like to live with. Once you send them your request, they must respond that they accept your request, **AND** they must invite you to be their roommate, which you must also accept. When that's done, you'll be able to be placed together as space allows.



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.