

MAXIMIZING ACADEMIC SUCCESS

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WINTER READING LIST!

PREPARING FOR FINALS

BURNOUT: WHAT IT IS AND
HOW YOU CAN DEAL WITH IT

DO I WORK OR REST
DURING BREAK?



The Handout

Your ARM Newsletter



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The Handout



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PREPARING FOR FINALS

Cold, misty air. Frost bite on cars. Colorful lights. Hot chocolate. Warm coats and boots. Does this remind you of something? Could it be finals? We are approaching the holidays, which means we, college students, must start preparing for finals so that we can enjoy the holidays.

You know how on November 1st; all Halloween decorations are replaced with holiday decorations and Thanksgiving is overlooked? We cannot just overlook final projects and exams now that the end of the semester is approaching.

If you enjoyed Thanksgiving and want to enjoy the holidays this year, make sure to follow these tips and tricks that I have for you all to ensure that you will be successful during finals.

The first thing that you want to do is start NOW! The sooner you start, the less stress you will feel when the time comes because time goes by much faster than we all think. After that, you want to organize your notes. For most courses, the final exam consists of the things students learned on August 28th up until this point, but with other courses, it consists of the things that were taught from the midpoint up until now. If you are unsure, make sure to look at the syllabus BEFORE asking your professor what the final exam consists of.

Once your notes are ready and organized, you want to try to make your own study guide. Sometimes we all have an idea of which topics would be on the exam depending on how important they are. Spend more time on the heaviest topics as well as the topics that do not come as easy to you as others may.

BY ALAYZA AUDAIN
GRASSO HALL ARM



**...IT IS IMPOSSIBLE TO MEMORIZE EVERY
DETAIL. JUST JOT DOWN THE MOST
IMPORTANT PARTS OF EACH TOPIC.**



When you are taking these notes for your personalized study guide, make sure you are paraphrasing the information because it is impossible to memorize every detail. Just jot down the most important parts of each topic, you may also want to go back into the textbook if you are not understanding a topic. If that doesn't work, try watching a YouTube video that may clarify it for you. If you are still having trouble, be sure to ask your professor and maybe they will be able to simplify it for you. Remember, college is difficult and there is absolutely nothing wrong with asking questions. If you feel uncomfortable asking your professors questions during class, make sure to go to their office hours or meet them before or after class for extra assistance.

Another way to be successful when studying is getting together to form a study group. Having group study sessions can help every member of the group improve because you all have different experiences, learn in different ways, and can teach each other when one person isn't understanding a topic. This also brings in how the best way to understand a topic is by teaching someone.

This allows the brain to store this information into the core memory instead of the recent memory which could be easier to forget when trying to recall the information during an exam.

Some quick tips that you may want to apply during your time of studying are quizzing yourself, meeting with professors, pacing yourself, and making learning fun!

The last tip that I have may sound funny and counterintuitive. It is taking breaks, getting some rest, and practicing self-care. For the brain to retain and process information, it needs rest. The best way to incorporate this into your life is by creating a schedule that includes all your responsibilities and obligations as well as study time and "me" time. This is why it is extremely important to start now! I wish you all the best of luck with your finals!

Citation

Newman, S. (2023, April 14). 20 study strategies for Finals Week. Fastweb. <https://www.fastweb.com/student-life/articles/the-20-study-tips-for-finals>

● **MAXIMIZING ACADEMIC SUCCESS**

THROUGH EFFECTIVE UTILIZATION OF ACADEMIC RESOURCE MENTORS



In the pursuit of academic excellence, students often encounter challenges that require additional guidance and support. One valuable resource available to students is the Academic Resource Mentor (ARM) program in each residence hall.

Understanding the Role of Academic Resource Mentors:

BY CHRISTINA ALAGNA
LITCHFIELD ARM

How to utilize your ARM effectively and to harness this resource to enhance your academic journey:

Academic Resource Mentors are experienced students who serve as guides and mentors for those navigating the academic landscape. Their role extends beyond traditional teaching methods, focusing on individualized support, goal setting, and fostering a positive learning environment. ARM programs are designed to bridge the gap between formal education and personal development, offering students a tailored approach to address their unique challenges.

Building a Relationship with Your Academic Resource Mentor:

Establishing a strong rapport with your Academic Resource Mentor is crucial for a fruitful collaboration. Begin by attending orientation sessions or residence hall programs where mentors are introduced and express your interest in connecting with one. Communication is key; initiate conversations, share your academic goals, and discuss any challenges you are currently facing. This sets the foundation for a supportive and constructive relationship.

Setting Clear Goals:

An effective way to utilize your Academic Resource Mentor is by setting clear and achievable academic goals. Clearly define short-term and long-term objectives, outlining the steps required to attain them. Your ARM can help you refine these goals, providing valuable insights and suggesting strategies to overcome obstacles. Regularly revisit and revise your goals in collaboration with your mentor to ensure continued progress.

Seeking Academic Guidance:

Academic Resource Mentors possess a wealth of knowledge and experience. Take advantage of their expertise by seeking guidance on study strategies and time management. Whether you're struggling with a particular subject or looking to explore advanced topics, your mentor can provide valuable resources and recommend supplementary materials. Utilize their expertise to navigate the academic landscape effectively.

Utilizing Academic Resources:

ARMs are well-connected within academic institutions and are aware of the plethora of resources available to students. They can guide you to relevant libraries, research centers, and online databases that can enhance your learning experience. Additionally, mentors often have insights into extracurricular activities, workshops, and events that can complement your academic journey.

Overcoming Challenges:

Inevitably, students encounter challenges during their academic journey. Whether it's academic stress, time management issues, or personal setbacks, your Academic Resource Mentor is there to provide support. Establish a trusting relationship where you feel comfortable discussing challenges openly. Your ARM can offer perspective, suggest coping mechanisms, and connect you with additional support services if needed.

The Academic Resource Mentor program is a valuable asset for students seeking to maximize their academic success. By building a strong relationship with your mentor, setting clear goals, seeking guidance, and utilizing available resources, you can navigate the academic landscape more effectively. Remember, your Academic Resource Mentor is not just a source of academic advice but a partner in your educational journey, committed to helping you achieve your full potential. Embrace this resource, and let it be a guiding light on your path to academic excellence.



WINTER RELAXATION

BY **AMY MANDELBAUM**
PINNEY ARM

Winter break is a great opportunity to get some much-needed rest between the fall and spring semesters and spend time celebrating the holiday season with loved ones. It can also be a great time to explore and discover new books, TV shows, movies, and music! I am here to provide some of my favorite of these things to help make your break more entertaining, enlightening, and fun!

Books

Crying in H-Mart

by Michelle Zauner

This memoir by Michelle Zauner, also known as the singer and guitarist of the band Japanese Breakfast, is one of the most beautifully written books I have ever read. She stunningly dives into the topics of identity, her Korean culture and how she connects with it through food, her relationship with her mother, and her journey as a musician. I would recommend this incredibly moving book to everyone!

Book Lovers

by Emily Henry

This book, like all Emily Henry books, is perfect for all rom-com lovers! It is set in a picturesque small town and follows a fun enemies-to-lovers story between a literary agent and a book editor. This book pulls you right in and is a very heartwarming read.



A good book and a big mug of cocoa may be just what you need to relax over your winter break!



The Seven Husbands of Evelyn Hugo

by Taylor Jenkins Reid

This thrilling book tells the story of an Old Hollywood movie star and her seven husbands. It is a glamorous and captivating read from start to finish and would make for a great and exciting book to read over break!

TV Shows

New Girl

New Girl is my all-time favorite TV show that never fails to make me laugh. With so many characters to love and many hilarious happenings, this show is sure to brighten up your break.

Dash & Lily

This short and sweet series is a perfect little holiday watch! Set in New York City during the holiday season, this cute romance follows two teens who develop feelings for one another as they trade messages in a notebook around the city.

Heartstopper

This heartwarming British coming-of-age series follows the adorable Charlie and Nick, who find that their friendship might be something more as they navigate school and growing up. This show has beautifully executed visuals and music as well as a story and characters that will make you laugh, smile, and cry all at once.

Movies

About Time

This understatedly beautiful movie about love and life is one that I could (and will) watch again and again. It includes some fun fantasy elements as well, as it follows the life of a man who learns he can travel through time.

10 Things I Hate About You

This modern adaptation of William Shakespeare's The Taming of the Shrew retold in the setting of a late-1990s high school is the quintessential rom-com full of tons of witty jokes and love stories that will make you swoon!





Luca

This animated Pixar movie is set in a beautiful town by the sea on the Italian Riviera and tells the story of a young boy named Luca and his summer of fun with friends! The only catch is that he must hide the fact that he is a sea monster. This perfect feel-good movie is one of my favorites!

Elf

This classic and hilarious holiday movie is sure to bring some cheer to your winter break! This could be a great movie to watch with your family or friends, and you could even make it into a holiday event with festive treats and pajamas!

Little Women

There are many great versions of this movie, but my personal favorite is the one directed by Greta Gerwig in 2019. I especially love watching this movie in the wintertime for the cozy vibes it provides. With a stellar cast, gorgeous scenery, and a touching story, you can't go wrong with this fresh take on a classic!

Music

The Japanese House

Amber Bain, professionally known as The Japanese House, is a brilliant English musician who makes indie pop music. She has two excellent albums, as well as some great EPs and singles. While I love all her music, my favorite songs by her are "Sunshine Baby," and "i saw you in a dream."

Shallow Alcove

Shallow Alcove is an upcoming indie folk band that writes beautiful music based in the art of storytelling. My favorite songs by them are "Dream Song" and "She Stays Quiet." Their music is so calming and lovely to listen to, and I would highly recommend checking them out!

Laufey

Laufey is an Icelandic singer-songwriter who has the world swooning over her gorgeous vocals, lyrics, and instrumental talents. She describes her style as "modern jazz," and some of my favorite songs by her are "Bewitched" and "From the Start." Also, she has a wonderful collection of holiday songs that are perfect for ringing in the holiday season!

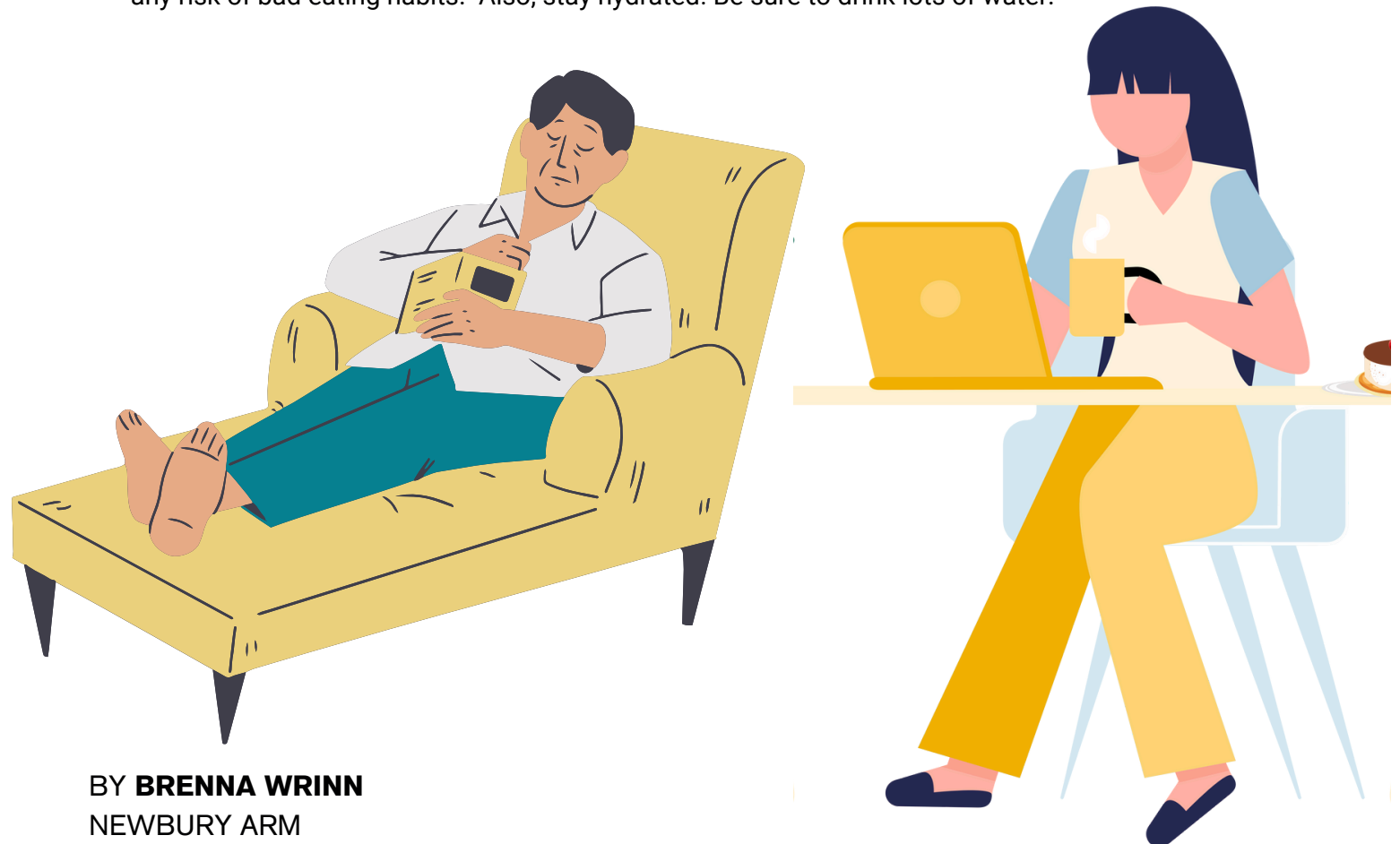
I hope you enjoy these recommendations and that they help make your winter break great!

DO I WORK OR REST DURING BREAK?

November also means that winter break is fast approaching! I mean, think about it, first Thanksgiving Break happened, and now it is final exams. Immediately after that, winter break commences! Much needed for most, but how could you possibly fill up all of your potential free time?

It is imperative to remember that resting can impose a routine. Staying on top of your health is important amidst the absence of schoolwork and academic obligations. A few things should be prioritized in terms of your daily routine, so the establishment thereof should be implemented once all of your personal belongings are unpacked.

- **Stay on top of your sleep schedule:** older teens and young adults should be sleeping anywhere from 7 - 10 hours per night. Set a bedtime, alleviate all distractions that may disturb your restful slumber (this may include powering off your phone). In the morning when you wake up, you can set an alarm so you do not oversleep and get ready for the next day.
- **Exercise:** living in the Northeast can impose natural challenges such as snow, ice, or severe cold. Going to the gym in your hometown or doing some easy at-home workouts can help with maintaining your physical state of fitness.
- **Eat healthy:** surely, the holidays are an exception for most people to eat whatever they want. There is so much joy in eating healthy, following the basic food pyramid and eating fruits and vegetables can alleviate any risk of bad eating habits. Also, stay hydrated! Be sure to drink lots of water.



BY **BRENNA WRINN**
NEWBURY ARM

- **Prioritizing Mental Health:** staying home every day, all day, can be a bit unhealthy, so going outside even for just a few minutes can improve mental health. Even making plans with friends from high school can help with this. This time can be especially risky for most with mental health issues, as depression does sink in for a lot of people during this time. So, doing whatever makes you happy is essential! If you are struggling mentally, there are resources to help you!

All of these tips are important should you wish to rest over break. Resting and relaxing throughout the duration of break can impose lots of challenges, but can overall be a good thing with healthy habits and healthy routines.



So what about working? With working, it is important that you do not overwork yourself, as this can be detrimental to your overall health. You may find that you're going straight to your seasonal job from school, which is okay, but definitely reserve some time for yourself and reserve time to have fun!

- **Don't overwork yourself:** know your limits. Do not work a double or a triple shift if you know that you will be dreading it. Also, if your job does allow flexible scheduling, take advantage of it! Reserve time for yourself between your shifts.
- **Do not stress if finding a job takes a while:** surely finding a job IS a job. Reach out or contact people in your social circle that can help you find a job. Put yourself out there more, attend job fairs, and have your resume or cover letter ready. Don't be discouraged - have patience. The perfect job will find you!
- **Reserve some time for yourself and your friends:** Meal prep for the week, take a much needed nap, have a night-in (or a safe night-out). Maybe put on a movie, read a book, or do whatever relaxes you. Find out what your friends are doing, go to that new restaurant in your hometown, or go see the new movie at the cinema!

Whichever path you may take over break with working or resting, I hope you all have a fun, exciting, and relaxing winter break so that you are rejuvenated for next semester!





BURNOUT:

WHAT IS IT AND HOW TO DEAL WITH IT

Are you feeling drained at this point in the semester? Or maybe feeling a little bit stuck? Don't worry, you most definitely are not the only one feeling this way! Burnout is extremely common among college students, especially when experiencing high levels of stress. Burnout is defined as "a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity" (Mayo Clinic). While burnout can look different for everyone, some common signs to look out for are:

- Irritable or impatient feelings
- Lack of motivation to work
- Trouble concentrating
- Lack of energy to be productive
- Lack of satisfaction from accomplishments
- Using food, drugs, or alcohol to feel better or numb yourself
- Sleeping too little or too much
- Headaches, stomachaches, or other physical symptoms

Burnout can take a large toll on our bodies as it can affect us mentally, physically, and emotionally. While you may be tempted to scroll away on your phone to escape being in the rut, spending too much time on your phone won't help your burnout. Participating in energizing activities instead can help improve your energy levels. To help recharge and fill up your mental energy, here are some activities you can try out!

BY **GRACIE JOHNSON**
PINNEY ARM



Every Wolf knows the importance of exercise! Get help with your burnout by working out in one of our facilities.



Exercise: Getting out and moving your body is a great way to break yourself out of a rut! As students, we often spend the majority of the day sitting in chairs or at a desk. These long periods of sitting are not good for our bodies, hence why it is important to get up and move. Even if it is just a quick 5 minute stretch, something is better than nothing!

Relaxation: A common factor that leads to burnout is experiencing high levels of stress. As college students, we often face this challenge as we have to juggle taking multiple courses, complete assignments, work multiple jobs, manage a limited income, and work with heavy schedules. Utilizing relaxation techniques can help us take breaks from feeling stressed to avoid developing burnout. Some of these techniques can include aromatherapy, going out in nature, practicing progressive muscle relaxation, or doing deep breathing exercises.

Have Fun: Along with taking breaks in order to relax, it is also equally as important to take breaks to have fun! We are constantly surrounded by emails, Blackboard notifications, and never ending to-do lists. It is important to recognize when all of your work can wait in order to get out and have some fun to help yourself recharge. Doing something you enjoy can help give you that small boost you need to get through the rest of the day and your tasks.

While burnout is common during the college years, it certainly can be minimized if you prioritize taking care of yourself first! It is also important to recognize all of the goals and accomplishments you have met thus far. We may be less likely to become burnt out if we recognize that all of the work we put into school does not go unnoticed. Don't forget to give yourself the credit you deserve!

Sources:

Beyer, A. L. (2020). Feeling Drained? Here are 16 Ways to Build a Recharge into Your Day. Retrieved from <https://greatist.com/live/how-to-recharge#16-ways-to-get-a-charge>

Know the signs of job burnout. (2021). Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>



Winter Closing is approaching!

**Residence Halls close on
Friday, December 15th @ 6pm**



Residence Halls close on Friday, December 15th @ 6pm

If you are taking a night class that has a night exam past 6:00 pm, you must receive permission IN ADVANCE from your RD to stay beyond the closing time.

All students must officially check out of their rooms (whether you are returning to the room in the spring semester or not) according to the instructions you'll receive from your RD.

Lunch on the 15th is the last meal served on meal plan for the semester



Coming back to the same room next semester?

If you are returning to your same room, you DO NOT have to remove all of your belongings over break. Still, we highly recommend that you take home anything that is of value to you. All rooms may be entered for seasonal maintenance over the break. If you haven't already done so, please make sure that your belongings are covered under your family's homeowner's insurance, or that you've purchased renters insurance.



Leaving your current room (switching rooms within the hall, changing buildings, or leaving campus altogether)?

You must remove ALL of your belongings before you go, as well as completing your RIF and signing out of the room with a member of your RA staff, in order to be considered officially checked out of your room. Failure to do this will result in an improper checkout charge. Please see your RD's instructions for checkout in your building so that you know what to do and when you can do it!



Checklist

make sure to do these BEFORE you leave for break

- ❄️ Leave your room in a neat, clean fashion. Beds should be stripped of all linens.
- ❄️ All trash/recycling should be removed and containers cleaned out.
- ❄️ No open food or beverages should be left in your rooms.
- ❄️ *ALL personal electrical items must be unplugged.
- ❄️ Heat should be left ON at a LOW setting (if you have heating controls)



Checklist

make sure to do these BEFORE you leave for break

- ❄️ All room/apartment doors and windows should be closed and locked. Blinds and curtains should be closed to conserve energy.
- ❄️ All lights (overhead, vanity, etc.) must be turned off.
- ❄️ Aquariums/fishbowls must be emptied and cleaned or taken home.
- ❄️ Any items observed in a room which violate housing or university policy will be noted, and appropriate action (including confiscation) will be taken.



Checklist

make sure to do these BEFORE you leave for break

- ❄️ All refrigerators and freezers must be cleaned. University-provided refrigerators should be left on. Personal refrigerator/freezers should be emptied, defrosted, unplugged, and left open. (Do this at least 1 day prior to leaving to avoid water damage from defrosting.)
- ❄️ All furniture and belongings must be moved at least 18 inches away from heaters or heating/AC panels. It is highly likely that work will be done on each of these units over the break.

If your room or apartment will have an open space that someone could be assigned to, please make sure that the room is clean and the space is ready to accept another roommate (empty drawers, unmade beds, etc.).



24 Quiet Hours and 3 Strike Rule begins Friday December 8th

According to the policy indicated in the Residence Life Guide, "If you violate the quiet hours during the 24-hour quiet hour period, or if you are documented for a possible Code of Conduct violation, you will be immediately removed without warning from the residence halls. A disciplinary hearing will follow after the close of the semester."

Please be considerate of your friends and neighbors, and help create an atmosphere in which to study and do well on your finals.



The residence halls re-open for the Spring semester at 10:00 am on Tuesday, January 16, 2023.

Classes begin on
Wednesday, January 17th.

If you have any questions regarding checkout or the semester break, ask your resident assistant or resident director, or call the offices of Housing & Residence Life at 203-837-8533.

Happy holidays and have a peaceful and relaxing break!
Good luck on your finals!



Winter Break Housing Applications are available!

Scan to apply via
the Housing Portal



