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**ACADEMIC RESOURCE MENTORS— YOUR ARM HAS A HANDOUT FOR YOU!**

IN THIS ISSUE



by **Jamie Maitland, Pinney ARM**

Do you know what the acronym ARM stands for here at Western Connecticut State University? Well if you guessed Academic Resource Mentor, then you guessed correctly! ARMs work for housing and residence life, providing all of the residents with the help that they need academically. We work alongside your Resident Assistants (RAs) to make sure that you have a great school year academically and socially. ARMs have many responsibilities, which include programming, mentoring, and referring.

We live right here in the residence halls with all of you, which gives you easy access to us. All residence halls have an ARM except for Litchfield Hall. Fairfield, Newbury, and Grasso have one ARM and Centennial and Pinney have two ARMs. We put on eight programs each semester, so make sure to come to all of them. Not only will they be fun, but they will also be educational.



This year the ARMs have a new programming model. We will put on programs about topics that include study skills, life skills, and connecting with your professors. ARMs are not tutors; we are academic coaches who can assist you with different strategies so that you can be successful. Each ARM has designated office hours in her residence hall and the hours are posted in multiple areas. If you can't make it to your ARM's office hours just let 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 that can help you.

ARMs can help you with important topics such as time management, dealing with stress, studying effectively, the resources available on campus, and building your résumé. You do not have to come to your ARM only when you need help in 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. Don't be afraid to utilize your PASS members. They want to help

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you do well, so make sure that you reach out to them if you are having trouble with any of your courses. PASS members can also be recognized for their hard work at the Academic Recognition Ceremony held in the spring.

[www.wcsu.edu/housing/arm.asp](http://www.wcsu.edu/housing/arm.asp)



# Getting Involved



by Melanie Jones  
Centennial ARM



complain about getting a free Apple TV or iPad? Yes, those are both past prizes from PAC bingo.

As we all know, college can be scary. Getting involved on campus can be even scarier. We all know that we want to do *something*, but we never know exactly what it is we want to do. Here at WCSU, we have a ton of activities that don't even involve much commitment. Whether you're looking for a club to join or just for something fun to do on a Wednesday afternoon, WCSU has you covered.

First of all, check your email! Let me repeat; CHECK YOUR EMAIL! This is the easiest way to stay up to date on what is happening at Western. Many clubs will email the entire school letting us know when their club meetings are happening or when they are hosting events. Most of these events are open to all students at Western! Every week, **What's On at Western**, or **WOW**, is emailed to students as well. This email will be your go-to source for up-to-date information on the latest events happening at Western. In the WOW email, you will see a variety of events. Such events include coffeehouse dates, WCSU athletic team events, PAC movie nights, lectures and workshops on campus, fitness classes, and much, much more!

"What is PAC" you might ask? PAC stands for Program Activities Council. PAC puts together fun events throughout the semester for all students to participate in, including movie nights (did I mention PAC is presenting *Finding Dory* on 9/9/16?), off campus trips, and their famous bingo! Bingo is a great activity to get a chance to make new friends while winning thousands of dollars' worth of prizes. Who can

Love free food? Most activities provide free meals or snacks. The Newman Center provides free dinners every month for WCSU students. How can you go wrong with a fresh, hearty, home-cooked meal? It's the closest to mom's cooking you can get while being away at school.

Come out and support your WCSU sports teams! WCSU's soccer, volleyball, field hockey, football, and tennis teams have games or matches almost every week! Going out to a game even once a semester is a wonderful way to immerse yourself in the college sports scene. There will be tons of WCSU fans.

If you're looking for something more long term, try looking into joining a club! There are four sororities and three fraternities on campus, all of which advertise events at the beginning of each semester to recruit new members; keep an eye out! Accounting club, Christian Ministry, Black Student Union, WXCI Radio Station, Newman Club, National Society of Collegiate Scholars, International Student Association, Greek Council, National Association for Music Education, Honors Student Organization—these are just a few of the many clubs that are available on campus.

With all of these options, it's pretty hard to not get involved on campus. No matter what you decide to do, just have fun with it! Going out to a program that just sounds interesting can lead to terrific results in the end. Who knows, you might end up with a free prize at the end!

## Join In!

by QinLin,  
Pinney ARM



Personally, I have joined several clubs and organizations since enrolling at Western. Although they do tend to keep my schedule busy, I believe they are worth the time and effort. The benefits of joining clubs and organizations are tremendous. I believe everyone should try to join at least one organization or club on campus, especially they are related to your major.

### ◆ Learning more about yourself and growing

It is important for each individual to understand his or her own strengths and weaknesses. Joining a club and interacting with other members will present many opportunities to learn and grow. You will better understand yourself and develop skills such as communication, work ethic, and a good attitude. It also gives you the opportunity to grow into a leader.

### ◆ Becoming a team player

Being able to work well in a team is an essential part of any career. By participating in school organizations and clubs, you will be presented with many situations in which you can gain experience and learn how to adapt to working with teams in the future.

### ◆ Taking a break from your busy life

Class, work, family, and other commitments can really drain you sometimes. Leave yourself some time to participate in a club, make some new friends, learn some interesting diverse cultures, relax and do some community service to give back to the community.

# Get to Know Your Professors

By  
Nadia Orjiugo  
Centennial ARM



Welcome back to WCSU everyone! Now that we are in a new semester we can start off strong with some great tips. The greatest tip that I can give you is to become familiar with your professors. The workload that we receive can sometimes be stressful and challenging, but our professors are here to help as much as they can. Don't forget, the reason that they became professors is because they have passion for the subjects that they teach and enjoy helping students! If you ever find yourself unsure about a topic in class or even career issues, you can always make an appointment to meet them during their office hours. When you have a good relationship with your professor, you are more likely to get the help that you need. If you are a student who just attends class and isn't very active, you will become just another student in the grade book.

There are also other benefits from knowing your professor outside of the classroom. One of these benefits can be finding great internships! Once you have a relationship with your professor, they will get to know who you are and the things you are interested in. This can lead to them notifying you on great opportunities in your field of interest. Another benefit that is very important would be letters of recommendation. There are many things that require letters of recommendation such as scholarships, jobs, and graduate school. When you have a professor who knows you well, it will be an upper hand for you because they will have more to say about you beyond your grades. If you take the time to get to know your professor, it will be very easy to ask them for a letter of recommendation as well.

Now let's talk about making it happen! Create your reputation with a professor now while it's still early in the semester. If you're in a large lecture class, sit up front and be observant. Attend a few office hours, even if you don't need help. Participate in class as much as possible and always be on time! Good luck everyone and let's have a great semester!

## Ancell School of Business

### Accounting Society

**First Meeting:** Thursday, 9/15 at 8:00 pm  
Westside Student Center Room 212/214  
**Location:**  
**Contact:** Daisy Chin  
chin010@connect.wcsu.edu

### American Marketing Association

**First Meeting:** Thursday, 9/8 at 5:30 pm  
Westside Student Center Room 212/214  
**Location:**

### Finance Club

**First Meeting:** Wednesday, 8/31 at 8:10 pm  
Westside Student Center Room 212/214  
**Location:**

### JLA Club

**First Meeting:** Wednesday, 9/7 at 8:00 pm  
Fishbowl, Westside  
**Location:**  
**Contact:** Molly Mathieu  
mathieu005@connect.wcsu.edu

### Alpha Phi Sigma, Honors JLA Club

**First Meeting:** TBD  
**Contact:** David Velez  
velez036@connect.wcsu.edu



“Always do what you are afraid to do.”

*Ralph Waldo Emerson*



by  
Lexi Fonda,



There has been only one moment in my academic career here at WCSU when I have sat in a class on the first day and just known that it wasn't for me. There are a variety of reasons a class doesn't work out for a student. Perhaps the subject is too challenging. Maybe the professor's style of teaching isn't compatible with the student. Even the size of a class can affect the way a student learns.

For me, personally, it was all three. I walked into a math class that I thought I would be able to manage, but I just knew it was too much. It was a Monday night class on the opposite campus of my residence hall, and the teacher was very dry. I sat in a classroom of what looked like thirty people or so. The worst part was looking at the syllabus and knowing I couldn't realistically succeed. So I dropped the class. Instead, I took it over the summer at a local community college with a small class size of sixteen and a professor that made us cookies for test days.

So when you get that feeling during the first class meeting that it just won't work out, consider dropping it for the sake of your comfort and GPA. There is a difference between knowing your strengths and overstepping your boundaries. While I encourage you all to take classes that will challenge you, I also encourage you to be realistic about what is and is not possible. But it's crucial you decide this before the end of the first week of school. On the other hand, if you forgot to register for a required class or just wanted to add a class to your very busy schedule, you can do that as well.

What students don't know is that Syllabus Week is also lovingly known as Add/Drop Week, meaning you can Add/Drop classes as necessary without

being penalized. The exception for this rule are night classes during the time slot of 5:25pm-7:55pm. Those may be dropped during the second week as well. One other exception can be made for the Music Department. Because auditions for ensembles are held during the first week, the department has a worker from the Registrar's Office come in to add students to the appropriate ensembles.

You will need your PIN number to do this. You can also contact the Registrar's Office to receive a PIN or ask them to do adds/drops for you as well. That's how I had to do it for my math class because I had absolutely no idea how to work registration on Banner yet. The Registrar's Office is located in Room 102 in Old Main. You can call the Registrar at (203) 837-9200. They can also be contacted by email at [requestregistrar@wcsu.edu](mailto:requestregistrar@wcsu.edu).

Dropping a class after the deadline is a little bit different. If you choose to drop a class before finals week, the instructor must approve this, in order for your transcript to read, "W." Should it not be approved, the transcript will read, "WF." This essentially means you withdrew and failed. It should also be noted that withdrawing from a course could potentially harm your Satisfactory Academic Progress (SAP), and that could affect a student's financial aid, housing, involvement in sports, and more.

Sometimes things just change, and you need to add or drop a class. That's okay, but be sure to follow through with the necessary adjustments. If you ever have a question about scheduling, contact the Registrar's Office. They're extremely helpful, friendly, and want only the best for you. Happy Add/Drop Week!

## Fine Dining on a budget



From incoming freshman to super seniors, many WCSU students are unaware of all the deal opportunities that surround them and come along with attending Western. It is understandable that campus

dining can become routine and students want more variety in their meals, however being in college means living on a tight budget.

With dual campuses, students attending Western have many options to choose from for where to dine. Those students with meal plans on Midtown have the pleasure of going to the *Student Restaurant* for made to order food and specials. Their hours are: Monday-Thursday 7:00 am-8:30 pm and 11:00am to 7:00pm on Fridays, as well as being a buffet for certain meals. Here there is also a *Micro Market* with flexed items similar to Westside's *Marketplace* for drinks or snacks.

A more recent addition to the Midtown campus is *Einstein Bros. Bagels*. Their hours are the same as the student center restaurant Monday-Thursday and they are open Friday 8:00 a.m.-2:00 p.m. and Saturday 10:00 a.m.-3:00 p.m. This place has delicious breakfast and lunch options for those who love bagels, panini's and smoothies!

For the Westside campus, they offer a series of different restaurant-like options as well as refrigerated snack items. Their hours of operation are Monday-Thursday: 7:30 a.m.-8:30 p.m., Friday 7:30 a.m.-7:00 p.m., and Saturday-Sunday 10:00 a.m.-7:00 p.m. In this marketplace you can try Asian cuisine at *East Meets West*, as well as daily made sushi close by, Italian pizza and pastas and more at *Pomodoro's Pizzeria*, make your own sub at *SubConnection* and Mexican favorites to be ordered at *Wholly Habaneros*. Just outside of the café in the Westside Campus Center is *The Daily Grind*, which has its student workers serving Starbucks drinks and snacks/pastries. They offer a late night menu many nights of the week. They are open Monday-Thursday: 8:00 a.m.-11:30 p.m, Friday: 3:00 p.m.-10:00 p.m, Saturday 4:00 p.m. - 10:00 p.m, and Sunday: 3:00 p.m. - 11:30 p.m.

To get around spending all your money on food once you are all out of flex points, here are some dining options in Danbury.

First off, download the Groupon App as soon as you can! On this site and mobile app you are able to purchase food certificates that are worth almost double the amount that they cost! You can keep these certificates on your phone or print them out, and be sure to use them because they may expire a few months after purchase.

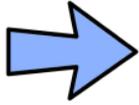
Here are some popular examples for delicious restaurants in the Danbury area: *Koo Japanese Cuisine* pay \$15 for \$30 worth of food, *Mima's Meatballs*, pay \$15 for \$30 worth of food, *Kusilyn Restaurant* in the Danbury Fair Mall, *Rumours Cafe*, pay \$10 for \$20 worth of food, *Ortega's Restaurant*, pay \$14 for \$25 worth of food.

With all of these inexpensive dining opportunities, you will be able to take you and your friends out to enjoy a night off campus.

Even with all this, food is not all of the deals that Groupon encompasses! Simply type in



# CHECK OUT OUR LIBRARY RESOURCES



by Ruth Williams, Newbury ARM



Many may know the library is used for checking out books but what you may not know is that the library offers a lot more.

The first thing you should know is that we have two libraries (one on each campus).

## **Midtown (Ruth Haas)**                      **Westside (Robert Young)**

Location: *between Warner Berkshire Halls*

Location: *4th floor of the & Westside Classroom Building*

### **Hours:**

### **Hours**

Mon: Thurs: 8 am—11 pm  
Fri: 8 am—4 pm  
Sat: 10 am—6 pm  
Sun: 2 pm—10 pm

Mon: Thurs: 9 am—8:30 pm  
Fri: Closed  
Sat: Closed  
Sun: 4 pm—8 pm

Here is a list of the top 4 resources/tips that I found helpful (through the library) during my years here in WCSU and that I think are essential for college students.

### **1. Articles and Databases**

This has been the most useful tool I have used in the library. To access it, log on to <http://library.wcsu.edu/> or through the WCSU website and click on the (WestConn Essentials) tab. Then click on Library. The tab (articles and database) allows students to search topics based on the field they desire. For example: I use CINAHAL, which is specifically designed to search articles/journals within the Health/Nursing field. The database goes to a system called EBSCO which allows students to advance search topics by filtering years, subset, peer review and much more. If you find an article/journal that you want, the site allows you to download it, email it or share it as well as cite the article in any format you need (MLA, APA etc.).

### **2. Research Consultations**

If you have a huge project and you want to get all the help you can; get a research consultation. The best thing to do is

to schedule an appointment with one of the staff members who specializes in the areas of your topic. Specialists help with accounting, administration, communications, chemistry, biology, finance, history, JLA, management, education, HPX, nursing, mathematics, and much more. A list of the names of the specialists and their numbers is provided on the site <http://libguides.wcsu.edu/c.php?g=119478&p=780307> .

### **3. Writing Center**

We have a Writing Center! Many people do not know that we do, but they are conveniently located within the Haas Library on the 3<sup>rd</sup> floor. They not only help with analyzing/correcting assignments but they help with:

- Brainstorming topics
- Making outlines/Study Guides
- Correct citing/ Formatting

The center is staffed with many tutors who have studied in various majors but have been trained to be advanced writers. They also offer one-to-one consultations to students to promote them to become better writers. This center offers a lot of help and should be utilized for most of your essays.

### **4. We have Tutors!**

The Tutoring Resource Center is located on the 2<sup>nd</sup> floor of the Haas library. If we (as ARMs) cannot provide help in the area such as testing skills or note taking strategies within the field you are in, the tutoring center is the place to go. They also help with teaching how to get the best experience out of college. The best way to get their help is to request a tutor through the website <http://libguides.wcsu.edu/tutor> .

These are just some of the resources that the library offers. It would be best for you to go to the library and experience what they can help you with. Check them out!

## School of Arts and Sciences

### Biology Club

Contact: Danielle Riccio  
riccio018  
@connect.wcsu.edu

### Chemistry Club

Contact: Freddy Balarezo  
balarezo003  
@connect.wcsu.edu

### Economics Club

Contact: Joseph Conway  
conway042  
@connect.wcsu.edu

### English Society

Contact: Lynsey Rizk  
rizk004  
@connect.wcsu.edu

### Meteorology Club

Contact: Antonio Negrón  
negrón018  
@connect.wcsu.edu

## School of Visual & Performing Arts

### National Assoc. for Music. Ed.

Contact: Kelly Farrell  
farrell084  
@connect.wcsu.edu

### Visual & Performing Arts

First Meeting: Friday, 9/2 at 3:00 pm  
Theater Wing, 3rd FL, Rm 344  
Location  
Contact: TJ Swetz  
tjswetz@gmail.com



## School of Professional Studies

### Education Club

First Meeting: Thursday, 9/8 at 5:30 pm  
Midtown Student Center, Room 226  
Location:  
Contact: Douglas Nadig  
wcsuedclub@gmail.com

### HPX Club

Contact: Kaitlyn Clavijo  
clavijo002  
@connect.wcsu.edu

### Philosophy Club

Contact: Kyle Avery  
avery021  
@connect.wcsu.edu

### Student Nurse Association

First Meeting: Wednesday, 9/7 at 4:30 pm  
Location: White Hall Rm 127  
Contact: Thea Martin  
martin228  
@connect.wcsu.edu

### Social Work Club

Contact: Mary Misavage  
misavage001  
@connect.wcsu.edu

your zip code and see all of the attractions, entertainment, and other offers they have. Currently, they have a sale on Skate Rental for the Danbury Arena that is up to 46% off!

Beyond this, if you can't afford to venture off into the Danbury area, you can still get sales in walking distance of your campus. This is where your WestCONNECT cash and Student Advantage comes into play.

Western has been adding more and more off campus places to their list of student discount opportunities and now they have even made it so that you can pay with your student ID at certain places with your Connect Cash. These places include The 3 Brother's Diner that is down the street from the Midtown Campus, and from the Westside Campus the CVS on the right of the exit ramp accepts Connect Cash payment.

Your WestCONNECT cash is always able to be refilled online and can also help fund other auxiliary services. Just log on to WestConduit and go to card management for adding funds to your account.

Don't forget that it is 10 cents cheaper to swipe your card when in your hall's laundry room than to scrape together all your quarters, too.

Other on-campus places where you can use your Connect Cash are in all of your hall's and academic building's vending machines. If you lose money in a machine, you can be refunded from the info desk in the campus or student centers.

Overall, if you are ever bored and don't want to spend money off campus, look on Western's website to find updated information on what perks you can receive as a student. Your time here at Western is full of opportunity—don't let a limited budget get in your way of getting the most out of your college experience!

by **Samantha Feliciano**,  
Fairfield ARM



\*\* Don't forget to look for campus events in the WOW email each Thursday! \*\*

WHAT DO YOU THINK?



What do you think? Have something you'd like to share about this newsletter or other housing issues? Want to give a suggestion for a topic you're interested in knowing more about? Let us know.

Drop us a line at  
[housing@wcsu.edu](mailto:housing@wcsu.edu)