



The Handout

YOUR ARM NEWSLETTER

Effective Prep
for Finals

ARMS? LIKE THE THINGS
WITH HANDS ON THEM?

WINTER BREAK:
WORKING VS. RESTING

**WESTERN
CONNECTICUT
STATE
UNIVERSITY**

Celebrating 120 Years

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The Handout

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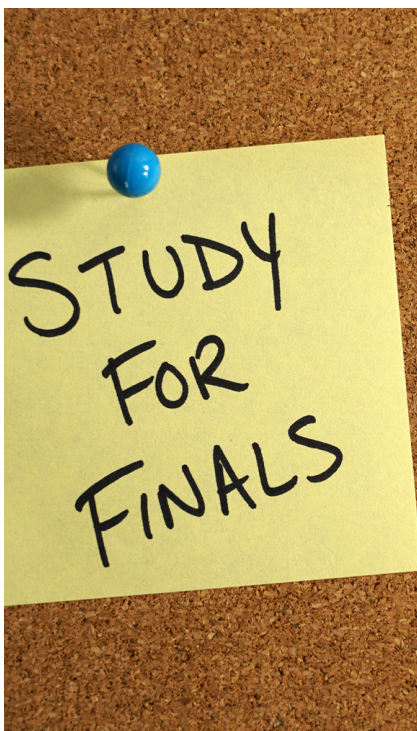
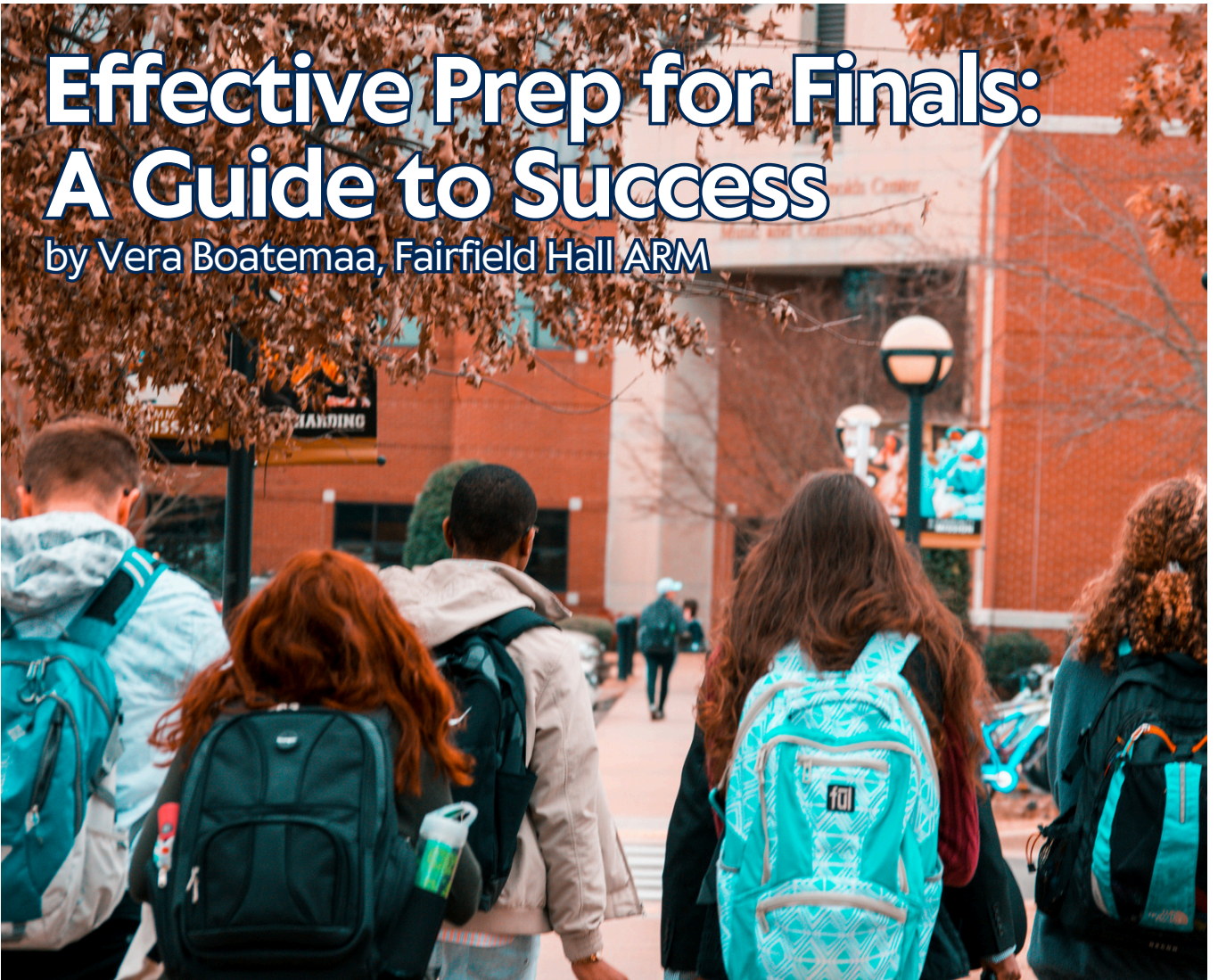
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Effective Prep for Finals: A Guide to Success

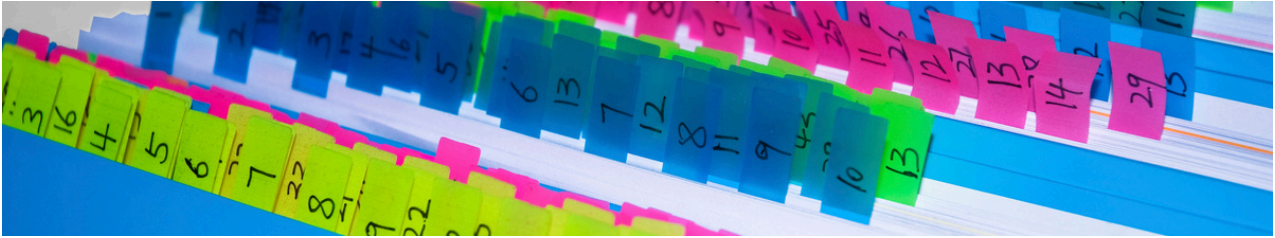
by Vera Boatemaa, Fairfield Hall ARM



Final exams can be stressful and overwhelming, but with the right preparation, you can approach them with confidence and perform your best. Whether you're a first-year student or a seasoned scholar, effective preparation is key. Here's a comprehensive guide to help you prepare for finals in an organized and stress-free manner.

1. Start Early: One of the best ways to reduce stress during finals is to start preparing well in advance. Instead of cramming the night before, begin studying at least two weeks before your exams. This gives you ample time to review the material thoroughly, identify weak areas, and create a study plan.

2. Create a Study Schedule: With multiple exams to prepare for, time management is crucial. Create a study schedule that breaks down your time into manageable blocks. Prioritize subjects based on difficulty and exam date. Make sure to allocate time for breaks to avoid burnout. Consistent, focused study sessions are far more effective than last-minute cramming.



3. Organize Your Materials: Before you begin studying, gather all your materials, such as notes, textbooks, past exams, and assignments. Organize them by subject or topic to make your study sessions more efficient. If you find gaps in your notes, now is the time to fill them in, whether by reviewing textbooks, asking classmates, or seeking clarification from your professors.

4. Use Active Study Techniques:

Passive reading is not enough to retain information effectively. Instead, try active study techniques that engage your brain more deeply:

- **Summarize and Rephrase:** After reading a section, try to explain it in your own words. This helps reinforce the material and identify any gaps in your understanding.
- **Practice Problems:** For subjects like math and science, practice problems are invaluable. They help reinforce concepts and familiarize you with the exam format.
- **Flashcards:** Create flashcards for important terms, formulas, or concepts. This is particularly helpful for subjects that require memorization.
- **Group Study:** Studying with peers can be helpful but be sure the group stays focused. Teaching others can reinforce your understanding.

5. Prioritize Sleep and Nutrition: Many students sacrifice sleep and proper nutrition during finals preparation, but this can negatively affect your performance. Your brain needs rest to consolidate memories and retain information. Aim for 7-9 hours of sleep per night, especially in the days leading up to exams. Additionally, eating a balanced diet rich in fruits, vegetables, and proteins will fuel your brain and improve focus.

Preparing for finals doesn't have to be an overwhelming experience. By starting early, staying organized, using active study techniques, and taking care of your well-being, you can approach your exams with confidence. Remember that finals are just one part of your academic journey, and with the right preparation, you'll set yourself up for success. Good luck!



ARMs? Like the Things with Hands on Them?

by Tim Hynan, Grasso Hall ARM



If this is your first time living on campus, or you don't usually pay attention to what is going on in the residence halls, you may have no idea who, or what, your ARM is. The ARMs, or Academic Resource Mentors are valuable resources available for guiding your academic success at Western. While the ARMs are not tutors, we are able to help you connect you with the plentiful resources on campus that are available to you. The ARMs also work closely with the RA staff to support you and make sure that the building is a positive environment for everyone!

First Years and Transfers

If this is your first year on campus, or you are a transfer, the ARM can help you adjust to life here on campus and while you get to know Western. The transition from high school to college, or between universities is difficult and a challenging time for many. If you are feeling overwhelmed, it is totally understandable. The ARM can provide valuable information on campus, talking to professors, and tools they have learned along the way through their own academic experiences that led to success. If you are feeling overwhelmed with these changes, stop by your ARM's office hours and talk to them!

Talking to professors can be difficult and different than teachers in high school. Many professors have higher expectations when you contact them, and some will not respond to emails that are not written correctly. Your ARM can help you hone in your email and other professional skills that are not only important for college, but also your future career.

While your ARM cannot build or run your schedule for you, they can help provide support and guidance in planning and managing your time. Time management is important with classes sometimes taking place far apart, with tons of homework and extracurriculars filling the time in between. Using your ARM to help your planning and time management skills improve can be a game changer if you are feeling disorganized.

For upperclassmen students, you may have gotten into a flow with your schedule and know how to reach out to professors but that doesn't mean your challenges don't exist! Planning for your future is difficult with big life changing decisions looming come graduation. Your ARM is available to help you make sure you are ready for those big steps into the world beyond Western. Throughout the semester, the ARM team holds programs like the RA's that are geared towards helping you have a fun while also learning valuable life skills and skills for post college. Make sure to ask your ARM about their programming and if you have things you want to see, let them know!

The most important job the ARM has is supporting their residents. You can always email us with questions or concerns but in the end the best way to utilize your ARM is office hours. During your ARM's office hours you can stop by and have any concerns or questions you need answered face to face. Even if everything is great we all love to have the residents stop by and share your successes, we are not only here for the bad, let us celebrate your achievements with you as well!

Health & Wellness

by Amy Mandelbaum, Centennial ARM



As college students, we have incredibly busy and demanding schedules, which sometimes makes it difficult to prioritize taking care of ourselves. Despite how hectic things may get, personal health and wellness should be made a priority in our lives. If we cannot function at our full potential, how can we complete the many tasks and expectations we have as college students to the best of our ability? That is why health and wellness is of the utmost importance to us as college students and should be treated as such, especially as we approach the colder months of the year when people are getting sick more frequently. Don't know how to properly make sure you are putting your personal health and wellness at the forefront of your life? Not to worry! I'm here with some helpful tips to get you started on your journey to becoming the healthiest and best version of yourself that you can be!

1. Nutrition

One of the kindest things you can do to your mind and body is to eat healthy and nourishing foods. This is not at all about dieting, this is about actively choosing to eat foods that have health benefits and will give you the fuel to function at your fullest potential. It is

recommended that at least half of your plate at every meal should be full of fruits and vegetables. Fruits and vegetables have many health benefits, including containing filling fiber and having heart-boosting and cancer-fighting antioxidants. For a healthy and balanced meal, the rest should be one-quarter healthy protein and one-quarter whole grains.

2. Exercise and Fitness

Implementing regular exercise or some form of movement into your routine can have incredible benefits for both your physical and mental health. The CDC recommends getting at least 2 hours and 30 minutes of moderate-intensity exercise every week and participating in muscle-strengthening activities at least twice a week. With that in mind, it is important to note that there is no one correct way to exercise. If exercise has been something you have previously not necessarily enjoyed, it may just mean you need to seek out a new form of movement that is right for you.

Exercise shouldn't feel like a chore that you hate doing, instead it should feel like a gift to yourself to keep your physical and mental health strong by moving in a way that challenges you just enough while still ideally being something you enjoy. Some fun ideas of ways to add exercise into your life include walking, biking, playing a sport, taking a dance or yoga class, or whatever else may sound interesting to you!

3. Stress Management

College can be a very stressful time for some because of the increased workload and busy schedules to balance. Right now can also be a very stressful time in the semester as we approach final exams. A huge part of prioritizing your personal health and wellness includes knowing how to manage stress. Some stress-relieving techniques include taking a walk, doing deep breathing exercises, meditating, talking with a friend or loved one, seeking out therapy, practicing gratitude, and engaging in an activity you enjoy. Making space and time in your life for things you enjoy and find calming is essential to living a balanced and happy life in college and avoiding burnout.

4. Sleep and Rest

Getting enough sleep every night is a hugely important part of staying healthy and being successful in college. The National Heart, Lung, and Blood Institute says adults need at least 7 to 8 hours of continuous sleep per night. Some things that may make it easier to get a good night's sleep every night include relaxing before bedtime with minimal to no screen time, investing in comfortable bedding, and making your bed a sleep-only zone with all homework being done elsewhere.

Attaining great personal health and wellness is very doable if you can implement nutrition, exercise, stress management, and sleep into your life! When your health and wellness is in a good place, all of your other obligations as college students become much easier to achieve with great success. Additionally, with winter coming up very soon, it is extra important to protect yourself by taking vitamins and/or immune system boosters and washing your hands frequently to help prevent colds and other illnesses. Wishing you all a very happy and healthy rest of your semester!

"Health and Wellness Guide for Busy College Students." Purdue Global, www.purdueglobal.edu/blog/student-life/health-and-wellness-guide-for-college-students/?abtestactive=true.





Winter Break: Working vs. Resting

BY AZAYDA LYNT,
NEWBURY ARM

Working during winter break offers several benefits beyond just making some extra money. First, it's a great way to stack up some cash that you can use for tuition, rent, or just to have more spending money for the semester; you can save for things like textbooks, travel, or holiday shopping, which makes life a little easier once classes start again.

On top of that, getting a job over break is a fantastic way to add to your resume. Even if it's not directly related to your major, it shows future employers that you're willing to work and stay productive during your time off. If you can find something that lines up with your field, it's even better since you'll gain hands-on experience that could help you land internships or full-time gigs down the road. If you score a job or internship

related to your major, it's a perfect way to test out your future career. You'll get a glimpse into what it's really like working in your field, helping you decide if it's the right path for you.

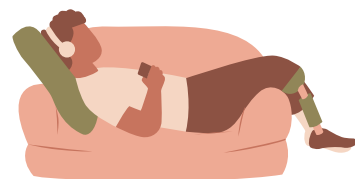
Working during the break also gives you a taste of real-world experience that you might not get in the classroom. It teaches you how to manage responsibilities, time, and different tasks - skills that are useful in any job. Whether it's retail, an office job, or an internship, you'll pick up valuable lessons that can help in your future career. Another big perk is the chance to build your network. Even a short-term job or internship can build your resume

coming out of college; making you prepared and ready for future job interviews. You may also find that working within your major will cause you to meet like minded people in your professional field of work: the more you build up rapport with people in the professional field that you're going into, the more opportunities there will be when you leave school.

Working also helps you stay busy during the break. While it's great to relax, winter break can feel pretty long, and after a while, boredom can set in. Having a job keeps you on a schedule and makes the break feel more productive. Plus, if you earn enough during the break, you might be able to work fewer hours during the semester, which means more time to focus on your classes and less stress. Personally, I notice during the school year that when students come back from holidays and intercessions, they tend to struggle getting back into the groove of things, especially morning and evening classes. In order to stay on top of your body's clock, you must give yourself time to readjust and refocus, which an intercession job may be perfect for.



On the contrary, taking time off during winter break can also be helpful for college students, offering a lot of benefits beyond just kicking back and relaxing. After a busy semester full of assignments, tests, and possibly a part-time job, not working during the break gives you a chance to reset. It's the perfect opportunity to recharge mentally and physically so you can return to school feeling fresh and ready for whatever comes next.



One of the best things about not working is having more time to focus on your academics. Whether you need to catch up on a class you struggled with or want to get a jump on future coursework, the break gives you the chance to really dive into studying without the distraction of a job. This extra focus can give you a solid head start before the next semester begins.

Taking intersession college courses is also a great substitute for work during winter break. These short, intensive classes let you earn credits in just a few weeks, helping you stay on track for graduation or even get ahead. Additionally, courses like these at community colleges are much cheaper and often do not require purchasing expensive resources like textbooks or calculators. With smaller class sizes, you get more face time with your professors, making it easier to engage with the material and ask questions. Plus, it's a great opportunity to dive into subjects outside your major or explore interesting electives you might not have time for during the regular semester. A lot of students typically take their general education credits during the intersessions in order to avoid taking them alongside

their major-focused credits. And, when you come back to school, you will have fewer credits to obtain during the academic year.

Winter break is also ideal for reconnecting with family and friends. During the school year, it can be tough to spend quality time with loved ones, so having a few weeks off lets you catch up. Whether you're celebrating the holidays, hanging with friends from home, or just relaxing with family, it's an opportunity to recharge emotionally and enjoy some time away from campus life.

Another upside is having time to dive into hobbies or personal interests you didn't have time for during the semester. Whether it's reading, trying out a new hobby, or getting creative, this is the perfect time to focus on what makes you happy outside of school. It's good to unwind while still feeling like you're doing something productive. Taking a break from work is also a huge boost for your mental health. College can be a lot, and having some time to slow down and focus on self-care is important. Whether it's working out, meditating, or just relaxing, this downtime helps you feel more centered and ready for the next semester.

In my own opinion, I much prefer to rest during the winter intersession. It really is integral to my family that I stay home and cherish our family time and celebrate these important traditions that come with the winter season. I typically work during the summer intersession and part-time during the academic year so I have a steady income all year except for the one month in the winter. For myself, I find having the month to relax and spend quality time with my loved ones is far more beneficial than working. However, this does not mean that I do not stay on top of my work and responsibilities while I'm at home, either. I am consistently reaching out to my previous employers and gathering resources that may be beneficial for post-graduation.

Taking time off during winter break can be super rewarding, giving you the chance to rest, spend quality time with loved ones, and focus on hobbies while taking care of your mental health. This quiet time also allows you to reflect on the past semester and think about your goals for the future, whether you're looking to improve academically or figure out what's next for you. You can come back to school feeling refreshed and ready to tackle the new semester.

On the flip side, working over winter break is a fantastic way to earn money, add to your resume, build connections, and gain valuable experience - all while keeping yourself busy and productive. It offers a different set of benefits, like the chance to develop essential skills and network with professionals, which can set you up for success later on. Ultimately, whether you choose to relax or work, both options provide unique opportunities for personal growth and development during your time off.





IT'S THE WINTER HOLIDAYS

WHAT SHOULD I DO?

by Jess Gleason
Litchfield ARM

As the semester's end draws closer, many students are excited for Winter Break. This year, winter break is from December 16th - January 21st, with Spring classes starting on the 22nd. After the stress and structure of the Fall Semester, you may be wondering, "What should I do with all of my free time during the break?" Well, look no further. Throughout this article, I will give you five ways to spend your time this winter break.



Catch Up on Rest

After a long fall semester, it is essential to take some time to catch up on sleep, which you may have had to sacrifice during the semester. I like to give myself the first week of break to sleep as much as I want and do as little as I want. I understand, however, that this is not possible for every student due to work constraints or other commitments, but you should take whatever time you can to catch up on rest and refresh.



Binge Your Favorite Shows or Video Games

Without academics taking up your time, you can finally relax and watch TV or play video games. I enjoy playing games like Stardew Valley or the Sims 4, where I can play at my own pace. Some recommendations for TV shows are classics like "The Office" or "New Girl." If you are an anime fan, I highly recommend "Attack on Titan" or "My Hero Academia." Regardless of what you like to watch or play, winter break is the time to relax and enjoy media that you may not have had time for during the semester.



Spend Time with a Hobby

Winter break is a great time to pick up a new hobby or dedicate some time to one that may have fallen by the wayside during the semester. Baking, drawing, sewing, crocheting, or knitting are all examples of hobbies that you can pick up during the break. YouTube can be a great resource to find helpful guides and learning materials if you are learning a new or old hobby or skill.

Connect with Friends and Family

Sometimes during a busy semester, we forget to nourish relationships with friends and family. Winter break is a great time to spend with friends who may not go to the same college as you. I would prioritize spending as much time as possible with those you care about during break. You can bake, watch movies, play games, or do anything fun together.



Take an Intersession Class

Winter break may be a perfect time for you to take a class. Taking an intersession class can benefit you if you need to get a prerequisite or want to study something out of your major that you wouldn't have time for during the regular fall or spring semesters. While this can be beneficial, ensure you still have time to enjoy your break!

Winter break gives you time to refresh before returning to campus for the spring semester. No matter how you spend your time, as long as you care for your mental, physical, and emotional health, it will have been worth it!



Happy
Thanksgiving

- Housing is available over intersession (semester break) on a limited basis, but there is a cost charged for the intersession. Applications are available now. Please note - not all buildings may remain open for the break. If you do not live in one of the buildings which will be open, you **MUST** receive written permission from each current resident of an apartment to be able to stay in their room for the break. Don't wait until it's too late to make arrangements with folks to stay. We don't have the luxury of open suites or apartments for you this year.
- It's not too soon to plan for moving out at the end of the semester. Your final exams schedule for the fall is already posted. (<https://www.wcsu.edu/registrar/final-exams/>) When leaving at the end of the semester, you must move out no later than 24 hours after your last exam, or by Friday, December 13th @ 6 pm if your exams fall at the end of the week.
- Good luck on your finals. **Congratulations to our graduating seniors!** Have a great break, and we'll see those of you returning on January 21st!

Remember that the person you are meeting has agreed to give you their time because they believe you have something valuable to offer. Treat the interview or meeting like an everyday discussion, and reassure yourself that you can do it!

Keep it Short & Sweet

Consider your meeting as a conversation with a new person—it is not an interrogation, so don't overthink it! Keep your answers clear and short. Avoid using fancy phrases in order to be impressive; they may come across as scripted or forced. And whatever you do, don't ramble. Ending an interview or meeting early isn't always a bad thing; it implies you've communicated successfully and have an opportunity to ask relevant questions or connect with the person on a deeper level. Pro tip: If you're struggling for a moment to collect your thoughts, don't be afraid to ask, "Could I take a moment to think about that?" Taking a quick pause allows you to avoid rambling and ensures that your answer is focused and effective. Remember, quality is more important than quantity!

Know Your Why

In an interview, you've set your sights on that position, internship, whatever it may be, but "because I have to take this" or "I want this" is hardly a good response. This is your time to show that you have done your research on the role and are really motivated about the position. To begin, write out five reasons why you desire this exact position in the place at question. Finally, narrow it down to the top three. These should be your most compelling reasons, which you can confidently state in a few sentences. Practicing commonly asked interview questions might make you feel far more prepared.

Interviews can seem like a high-stakes challenge, but with a little planning and a lot of assurance, you'll be ready to crush it. Remember to keep calm, be yourself, and show your joy about this opportunity. Every interview is your chance to learn and improve, so even if it doesn't go as planned, it should still be a success in your eyes.

If you're looking for help from a professor or administrator, be confident, think ahead of time how to explain what you need, and be assured that these people are genuinely here to help you get through successfully.

Now go out there, dazzle their socks off, and get resolution!

Citations:

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