

Academic Recognition Ceremony

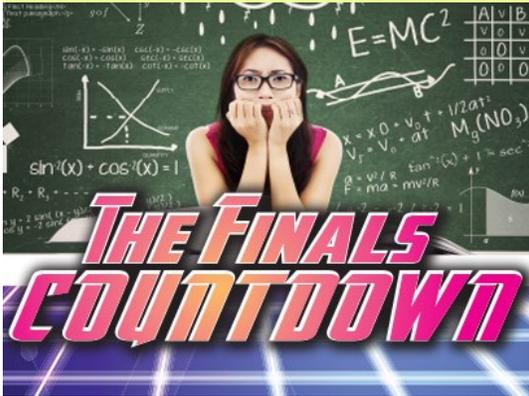
April 2, 2017



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

IN THIS ISSUE



by Ruth Williams, Newbury ARM

diately. Asking questions may provide clarity and get you the grade you need on your finals. Never be afraid to ask questions!

#4. Study with your own style

There are many types and methods of studying. Find out what is your best learning style and apply it to studying for finals. For example, if you are an audiovisual learner, you should watch videos and review them. Stick with what you know and trust your instincts.

#5. Find a study partner

Find someone you work well with in your class and schedule time to meet. Make sure to study alone first, then test each other. This can help identify what you are struggling with and may get you ahead to studying the right material.

#6. Get Rest

Sleep is one the most important aspects of getting prepared for finals. Rest can give you the energy you need to push forward. Take naps when needed and make sure to keep on schedule.

#7. Pace yourself

You have two weeks until you have your final. Schedule time to study each day but pace yourself. Never cram! Cramming everything in your head the day before the exam is not effective and creates more problems.

#8. Go to Review Sessions

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SUCCESS
SPOT

www.wcsu.edu/housing/arm.asp

This is it! Finals are just a week away and the clock to the end of the semester has begun. Here are some of the most important tips to getting through the final countdown to the end of the spring semester.

#1. Review the material

Review all the materials of the class. Take all the notes you had in class and review them after class. This will allow you to remember and apply the information you learned. The more you review, the more you will be able to remember.

#2. Make your own study guide

In college, some professors provide you with study guide but others will not. Professors are not required to give students study guides, so it is your responsibility to create your own. Highlight the important points and organize the information based on chapter or topic.

#3. Ask Many Questions

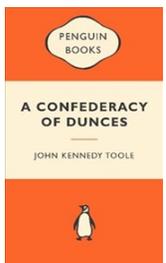
If you don't understand any aspect of what you have learned in class, ask the professor imme-

(Continued on pg. 4)

My Summer Reading List

by Samantha Feliciano
Fairfield ARM

As summer approaches, now is the time to make your summer reading list to enjoy over vacation. After looking through several different articles on their top books for summer reading, and of those who have been Pulitzer Prize winning authors, I have comprised my own list of the top 5 books for your 2017 summer reading.

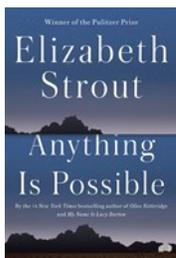


#5. *A Confederacy of Dunces* by John Kennedy Toole

"If it doesn't make you laugh you probably have heat-stroke"

-Victoria William senior sub-editor

This novel by American novelist John Kennedy Toole reached publication in 1980, eleven years after Toole's suicide. With the help of Toole's mother and writer Walker Percy, this book became considered a cult classic, then a success among many. The book then garnered the 1981 Pulitzer Prize for Fiction (posthumously). After reading a few summaries, it is clear this book is one not easily described without picking it up. *A Confederacy of Dunces* is known as a picaresque novel, "meaning it's a bunch of episodic adventures" sprawling across the (mostly) seedier side of New Orleans. This book, with its tangled plot and tricky list of characters, will definitely keep you busy this summer.



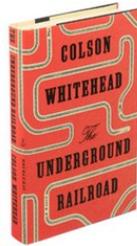
#4. *Anything is Possible* By Elizabeth Strout

Elizabeth Strout is the Pulitzer Prize-winning author and has been a *New York Times* best seller over 7 times. "Her short stories have been published in a

number of magazines, including *The New Yorker* and *O: The Oprah Magazine*. Elizabeth Strout lives in New York City." This is an interesting read for the summer as many of you will be returning home for the summer or re-visiting places of home while out of school, similarly to the main character of this novel. The story follows a fa-

mous author who returns to the Midwestern hometown of her childhood. Her life is told by a series of connected stories "narrated by those who knew her—memories of trauma and goodwill, resentments small and large, and the ever-widening gulf between haves

and have-nots." Elizabeth Strout's writing will draw you in as if you know her characters yourself.



#3. *The Underground Railroad* by Colson Whitehead

This year's Pulitzer Prize for Fiction is the sixth published novel by American author Colson Whitehead. Beyond this award, this novel has achieved the 2016 National Book Award for Fiction and the 2017 Andrew Carnegie Medal for Excellence.

Here is a summary review from Oprah Winfrey's book panel:

"In his dynamic new novel, Colson Whitehead takes the Underground Railroad — the loosely interlocking network of black and white activists who helped slaves escape to freedom in the decades before the Civil War — and turns it from a metaphor into an actual train that ferries fugitives northward."

This addition to the list gives a personal touch to fiction with characters that depict a the serious truths of our history.



#2. *The Goldfinch* by Donna Tartt

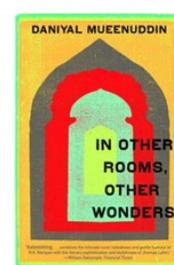
This is one book on the list that I can't wait to read as soon as I can after reading this summary I found:

"Told in first-person narration by 'Theo' Decker, this is the story of a thirteen-year-old boy in New York City. Theo adores his energetic, beautiful mother—as do many other people in Manhattan. He thinks of his father, who had walked out on them a year earlier, as an alcoholic, abusive thief. Theo's life is turned upside down when he and his mother visit the Metropolitan Museum of Art to see an exhibition of Dutch masterpieces, including a favorite painting, Carel Fabritius's *The Goldfinch*. There, he falls in love at first sight with a red-headed girl who is accompanied by an elderly man. A terrorist

bomb explodes, killing his mother and other patrons. In the rubble, Theo encounters the old man, Welton 'Welty' Blackwell, who gives him a ring and an enigmatic message before dying. Believing that Welty is pointing at *The Goldfinch*, Theo takes it during his panicked escape. The taking of these items is done by Theo in a state of terror, concussion and shock, and he has no understanding of how these seemingly minor actions will influence the rest of his life."

The painting of importance is an actual painting, and was the inspiration to getting this novel by Donna Tartt to come to life. This excerpt alone left me needing to know more, and I hope you too find joy in reading about what happens next to Theo Decker this summer.

#1. *In Other Rooms, Other Wonders*



by Daniyal Mueenuddin

Finally the number one summer read book pick was one I recently finished reading myself.

Written by Pakistani-American author Daniyal Mueenuddin, this book has won The Story Prize, the

Commonwealth Writers' Prize and other honors and was a finalist for the 2010 Pulitzer Prize and the 2009 National Book Award. This book is made up of the following series of stories:

"Nawabdin Electrician", "Saleema", "Provide, Provide", "About a Burning Girl", "In Other Rooms, Other Wonders", "Our Lady of Paris", "Lily", "A Spoiled Man".

These 8 stories are linked to each other and all take place in Pakistan in the 1970s, '80s and '90s, and describe Pakistani culture from within. "The stories uncover a variegated society in which people's social status and expectations are understood without being explained, and in which the class system and poverty are shown to influence any decision made at a critical moment in the characters' lives." Although the location and time period may be in the past this book to me also represented the change in what's happening in the world today, and it brings enlightenment to what we may forget to be grateful for and the things that can be stopped that are always around us.

Enjoy your summer 2017 and keep reading!



GRADUATES: Are You Ready For The

REAL WORLD

As graduation quickly approaches, some of us seniors are left with uncertainty and doubt. We've been at school for at least the last four years and now it's time to start something new. For some of us that means moving back home and working, while for others it means moving out of state for that dream job. Either way it can be a stressful time, so here are some tips to keep you sane throughout the next few weeks.

Embrace change—Yes, you may have some uncertainty which causes you to stay up at night second guessing all of your decisions. However, you are about to be a college graduate. In a couple of weeks you will receive that degree, making all of those sleepless and stressful nights worth it. Be proud of yourself.

Forgive—everyone's college experience is different. You may have started college with a best friend you thought would be at your wedding. However, something happened and the two of you are no longer speaking. That's okay-but don't start the next phase of your life angry and bitter. You two don't have to be friends but forgive him/her for the hurt they have caused you and move on.

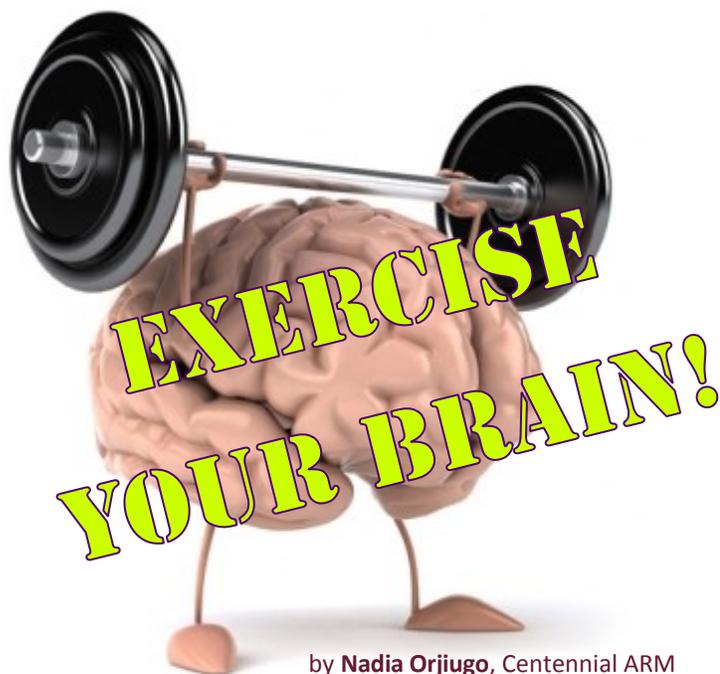
Do your research—If you're job searching or even looking at what graduate school you want to accept, do your research first. See what they have to offer you and if it's what you really want. Ask questions, talk to people who are currently at the job or who have gone to graduate school at the school you're thinking about attending. See if it's a right fit for you.

Loans—A majority of college students have to take out loans. So as graduation approaches, it's time to start thinking about how you're going to go about paying back your loans. Don't freak out yet—repayment doesn't start until six months after graduation so you have some time to come up with a plan, but don't wait too long.

Family—So you have been out of the house for a while and now you're going back to live with your family. You're thinking to yourself—how do you adjust to being back home? Once you get settled in at home, have a conversation with your family about household responsibilities, privacy, bills, etc. to make sure that all of you are on the same page.

Have confidence—you are about to be a college graduate and that's a big deal! Once you start your new job and/or graduate school, have confidence that you're adequately prepared for what you're about to do. You have worked so hard and now it's your time to shine—show them what you've learned.

Keep in touch—Just because you won't be living down the hall from your friend anymore doesn't mean that you still can't be friends. Make sure that you keep in touch and, depending on how far you two live from each other, plan to meet up sometimes and catch up. The same goes for any mentors, advisors, bosses, etc. you may have had while in college. You can always keep in touch.



by Nadia Orjiugo, Centennial ARM

Summer can be great time for physical, mental and emotional relaxation. Seeing that we plan our summers to be eventful and full of activities such as swimming, vacations, sleeping and (for some people) working may be a part of these plans, we tend to find ourselves unprepared for the fall semester. Some of us even tend to relax so much that when it is time for school we can't even read without checking our phones every few minutes. I admit I have been guilty of this as well, but this is why I am here—so you can avoid the feeling of being unprepared with a few tips!

One way that we can exercise our brain this summer is by reading. Yes, I know not everyone enjoys doing this, however it is a great way to keep the brain working. Reading allows you to activate your creativity and imagination as well as assists in critical thinking.

Another way to exercise the brain would be to remain social and network! Try to make local networking events that are in the field that you are pursuing. In general, at school, you make friends who have similar goals as you, it is important to continue this networking outside of school as well.

Lastly, simply exercising will also do the trick! I know when summer arrives, working out will not be a priority for everyone as the goal is to relax and have fun. According to research, when you exercise, the brain chemicals associated with happiness and relaxation increase. Even the smallest amount of exercising, such as walking, can do the trick as well.

Hopefully you all can keep these tips in mind as we head toward our summer break during these next few weeks. Remember to stay safe, enjoy your time off, and exercise your brain!



by Qin Lin, Pinney ARM

The most exciting events of the year are coming! WestConn is having senior weekend events on Friday, May 12th and Saturday, May 13th. If you are a graduating senior, these are the events designated for you! Take advantage of this awesome opportunity to create wonderful memories as the way to bring your time at WCSU to an end. If you are not graduating, you are still more than welcome to participate in the events! As you may be eager to know more, here are the details regarding all the events:



Friday, May 12

Event: Midnight Cruise in NYC

Pickup Location: WS Campus Center

Departure Time: 9:00 pm

Description: There will be a DJ, dinner buffet, free juice and water, cash bar, dance floor, outside games/activities, outside lounge area, sight-seeing (Empire State Building, Statue of Liberty, etc.), over \$2000 in raffle prizes, and more! We will board the cruise ship between 11:30PM-11:45PM. The cruise duration is from 12 am-3am, then the bus will take everyone back to the WS Campus Center at 3 am.

*Everything listed above is included in the ticket – except cash bar.

**You MUST take the bus service provided to travel to the cruise. There will be a bus service taking everyone back to the WS campus, but if you do not wish to take the bus back to campus, you are not required to (if you want to get a hotel room instead, totally up to you!)

Saturday, May 13

Event: Picnic & activities & raffle prizes

Location: Alumni Pavilion (Right across the football field)

Time: 1:00 - 3:00 pm

Description: This will be a great networking event to get to know your fellow classmates or alumni who already graduated from WestConn. Southern fried chicken and TACO BAR, fun activities include, but are not limited to a pie eating contest, apple bobbing, and some board games available, raffle prizes are included as well!



Saturday, May 13

Event: Mohegan Sun Casino Trip

Pickup Location: WS Campus Center

Departure Time: 6:00 pm

Description: You are on your own to have fun after the arrival! A food voucher will be included in the ticket price. The bus will take everyone back to the WS Campus Center at 2 am.



Ticket Information:

Last time to purchase tickets: Friday, May 5

Tickets will be on sale at Grad Salute (Wednesday, May 3, 3-7 pm at O'Neil Center)

Please refer to flyers around campus for ticket prices.

Tips/Reminders for Residents:

If you currently live on campus, fill out a stay form to make sure you are allowed to stay in the hall during that weekend.

Last day to move out:

Ticket for cruise only—

Saturday, May 13 by 4 pm.

Ticket for casino—

Sunday, May 14 by 4 pm.

Pack your stuff home early!

PACK your stuff home early!!

PACK YOUR STUFF HOME EARLY!!!

Please email Qin Lin:

lino24@connect.wcsu.edu or Melanie

Mango: mangc0001@connect.wcsu.edu

for any further questions.

Three of our ARM staff are graduating this year!



Jamie Maitland has been an ARM for 4 years! She has served in Litchfield, Newbury, and Pinney Halls. She never stopped looking for new ways to help! Jamie is graduating

with a nursing degree, and we can't thank her enough for all she's done for us and you over the years!



Qin Lin (Seven) is finishing her second full year as an ARM, both years in Pinney Hall. Not only has she done a terrific job with us, she's been hard at work with the Ansell Learning

Commons, SGA, and the Senior Class. She'll be starting her new job at the end of the summer! Best of luck!



Ruth Williams finishes out a year and a half as ARM, serving in Pinney and now Newbury. Also a nursing major, Ruth is ready to take on the world. Her patience and

openness with residents is boundless! We'll miss her energy and big smile!

Thanks, too, to John, Nadia, and Samantha, who are leaving us this spring, and to Melanie, who returns in the fall!

The Finals Countdown—cont. from pg. 1

If the professor has a review session, attend it. They could provide vital information that would be on the exam. Make sure that you take notes and apply them to your studying time.

Applying these tips can help you get through finals this year. Remember to study hard and focus. You will do great!

A message from Ruth:

This is actually my last semester in college and my final article for *The Handout*. I hope that my words over the years were helpful and gave you the confidence to tackle the challenges of college. Just remember—getting through college is obtainable and it is your opportunity to make the most of it.





had, and take a few new pics to memorialize this moment.

Don't forget to make sure you make plans to still text or call, and maybe even meet up over the summer or after they start their new jobs!

Some of you will also be coming

back next year. Try to stay in touch with your new fall roommates so that you can make plans about moving in later in August, and who will be bringing what to your new digs! If you're a new student this year who's moving to Westside next year, remember that you'll have a bunch of new space to occupy, and that will require a little more in terms of cleaning supplies, dishes, and other "household" items.

It's also a time to celebrate the year you've had with your friends and fellow residents in your current building. Your floors will be having a few "end of the semester" moments over the next few weeks—floor superlatives, video memories, maybe. Make some time to take part in these festivities, too. You've lived with these folks for nearly a year, and you're sure to have made some great memories over that time. Celebrate it!

Don't forget to take some time with your RAs, ARMs, and RDs, too. Believe

it or not, the staff of your building loves what they do, and it's very hard for them at the end of the year to say goodbye. Some of them are graduating. Some will also be going to a new building next fall. RDs may move, or they may be leaving to start a new job. Things do a lot of changing over the summer. Be sure you're ready for it all by taking the time now to honor what you had.

So—get your planner/calendar out, block out the times for study and finals prep. Mark off the end of the year events you have to attend. And build yourself a "goodbye tour" schedule while you're at it.

Best of luck on your finals! Thanks, Grads, for all your time spent living with us at Western. Returners—we look forward to seeing your smiling faces again in August!

It's time.

It feels like August was just a few days ago, and now here you are at the brink of May, looking at the end of the year just a few days away.

Although you feel like celebrating—warm weather and the beach calling to you—it's also a time of high stress.

There are papers to be researched and written. Study groups to join. Presentations to give. Summer jobs or internships still to be secured. Ceremonies and banquets to attend. Moving plans to finalize. The list is endless, and every item on it is important.

But while you're working on all those things, there's something important that you need to make sure you add to your list—Make time to say Goodbye!

Some of your friends will be graduating. It may be quite some time until you see them again. Don't miss out on the opportunity to scroll through your memories from WCSU with them. Pull out the photos and recall the good times you



Ten Effective Steps for Exam Preparation from the Dartmouth College Academic Skills Center (2001)

1. Start now (TODAY!)
2. Be clear about what the test will ask you to know or do.
3. Schedule specific times to prepare each day (earlier in the day is better!)
4. Review notes from your class.
5. Review/skim your readings.
6. Create study/review sheets of key information.
7. Do practice problems/essay questions.
8. Study/practice with others.
9. Be confident. Think positively.
10. Sleep. Eat well. Exercise.



Don't Blame It On The Alcohol

by **Melanie Jones**
Centennial ARM

As college students, we are exposed to a whole lot of new things. Alcohol is one of those “things” we are exposed to, if we haven’t been exposed to it before! Drinking (even if we aren’t 21) happens. We all know it does. At the end of the year, the pressure of being around friends who are older or more mature can take precedence over logical thinking, especially in the mind of a college student. The best way to be safe is by not drinking if you are under 21! If you are 21 or over, drink responsibly! If you do decide to drink, remember these few facts and tips to have a safer alcohol adventure.

1. **College students are more likely to engage in risky behavior while intoxicated.** This occurs due to peer pressure and the need and want to feel accepted by peers. These feelings are heavily heightened by alcohol. According to the National Institutes on Alcohol Abuse and Alcoholism, more than 1,800 college students lose their lives each year due to accidents from dangerous behavior. Don’t become a statistic! If you choose to drink, make sure you do so around people you trust and have someone around who is responsible and sober!
2. **Remember the consequences when you choose to drink.** When hosting parties, you can be charged some hefty fines and even criminal charges if a minor attends and is caught drinking. If you choose to drink on campus and get caught, you can face a judicial hearing and potentially lose your housing. You can also suffer academically due to missing classes, forgetting about assignments while you are intoxicated or suffering a hangover, or even missing a final exam.
3. **There are a lot of physical damages that alcohol can cause as well as social.** As most of us are aware, alcohol affects the functions of the brain, liver, heart, stomach, and countless other organs in the body. Depression and anxiety can

begin or be worsened by the consistent use of alcohol. Alcohol dependency can create financial issues as well! Having to purchase alcohol can create a hefty dip in your wallet.

4. **Be on the look out for symptoms of alcohol poisoning.** The signs may look like simple intoxication, but alcohol poisoning can be deadly if action is not taken quickly. Pale blue or purple skin, excessive vomiting, slow breathing, extreme confusion, slurred speech, and feeling cold are all common symptoms of alcohol poisoning. Call 911 immediately if you witness this. “Sleeping it off” is not always a good idea in these situations, especially if the person has passed out. Good Samaritan laws are in effect and you shouldn’t be afraid of getting in trouble if you are underage!

Bottom line, just be safe. Be smart. Be responsible. We are in COLLEGE! We are supposed to have the time of our lives, but why have fun if you can’t remember it the next morning? Know your limits and stick to them. Know when to cut yourself off and look out for your friends. Have a plan beforehand and backup plan just in case. Always have a designated driver or the Uber app ready to go. Think before you drink!

Under the influence
Know your alcohol facts

- Alcohol is a primary factor in the four leading causes of death for 10-21 year olds
- Alcohol is the most commonly used addictive substance in the United States
- People who begin drinking before 15 are four times more likely to develop alcohol dependence than those who begin drinking at 21
- One in every 12 adults suffer from alcohol abuse or dependence
- Alcohol-related problems cost America \$224 billion in lost productivity, absenteeism, healthcare costs, crime and family-related problems
- More than half of all adults have a family history of alcoholism or problem drinking
- The typical American will see 100,000 beer commercials before he or she turns 18
- 100,000 people die each year from alcohol-related causes.
- More than 7 million children live in a home where at least one parent is dependent on or has abused alcohol

Source: National Council on Alcoholism and Drug Dependence, Inc // <http://www.ncadd.org/>



momentumblog.bcm.edu

Housing Announcements:

It’s time to get ready to move out for the summer. Please make sure to attend meetings and read all information you’re sent regarding check-out for the summer. While the process may be a bit different from building to building, you will ALWAYS need to:

- Check out with a staff member
- Sign your room inventory form (RIF)
- Clean your room, suite, or apartment
- Return any room, bedroom, or mailbox keys.

Your check-out time should be arranged to be within 24 hours of your last exam (or by Friday, May 12th at 6 pm, whichever is earlier). If you’re staying for senior weekend, you must have pre-purchased a ticket AND completed a Request to Stay form at your info desks (they’ll be there late in the day on Monday, May 1st).

24-Hour Quiet Hours begin on Wednesday, May 3rd at 11:00 pm and continue through Friday, May 12th at 6 pm. Please be considerate as you move out and say your farewells to your neighbors who may be studying. Violators of quiet hours will be warned, and you will be asked to leave if you aren’t quiet or if you violate other university or residence hall policies.

Any questions, please speak to your RDs right away.

Finally—good luck on your exams. Have fun at the graduation activities, and returners, we’ll see you in a few months!



** 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