

The Handout an **arm** newsletter

April, 2018
Vol. 6, Issue 6

Making Hygiene Bags

Litchfield Hall



ACADEMIC RE-

IN THIS ISSUE

ROCK YOUR FINALS



by Johanna Augustin,



The end of the semester is approaching, and you know what that means: we get to go home, go on vacation and enjoy the joy that summer brings. All of this can be yours but first, we must tackle the one thing that we're dreading the most, **FINALS** (cue in storm clouds and depressing music). Worry not, there is a way to ace your finals stress and be worry free. I know that sounds totally impossible, but where there is a will, there is a way! Here are the best ways to rock your finals:

Find out what your current grade is in class.

Knowing where you stand in class will give you motivation to pass the class, no matter what your ranking is. If you are doing well, passing your final will help you maintain the grade you have. If you aren't doing as well as you planned, passing your finals will definitely motivate you to not fail and get the grade that you want. The best way to find out your grade is by going to your professor's office hours or contacting your professor through email.

Start studying now!

Next time you're in class, don't be afraid to ask your professor what exactly will be on the final if they haven't told you already. Knowing what is on the final at this point gives you an advantage because you can start going through the material now.

DO NOT CRAM!

Cramming for a test can be the kiss of death for

your finals. The best way to really study is over the course of a week. Study in 20- 40-minute increments and follow that with a 10-minute break. This will prevent your brain from being overworked and will give you less test anxiety. Also, studies show that studying material in chunks will help improve your memory and you will remember everything you learned. Even after you leave class, take some time to review your notes that you took for the day.

Find a suitable place and some people to study with.

Making a study group will help and motivate each member to do well on the finals. Being in a study group will help you learn anything that you missed in class and potentially answer any questions you may have had in class. Hearing the material in a different perspective will also help grasp what you learned better as well. Finding a nice and quiet study spot, like the library or a study room in your dorm, is essential. According to the *New York Times*, finding a new study spot every week will improve your brain's retention and boosts brain power.

Manage your time

It may seem challenging to juggle class, work, extracurriculars, a social life and now, studying, but there is a way to accomplish most of these things. Now more than ever, you have to prioritize your time. Whenever you have free time, use some of that time to review what you learned in class. It may seem like an arduous task, but sometimes you have to make sacrifices to get where you want to be. If you have to cut time in your social life or an

- 1 Rock Your Finals!
- 2 Healthy Summer Habits to Prepare You for Fall Semester
- 3 Fail Forward
- 3 Make a Summer Resolution
- 4 Cheap Spring Activities
- 5 Why Should You Take a Summer Class?
- 6 Certifications & Trainings Available On Campus
- 7 Flashback: Avoiding the Dreaded Senioritis
- 7 Feeling Anxious?
- 8 Moving Home for the Summer—A Survival Guide
- 8 Housing Announcements



SUCCESS
SPOT

www.wcsu.edu/housing/arm.asp

Cont. on pg. 4

Healthy Summer Habits To Prepare You for Fall Semester

by Shannon Lynch, Fairfield ARM

Everyone knows it's nearly impossible to start a new habit during the semester, so take this summer vacation and start some healthy habits that will set you up for an excellent fall semester!

Eating a Balanced Diet: Everyone knows how difficult it is to eat healthy when you're stressed and the weather is cold. College eating habits typically consist of sporadic meals, late night snacks and whatever you can lay your hands on when you're on the run. Take advantage of the warm summer weather, free time, and decreased stress to start a new healthy eating habit. In the summer, take time to plan your meals ahead and make better choices. Fresh produce is more readily available, so get your hands on nice, fresh fruits & veggies and cook something delicious. Starting a healthy eating habit over the summer will make you more likely to eat healthy when the fall semester starts! The influx of healthy food will give you more energy and help you feel better, and those good feelings will encourage you to continue your healthy eating.

Regular Exercise: Similarly to healthy eating, exercise always gets the back burner during the school year. When it comes down to studying and hitting the gym, the gym always gets the short end of the stick. There are so many more things you can do over the

summer to incorporate exercise into your life. Take a hike, go for a swim, or ride your bike with friends. So many things you do in summer are exercise and you don't even realize it! Exercising has so many health benefits, and it's so easily slacked on. When you work out, your body releases endorphins that make you feel good, it increases your cardiovascular health and promotes healthy bone growth. Exercising over the summer may not make it easier to find time to exercise during the semester, but it's always good for your health. When school starts back up, be conscious of things like taking the stairs or parking in the further garage. Even little amounts of exercise can have huge benefits for your health.

Getting Sleep: Take advantage of the summer months to catch up on all of the sleep that you didn't get during the semester. Sleeping helps you feel energized and sufficient sleep is proven to reduce anxiety, increase your overall health and helps you feel a lot less sluggish. Attempt to maintain a healthy sleep habits all summer long. Go to bed (relatively) early, and try not to sleep in too late. Maintaining a regular sleep pattern will make it easier when you have to start back up in the fall. If you spend all summer sleeping in till noon, those 8ams will be killer.

Reading: Reading over the summer is probably the last piece of advice you want to hear for the summer months. Try to find time to read something you enjoy, and if you don't enjoy reading try to find time to thumb through a magazine or catch up on some news articles. Reading over the summer will keep your mind active, and make your readings less draining. Hitting the books over the summer will also help you increase your vocabulary and increase your reading speed, and you won't even notice!

Disconnecting from Social Media: As hard as this may seem, disconnecting from your phone over the summer can help you increase your productivity in the fall. Think about it this way: if you break the habit of checking your phone every couple of minutes now, in the fall when you're trying to do your homework, you won't be breaking your focus to regularly check your phone. Ultimately you will be more productive! Technology makes it difficult to concentrate on one thing for any extended length of time, so do yourself a favor and make sure that you are limiting your use of social media this summer!



FOX TROT / BILL AMEND



Fail forward

by Brianna Walker,
Centennial ARM

Failing is a natural part of life. Whether we would like to admit it or not, we fail quite often, if not daily, especially in our college careers. Failing anything usually is not the end of the world. In fact, it could be the opening to a new opportunity. Of course it doesn't feel good, but, by failing, a person learns so much more than they did previously—whether it is coming from not doing so well on a project to failing an entire course or even something pertaining to your major. The point is that it happens and that is okay!

Believe it or not - there are quite a bit of pros when it comes to not succeeding. For one, you are able to learn that you may not have been as good as you thought you were—consider it a reality check. This means that there's more to practice and take in, and hopefully, you will be able to try at it again. If not, that could also be a sign that you're meant to do something else. Failing gives every person a pretty accurate gauge of where they actually are compared to the level they possibly thought that they were at.

Let us say that you completely bombed a test. This could be for quite a few reasons; however, depending on how you approach the failure, you can go for it differently the next time you take a test similar to that. Maybe you did not get the best grade because you didn't study enough. That is an easy fix—you will know for next time to start studying the material earlier, and possibly more often before the test comes up. Maybe the questions were harder than you expected. This could mean that you did not know the material fully. The next time you study, ask yourself questions

that are more broad - see what you truly know about the subject at hand. Regardless, not doing well on that test will give you more information for the future.

Overall, when it comes to not doing well, your mindset plays the biggest factor. It is all about how you and your brain choose to interpret an unsuccessful situation. Instead of thinking of failure as a last step, you could think of it as just a pothole in the road that could eventually be re-patched to send you on your way, or one that you'll never have to go over again. When I've failed in the past, it has been helpful for me to think about all of the possible reasons why I failed (if it wasn't completely clear) and what I could do differently if I wanted to try it again. For example, when I failed my permit test for the first time, I was upset, but I decided to go about studying in a different way. I changed my habits and produced a better result, which was passing the test. By not harping on the failure and

deciding to change my studying habits, I ended up succeeding in the end.

Of course, this is not going to happen every time you fail. Even when you do change your habits and your mindset, you can still fail. Not succeeding multiple times does

not mean that you're inadequate—it just means that you are not ready to go onward. Like stated before, it could also mean that you're meant to go on a different path, and that is okay! As long as you are failing forward, signifying that you will not let your failures be the end all/be all, you are still succeeding.

Good luck on finals guys, and remember to keep going no matter what!



Our Summer Break is nearly three months long. It feels like a lifetime passes by the time we get back to school in the Fall! You might be working, vacationing, or relaxing, but there's enough time to fit in a Summer Resolution. By setting a goal for your summer, every time you're free from work or can pry yourself away from chilling with your homies, you'll have something to work on. By the end of the summer, you could have killer calves from all those extra hikes spurred on by a resolution to get outside more, or be a pro-knitter from a resolution to knit an entire blanket for your new dorm room. The possibilities are endless!

Choose a goal that inspires you. Maybe there's a specialty or theme you would like to personally study that will fuel your passion for your major or get you ahead in classes when you return. The library is open all summer, so read up on Nietzsche or delve into neuroscience; become an expert in Egyptian history, or read an autobiography of someone you admire in your field.

Or, you could choose a goal that will lead into a lifetime hobby. Have you ever been curious about how magicians always pick your card? Learn some magic tricks! What about finding and identifying the wild, edible or medicinal plants of New England? Find a field guide and get out there! These are surprisingly simple and achievable activities that will become a lifelong fun fact about you!

Another option is to focus on improving your interpersonal life. Make a resolution see a certain relative at least five times this summer. Making a goal specific and measurable can help you accomplish it in the end. Maybe you

Cheap Spring Activities

by Megan Cancelliere, Centennial Hall ARM

Warmer weather, blooming flowers, rain instead of snow. These are all hallmark characteristics of Spring! Spring is a time where the world starts to wake up from the long Winter, and with it so does our desire to start having fun again. It can be hard to find activities that embrace the full spirit of Spring without breaking the bank, but a little bit of creativity goes a long way to having that perfect Spring day.

First, not everything has to be a huge activity that takes the whole day. Sometimes the small things can be just as fun! For those who enjoy getting your nails done, do at-home mani-pedis in bright spring colors. Seeing your nails will brighten those last few dreary days, and having your toes painted will get you looking ahead to the days of sandals and no shoes.

Another activity that costs nothing is going out and picking flowers. This may seem silly

and like it is a waste of time, but it has been proven that nature is a great way to relax. The bright colors of most flowers are visually stimulating, which can help release dopamine, and after a long winter it sometimes just feels good to see bright colors. It is also a chance to take a break and not have to worry for a while, which is something that is always good for you.

Larger activities can be just as fun but are not always free. That does not mean that you must break the bank, but they can cost a little bit more than just taking a break and pampering yourself. Museums are a great example of this. On those rainy spring days, it could be great to go visit a museum. Tickets in general are not too expensive, and with a student ID you can get a good deal. Also check out your local library— most times with a library card you can get passes either for free or extremely discounted.

One cool thing about Connecticut is we have a lot of farms. This is fun in the spring, because it gives you the ability to go to farmers markets and pick-your-own farms. These are great outings, and you do not actually have to buy anything while you are there. This can last the whole day or just an hour or two, depending on what you are in the mood for. Check on your town's website as well as social media (usually Facebook) to see updates about when/if they will be hosting farmers markets. You can check local farms websites to see if they offer farmers market, and if they offer pick-your-own days.

It can seem like Spring can be overwhelming when there is so much you want to do, but it can be expensive. By having some days where you get crafty and thrifty with what you are doing, you can still have an activity-packed spring that leaves you with memories for years to come.

ROCK YOUR FINALS! (Cont. from pg. 1)

extracurricular, then so be it. Managing your time doesn't always mean sacrificing something, however. Write down a list of your ideal week and put down the most important things that you need to go to and do (like class, work, or any other responsibilities). Whatever free time you have, use half to study and the other half you take a break and hang out with some friends.

Take care of yourself!

Although the road to finals can be very stressful, remember to take care of yourself. Make sure that you aren't staying up extremely late to study. If you are not getting the right amount of sleep, then all the studying that you stayed up for won't be worth anything come the day of the final. Eating a well-balanced meal and staying hydrated will increase your focus as you are studying and on test day. Take some time in the day to have alone time

and just breathe. Deep breathing, meditation, and exercise will reduce your anxiety, sharpen your mind, and boost your energy and memory. Whenever you feel like you've reached your limit, stop and take the break that is right for you.

Overall, Finals Week can make or break you. If you do things like study in chunks, manage your time and take care of yourself, it will not get the best of you.

Stay strong and rock your finals!



Focused, hard work is the real key to success. Keep your eyes on the goal, and just keep taking the next step towards completing it. If you aren't sure which way to do something, do it both ways and see which works better.

QUOTEHD.COM

John Carmack
American Scientist



Why should you take a Summer Class?

by Heidi Ohngemach, Pinney ARM

You probably see someone every summer talking about a class they're taking during their vacation. Why would anyone want to take a college class while they're on their vacation from school? It sounds a little wild, I know, but taking a summer class might be in your best interest, too. If you're in a very demanding degree program that might not have many elective options or has class requirements to be met by a certain semester, taking a summer class can help out a lot. It can help lighten your workload during the semester, which could give you more time during the semester to work on projects, study, work at a job, or just take some time for yourself.

When taking a summer class, it's usually a better idea to take a class that is not part of your major. Your degree program and professors very likely have all of your required classes set up in a way that almost every class is related to another and by the time you graduate you know all kinds of critical information that is the product of each and every class you've taken through the university. With that in mind, if you're a history major you probably want to avoid taking a history class over the summer at Naugatuck Valley, and the same goes for music majors trying to take music theory over the summer at another college, or even a computer science major taking a coding class somewhere else. But if there's a gen ed (or competency) requirement that is not a part of your major that you need to take, see if you can take that over the summer instead of during the semester. I and a lot of my friends are music majors, and I know that a lot of people like to get American history, public speaking, math, lab sciences, and writing courses out of the way over the summer. The added benefit to taking these unrelated classes over the

summer is that during the semester you can put all of your focus into your major. It's rough when you spend your whole week completely surrounded in your major and what you want to do with your life, and then every Tuesday from 5:25-7:55 you have to flip the switch so you can pass some gen ed that you wish you had taken an AP test for.

Aha! So if you've made it this far you're probably interested in taking a summer class. But how do you do it? Here are some things to keep in mind when looking around for summer classes:

Money.

Generally, it costs less to take a class over the summer than to take it during the semester. But, you want to watch out for *what* class. If you take a history class, it will probably cost less than taking a bio lab. That's because it's less credits, and you aren't paying lab fees. Really try thinking about the cost of a class compared to the value of your time during the semester to decide if paying extra money is really worth not having to do hours of a lab during the semester.

Time.

Since you're completing a whole class in a shorter period of time, it has to be condensed in some way. Depending on how many sessions the college you go to puts in a summer, and how they structure their classes, you'll either have classes that are the same amount of time a day but meet up to four times a week, or you'll have a really long class that meets once or twice a week. You especially want to put that into consideration if you plan on working over the summer or going on a vacation.

Transferring.

I don't think anything could be worse than spending your money and time over the summer to take a class, just to find out that Western doesn't accept that class as a transfer credit, or that it doesn't transfer as what you thought it would. By going to wcsu.edu, hovering over "Admissions" and selecting "Transfer Course Equivalents" you can find what classes at other Connecticut schools will transfer to WCSU, and what they would transfer as. If you plan on going to a community college outside of CT, that's a questions that the Admissions office could help you answer.

Applying.

Depending on where you plan to go over the summer, each school might have a different system to enroll in summer classes. For some colleges, you might have to submit a college or high school academic transcript. For some you might just need sign up and pay. For some you might have to fill out an entire application. To find out exactly how to get started on taking a summer class, I can not stress enough how important it is that you call that school's Admissions office.

If you're on the fence about taking a summer class, I recommend discussing it with your academic advisor or peers in your degree program, because they would have a very good understanding of what you're going through as far as classes go and could provide some helpful insight. Happy summer!



Certifications & Trainings Available on Campus

by Victor Namer, Pinney ARM

At Western, we have many certification opportunities and trainings that many students are not aware of that can help your résumé stand out. Each of these trainings and certifications are free for current WCSU students, and provide you an opportunity to get a leg up on the skills that employers are looking for after graduation!

The first of these is **training in Microsoft office**, in programs such as Word, PowerPoint, Excel, Adobe, Outlook and other computer based programs. After graduation, one of the skills that a plethora of employers look for are these computer skills. Only about 30% of undergraduate students pursue a job in their field right out of college. As a result, having these transferable skills makes you a much more appealing candidate for future positions!

The second certification is in the fundamentals of conflict resolution. WCSU offers a course called “**fundamentals of conflict resolution**” (found in social sciences), a course which, when completed, will provide you a certificate of completion in the fundamentals of conflict resolution. Our world today is in high demand of those with the skills to navigate challenges and conflicts. Having these skills automatically makes you more qualified for positions which require more interpersonal communication, and it is looked upon highly.

The third certification is in the **Leadership, Compassion and Creativity Certificate** program through the Center for Student Involvement. This is a certificate unique to WCSU. This

program focuses on the three aspects found within the title. Each one contains various different requirements under each section. For example, under leadership, club participation, internships, and other forms of criteria would count towards this section. Once you have completed enough criteria in all three sections, you would receive your certificate! This a program designed to help you stand out in the job markets of the future. It demonstrates that you were able to merge multiple skills into one, creating strong leaders of the future!

The last program is the **mental health first aid training**. At Western, this is a program offered to train students how to better spot and assist those who struggle with mental health issues. Not only is this good for your résumé, but it is good to have these skills going forward. This program is not designed to teach you to become a therapist.

However, just as first aid doesn't make you a doctor, knowing the basics can save lives. The same goes for mental health as well.

As you can see there are a plethora of programs available to you here at WCSU to take advantage of. These skills and certifications are aspects which will help you stand out among the sea of people who may be applying for the same position as you. Knowing and having these skills gives you a leg up, and the wonderful part about all of these programs is that they are free! All of these are without cost for WCSU students, and this is the only time you will be able to take advantage of them. Whatever year



Cont. from Page 3

haven't seen some of your friends since high school. Message them now to make plans for the summer, and keep them!

A bucket-list could be the way to go if you just can't decide on one thing. Make a list of one-off activities that will make this the best summer yet! Items on the list could be Go See A Concert, Write a Poem, Learn To Juggle, Go To Central Park, Go To A Museum, Throw A Fancy Dress Party, Make Homemade Pizza, Fix The Leaky Faucet, Play Yahtzee with Mom, or anything that has piqued your interest in the past. Make the list over a few days, writing down your ideas as they come to mind.

If you make a plan before the summer starts, you'll be more likely to accomplish something that will make you proud of yourself. That way, when people ask you what you did with your summer, you can say 'I learned all about tropical fish!' or 'I really rounded out my stamp collection!' or 'I learned Photoshop® and made all my friends into GIFs!' instead of saying 'oh, not much...' Make the most of your time and enjoy the freedom and the sunshine!

Happy Summer from the entire Housing & Residence Life staff!

you are in, it isn't too late to take advantage of these programs, so I hope you make the most of them!





Avoiding the dreaded "Senioritis"

by Nicholas Graham, Grasso ARM (2012-13)

As the long frost of winter comes to its much invited close, the students who are facing graduation in May or December face their toughest challenge since freshman year. The gradual signs appear almost too late: the overwhelming stress of a senior thesis/project, the slight disdain for the carefree lifestyle of the underclassmen enjoying the weather outside, or even the temptation to sleep just a little later through a morning class that exponentially consists of just an attendance grade and a final. All of these things become symptoms for the dreaded "Senioritis", a plague that students thought they cured with the vaccination of a college acceptance letter.

Although prodigious, "Senioritis" can be conquered with some daily tips, leaving graduate school applications, prospective jobs/ internships, and career paths to be handled without the pressure of class knocking constantly at the door.

Tip #1

Try and become more physically active through the day. "Senioritis" is a physical disease as much as the disease is mental. If one tries to stay kinetic, the annoying necessities of schoolwork will be accomplished without the weight of lethargy. Eating healthy is a good supplement to staying active: the better nutrients one puts in his or her body, the more energy is created for longer periods of time.

Tip #2

Avoid the consumption of alcohol and drugs during the end of the year. Drugs should be avoided anyway; however, if seniors who are above the age of 21 feel as if they are coasting until graduation: think again. Going out to drink will only make the deadlines of important

final work progress faster than imaginable, creating stress that will lead to the eventual possibility to shut down and give up.

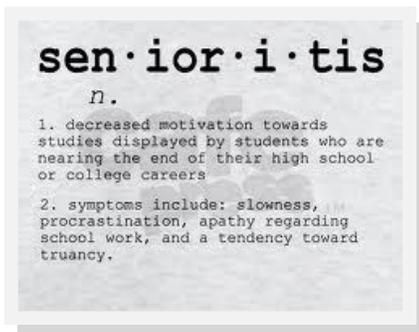
Tip #3

Think about the next step in your life. If one's GPA is hanging in a critical balance that would advance one's propensity to get a good job, get into graduate school, or receive an internship, the pursuit of success will depend on the final semesters. Use the final semester as a chance to finish the classes required for one's major and to explore electives that diversify one's attractiveness to the set future goal. For example, if studying JLA, one would be wise to take English or Writing courses to approve the clarity and quality of one's writing. Most court cases are about using the evidence to piece together a narrative, attaining the outcome desired.



Tip #4

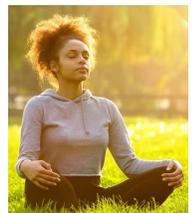
Stay Calm. Sometimes "Senioritis" comes in the form of being overwhelmed by the future. Remember to stay organized, rational, and realistic about the future in order to avoid the anxiety of the most asked question being asked around campus in the first week of May: "What's next?"



Feeling Anxious?

Thousands of students (about 28% of the general population) suffer from anxiety, and finals week sends some of us into our anxiety zone in a big way. If you're feeling a bit anxious or stressed as finals approach, here are some coping strategies from the Anxiety and Depression Association of America that may just help!

- **Take a time out.** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- **Eat well-balanced meals.** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.
- **Limit alcohol and caffeine,** which can aggravate anxiety and trigger panic attacks.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Exercise daily** to help you feel good and maintain your health.
- **Take deep breaths.** Inhale and exhale slowly.
- **Count to 10 slowly.** Repeat, and count to 20 if necessary.
- **Do your best.** Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- **Accept that you cannot control everything.** Put your stress in perspective: is it really as bad as you think?
- **Welcome humor.** A good laugh goes a long way.
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.
- **Learn what triggers your anxiety.** Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.
- **Talk to someone.** Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.



When you're getting anxious, give these tips a try, and you may soon find yourself far more prepared to toss the anxiety away and feel good!

<https://adaa.org/tips>



Moving Home for the Summer – A Survival Guide

You've been away all year at college. The year ends in just a few weeks, and you've got to move home again! Sure—you've been home for breaks, and they were manageable (although the semester break *was* a little tense!) This time, it's a little over three months, though. How are you going to survive it?

Talk to your parents for a start. You've probably changed a great deal over the course of the year, but to them, you're still their kid. Set up some ground rules—for example, how late you'll be staying out if you go out with friends. You probably had a curfew the last time you lived at home, but once you were away at college—3 am was just another hour, right? Don't be an idiot about it, though. Make some concessions, like maybe you'll agree on a time that you'll be home, or that you'll call or text if you're going to be out later than you thought. It may feel like your parents want to control you, but it's really about common courtesy. And face it—you may not get it right now, but they worry about you still. (My mom worried about me going to Walmart at 9:30 pm once when I was in my 40s! It never stops!)



Speaking about home—you're a member of your family when you're back at home, not an honored guest. Don't forget to pitch in to

help: do the dishes, clean your bathroom every week, offer to do the laundry or shopping. Your mom's enthusiasm about cooking for you or washing your clothes fades after the first few weeks, and she'll be looking for you to show off your new "adulting" skills.

Find something to do! It's quite tempting to want to lie in bed all day, checking out the latest video game or Netflix series. But you'll find it gets really old really fast. Get a job if

you can. The money is always good to have on hand, and if you're lucky and work a little at it beforehand, you can find a job that might help in the field you're interested in rather than just a job at the local ice cream store. Even if you are working at the local ice cream store, though, you can still try to work on your people skills, your communication style, your leadership. Look for opportunities to grow and develop while you pull in a few bucks for your bank account.



Expect things to have changed with your friends. It's wild how much we all grow and change during these early years, whether we go away to college or stay closer to home. Don't be surprised to find that friends you used to like to spend all your time with may have some other interests now, or that YOU may have developed some, too. This doesn't mean you toss away your high school friends, but realize that things might be different. Rather than spending whole days together, you might find that going to a movie and dinner is what's now comfortable.

Keep in touch with your college friends. It's easier than ever now with technology. You can share some of the struggles of being at home with them—because they'll be feeling it too! And when summer finally comes to an end and it's time to get back to campus, if you've kept in touch, it will make the transition back much easier for you.

Sure—this summer transition is tough, but it's really doable! And, it sets up a whole new relationship with your family, where your mom and dad can really start to see you as a peer, not just their kid! Enjoy!

Housing Announcements:

Closing Time

The end of the year is right around the corner, and with that comes planning to go home for the summer. Here's some advice about closing to help you get ready ahead of time.

1. Watch your email and building announcements for information on your building's check-out process. Each building is a little different, so make sure you know what's required for you!
2. Don't forget to have an RA check you out of your room, suite, or apartment. They'll have your Room Inventory Form (the one you completed when you moved in) to check and have you sign before leaving.
3. Make sure your room, suite or apartment is cleaned (broom swept, no items left behind), and all furniture is there and in the same location as it was at check-in.
4. Return any keys you may have had assigned to you this year (mailbox, bedroom, room or apartment).

Your check-out time should be arranged to be within 24 hours of your last exam (or by 6 pm on Friday, May 11th.) 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 Tuesday, May 1st.)

24-hour Quiet Hours begin at 11 pm on Thursday, May 3rd and continue through Friday, May 11th @ 6 pm. Please be considerate of your fellow residents as you leave—they may still have a final! Noise and policy violators will be asked to leave immediately.

**Finally—best of luck on finals.
Congratulations graduates!
Returners—we'll see you in August!**



** 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