

LIFE SKILLS:

PACKING, CLEANING, MOVING
OUT - WHY YOU DON'T WANT
TO LEAVE A MESS

HOW TO PREPARE FOR FINALS

THE INTERVIEW:
DR. DONALD P. GAGNON, VPA

PERSONAL HEALTH & WELLNESS

The Handout

Your ARM Newsletter

MAY, 2024

VOLUME 12, #5



HOW TO PREPARE FOR FINALS	03
It's not too late yet...	
THE INTERVIEW: DR. DONALD GAGNON	05
Getting to know your professors	
PERSONAL HEALTH & WELLNESS	07
How to be and do your best	
LIFE SKILLS: PACKING, CLEANING, & MOVING OUT	09
Why you don't want to leave a mess	
YOU'VE GRADUATED COLLEGE: NOW WHAT?	11
Are you ready for what's next?	
ARM FAQs AND ANSWERS	13
References and Major Changes	
INFORMATION ON CLOSING	15
What to know for checkout	



The Handout



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**WESTERN
CONNECTICUT
STATE
UNIVERSITY**

Celebrating 120 Years

MAXIMIZE

STARTING NOW: HOW TO PREPARE FOR YOUR FINALE

BY VERA BOATEMAA
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As the curtains draw closer to the finale of any journey — be it a project, a career, or a phase of life — there is often a mix of anticipation, excitement, and a touch of anxiety. Whether you are concluding a chapter in your life or wrapping up a significant endeavor, the key is to navigate this transition with purpose and preparation. Here is how you can start now and prepare for your own finale:

1. Reflect on Your Journey: Before you embark on the final leg of your journey, take some time to reflect on how far you have come. Celebrate your accomplishments, acknowledge the challenges you have overcome, and identify the lessons you have learned along the way. This reflection will not only provide you with a sense of closure but also valuable insights to carry forward.

2. Define Your End Goal: Clearly define what success looks like for you at the end of this journey. Whether it is achieving a specific milestone, leaving a lasting impact, or simply feeling fulfilled and content, having an unobstructed vision of your end goal will guide your actions and decisions as you approach the finale.

3. Create a Plan: Once you know where you want to end up, create a plan to get there. Break down your remaining time into actionable steps, set deadlines for each task, and prioritize your actions based on their importance and urgency. Having a structured plan will help you stay focused and make steady progress towards your goal.

4. Gather Resources and Support: Identify the resources and support you will need to successfully reach your finale. Whether it is access to certain tools or technology, additional training or expertise, or the encouragement and assistance of friends and colleagues, don't hesitate to reach out and gather what you need to succeed. The peer tutors, the library and other resources are available. Also, do not hesitate to meet up with the ARM of your hall if you need any kind of assistance.

5. Stay Flexible and Adapt: While it is important to have a plan, it is equally important to remain flexible and adaptable in the face of unexpected challenges or opportunities. Be willing to adjust your approach, pivot when necessary, and embrace change as you navigate the final stages of your journey.

6. Stay Focused and Motivated: As you near the finale, it is natural for distractions to arise and motivation to wane. Stay focused on your end goal, remind yourself of why you started this journey in the first place, and draw inspiration from your progress and the support of those around you.

7. Embrace the Process: Finally, embrace the process of reaching your finale with gratitude and optimism. Recognize that every step, every setback, and every success has contributed to your growth and development. Approach the final stages of your journey with a sense of purpose, resilience, and a willingness to make the most of every moment.

By starting now and following these steps, you can prepare yourself for a successful and fulfilling finale to your journey. Remember, the end of one chapter is just the beginning of the next, so embrace this transition with enthusiasm and confidence.



I HOPE [STUDENTS] GAIN A SENSE THAT THEY ARE CAPABLE OF FAR MORE THAN THEY SEE THEMSELVES BEING CAPABLE OF WHEN THEY START.



Here at WCSU, we are very lucky to have many amazing professors and faculty members! For this article, I sat down and interviewed one of these incredible professors, Dr. Donald P. Gagnon, Professor of Theatre Arts and English. I hope you enjoy reading this interview and gain something from the wise words of Dr. Gagnon!

1.Can you please talk about your journey into a career in academia and what led you to become a professor at WCSU?

My plan even as I graduated from college was never to be a teacher. But I discovered in the middle of a successful career in financial services management that one of my favorite parts of the job was leading workshops and discovered by accident that I

The Interview: Dr. Donald P. Gagnon

BY **AMY MANDELBAUM**
PINNEY HALL ARM

had a talent for it. While I was successful in my career, I didn't enjoy it. After some workshops, I thought about how I could make a career using my talents and doing something I enjoy. That's when I decided to explore teaching. When deciding what to teach, I knew I loved literature and wanted to teach students older than high school students. I started by teaching at a community college, got my master's, and kept going and got into the career!

1.What is your favorite course to teach?

My favorite courses to teach include the travel courses in the Honors program, *Americans in Paris* and *Americans in London*. They are affiliated with the Honors college, so we get to work with students who are especially engaged, and it is about investigating cultural interactions through an interdisciplinary lens which addresses so much about what is critical to education.

Another course is the *Contemporary Literature* course, which allows me to apply a range of critical theories to works within the 20th and 21st centuries because though critical lenses are in cultural studies, it puts it into the world that we live in and move through.

In the Theatre department, there is not a course I have not enjoyed teaching, but toward the top of the list is *Queer Theatre*, especially because of the resonance that the material has within our student population and because of the nature of theatre itself.

Musical Theatre History II has very fun and interesting material, and it allows me to bring a different energy into the classroom and not have to worry as much about the academic rigor I have to bring to other courses.

3. What do you hope students gain from your classes?

I hope they gain a sense that they are capable of far more than they see themselves being capable of when they start. Also, that being successful requires as big and as full a toolbox as possible, and that extends beyond the rehearsal and production process. I hope that they understand the critical necessity of the empathy that they bring to the profession and that the profession offers to the world. I hope that students realize the importance of being able to communicate clearly and effectively for a multitude of purposes within and outside of the profession. Basically, that words matter.

4. Can you please talk about what you do with dramaturgy for our productions too?

I approach dramaturgy as the primary research aspect of any production. The greater the context that the cast and crew can perceive and understand, the greater opportunity they have to bring that into the production and enrich it. With student dramaturgs, I work with them on an individual level on how to research, study, prepare, and serve a production.

5. What are your top favorite shows? In general and ones you have seen at WCSU?

General-

1. Ragtime
2. Death of a Salesman
3. Six Degrees of Separation
4. Follies
5. Long Day's Journey into Night

WCSU-

1. Allegro
2. Dancing at Lughnasa
3. Sweeney Todd
4. A Little Night Music
5. The Resistible Rise of Arturo Ui



6. Your office is known for always serving hot tea, do you have a favorite kind?

English Breakfast tea with cream! It is perfectly satisfying.

7. What advice do you have for students who want to succeed academically at WCSU?

To take their academic work as being just as important as their performative work. Students need to learn to invest as much energy into being strong theatre students as being strong artists. We can be better artists when we understand more about the art, which includes the history and the ways we think about and understand it, and the way we understand the relationships between the texts and the world that we live in.

Personal Health & Wellness

BY **BRENNA WRINN**
NEWBURY HALL ARM

April and May are, as I like to call them, the months of the sniffles. People always get sick around this time even though it is not cold and flu season, but because seasonal allergies during this time are in full force. Who knew something so beautiful as spring can induce the worst sneezing or sniffing episodes with your sinuses? Surely there are lots of perks such as warmer weather, beautiful cherry blossom trees, and longer durations of sunlight during the day. It is important to also take care of yourself if you are feeling a bit unwell during this time though, especially with seasonal allergies, and also with the stress of finals or the end of the school year.

A lot of people are in the same boat right now. With the accumulating pollen and the blossoming of trees and their leaves, it is common for people to have sinus issues and get sick. Get lots of rest, lots of tissues, drink hot tea, and most importantly take whatever time you may need to become well again. Every sickness should be treated seriously to ensure a full and effective recovery.

The stress of academics is in full force during April and May. It is when professors generally tend to cram the most amount of work into a semester, as once they're over, then the semester is pretty much over. Most of you may be getting ready for finals already, or may be experiencing the stress of the cram. Try to balance your engagement in



TRY TO BALANCE YOUR ENGAGEMENT IN ACADEMICS AND ENGAGEMENT IN SOCIAL LIFE; YOU DEFINITELY DO NOT WANT TO BURN YOURSELF OUT.

academics and engagement in social life; you definitely do not want to burn yourself out. Some of you may be getting ready to graduate, this may be a stressful time for you also because you may be going right into graduate school to pursue your studies, or maybe you're officially going into the workforce. Whatever your plan may be, be sure to grant yourself enough you-time, to engage socially and just have fun amidst your busy academic or obligatory work schedule.

Warmer weather approaching also means the ability or freedom to go outside a lot more. It is important to remember that we are connected to the Earth. Therefore, going outside and taking a walk, hanging out with friends, or doing homework can be quite relaxing. The picnic tables on campus are already out to encourage people to go outside - take advantage of it! Feeling the cool breeze from the trees, smelling the fresh cut grass or flowers near Old Main on Midtown Campus, or even taking a leisurely stroll around Ives Concert Park on Westside Campus can be quite relaxing during this time of year.

Think of your body and mind as a cherry blossom tree. The winter can be restricting growth and prosperity in one's self. During these cold months, the leaves are absent to adorn the trees - there are simply sticks for branches without any vibrant colors. Yet, the tree persists, and knows that it will regain strength and resilience to become beautiful, only patience is required to do so. In these spring months, the trees grow to such a degree that flower buds grow. We then see beautiful colors of green, white and pink adorn the trees. Our bodies are treated the same. Cold months may hinder our physical or mental health. However, with enough patience and resilience, we, too, grow and flourish just the same as our tree counterparts.





LIFE SKILLS: PACKING, CLEANING, MOVING OUT: WHY YOU DON'T WANT TO LEAVE A MESS

BY **ALAYZA AUDAIN**
GRASSO HALL ARM

The weather's getting warmer, the bugs are coming out, and finals are finally approaching. This means that it is time to pack all your belongings to leave the university for the semester. The sooner you get started, the faster it will be for you to check-out and leave as soon as you complete your last final exam.

According to Abdul Aziz Khan, "The purpose of cleanliness is health, beauty, absence of offensive odor and to avoid the spreading of dirt and contaminants to oneself and others." Leaving your dorm room clean at the end of the semester is not just a matter of tidiness, it reflects responsibility, respect for shared spaces, and consideration for others. A clean dorm room not only benefits you but also contributes to a positive living environment for your roommates.

One reason why you should maintain cleanliness in your dorm is because it promotes a healthy and hygienic living space. Regularly cleaning helps to eliminate dust, dirt, and bacteria, reducing the risk of illnesses and allergies, especially since we are transitioning to the season of allergies. By keeping surfaces clean, you create a more pleasant environment for yourself and others to live in, promoting physical well-being and overall comfort. It is not too late to start now!

Another reason why leaving your dorm clean is something all residents should do because it demonstrates respect for communal living spaces. Your dorm is a shared area where multiple individuals reside, and after this semester, others will too. Being mindful of your roommates, neighbors, and future residents means being

considerate of everyone's preferences and needs. Keeping your space clean minimizes disturbances and conflicts, which could promote a better living environment for studying and relaxation. If you get started now, there will be less for you to clean at the end of the semester when you are ready to go.

The last reason why maintaining a clean dorm room is important is because it reflects positively on your character and responsibility. It shows that you take ownership of your surroundings and are accountable for your actions. Taking the initiative to tidy up regularly and ensuring cleanliness at the end of the semester reflects maturity and self-discipline, qualities that are essential for success in both academic and personal achievements.

Here are some tips that you should include when cleaning and preparing for the end of the semester. These tips should also be practiced at home to create a habit:

- Declutter regularly: Get rid of unnecessary items and organize your belongings throughout the semester to prevent accumulation of clutter.
- Establish a cleaning routine: Set aside time each week for cleaning tasks such as dusting, vacuuming and laundry. A consistent routine makes it easier to maintain cleanliness.
- Clean as you go: Avoid letting messes pile up by cleaning up spills, washing dishes, and tidying up immediately after use.
- Divide responsibilities: If you have roommates, divide cleaning responsibilities fairly to ensure that everyone contributes to maintaining a clean-living space.
- Deep clean before leaving: Before the semester ends, dedicate time to deep cleaning your dorm room. Dust surfaces, vacuum floors, wipe down furniture, and dispose of any perishable items.

In conclusion, leaving your dorm room clean at the end of the semester reflects your responsibility, respect for shared spaces, and considerations for others. By prioritizing cleanliness and following practical tips for maintenance, you contribute to a healthier, enjoyable living environment for yourself and your peers.



YOU'VE GRADUATED COLLEGE...



NOW WHAT?

BY **GRACIE JOHNSON**
PINNEY HALL ARM

If you are about to graduate college, there's a good chance you're probably thinking "Now what happens?" Graduating college can be one of the most exciting and rewarding times of our lives, but also one of the most daunting and anxiety-provoking times as well! After all, we've worked extremely hard throughout the past 4 years and most likely couldn't wait to graduate. But now that it's here, the past 4 years seem too short and we are left wondering what comes next. Keep on reading to learn about some helpful tips and tricks to help you navigate this new, yet exciting chapter!



1. Be Kind to Yourself

As you navigate this new transition, it is so important to be kind to yourself and accept whatever emotions you may experience. Going through a big life transition is certainly not easy and takes time to adjust to. Make sure to be patient with yourself and allow these mixed feelings to come. It's okay to not have "everything together", to make mistakes, and to ask for help when needed!



2. Don't Compare Yourself to Others

Similar to what happens after high school, we all go in different directions and follow our own unique pathway after we graduate college. We all have different jobs or careers, different cities to live in, and different post-grad plans. Our life paths all look different as we all have our own unique timeline, strengths, and passions. While it can be easy to do so, it's important to try not to compare our timeline to others to avoid feelings of discouragement. Try your best to focus on your own personal goals and achievements.

3. Create and Maintain a Support System

When going through a big life change, it's important to build up your support system as much as you can so you are not alone. Keep in touch with your family and college friends if you can while navigating this new change. Don't be afraid to lean on them if needed as your loved ones are there to help you. Just like in college, it's important to seek out new friendships as well when transitioning into a new environment. Meeting people at work and connecting with new co-workers is a great way to do this!

4. Create a New Schedule

Creating and sticking to a new schedule can help you get more accustomed to post-grad life. When life feels like everything is changing, a schedule can help foster a routine and organization into your everyday life. Some ideas to help you create a schedule include getting a planner if you don't already have one, writing tasks down in a to-do list, and sticking to a set wake-up and bedtime. It's also important to incorporate hobbies and other things you enjoy in your routine as well. You can even build in activities you enjoyed from college such as getting coffee with a friend or having a movie night!

While a big transition is underway, soak in the last few days of your college experience and look forward to what is yet to come! We are all going to end up on the path we are meant to be on regardless of how much time it may take. Embrace all of the different feelings of excitement and nervousness - it's all normal! The best is yet to come!

(N.d). Retrieved from <https://www.indeed.com/career-advice/career-development/transitioning-from-college-to-workplace>



ARM FAQs and answers

BY JULIAN RIVERA
LITCHFIELD HALL ARM

Getting Your Professor to Write a Reference for You

Here is a list of steps that need to be established for you to effectively receive a reference from your professor:

- Establish a relationship with your professor
- Demonstrate your commitment
- Request the reference in advance
- Ask politely and professionally
- Provide necessary information
- Remind them of your achievements
- Follow up
- Respect their decision

Here is a template email to help you reach out to your professors for a reference:

To: **(Type in your professor's email)**

Subject: Question about His100 - Sec 2 **(Make sure to include your correct class) - (Type your name here)**

Good afternoon (evening/morning),

I hope you are well. My name is **(Type your name here)**, and I am in your Tuesday/Thursday His 100 - Section class **(Make sure to include your correct class information and times)**.

As the semester is coming to a close, I was hoping you could write me a reference for a potential job/position **(or whatever endeavor you need the reference for)**. I enjoy your class and respect you as a professor. It would be greatly appreciated!

Please let me know.

All my thanks,
(Type your name here)





Are you struggling with your classes? Are you falling out of love with your major classes? How happy are you taking your major classes? Are you benefitting from these classes? These are the types of questions you need to ask yourself when contemplating whether you should change your major or not. It's not too late to change your career pathway, and honestly, it's not bad or weird if you choose to. Changing our minds is a human thing; however, what isn't good is wasting your time with a major you genuinely aren't happy with.

Here's what the school says about it:

A student who desires to change their major from one department to another department must complete the appropriate form, which is available in the office of the chairman of the new department and online.

For Application and to change to a Double Major:

Any WCSU student who wishes to fulfill the requirements for more than one academic major may do so. Students must satisfy the requirements for both majors, and courses required for one major may not be used to complete requirements for a second major. To complete a double major in the Ancell School of Business within the five (5) business administration departments,

students must complete the BBA Core and the courses in both majors with no duplication of courses in the two majors. Both majors will be listed on the student's transcripts; however, only one degree will be awarded.

If the student qualifies for more than one degree, e.g., both a Bachelor of Arts and a Bachelor of Science, the student must notify the Registrar's Office as to which degree to receive at commencement.

Students are advised to exercise caution in selecting more than one major, because the requirements to meet two majors will limit the ability to take elective courses.

Students are responsible for fulfilling the requirements of both majors as well as any special general education requirements in the majors.

Change of Major/Double Major forms can be found online at:

<https://www.wcsu.edu/registrar/forms/>.




WESTERN CONNECTICUT STATE UNIVERSITY
HOUSING AND RESIDENCE LIFE

Residence Halls close on

Friday May 10th @ 6pm

unless you are a graduating senior


Swipe for more information



Checkouts before Monday, May 6th will be completed daily between 6pm-10pm.
Checkouts starting on Monday, May 6 will be completed daily between 10 am - 10 pm.

PRO TIPS

- Start packing early and if able, try to bring things home early.
- Assign each roommate/suitemate a task to complete to clean the common areas.
- Make arrangements for a pick up date and time now.
- Make a packing list to ensure that you don't forget anything.



HELPFUL CHECKLIST

- ★ Leave your room neat and clean.
- 🗑️ Remove all trash/recycling to the trash room and/or the dumpster near your hall.
- ☀️ Remove all food and beverages from cabinets, drawers, & fridges.
- 🔌 All university furniture must be moved at least 18 inches away from heaters or heating/AC panels.
- 🐟 Aquariums/fishbowls must be taken home.


HELPFUL CHECKLIST

- 🗑️ All refrigerators and freezers must be cleaned. University-provided refrigerators should be left on. Microfridges/Personal refrigerator/freezers should be emptied at least 1 day prior to leaving to avoid water damage from defrosting.
- ☀️ Close all room/apartment doors and make sure that all windows are closed and locked. Put all blinds down.
- 🍦 Retrieve any items confiscated during the Spring 2024 semester from the RD's office or it will be thrown away at the conclusion of the semester.

HELPFUL CHECKLIST


- ★ Don't forget personal items, medications, electronics, chargers, etc. All personal belongings must be removed from the room (check drawers, closets, etc.) Any items left in the rooms will be thrown away.
- ☀️ All lights (overhead, vanity, etc.) must be turned off.
- 🔌 Take a walk around the room to make sure that you have all items and have left nothing behind. Once your space is clear and clean, follow the check out procedure outlined by your RD/SCA/RA.

CLOSING INFORMATION



MOVE OUT FAQS

- **When is the last day I can stay?**
 - You must check out no later than 24 hours after your last final exam or by Friday, May 10, 2024 by 6:00pm, whichever comes first.
- **Can guests help me move?**
 - Of course! you can have 2 guests help you move out beginning on Friday, May 3; however, once they're done helping you they must leave the building. They must sign in and follow all guest policies and procedures.




MOVE OUT FAQS

- **What if no one is available at the time I am ready to check out?**
 - Contact your RD in advance to make the necessary arrangements.
- **What if I receive a bill after check out?**
 - Failure to leave your space as you met it will result in an improper checkout fee.
 - Damages to the room may result in a fee which is determined by the RD and maintenance. The RA does not make billing decisions.



MOVE OUT FAQS

- **What if I leave something behind?**
 - All items left behind will be disposed of. We highly encourage residents to do a final walkthrough of the space to ensure they have everything. Don't forget to check drawers and cabinets.
- **What about my mail?**
 - Make sure to pick up all mail at the front desk.
 - Per the mailroom, no packages will be shipped home. Please make arrangements to either pick up packages or have them shipped. Packages must be picked up by Friday, May 3rd. There should be no packages delivered after May 3, 2024.



MOVE OUT FAQS

- **I have large items that I want to get rid of. What do I do with them?**
 - You can put them in the large dumpsters near your residence halls. please see below:
 - Litchfield, Newbury, & Fairfield: facilities parking lot
 - Grasso: along curb at back of building
 - Pinney: along the curb the parallel parking spots across from the handicapped spots parking at front entrance

QUIET HOURS & THE 3 STRIKE POLICY

- 24 hour quiet hours begin Thursday, May 4th and stay in effect until buildings close on Friday May 10th.
- Drug and/or alcohol violations will result in immediate removal.
- When 24-hour quiet hours go into effect, so does the 3 strike rule. If staff speaks to you about any violations, including noise or guest policies, it will be documented. On the 3rd time, you will be required to leave and check out of the building immediately.



Thank you for an amazing year!
We look forward to seeing you back in Fall 2024.
Enjoy the summer!

To the graduating seniors, good luck with your future endeavors!
Thank you for being such great members of the Housing & Residence Life community.

Thank you, Housing and Residence Life