Your ARM—more than an appendage!

by Jamie Maitland, Newbury ARM

Academic Resource Mentors (ARMs) are students who play an essential role in Housing and Residence Life. ARMs have many responsibilities, which include educational programming, mentoring, and referring. ARMs are not tutors, but an academic coach who can assist you with different strategies so that you can be successful. Each ARM has designated office hours in the residence hall and the hours are posted in multiple areas. If you can’t make it to your ARM’s office hours just let him/her know in advance so that you can set up an appointment. If you need help in a subject that your ARM is not familiar with, your ARM will refer you to someone who can help you.

ARMs can help you with important topics such as time management, dealing with stress, studying effectively, the resources available on campus, talking to your professor, and building your résumé. ARMs put on eight educational programs per semester, which include two Great Resources on Weekdays (GROW) programs that all students are welcomed to come to. GROW programs are held each week during the fall and allow you to become familiar with the resources and staff at Western that can help you. Some topics that have been presented at GROW programs are Registration, Sustainability, Identity Development, and Utilizing Technology.

In the spring, ARMs host My Road to Western, which allows you to hear about the academic journeys of different staff members at Western and how they ended up here. Delicious food is also served. My Road to Western is a treat to all who attend because you get to learn about the Western staff on a different level. For instance, last spring Dr. Missy Alexander, the Dean of the School of Arts and Sciences, was one of the key speakers for a My Road to Western event and the audience loved hearing her talk about her journey to Western.

You do not have to come to your ARM only when you need help with your academics. You can come to your ARM’s office hours to talk, or even have a quiet place to study. You are eligible to become a PASS member if your GPA is within the 3.0-4.0 range. PASS members are student volunteers who live in your buildings and are comfortable assisting other students in familiarized subjects. PASS members
New changes have been made to Information Technology & Innovation (ITI)! As of March 2014 all ConnectMail passwords were synced with WestConn Windows. This means that your password for Banner, Wifi, Blackboard, etc. is the same for your school email. If you need to change your password, you can use the Self Service Windows Password Manager. This tool can be found by searching “password” on the WCSU website. To use this tool you must have your student ID number, birthday, and home zip code. If you have issues with your password, visit any of the staffed computer labs located in the Haas Library on Midtown, the Student Center on Midtown, the Campus Center on Westside, or the Classroom Building on Westside. There is also a new system to verify your identity if you want to change your password over the phone.

Be sure to check your email daily for important information from professors and the school. Your school email is the best way to get in contact with WestConn faculty. Other email address may be automatically sent to the spam folder. That wouldn’t be good! This is also where you will get notifications about school closings, delays, or resources on campus.

You can also find out about these resources while you’re checking the computer centers. On Midtown, ITI offers free tutorials for a variety of programs like PowerPoint, Excel, and more! If you take the Photoshop tutorial, you can check out the new tablets available to training specialists. These one-on-one sessions are held in the Student Technology Training Center, located in the Student Center. You can start making appointments in early September. Definitely take advantage of all of these great resources!

Your ARM (continued from Page 1)

is the ARM, and in Pinney Hall, Alex Saraceno and Saraphina Mwangi are the ARMs. The duty of the ARMs is to help you in any way possible. You are encouraged to come for help. ARMs are trained and know what resources are available to help you make a difference in your academics, but it’s up to you to utilize the help.

can also be recognized for their hard work at the Academic Recognition Ceremony held in the spring.

All residence halls except for Fairfield Hall have an ARM. In Centennial Hall, Sean Keenan and Kenny Ward are the ARMs. In Grasso Hall, Kyle Venditti is the ARM. In Litchfield Hall, Colleen Mair is the ARM. In Newbury Hall, Jamie Maitland

The Handout, V3-#1 September, 2014 2
Listen Up!

by Alex Saraceno, Pinney ARM

Hundreds of years later Epictetus, the ancient Greek philosopher’s, words still hold true, “We have two ears and one mouth so that we can listen twice as much as we speak.” Whether we’re in the classroom, the residence hall, or the cafeteria, listening plays an integral role in any interaction. When we are distracted by technology, waiting for our turn to speak, or paying attention to something else during a conversation, we are listening passively. Nothing is gained from such exchanges. To practice active listening one must approach any and all conversation with an appreciative, comprehensive, critical, and empathic manner. Balancing these four styles enables us to connect clearly and genuinely with others.

Appreciative listening is done for enjoyment; it’s reacting to simple friendly conversations with the same ease of listening to music. One listens comprehensively to gain knowledge, which requires suspending judgment and delaying evaluation until all the information is shared. Critical listening is analyzing the truth or validity of what one is hearing. To understand another person from where they’re coming from is to listen empathically.

While these four different types of listening are second nature when communicating with certain people, there is much to gain through practicing them in all interactions. If we become more aware of how we’re listening to others and how others are listening to us, we begin the invaluable process of becoming better communicators.

There is a great deal of new information at the beginning of the semester, and to both receive and share all of it we need to be mindful of the effort we’re putting into our own listening.

Source:
It’s mid-September, you’ve been living at school for about three weeks now, and you’re really struggling to deal with the new roommate that has suddenly been forcefully placed into your living space. Everyone knows that adjusting to another person’s living habits can be a rough time, and ultimately this can lead to bigger interpersonal problems than any of us ever wants to deal with. However, dealing with and having a good grasp on this situations is very important, not only in order to have a good year, but also for growing into a kind and respectable human being that people actually want to associate with. To translate, this means you need to understand and start to accept diversity.

At some point in life, just about everyone has sat through a mind-numbingly dull diversity training video. The weird thing about these videos is that they actually serve to point out and highlight all of the differences between people. While on the one hand, this can help to highlight the diverse nature of each and every one of us, it can also allow our minds to momentarily entertain some biases we may have never even considered before. Nonetheless, the goal of this type of training is amiable to say the least.

The idea of diversity is something that makes a lot of people super uncomfortable. And why wouldn’t it? We’re all raised with a certain set of uncomfortable thing that makes a lot of people super training is amiable to say the least. Nonetheless, the goal of this type of have never even considered before.

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One thing that is important to acknowledge—and is often ignored—when tackling the topic of diversity is this: we are all minorities in one way or another. Ironically enough, there is often a stereotypical view of who is a “minority”. Women, queer individuals, and people of non-white descent are often who we consider to be “minorities”—however, this remains a rather narrow-minded understanding of what it means to be a minority. In a classroom comprised of twenty-somethings, a 57-year old professor is a minority on the basis of age. On a staff of primarily Asian women, a white man is a minority on the basis of race and gender. In a room of gay men, a heterosexual woman is a minority based on her sexual orientation and gender. These specifications can be much more discrete than what we would normally consider though. Financial status, marital status, town or city of origin, and more can all serve as diversifying qualities for any group of people.

While we may not actively discriminate on the basis of marital status the way that we do with race or sexuality, we do often allow microagressions to do the work for us in that regard. Basically, this means that we unknowingly use more subtle words and actions to send the message that we aren’t accepting of another person’s diverse nature. This is troubling to say the least. While it is okay to acknowledge difference among ourselves and others, it is never okay to openly argue that someone is any lesser of a respect-deserving human being because of these differences. Think what you may on the inside, but always show respect for the cultural and social backgrounds of those around you.

Returning to College (continued from page 3)

For many, with all these commitments, doing homework can become an issue. Some days you may not want to go to class because you’re exhausted from that party last night or maybe you just stayed up too late doing homework. Planning your day out is critical to effective time...
Living a healthy lifestyle while taking a full course load and living on campus can be quite difficult. It can be tempting to eat pizza, fries, and burgers everyday; and motivating yourself to make time to work out can feel nearly impossible. But we all know that in order to live life to our fullest potential we need to be healthy. Thankfully here at Western we have the opportunity to both eat healthy, and to stay active.

On the Midtown campus, there are two main student-dining areas. The upstairs cafeteria offers made to order deli, salad toss, and fruit smoothie stations. There is also a Greek yogurt bar where you can add fruit, honey, and many other toppings to your yogurt. In the downstairs food court there is the Verde salad bar, which serves made to order salads, and Stack’s Deli, which serves made to order sandwiches and wraps. On the Westside campus there is the Westside Marketplace. The Marketplace has a Mindful station which offers “Mindful foods that balance nutrition with enticing flavors to create an indulgent way to enjoy health.” There is also Sandella’s, which serves healthy wraps, salads, and other options.

Both campuses have fitness rooms where students can work out without charge. There is also a pool on the Westside campus that is open to students as well. The recreation department organizes fitness classes, which meet during the week, like Zumba and Insanity. All classes are taught by certified instructors and are free to students. There are also intramural teams, active club sports, and active recreation clubs that are open for students to join. These are great ways to meet other students with similar interests and to stay active.

All in all, balancing all that life throws our way and a healthy lifestyle can be challenging; but Western offers many opportunities for students to stay active and healthy during their time on campus.

Citation: Http://mindful.sodexo.com/
This year marks the one hundredth anniversary of the advent of the First World War. This is a historic event that should not be overlooked. World War I irreversibly changed the political landscape of Europe as well as the face of modern warfare. The death toll of the war was on a staggering scale previously unheard of in modern times. At the end of the war, the treaty of Versailles devastated the German economy and gave Hitler the opportunity he needed to take control of the desperate people. The centennial of this event is not something that should be forgotten or glossed over.

Those involved in the Great War were forever changed by their involvement. Before the war, the British Empire was one of the largest and most powerful in the world. Because of its involvement, it was greatly weakened and lost territory around the world. Although it remained a colonial power for many years after, it was clear that it would no longer be the superpower it once was. Russia was also fundamentally changed because of the war. At the beginning of the conflict the Tsar ruled Russia and his commitment to the war angered the people. In 1916 Lenin lead the people of Russia in a revolt and Communist Russia was formed. The Ottoman Empire was completely wiped from existence because of the war. It was replaced by Turkey and the numerous Baltic States. The war fundamentally changed Europe and the consequences of these changes would be felt for generations to come.

The United States of America could not escape the war either, despite its best efforts. For years, the Monroe doctrine had controlled the USA’s foreign policy; America was determined not to get involved in any European politics. However, President Wilson saw that whatever happened in Europe would no doubt affect the United States and so convinced congress to approve America joining the war on behalf of the allies. This move cemented the United States’ position in European politics; in addition, the military savvy that America showed during the conflict illustrated that America was a force to be reckoned with.

At the time, the scale and devastation of the war lead it to be called “the war to end all wars,” there was truly no other conflict that compared with it at the time. Up until that point, warfare was traditionally fought with rules and codes of honor. However, during World War I this was not the case; horrible new weapons evolved to decimate the enemy. Mustard gas and flame throwers were used to clear out trenches, mines and barbed wire covered no man’s land between the trenches and the war truly became a battle of attrition. Ultimately the war led to the deaths of 16 million people, 9 million soldiers and 7 million civilians. This scale of this was and is still today virtually unheard of.

Perhaps the most important thing to remember about the First World War is how it ended. After years of conflict, the central powers were finally defeated and Germany was forced into a debilitating treaty in Versailles. This destroyed any chance Germany had of recovery and gave Adolf Hitler the opportunity to take control and once again devastate Europe. Had the allied powers allowed Germany to recover, it is very possible that this would never have happened. While it may be impossible and unadvisable to forget the horrors of the past, it is important to realize that the world has to find a way to live with one another despite the mistakes that have been made.