



## A little planning

Grasso Hall

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

IN THIS ISSUE



## Midterm Advice from One of Your Own Professors

by Heidi Ohngemach, Pinney ARM

It's everyone's favorite time of the semester—

Midterms! This time of year can be rough on some of us. Midterms seem to sneak upon us with almost no warning, especially when we're looking ahead to spring break and just want to forget all about our classes for a few days. But with spring break coming up right around the corner, it's about time to start thinking about how you're going to study.

To find out more about how to prepare for midterms, or even test-taking in general, I spoke with Dr. Callaghan - a professor in the music department who is commonly known for teaching Applied French Horn and Music History and Literature. Here are some of the tips she had for preparing for midterms, or really any test. And don't worry about if you're not a music major or not taking one of her classes - this is a lot of great advice that can be applied to almost any class!

**Learn everything by studying alone at first, and after you feel fairly confident with the material, bring it to a study group.**

Some people plan to do a study session a few nights before a big exam and think that they can put off or don't need to study on their own before the group study session. But what happens when not everyone is prepared is that

misinformation can easily be dispersed among the group, and suddenly everyone is unsure of the answers to a certain topic. Group studying should enhance solo studying!

**Don't try to memorize everything.**

Memorizing is tedious and not equivalent to understanding. Sure there are some things that you need to memorize, like formulas and dates. But for the most part, you can find a way to better understand everything. Everything will make more sense when you find cause and effect, reasons, and influences for how things happened.

**Try re-outlining and categorizing notes.**

In Dr. Callaghan's Music History and Literature course, she offers extra credit on the first exam of the semester to students who type up and reorganize their notes for the exam. By re-organizing, categorizing your notes, and finding characteristics of the topic you are studying, you can create a fuller understanding on multiple levels, which can prepare you for all kinds of unexpected questions that could come up on an exam.

**Don't wait until the last minute.**

Allow yourself a big time cushion for if you need help from a professor. Remember, your professor is the expert on the topic, and misinformation can be easily spread from classmates that don't fully understand the topic. Take ini-

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# SCHOLARSHIP TIPS



by Johanna Augustin, Newbury ARM

As we move towards the middle of the semester, it is now time to start planning for the next year. Time really does fly by when you're enjoying classes! With planning for the new year, one of the biggest problems that we all face is gathering the money to actually pay for school. Spending your hard-earned money is such an inconvenience, especially for someone who loves to save money like me. Do not fret, there is a world of options available to you. One of the best things that you can do, as mentioned in our previous issue by ARM Heidi, is to meet the priority deadline for the FAFSA on **March 1<sup>st</sup>**. Getting the FAFSA in by this date insures you the most amount of money to pay off that exasperating bill. Even if you don't get it in by that date, do not be discouraged! You will likely receive a financial aid award as long as you hand in the FAFSA. Like me, not even the FAFSA is enough to pay the bills, so the next best thing is to go for those scholarships!! Western offers a great amount of scholarships, most that come from generous donors to the school. You can apply online at <http://www.wcsu.edu/scholarships/>. The deadline to apply for this pool of scholarships is **March 2<sup>nd</sup>** so make sure to grab this opportunity! There are also many sites out on the web looking to give out scholarships to anyone who wants them. Here are the best ways to make your scholarship experience even better:

## Go Local.

There are many businesses, clubs, and companies right in your own backyard that offer

scholarships, so look around you! You have a better chance on winning these scholarships because you aren't competing with the whole country for just one scholarship. You also get the advantage of getting to know who is giving the scholarship which makes your odds even better. Conduct searches like, for example, "Scholarships in Connecticut" or for an even more narrow search, "scholarships in [your hometown]".

## Go for the small scholarships

Many students go for the scholarships with the biggest prize. We get so caught up in this mindset and it just turns into an even bigger competition between everyone else with the same exact mindset. Applying for smaller scholarships are great because the smaller amounts of money being given usually turn other people off from applying and the chances to win are better. It's important to know that the lesser amounts do indeed add up, so do as many as you can with the higher chances of winning.

## Submit Early

The saying "the early bird gets the worm" could not be any truer. Submitting your application early shows the person/people giving out the scholarship your eagerness to win. Applying late could send the message that you are a procrastinator and first impressions are everything! Applying early also gives you more time to get other requirements together like recommendations or an academic transcript.

## Refine your search

With having so many scholarships out there, it is easier to increase your chances of winning by applying to scholarships that apply to you the most. For example, since I wear glasses and I am a woman, I would search for "scholarships for women who wear glasses". Don't be afraid to do this extensive search because you just may find that special scholarship made for you.

There are also scholarship matching sites like [Fastweb](#) or [Unigo](#) that can help you out too.

## Don't give up!

Even if you think that there is no way that you'll get the scholarship, send that application in anyway! All you need is a little confidence and a lot of determination. Prove to these people that you deserve the money for school and that you are willing to work hard to prove that the scholarship went into the right hands. Even if they ask you to write an essay or make a video, go the extra mile and do the work! Doing the extra work will be so worth it in the long run, so keep applying and stop denying. Good luck on your scholarship journeys and I hope for the best in all of you!

See how you do on this [Grammar Quiz](#):

## Verb Tense.

1. I didn't see the first part of the Hobbit movie. I wish I \_\_\_\_\_ it.
  - a. saw
  - b. would see
  - c. had seen
2. Our house is too small for our growing family. I wish we \_\_\_\_\_ a bigger one.
  - a. had

- b. would have
  - c. had had
3. I wasn't thinking when I wrote that comment. I wish I \_\_\_\_\_ that.
    - a. didn't write
    - b. hadn't written
    - c. wouldn't write
  4. I really miss living in London. I wish I \_\_\_\_\_ there right now.
    - a. were
    - b. had been

- c. would be
5. I was interviewed, but they didn't offer me the job. I wish they \_\_\_\_\_ it to me.
    - a. had offered
    - b. offered
    - c. would offer

How do you think you did? Take a look on page 5 for the answers!

Choose the correct answers.



## Travel on the Cheap— Loads of Experience for Little Money

Imagine somewhere in the world you have always wanted to travel. It can be a place in the United States, outside of the US, and anywhere in the world. Many college students feel that traveling while in college is not affordable, but I am here to write some tips to show how it can be!

Starting off, airfare is a large part of the costs people pay in the pursuit of traveling. If you can find cheap airfare, you are on the road to planning an affordable trip. One of the best websites out there for flights is called [skyscanner.com](http://skyscanner.com). This website compares a plethora of major airlines offering the best prices, and is incredibly accurate. If you are looking 6-8 months out, the odds that you will get spectacular prices is much more likely than if you are looking 2-4 months out.

After you get wherever you want to go, you're going to end up needing to find a place to stay! While traditional hotels are one option, many countries (especially in Europe) have a hostel option for much cheaper. A hostel is basically a hotel for travelers who end up sharing a room. [Hostelworld.com](http://Hostelworld.com) is a core site for finding a place to stay and meet other people traveling! In hostels you can make new friends who are usually traveling themselves.

Depending on your comfort level, there are two other ways to find lodgings. The first is called **Airbnb** ([Airbnb.com](http://Airbnb.com)). This is an online platform where if someone has a house, apartment, or spare room in their residence that they are not using, they can list it online for people to rent! It is very popular among travelers, and is much cheaper all around! Lastly, there is an online site called [couchsurfing.com](http://couchsurfing.com). **Couchsurfing** is a completely free platform online for travelers to meet other travelers. This is a purely free traveling site where people who have a spare room, bed, couch, or air mattress can list it online for people to stay at their house. Every person who lists their home gets reviews, registers their ID, phone number, address, and other personal information

by Victor Namer, Pinney ARM

to the website for safety reasons. This option is free, so you wouldn't need to pay anything. However, it is common courtesy to spend time with your hosts, as they usually let travelers stay so they can get to know them! If you

are traveling solo, it is a wonderful way to get an inside perspective of the city, and if you are traveling with others, **couchsurfing** hosts can accept multiple people as well!

Most people think that traveling to Europe is out of their price range. Using the sites listed above, I can demonstrate how you can plan a trip to Europe for \$1200 or less round trip. On [skyscanner.com](http://skyscanner.com), you can find flights to England or Ireland for about \$300 if you look far enough in advance. From there, you can find **airbnb's** for 30-50 dollars a night. For a week, lodging averages out to about \$350, or you can use **couchsurfing** to knock off the cost. The rest you can use for food, fun, and souvenirs!

You may be thinking, that's still really expensive. Fear not! There are ways to knock down the price every day! For example, if you drink coffee regularly, it may be time to let it go. Before you throw me out the window, hear me out. If you pay 1 dollar for every coffee you buy, and you buy coffee 5 days a week, that's 5 dollars a week by 52 weeks, equaling 260 dollars. This same notion goes for snacks, drinks, and everything in between. Picking up a job on campus makes this possibility a reality as well. The bad habits we can cut out of our lives give value to the new rewards we receive in return.

Overall, there are so many ways to make the most of the world today. Traveling is now more accessible than ever, and will continue to be as time moves forward. If you have any questions about any of the websites listed above, please feel free to contact me at [namer001@connect.wcsu.edu](mailto:namer001@connect.wcsu.edu). I have used all of these sites and personally recommend them all! Happy traveling!



by Shannon Lynch, Fairfield ARM

Spring semester flies by every year. Believe it or not, Fall 2018 registrations is RIGHT around the corner. Priority registration begins on April 12<sup>th</sup>, and before then, there are a few things you should try to remember!

1. **Figure out what your registration date is.** It is important that you know your registration date in advance to make sure you are prepared and do not miss your date. If you don't, it is likely that you will miss your date, or not have enough time to meet with your Academic Advisor to get your pin number.
2. **Meet with your advisor.** Meeting with your advisor is not only helpful to get your pin #, but it will benefit you when you're making your schedule. Advisors are responsible for making sure you're on track for graduation. For students who are Graduating in 2019, the graduation standards follow the program sheets. For everyone else, the new graduation standards can be confusing and easy to overlook. Seeing your advisor will make it easier for you to make sure you are staying on track!
3. **Know your graduation requirements!** It's very important to pay attention to what you need to accomplish in order to graduate. If you plan on graduating on time, it's important to note that taking the required 12 credits a semester will not be enough. Taking 15 credits is ideal. Speak with your advisor to find out which classes are required for your major and which classes you will need to take in order to

# 3 Tips for Successful

by **Keyanna Wright**, Litchfield ARM

# MEAL PREPPING



- **Pick the Day That Works Best for You**

Most people recognize Sunday as the day to begin preparing food for the week. However, this day may not be ideal for everyone. Consider your schedule and determine which day works best for you. Depending on what your protein of choice is for the week, you may have to prepare twice a week instead of once to avoid smelly food as the end of the week approaches.

- **Fully Plan Your Meals in Advance**

This step will help you a lot when preparing for grocery shopping, plating your food, and the overall success of your meal prep experience. Meal prepping is beneficial if you have a hectic schedule. Not everyone has the time to cook a meal every day. As a result, it is common for college students to resort to eating out or grabbing something unhealthy from the cafeteria. Even if you see the benefits that come with meal prepping, you will only continue to do it if you feel it is manageable and conducive to your schedule.

- **Be mindful when selecting your meals for the week.**

Select recipes that you will not get tired of having more than once a week. Consider the time of day you want to eat each meal and how it corresponds with the rest of your schedule. For example, if you think you want to eat dinner at around 8:30, that may be too late to eat anything heavy. In that case, you may want to use meal supplements like smoothies to replace dinner. This way you are still eating but you are not ending your day with heavy food. Smoothies may also be a good option for breakfast if you find that you are often on the go and do not have time to sit and eat after preparing your food.

I have tried meal prepping and I messed up around step three. I decided to do a different protein each week so the first time I did it I made five differ-

ent chicken dishes to last me through the week. I didn't see this being a problem because I could never get tired of chicken, right? Wrong! I didn't anticipate that eating chicken for breakfast, lunch, and dinner would not be as appealing on day 3 as it was the days prior. Also, although all the recipes were different, they all had similar ingredients, so it got old fast. I didn't finish the food and my first attempt was a fail. I do plan on trying it again, but this time I will make changes. I will probably do fruits, nuts, and peanut butter for breakfast, a meal for lunch, and a smoothie for dinner. I think having a variety of tastes would satisfy my pallet more than eating the same things every day. Meal prepping should not feel like a chore. If ever you feel like you are having as much fun meal prepping as you would have mowing the lawn, then you may want to try doing something different.

*Midterms Advice... (Cont. from pg. 1)* tiative to get help from the source instead of completely relying on your friends. But if you go to your professor's office hours to get help, don't expect them to just reteach you everything. Come in with specific questions relating to what you need help with. It will help you get more useful information for yourself, but it also helps your professor narrow down the information they want to give to you and find the best way to do that.

### Play the gig.

Show up on time to class, prepare, practice and study, and do what you have to do to succeed. We are not all equal and not all the same. You know what you need to do to help yourself - be your own advocate. Everyone has the opportunity to learn the same information in class and get extra help for what you don't understand, and everyone has the opportunity to do better. Just focus on one thing at a time. The worry is finite.

*Thank you Dr. Callaghan for taking the time to speak with me for this article!*

### Registration

*Cont. from pg. 3*

satisfy your general education requirements.

4. **Think about your future!** Which classes can you take that will benefit you in the future? Which classes do you find most interesting? Always remember that college is preparing you for the future and you can control which classes you want to take! Take advantage of every opportunity, get ahead, speak with your advisor, and make college exactly what you want it to be!

# REGISTER

1. I didn't see the first part of the Hobbit movie. I wish I **had seen (c)** it .

When we want to talk about situations in the **past** that we are not happy about or actions that we regret, we use the verb to wish followed by the **past perfect**.

2. Our house is too small for our growing family. I wish we **had (a)** a bigger one.

When we want to talk about situations **in the present** that we are not happy about but can't change, we use **simple past**.

3. I wasn't thinking when I wrote that comment. I wish I **hadn't written (b)**

that.

The regretted situation is in the past; use **past perfect**.

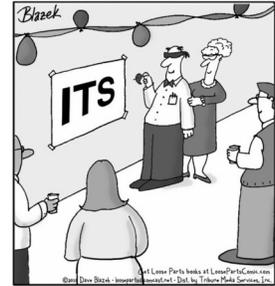
4. I really miss living in London. I wish I **were (a)** there right now.

The situation is in the present; use **simple past**. Note: some speakers will use "was," but many speakers and guides still observe the use of the subjunctive with real situations.

5. I was interviewed, but they didn't offer me the job. I wish they **had offered (a)** it to me.

The situation is in the past; use **past perfect**.

Want to practice your grammar skills? This quiz and other hints and tips about our language can be found at [dailywritingtips.com](http://dailywritingtips.com).



by Megan Cancelliere, Centennial ARM

extremely beneficial.

My second tip for you is to reward yourself. Getting things done can be extremely difficult, so giving yourself the motivation to get a task done can be extremely beneficial. Treat yourself to a cup of coffee if you get through all the reading for a class. Go to lunch with a friend if you finish that writing assignment a day early. Do whatever makes you happy, just make sure that you limit the rewards so that you are not distracting yourself from actually getting work done.

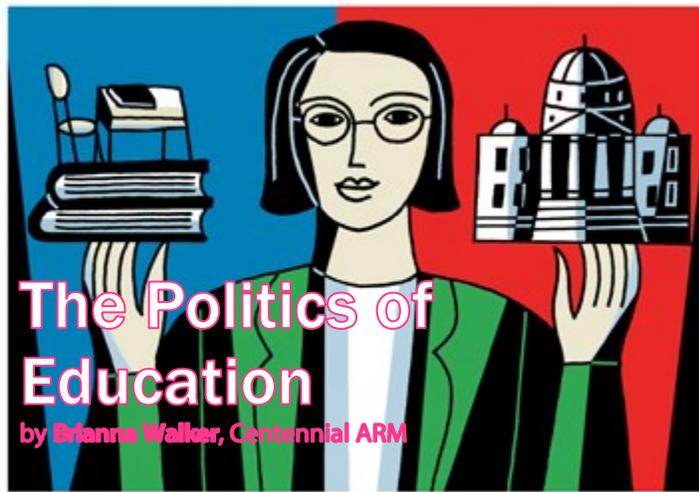
My next tip might seem counter-intuitive but is actually very important. Make sure you get enough sleep. Staying up all night to get work done might seem like the way to go, but you will be struggling the next day when you have to work on other important assignments, and this becomes a very bad cycle. Set deadlines for yourself that are before the due date of your assignment; that way you are not scrambling at the last minute. You will be able to get a healthy amount of sleep every night and maintain a healthier balance throughout the day. No one wants to see a sleep-deprived "zombie" walking around!

Lastly, switch it up. That favorite spot that you love to study in? Take a break from it. Everyone needs a change of pace or a change of scenery every now and then. Find another place similar to the one you like, but different enough that your senses aren't being bored the way they would be when you were in the old favorite spot. It seems like it shouldn't make sense but new surroundings with new stimuli help you focus better than a spot that you've gotten extremely used to.

The mid-semester slump can seem hard to beat. The semester somehow feels like it just started but also like it has been going on forever, and everything just seems to be piling on top of other things. But by trying new ways to study and learn, as well as finding motivation in whatever way you can, you will survive this slump and make it through the semester. The end is much closer than it appears, and this semester will fly by before you know it. Summer is just around the corner!



Politics are interwoven into the everyday life of every student whether they realize it or not. Decisions are made for public and private schools by councils and congress-people constantly. Even at WestConn, politics are very much a part of our education.



## The Politics of Education

by Brianna Walker, Centennial ARM

In general, the government decides how much it wants to spend on education yearly. This decision is made by the Congress, which has interchangeable players voted in by the everyday person. Depending on the amount given for education, programs can be introduced or cut. This is important for those in low-income communities who cannot afford to take more time out of their day, or do not have enough money to do extra programs outside of the typical school day. This also affects those who have not yet been exposed to “extracurricular” programs such as art classes and sport activities. For WestConn, this also means that the budget also changes since a chunk of funding comes from the government. The budget in turn affects the programs WestConn holds, and its everyday functionality.

Recently, there’s been a huge change planned for WestConn, which ties in with the politics of our school. The change deals with the class schedule for the upcoming fall semester. The plan is to still have classes for four days a week, but instead of having a break on Fridays, students will have a break on Wednesdays. This change was presented to the student staff and discussions about the upcoming schedule followed. The decisions to make the

revision did not go through staff or faculty, and the discussions surrounding it were placed for dates and times in which students did not feel that they could attend due to their current class schedules, although the plan will still go into full effect in the fall.

This switch in the usual scheduling could be a new initiative by WestConn to better use their budget, and to help students get more involved on campus by participating in club activities and events. Most students who go to WestConn are full time, which means that there is a lot of time spent already on both campuses for classes. With the new schedule, the “free” Wednesday will hopefully be a push for students to interact with not only their professors, but to get interested in participating with the various events that WestConn has to offer. This could bring more students to stay on campus, which in turn will benefit WestConn. On the other side, this schedule change may hurt students who are not only full time on campus, but also have full time jobs. These students usually rely on the “free” Fridays which allow them to work for the entire three days during the weekend. This decision could also affect the commuter students who may find it easier to have all of their classes in a row, instead of skipping a day in

the middle of the week.

Following the announcement of the schedule adjustment, students will be allowed to once again speak their minds on the topic in an open forum that will be held March 2nd, 2018 at Hass Library from 1:30pm to 3pm. This open forum will allow students and faculty to speak on how the schedule change will affect the general education classes, and how to go about it. As stated before, politics are interwoven into the everyday life of a student even if they realize it or not. Now is the perfect time to start the research needed, and to get involved on campus. I encourage all students and faculty to attend this meeting if their schedule allows them to do so, and I hope to see you all there.



**W**e have an obligation and a responsibility to be investing in our students and our schools. We must make sure that people who have the grades, the desire and the will, but not the money, can still get the best education possible.

*Barack Obama,*

*44th President of the United States*



by Emily Chauvin, Grasso ARM

# SPRING!

It's Spring again, which not only means Spring Cleaning, but an opportunity to totally re-vamp your space. You can make your room more conducive to studying, sleeping, and living in just a few easy steps. While the gray and dismal landscape of winter is changing to the vibrant, alive spring, you too can rejuvenate your home.

First and foremost, bring in the light! Open your blinds when you wake up in the morning or before going to sleep; the natural light signals your brain that it's time to wake up and get going. Also, fluorescent lighting, as is installed in the dorms, has been shown to be irritative to some people. I absolutely recommend going to the thrift store and buying yourself a lamp. There's even light bulbs you can buy that mimic the sun's natural qualities! For about ten dollars, you can buy a totally quirky victorian-gilded or modern-steel lamp that will be as pleasing to the eyes off as it is on.

Another aspect of your space to reconsider is the arrangement of furniture. Some people believe in Feng Shui because it optimizes the flow of energy in the room and how you use it. For example, if you find that you never study at your desk, and that it just fills up with your junk and papers, try moving it to a different corner or wall of your room. You might end up utilizing it more because it is

more accessible or comfortable to sit there. Maybe it faces the window for a pleasant view and some fresh air, or maybe it's farther away from

your TV which keeps tempting you to think of what show to binge-watch next. This principle can be applied to your bed, kitchen table, or anything. Keep trying new ways to arrange your furniture until it feels right to you!

One thing that is often ignored is the smell of a place. We've all heard how you can go 'nose-blind' to your own smell. Walking into your room and being greeted with Vanilla, or Frankincense, or Rosemary-Thyme is the greatest thing in the world. Different scents are for different things; mint can refresh you, while lavender can calm you. I recommend heading to your local organics/naturals store and looking at their selection of essential oils. And, as the days get warmer, make sure to open your windows to get as much fresh air as possible into your room.

The number one rule is to follow your gut, and don't be afraid to try new things! Most of your time is spent in your room. Your room is your sanctuary; it's where the magic happens. The studying, the relaxing, and the living that is so important. Try to reflect your personality and your goals in every part; this can be as simple as putting up a cute poster of your long term goals, or making a new trash bin for the recycling. Make your space a heavenly retreat for you to be your best you in, and Spring into a refreshed semester!



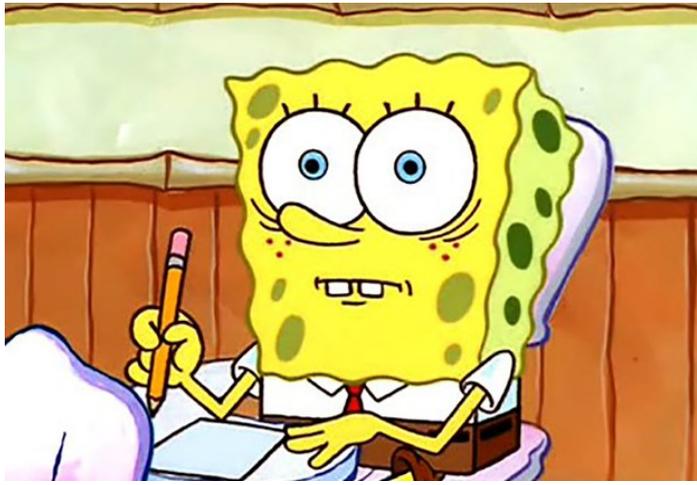
## Mindful Studying

Most of us get to this time of the semester, and we're looking for ANY help we can get to make our studying more beneficial and

easier. Recent research suggests that if you become a more "mindful" student, your chances of success are much higher. It's about being in the present, clearing your mind, and focusing—all while being relaxed. Some of you may have tried meditation before, and mindfulness is just a little more focused version of that. Here are some tips:

- ◆ **Train your brain.** Before you start to study, spend a minute or two focusing on your breathing, pulling your attention in, and calming your mind.
- ◆ **Learn a new language.** We talk about studying in nasty ways—"hitting the books", or "nailing the test." So work on changing the way you talk about studying. Jake and Roddy Gibbs, authors of *The Mindful Way to Study*, suggest thinking of studying as a dance between you and the material. Studying then becomes an act of cooperation and art, not a battle.
- ◆ **Think about the point.** Yes, you want to get a great grade on the exam, but you also want to LEARN THE MATERIAL. Concentrate more on that side of things—the less you focus on a result, the better your chances of learning what you need to know.
- ◆ **Take a break.** No one can keep at this thing for more than about 45 minutes. Take a good break—take a walk, eat a brownie, call your mom and chat for a few minutes. After you've given your brain a rest, then you'll be ready to get back to it, refreshed!
- ◆ **Mix it up.** Don't spend all night on your math homework. Toss in a little Shakespeare, and maybe even a bit of Poli Sci. Even better, change your normal study space for something different. The jolt to your system to a new location will help keep your focus sharp.
- ◆ **Forget and recall.** If you review your info and then need to look it up again to remember the answer, you're helping your brain connect the neurons so that the answer is easier to find the next time. Don't worry! Take a deep breath and review it one more time.





# Tests got you anxious?

[http://willamette.edu/offices/lcenter/resources/study\\_strategies/beattestanxiety.html](http://willamette.edu/offices/lcenter/resources/study_strategies/beattestanxiety.html)

## 10 Ways To Beat Test Anxiety

It's the morning of the Big Test. In an hour, you'll be taking an exam whose results will count 50 per cent of your final grade. You feel like (a) throwing up; (b) hollering for your mother; (c) murdering your sleeping roommate, who's oblivious to your anxiety; (d) all of the above.

If you feel like any of the above, you're not alone. You've got test anxiety, a fear of impending academic doom that you probably share with many students on campus. How can you keep your stomach from doing flips? How can you get calm enough to recall all those names, dates and theorems that are playing hide-and-seek in your brain? Relax. Lots of researchers have examined those questions. Here is a summary of what they've learned: 10 tips for reducing test anxiety today, tomorrow, and forever.

### Six Tips for Short-term Relief

- 1. Say No to "No-Doz"**—Sure, you're going to do some last-minute cramming the night before a test. Just don't do it with the aid of quarts of coffee or tea. The reason: Caffeine adds to stress. Gulp some caffeine and, come test-time, you may be too wired to focus on the job in front of you.
- 2. Eat light**—For a couple of hours before a test, stay away from food or, if you must, just sample some. Eat and you might get drowsy. Your digestive system will be competing with your brain for oxygen-rich blood. Better than eating, take a walk to get that blood moving rapidly through your body.
- 3. Dress for Success**—Get comfortable. Wear clothes that you can relax in and forget about.

And be prepared. Show up at the test site with all the pencils, pens, erasers, and calculators you think you'll need.

- 4. Be Positive**—Expect to do well. And don't worry yourself into hysterics about how central this one test is to your future plans. Since when was any one test that important?
- 5. Avoid Distractions**—Don't give a second's thought to that individual sitting next to you who's writing twice as fast as you can think. (She's probably writing an angry letter to the professor, blaming him for failing to inspire her.) Concentrate only on your own exam.
- 6. Take a Break**—Pause whenever you need to break the tension. Close your eyes and practice head rolls or other relaxing exercise.

### Four Tips for Lasting Relief

- 1. Start Early**—Begin preparing for midterms and finals the first day of class, disciplining yourself to master the material every step of the way. By the time the exams come, you'll be ready and confident. And confidence is one of the major buffers of stress.
- 2. Work on Memory Skills**—Try different ways to fix facts in your mind. Make up flash cards. Develop recall techniques such as assigning letters to a series of points you want to remember or associating a word with a fact. Find out what works for you, and use it to create your own data retrieval system in your mind.
- 3. Learn Test-Taking Skills**—There are tricks to test-taking, and they can be learned. Multiple-choice and essay tests require different approaches. Practice taking tests, and you'll learn why. **Don't Grade Yourself**—Resist the impulse to let your grade point average serve as a measure of your self worth.

## Housing Announcements:

### Spring Break 2018

Spring Break is right around the corner! If you are interested in staying on campus for any part of Spring Break (from Friday, March 9—Saturday, March 17) you must complete a Spring Break Registration form. These are available at the Info desks in your buildings, and are due to your RD NO LATER THAN **Monday, March 5th**. Remember, there are no overnight guests permitted during break. Also—if you don't register, you won't have access to the building or your room. Make sure, regardless of your reason for staying, that you've completed and turned in your form by **Monday, March 5th!**

### Fall 2018 Room Selection

It's the start of spring, and already, it's time to begin thinking about next fall and where you'll want to live. The first thing you'll need to do is to pay next year's housing deposit. It's our only indication that you plan to stay on campus, so it's very important that you take care of this payment on time. Deposits for returning students are due on or before **MARCH 20<sup>th</sup>**! More importantly, watch your campus email for information about the room selection process, and look for signs and meetings in your buildings which will explain the process. Knowledge is power—don't lose the room and roommates you want because you don't know what you need to do.

Applications are now available for students interested in being a Summer **Assistant for Events and Conference Management/Housing**. Find the application at [www.wcsu.edu/employment.asp](http://www.wcsu.edu/employment.asp). Applications are due by March 23rd.



**\*\* 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)