

Ah, the new year. That wonderful time when our social media feeds are plagued by countless people claiming #NewYearNewMe, boasting about their new year's resolutions. I can't be the only person who sees these and thinks "I give them two weeks before they're right back to where they were", and it can be easy to give yourself that same expectation. But there are some resolutions that are too important not to keep—specifically, those involving academics. If you, like me, are not overly proud of your performance last semester, now is the time to change things around and make it count. Here are some tips to make those new semester res-

olutions really stick.

## 1. Make them SMART

This is a goal-setting tactic I'm sure some of you have heard before, but it is extremely true. If our goals are too vague and broad, it'll be way too easy to fail and we'll never stick to them. So make sure your goals are SMART: Specific, Measureable, Realistic, and Timed. "Study more" is an example of a bad goal because there's no definition of what "studying" exactly means, and there's no way to tell how much more is "more". Instead, your goal could be "I will read one chapter of my biology textbook every week before the class

meets." This is a good goal because it's extremely easy to tell if you've met it or not, and you'll be more likely to stick with it because it's a fairly simple task.

## 2. Make a productive space

I have this letter board in my room. It's the kind that you can change around the sayings on. When I first set it up, I put a funny yet negative phrase on it, because it made me laugh. But I found that having that phrase right next to my desk made me feel really weird, because here I am trying to be productive, and I have a negative phrase staring at me the whole time. So I changed it to say "Be better than yesterday"

(Continued on page 4)

A publication of the Department of Housing & Residence Life, Division of Student Affairs

## The Handout an arm newsletter



Volume 7, #4  
Feb., 2019

Snow and Ice to start  
Spring 2019



### In this issue:

- Overcoming Bad Habits Page 1
- How to Get over the January Blues Page 2
- Happy Add Drop Page 2
- Where to Buy Your Textbooks Page 3
- SAD—Seasonal Affective Disorder Page 5
- Being Creative Is For Everyone! Page 6
- Black Migrations—BHM Celebrates Page 6
- How Not to Get Sick Over the Semester Page 7
- New Year—New You Page 8
- Housing Announcements Page 8



# How to Get Over the January Blues

by Brianna Walker, Centennial ARM

I hope that the first week of the semester went smoothly! The beginning of a new semester, much like the beginning of a new year, is exciting for many reasons - it feels like a fresh start, another chance to start something that you've been wanting to do, or to continue on your path to success. For others, the winter season, including the weather, can have a huge impact on how they feel, mentally and physically.

There's a term, called the *January Blues*, which describes the feeling of sadness due to the change in time frame - the long, dark nights mixed in with the freezing days. There are many ways to combat these feelings and get through the coldness of the first few months of the year.

1. **Get moving** - cold and dark weather could possibly affect your chances of a lot of movement. Being active is still very important! Instead of running outside, switch to inside workout routines, or run during the hottest part of the day.
2. **Make yourself busy** - although it would be easier to stay in bed all day, there are still productive things that you can do with your day & night - regardless of the weather! Listen to an inspiring podcast (like **Gab & Grow**), plan a vacation, read a book, clean your dorm - the possibilities are endless.
3. **Don't forget to take care of yourself** - this is the most important out of the entire list as mental health can be correlated with physical health. Take time for yourself weekly, if not daily to do activities that you love - or just chill out and relax.
4. **Take up a new activity** - one of the best things about Westconn is the amount of clubs and organizations we have! Take a look at the club listing, or you can also go through the process of creating a club on your own.
5. **Hang out with friends** - another contributing factor to the blues usually deals with not seeing enough people on a daily basis. Invite friends to hang out in your room, or go to programs in your residence halls together!

This list does not encompass everything you can do during this time, but it does provide suggestions to get out of a funk! I hope that everyone can utilize these suggestions and have a positive winter! Good luck.



We've all more than likely had that moment here at WCSU when we are sitting in a class on the first day and just think "this is not for me". And then panic sets in. How can I switch so late? Are all courses under this competency this demanding? What if I switch to a class that is even worse? Step back, take a deep breath, and push those fears to the side. Feeling like you don't belong in a new class is not the end of the world, your classmates are not better than you, what you are feeling is valid!

There are a handful of reasons a class doesn't work out for a student. Maybe the subject is too challenging, or the professor's style of teaching doesn't click with you. For me, personally, it was both. I walked into a philosophy class figuring "I'll just suffer through it to complete the competency", and thought I would be able to manage, but as soon as the professor started class, I just knew it was too much. It was a Wednesday night class on the opposite campus of my residence hall, and the teacher was very disorganized, jumping from different bits and pieces of the course rather than reviewing expectations in an organized matter. The worst part was looking at the syllabus and knowing I couldn't realistically succeed. Due dates and essay length requirements did not match up, and assignment descriptions did not make sense. So I dropped the class. Instead, I took a different philosophy course on a topic more appealing to me, and ended that semester on the Dean's list with an A in the course.

So when you get that feeling during the first class meeting that it just won't work out, consider dropping it for the sake of your comfort and GPA. Stress over one course can rub off onto your grades in the rest of your courses. There is a difference between knowing your strengths and overstepping your boundaries. While you

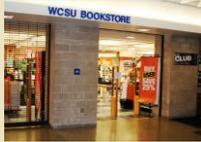
(Cont. on pg. 4)

With every semester comes hundreds of dollars spent on textbooks. All students search for the best deals, hoping to spend the least amount of money as possible. Sometimes students resort to one online website to get all of their books, because it can get challenging balancing websites or they are only familiar with one website! I am here to list the many different locations where you can find the textbook you need, for the price you want!

**Chegg** Chegg is the number one site where college students go to get their textbooks. It is easy to use the website, and has great prices. All you do is type in the ISBN number and the corresponding textbook pops up. Chegg is known for having low prices for renting textbooks, and even offers a complimentary 21-day return period. This means if you rent the book and decide to drop a class, or that the textbook is not needed, you are able to return the book within the 21 days and get a full refund!

**amazon** Amazon is wonderful for renting and buying books. Under the Amazon menu there is a designated section for textbooks. All you do is type in the title or ISBN number and the textbook will pop up. The nice thing about Amazon, however, is there are many different options for purchasing the book. You can buy the textbook brand new, you can buy a used textbook for half of the cost, you can

rent a textbook, or you can purchase an eBook version of the textbook! All of the options vary in price, however they all are within reason and will save you money!



**The WCSU Bookstore** is located within the gift shop, one floor down. The bookstore is super

convenient in terms of picking up your books; if you live on campus, you can pick them up right at the bookstore, or they can ship to your house. The bookstore offers new textbooks and depending on the popularity of the book, they sometimes offer used copies, or eBook copies of the book. The bookstore also offers a **Price Match Guarantee**. This means that if you find your textbook on a competitor website such as Amazon, Barnes & Noble, etc., and bring in a confirmation that the textbook is a lower price on the competitor website, the bookstore will match the price! You pay the amount the bookstore asks, and they refund you the difference with a gift card to the bookstore! Therefore, the next textbook that you have to buy, you can use the gift card to purchase it from the bookstore!

**textbooks.com** Textbooks.com is very straightforward. All you have

to do is search up the website, type in your textbook title or ISBN number, and a new version of the textbook will be available, as well as used

copies which are much lower in price! Textbooks.com is known for having up to 90% off prices compared to the cover price! Textbooks.com also gives you the option to sell your textbook back once you are finished with the course, allowing you to regain back some, if not all, of the money that you spent!



**Fellow Students.** The best way to snag a deal on a textbook is to find another student who has already taken the class before

you. If you know of someone who has the textbook and no longer needs it, see if they would be willing to sell it to you! Odds are, they would love to get it off their hands and they would be willing to give it to you for a price you can't beat! If you don't know of someone directly, look around campus for flyers. In the beginning of the semester, many students hang flyers listing the books they would like to sell, and a phone number or email to reach them at! Take advantage of this!

Textbooks will always be expensive, which is why it is great to know where to get your textbooks! Spending half the cost and being prepared for the semester is the best possible outcome! Have a great semester!

## WHERE TO BUY YOUR TEXTBOOKS

BY  
SARA SLAIBY, FAIRFIELD ARM



A few fun facts about our U.S. Presidents: There are 8 who have one-syllable last names.

- James K. Polk (11th)
- Franklin Pierce (14th)
- Ulysses S. Grant (18th)
- Rutherford B. Hayes (19th)
- William H. Taft (27th)
- Gerald Ford (38th)
- George H.W. Bush (41st)
- George W. Bush (43rd)

Several states have given us multiple presidents.

The top three are:

- **5**—New York (Van Buren, Fillmore, T. Roosevelt, F. Roosevelt, Trump)
- **7**—Ohio (Grant, Hayes, Garfield, B. Harrison, McKinley, Taft, Harding)
- **8**—Virginia (Washington, Jefferson, Madison, Monroe, W. Harrison, Taylor, Tyler, Wilson)

**Connecticut** was the birth state of one U.S. president, George W. Bush. His father, George H.W. Bush, spent much of his early life in Connecticut, but was born in neighboring Milton, Massachusetts.

(Cont. from pg. 1)

because this was a phrase that gave the vibe I wanted for my study space. It seems like a small detail, but making that one change to my study space has made it so much easier to get things done. So, take a look at your study space: is it a place you can work in? Is it quiet, clean, positive, and comfortable enough for you to get work done? (hint: if you study in your unmade bed surrounded by snacks and disorganized papers, the answer might be no.)

### 3. Stay Organized

Yes, much easier said than done, but it's so true. If you don't know what homework you have or where it is, you can't do it. So do some serious soul searching and

try to find out what organizational system works for you. If you're a creative or visual type you might want to try different kinds of planners and journals. If you're very tech savvy you might like a digital calendar. If you're like me and you'd forget your head if it wasn't attached to you, make a reminders app your best friend. (Seriously, it has saved my job, relationship, and GPA multiple times.)

### 4. Remember why it's worth it

In college, it is often far too easy to get caught up in the details and forget the end goal. Constant quizzes, papers, club meetings, work shifts, reading assignments, and classes make us forget why we're actually here. So keep a reminder of that in a place you see

often. Maybe it's pictures of the profession you want, or a family member who inspires you. Maybe it's setting your phone background to a favorite quote or scripture verse. Maybe it's setting an inspiring alarm label in the morning. Whatever it is, make sure you are never far from a reminder of why you're doing all of this in the first place.

Life is hard—college especially. And not every day, month, or semester is going to be a win. But the important thing is to be able to bounce back from your low points and improve yourself. No matter how impossible it may seem, I, for one, know you can do it.

should take classes that will challenge you, you also need to remember to be realistic about what is and isn't possible. But it's important to decide this before the end of the first week of school.

On the other hand, if you forgot to register for a required class or just wanted to add a class because you feel you can take the workload, you can do that as well. What many students don't know is that Syllabus Week is often referred to as Add/Drop Week, meaning you can add

or drop classes as necessary without being penalized. The exception for this rule are night classes during the time slot of 5:30pm- 8:00pm.

These can be dropped during the second week, giving you more than the first day to make your decision.

You can also contact the Registrar's Office to receive a PIN or ask them to do adds/drops for you as well. The Registrar's Office is located in Room 102 in Old Main. You can call the Registrar at (203) 837-

9200.

They can also be contacted by email at requestregistrar @wcsu.edu. Dropping a class after the deadline is a little bit different. Each semester, you will receive a university-wide email acknowledging the final day to withdraw from

a class without an effect to your GPA. After that date, if you want to drop a class before finals week for example, you will need approval from the instructor in order for your transcript to read, "W." Should it not be approved, the transcript will read, "WF" meaning you withdrew and failed. It should also be noted that withdrawing from a course could potentially harm your Satisfactory Academic Progress (SAP), and that could affect financial aid, housing, involvement in sports, and more. Sometimes things just change, and you need to add or drop a class. That's okay, but be sure to follow through with the necessary adjustments. If you ever have a question about

scheduling, contact the Registrar's Office. Happy Add/Drop Week, and have a great spring semester!

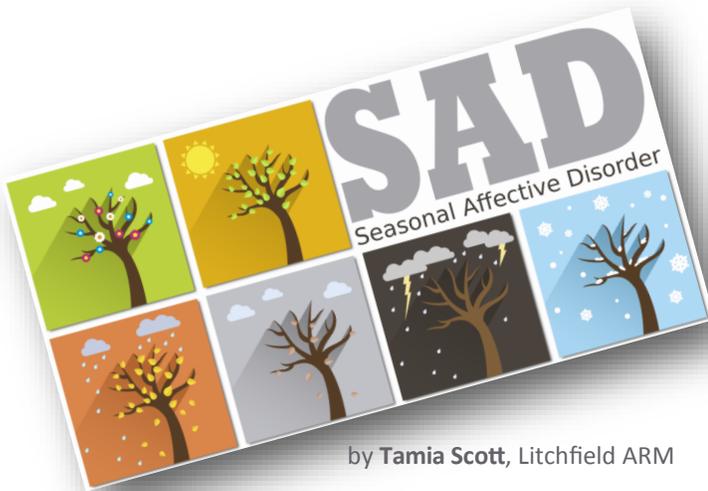


More on Add/DROP



Back this spring with a new series of podcasts, here's what's coming soon on **Gab & GROW**. They're about 20—25 minutes long; just right to give you great information! Here are some coming soon:

- Week of Feb 4: A Chat with the Ansell School of Business Dean; The Ansell Commons; Talking About Resilience.
- Week of Feb. 11: Auxiliary Services—What are they?; Testing Services
- Week of Feb. 18: All About Financial Aid; Internships & Co-ops
- Week of Feb. 25: A Chat with the Macricostas School of Arts & Sciences Dean; Student Research Opportunities; Campus Judicial Affairs
- Week of Mar. 4: Being Spring Break Smart; AccessAbilities Services
- Week of Mar. 11—ERIC—Just What is In That Space?; International Study/ISEP/Study Abroad
- Week of Mar. 18: Fall Housing Room Selection Information; A Chat with the School of Professional Studies Dean; Major-Related Student Organizations; Wellness



by Tamia Scott, Litchfield ARM

Seasonal affective disorder, or SAD for short, is also known as seasonal depression. It's defined by a mood disorder characterized by depression that occurs at the same time every year. It occurs more often in the winter because it is believed that the lack of sun brings us down. Luckily I researched seven steps/tips that came up frequently to avoid seasonal depression.

**The first step** is to identify the problem and acknowledge that you have seasonal depression. You cannot solve a problem you do not recognize as one. SAD is usually self-diagnosable with symptoms that include but are not limited to:

- Fatigue
- Depression
- Hopelessness
- Social withdrawal.

People may experience:

- ♦ **Mood:** anxiety, apathy, general discontent, loneliness, loss of interest, mood swings, or sadness
- ♦ **Sleep:** excess sleepiness, insomnia, or sleep deprivation
- ♦ **Whole body:** appetite changes or fatigue
- ♦ **Behavioral:** irritability or so-

cial isolation  
♦ **Also common:** depression, lack of concentration, or weight gain

**Step two** is to help combat against SAD. Exercising regularly is a great way to ease the symptoms of depression. Exercising is an all natural treatment to fight depression. According to Dr. Miller at Harvard University, low intensity workouts like walking or riding a bike go a long way. That kind of activity spurs the release of proteins called neurotrophic (or growth) factors, which cause nerve cells to grow and make new connections. The improvement in brain function makes you feel better.

**Step three** is stay connected. Establishing a support system is important. Being able to communicate with those around you can help create a positive dialogue about ways to combat symptoms of SAD.

**Step four** is to get enough light. SAD occurs because the sun isn't as present in the winter as it is the summer. Try taking in as much sunlight as possible during the winter months. This can be as easy as opening your blinds during the day or getting outside in the morning. Getting a good amount of natural light during the day can help alleviate symptoms of SAD. When the body absorbs sunlight, it also absorbs vitamin D, which has a number of health benefits. It may be hard to get enough vitamin D in the winter, so

taking a supplement during dark winter months may help your overall mental health.

**Step five** is to combat unhealthy habits. There are a number of ways to cope with symptoms of SAD, but it can be easy to rely on unhealthy coping mechanisms during winter. Activities like drinking or overeating may feel good in the moment, but can lead to feeling more anxious and depressed later on.

**Step six** is to meditate. Meditation can have a positive impact on your mood because it boosts serotonin levels. Through meditation, you can calm your mind and move your attention away from anxious or negative thoughts.

**Step seven** is for you to make time for yourself. It is okay to need a break. Life can get pretty overwhelming. If that means speaking with a professional then so be it. Do not neglect yourself. You need to be at the top of your priority list.

**Lastly**, it is okay to not be okay. What is not okay is suffering alone! SAD is real and it affects more people than you think. Reach out and you might inspire someone else to get help.



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

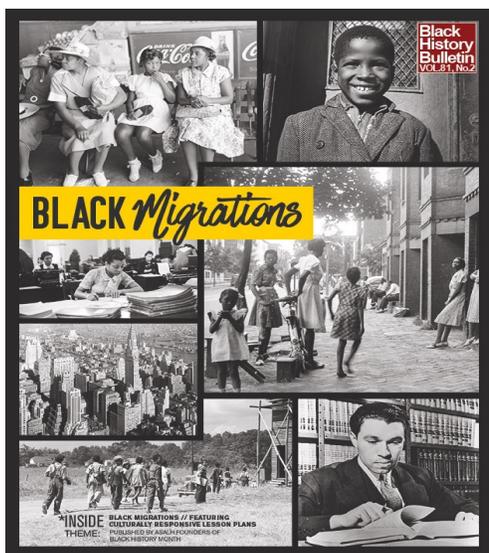


SUCCESS SPOT

## Being Creative Is For Everyone!

by Emily Chauvin, Centennial ARM

ASALH's 2019 Black History Month theme, **Black Migrations**, emphasizes the movement of people of African descent to new destinations and subsequently to new social realities. While inclusive of earlier centuries, this theme focuses especially on the twentieth century through today. Beginning in the early decades of the twentieth century, African American migration patterns included relocation from southern farms to southern cities; from the South to the Northeast, Midwest, and West; from the Caribbean to US cities as well as to migrant labor farms; and the emigration of noted African Americans to Africa and to European cities, such as Paris and London, after the end of World War I and World War II. Such migrations resulted in a more diverse and stratified interracial and intra-racial urban population amid a changing social milieu, such as the rise of the Garvey movement in New York, Detroit, and New Orleans; the emergence of both black industrial workers and black entrepreneurs; the growing number and variety of urban churches and new religions; new music forms like ragtime, blues, and jazz; white backlash as in the Red Summer of 1919; the blossoming of visual and literary arts, as in New York, Washington, D.C., Chicago, and Paris in the 1910s and 1920s. The theme **Black Migrations** equally lends itself to the exploration of the century's later decades from spatial and social perspectives, with attention to "new" African Americans because of the burgeoning African and Caribbean population in the US; Northern African Americans' return to the South; racial suburbanization; inner-city hyperghettoization; health and environment; civil rights and protest activism; electoral politics; mass incarceration; and dynamic cultural production.



Why be creative? And what does that even MEAN? Well, I'm here to tell ya, folks! Being creative is a way to let loose and feel like yourself. Everyone has the ability to be creative, and everyone has a unique way they can express it. From scrapbooking to baking, to dressing ourselves in the morning or singing in the shower at night, to the way we socialize with our friends or interact with nature, creativity is invaluable. It can be something we look forward to while we do boring tasks throughout the day, or it can be the attitude with which we attend those boring tasks. Dancing while we sweep the floors or whistling while we work counts, too! It's almost like creativity is boundless!

One of the best ways to start the creative gears turning is to write to yourself every single day. Or if you forget a day, don't worry about it. But let's start with every single day. To have words working for you, instead of for your job or obligations, is really empowering. Start by getting yourself a brand new notebook. Decorate the outside in whatever way works for you. If you're a fixer-upper type, cover it in duct tape for all I care. If you're an aspiring pastry chef, dip it in vanilla extract. If you dream of being a world-class ornithologist, rip open a pillow and start gluing. Then, write a sentence or two when you wake up. Everything that swam to the surface as you slept. You may find after a few days, that upon waking, you have a list of little topics ready to be flung onto the page. Continuity doesn't matter. Just write down

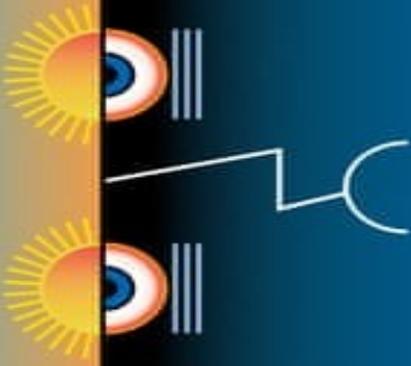
your thoughts as they come. This doesn't have to be your only creative act. This can just be the beginning.

What makes this activity fun is that you can picture yourself as whoever you want to be as you do it. If you find that your entries trail off to memories of old friends, contact them to do an activity you all used to love. If your entries begin to look more like scribbles than words, maybe it's time to take a drawing class, or even just try tracing the Sunday funnies. If you find yourself using a quill and



india ink in your journal, maybe you're a history buff at heart. Maybe no one ever told you it was cool to read biographies of 18th century naturalists or medieval saints. Here you go: It's SO cool. Creativity is what makes us interest-

ing, rounded-out people. Don't you want something to blurt out in an awkward elevator, or put in your tinder profile? "Did you know blood is 90% water and eyes are 95% water?" You can say that after you learn it in a book of poetry! You can tell people "that was me!" when they comment on your cool, doodled-up shoes. You can teach your friends how to braid mermaid fishtail braids when you take the time to learn from YouTube. Ultimately, creativity is about connecting with other people as much as it is about connecting with yourself. Listen to what comes out of you in your daily journal, and follow every "I wish..." until it turns into an "I did!" and you should be on the road to style, funk, and flair before you know it!



## How Not to Get Sick During the Semester

One of the biggest things we face as college students is the ability to get sick very easily. We are surrounded by our fellow classmates 24/7, sharing rooms, bathrooms, even food, and we are in many spaces where germs can fester. It doesn't help that with winter comes more colds, and we all know those can last for what seems like forever! The constant stuffy nose, or sometimes a runny nose, sore throat, headaches, chills, coughs—the list goes on.

Being sick can seem like a death sentence; you're miserable, achy, stuffed up, and you still have to go to class and do your work. You have to do so much while your body is fighting against you, and it can really affect your ability to learn and get things done on time.

So what are some ways you can help yourself stay healthy through the winter semester, while still keeping your grades up?

**Wash your hands!** I know, you hear this every time a flu or cold outbreak happens, but please do it! Your hands constantly touch doorknobs,

desks, and phones, which eventually end up touching your eyes and mouth. Just try to wash your hands after using the bathroom, and maybe even carry a little bottle of hand sanitizer in your bag just in case.

**Echinacea Goldenseal!** If you don't know what this is, it's a treatment that contains an herb that can help boost your immune system. This was something my own mom told me to take every day, and of course I never listened! When I eventually did, I felt better, more energetic, healthier, and rarely had colds during the winter. You can find this in almost every CVS, Walgreen's, Stop n' Shop, and Wal Mart for a good price.

**Self care!** I might have mentioned before that I am not a scientist, but between researching and just overall experience, self care is one of the most important things you can do to stay clear of being sick. Try to get a good night's rest, as being tired can make you more vulnerable to germs, along with making your immune system weaker. Take some time for yourself, take a nap, or plan a night in to just relax and catch up on your favorite show.

**Drink less!** I know as a college student drinking can be the first thing you think of after a long week of classes and work, but is that cold you have right now worth it? Recent studies have shown that alcohol actually damages certain cells that are very important to the immune system, and of course the weak-

er your immune system is the more likely you'll get sick. So maybe try to cut back on your trips to Molly's, or only have one beer instead of two, just until cold/flu season is over (and as always, please drink responsibly!)

**Keep things personal!** During cold and flu season . . . actually, make that the whole year, keep your things personal. This would include things like water bottles, towels, utensils during a meal, and drinking glasses with your friends and classmates. There is no better way for germs to spread throughout a campus, especially when we all spend a lot of time together in closed and small spaces like classrooms and dorms.

**Clean!** Now this might go above and beyond everything else, but it never hurts to be too cautious during a flu outbreak. Bring some Lysol wipes with you, especially to work on a computer. Gently wipe down the keys of the computer, register, or phone you are using before you use it. If you were an unfortunate victim of a terrible cold or flu, make sure to wash your clothes, sheets, and blankets you might have used. This will ensure that any leftover germs are gone, and you are free to start over fresh!

Cold and flu season comes like clockwork, and it's worse when it's during the semester. It could get so bad that you take off a day of classes, only to come back and feel like you missed a whole year. Hopefully with these tips, you can go through your semester cold/flu free, and are able to stay ahead in your classes!

# NEW YEAR—NEW YOU!

by Shannon Lynch, Newbury ARM



Let's face it, New Year's resolutions come every year, and for most of us, die out after a few days, or few weeks. I'm not saying it to crush any dreams that you have, but in general, people have trouble creating and maintaining their goals. Creating an attainable goal is something that can not only help you crush some health and wellness goals, but it's good for setting any type of goal.

Health and wellness is not everybody's focus but it should be something that everyone is at least conscious of. Healthy bodies and minds can impact and improve all aspects of your life.

Before you go out and set some intense goals for the gym, **remember that you need to fuel your body first.** Start slow and add one new healthy food each week. Pick a new food and prepare it in a couple different ways. You may find your new favorite food and while you're doing it add some vitamins to your diet that you may not be getting enough of.

**Keep some healthy snacks near you at all times.** It's so easy to pick up something quick when you're out and about. Throw some grapes in a bag or pack a protein bar for the road so when you're hungry you have something quick and nutritious to grab! (It'll save you money too!)



**DRINK WATER!!!!** Hydrating your body is the single most important goal you can make for yourself. Keep in mind that your body is 75% water, so you need to drink water to increase your energy,

flush out toxins, boost immunity and improve your skin's complexion.

When making fitness goals, **keep in mind where you are starting.** If you've never gone running a day in your life, you're not going to run a half marathon in 4 weeks. It's just not reasonable! Remember where you are starting and strive for small achievements each week! Setting attainable goals will keep you on track and you will feel more motivated to continue!

**Try meditation or yoga!** Raising your heart rate and getting a good sweat in is awesome, but remember that your body needs time to slow down and relax. Meditation is GREAT for reducing stress!

It doesn't matter what kind of goals you make, but always make sure that you are being reasonable in the goals you are setting. In addition, vow to make sure that your health and wellness are a priority because a healthy mind and body can better all aspects of your life.

**Housing**  
& RESIDENCE LIFE

## Announcements

### Have you checked your WCSU email lately?

You may want to check it out, because there's all the information you'll need to know to select a room for the Fall 2019 semester. Deposits can be paid now through March 20th. If you pay later than March 20th, you won't be able to select your own room or participate in the process for the fall. Read the email, and ask your RD any questions you have!

### RA and ARM Selection Starting Soon

Keep an eye out for flyers and posters announcing the selection process for RAs and ARMs for next year. It's a great leadership opportunity, and will also help take a big bite out of your college costs! We look for all different kinds of students—as diverse as our whole student body is—so don't be afraid to apply! If you think you might be interested in the job, speak to a current RA or ARM to get their take on things, or ask Ryan Farrell (LH RD) or Sean Keenan (CH RD), who are coordinating the selection process this semester.

### New Semester of Gab & GROW



There's a whole new season of **Gab & GROW** coming your way this semester. Get to know more about WCSU and the people who are here to make your time as a student as easy and successful as possible. New episodes come out each week of the semester!

And you're always able to go back and catch up on those you missed in the fall!

**WOW!**  
What's On at Western?

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

**The Handout** is a publication of the Department of Housing & Residence Life at Western Connecticut State University. It will be published 3 times a semester, and distributed via email, on the HRL website ([www.wcsu.edu/housing](http://www.wcsu.edu/housing)) and via the departmental Facebook page (WCSU Housing & Residence Life).