Welcome Message from the Golden Bear Commuter Council

Hello commuters! My name is Ryan Brault and I am the current Vice President of the Golden Bear Commuter Council (G.B.C.C.). I also represent Western New England’s commuters as a member of Student Senate. I hope that your first month or so of classes has gone well, and I hope you’re ready for fall! Autumn here at WNE is truly a sight to behold; the campus is beautiful year-round, but takes on a new life this time of year. Halloween is approaching, and with that also means that some classes have exams coming up. Remember that if you need help in a class, a quick stop in the Academic Success Center on the first floor of the Campus Center could be a huge help! Our monthly luncheons are the perfect thing to take your mind off of all the stress that comes along with those exams. I was an Orientation Group Leader (OGL) at SOAR this past year, and I lived on campus for the summer. I now know a lot of the differences between being a resident and a commuter, so I can serve as a huge help with commuter related questions. If you want to reach out to me, send me an email at ryan.brault@wne.edu. I hope to meet you at one of our upcoming luncheons, and I’ll see you around!

In Progress Grades

As we approach the half way point of the semester, Professors will begin to submit In Progress grades.

- Friday, October 1<sup>st</sup>: In Progress grades close for 100 level courses
- Friday, October 21<sup>st</sup>: In Progress grades close for 200+ level courses

These In Progress grades are not a final grade nor will be on your transcript, but they are helpful to gauge your performance in the class. Once your In Progress grades are posted, reflect on if they are where you have set your academic goals at for the semester. If you are unhappy with your In Progress grades, this is your chance to reach out to the professor to identify your areas of weakness in the class so moving forward you can improve. This is also a great opportunity to connect with your Faculty Advisor and reflect on your semester.
Seek the Help You Need

Need support in any of your classes? There are many different resources on campus that you can utilize to assist you in achieving the grades you want.

Have a specific course you are struggling in? Sign up for a Peer Tutor who will meet with you on a weekly basis to provide support throughout the semester. You can sign up for a Peer Tutor on the Academic Success Center’s webpage here.

Having difficulty balancing your workload and managing your time? Stop by the Academic Success Center in the Campus Center to speak to an Academic Success Specialist. The main goal of the Academic Success Center is to support your academic goals and be there as a resource along the way so please stop in! Learn more about the services the Academic Success Center offers here.

Struggling in your Math course? Stop by the Math Center in Herman 303 to see a Math tutor. You can either utilize their drop in hours or set up a one-on-one tutor. For more information and specific tutoring hours, access the Math Center’s webpage here.

Need help writing an essay? Stop by the Writing Center in Herman 107 to set up an appointment with one of the tutors. To learn more, check out the Reading & Writing Program’s webpage here.

Commuter Connections Luncheons

Join the Golden Bear Commuter Council, Office of Student Activities & Leadership Development and the Academic Success Center each month for lunch on us. Take this opportunity to connect with your fellow commuting students while have lunch.

October 27    November 17
12:30pm in Senate Chambers
You are here, you are already a success!!

By: Madeline Leonard

Tips to further your success:
✓ Know your strengths! And play on them. Do you study better in the morning? Or at night?
✓ Where do you work best? Home can be distracting. As a college student there is a lot of appeal in hanging out with friends back at your dorm or living area and doing your work there, especially as a commuter your family and home duties could be a big distraction when trying to focus and complete your work.
  • Use your time on campus wisely! Go to the library on breaks from class; add an extra hour to the beginning or end of your time on campus.
  • If working at home, rearrange your room! Put your desk on the opposite side of the room from your bed.
  • Big, loud, or active family? Let them know when your work time is. Try listening to music to drown out any outside noise. This works when you’re on campus too
✓ Set specific and realistic goals for yourself during the semester and for each of your courses
✓ Even on the toughest days...or weeks...think about at least 3 good things that happened.
✓ Take a break from all the schoolwork! You know yourself best, so when you feel yourself becoming overwhelmed it’s okay to step away and do something else.
✓ Stop by the Academic Success Center to get further assistance with your own academic success!!

Studying Tips as Midterms Are Approaching

With midterm exams on your radar, it’s important to study effectively. Here are the top study tips:

1. Attend class regularly. When you miss lecture, you will miss the important connections professors make with the material.

2. Organize your notes in one location. Try and take comprehensive notes rather than copying your professors notes word-for-word.

3. When you sit down to study, don't study for more than 90 minutes. Breaks are needed to refocus.

4. With that in mind, it takes 5 minutes to refocus. Find a place free from distractions.

5. Start now on long-term projects in order to manage your time wisely.

6. Create portable tasks such as study aids, note cards, etc.

Adapted from University of West Virginia Commuter Connections Newsletter (October 2012, Volume 9, Issue 2)
With the fall semester reaching its halfway point, it is time for you to invite your families and friends to WNE for Family and Friends Weekend October 29-30, sponsored by Campus Activities Board (CAB).

Saturday is full of events with four WNE athletic competitions (The Commonwealth Coast Conference Cross Country Championship, football, volleyball and field hockey), various performances by our student performing arts organizations, United and Mutually Equal (U & ME) dessert reception, and the annual Residence Hall Association (RHA) Bed Race.

The night wraps up with a performance standup magician Derrek Hughes. As seen on season ten of NBC’s “America’s Got Talent”, Derrek have been lauded by audiences and critics alike, with the New York Times calling him “thoroughly entertaining.”

Sunday the annual Who’s Who Award Ceremony and Brunch will be held to honor outstanding campus leaders annually for their scholastic and community achievements (*Invite only*). But do not worry, CAB will be having fun stuffing Emoji pillows in the Campus Center.

To find a complete list of events that you won’t want to miss and to register to win a $500 prize, visit [wneu.universitytickets.com](http://wneu.universitytickets.com).

Have questions, concerns, need advice or just want to help get connected to campus? Contact the student leaders on the Golden Bear Commuter Council.

- **President**  Anna Pickard  anna.pickard@wne.edu
- **Vice President**  Ryan Brault  ryan.brault@wne.edu
- **Treasurer**  Jarred Beauchemin  jarred.beauchemin@wne.edu
- **Secretary**  Alyssa Sargent  alyssa.sargent@wne.edu
- **Advisors**  Dominic Seguro  dominic.seguro@wne.edu  Tom Donovan  tomas.donovan@wne.edu