

Golden Bear Commuter Courier

Western New England University

FINALS, JUST AROUND THE CORNER!

When December hits, there are things that are certain to happen: finals week, snow and Winter Break. It is hard to stay focused on school work and finals with Winter Break close behind them! Now is the time to be more focused and dedicated than ever! Just remember, finals week is only one week long, whereas, winter break is an entire FOUR weeks! You have four weeks where you do not have to attend class, wake up early (for class) study at night, or do homework. So push through one hard week so you can enjoy four stress-free weeks of winter break!

still have time to make sure you are prepared for this sometimes hectic, overwhelming time of the semester. This is when you should be using your time wisely - to study, review, talk to your professors about any problems or issues you are having, and get in the mindset of taking finals.

Do not stress out! You

GOOD LUCK!

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D'AMOUR LIBRARY HOURS EXTENDED FOR FINALS

D'Amour Library will have extended hours starting Sunday, December 4 as students prepare for final exams.

Sunday
10:00 am - 1:00 am

Monday - Thursday
7:45 am - 1:00 am

Friday
7:45 am - 9:00 pm

Saturday
9:00 am - 9:00 pm

(December 16 will close at 6pm)

WNE students may access the basement level at any time using the parking lot entrance. A current WNE ID is required.

FINALS PREPARATION

Preparation is key for performing well on your final exams. Follow these instructions and tips to prepare for Finals Week.

Step 1: Planning

1. **Information to check about your final exams:**

- Are you having a final in your course?
- Is the final cumulative (covering information from the entire semester) or much like a regular test?
- What type of exam will it be? (Essay, short answer, long answer, multiple choice, fill in the blank, matching, etc.)
- How much of your final grade will your final exam be worth? (10%, 30%?)
- When is your exam going to take place and in which room will you take it? *Keep in mind that you might take the exam in a room different than where your class takes place.* To check the time of your exams, log into ASAP.

The chart below will help you keep track of your exam information. This information will help you make decisions about how, when, and what to study as Finals Week approaches.

Class	Cumulative or Chapter	Type (multiple choice, essay, etc)	% of grade	Date, Time, and Place of exam

2. **Use the Weekly Planner to plan out the week before finals and Finals Week.** Fill in your classes, exams, meetings, meal times, sleep schedule, and other obligations. Schedule in **study times**.

3. **Make sure you plan for everything else.**

1. Do you have other papers, projects or assignments to complete during Finals Week? Make sure to plan for these, too.
2. For instance, **you will need to pack, clean, and check out of your room**—and you have to coordinate

FINALS PREPARATION - CONTINUED

this with your roommate if you have one. This takes time. Don't be the straggler who is packing at 4pm on Friday. Plan ahead!

3. Give yourself time to **eat a good breakfast, lunch, and dinner**. Skipping a meal to study does not make your body happy. Eat well—junk food will make you feel sluggish when it comes exam time.
4. **Sleep 7-8 hours each night**. If you have prepared well, cramming will not be necessary. Sleep helps your brain store and remember information; therefore, sleep is important during finals week when you will need to remember an entire semester's worth of information!
5. If you work out, plan in work out times. Your body will thank you because exercise relieves stress.
6. If you have 3 or more exams on the same day, you will most likely need to reschedule one. Discuss this with your advisor.

Step 2: Studying

1. **Find a quiet and productive place to study**. Studying in a distracting environment means you get less done. It will take you longer to study if you are distracted. It is fun to socialize while studying, but if you can be efficient with your study time, you will have more time to relax. *The library will be busy*. Stake out other locations on campus for studying and plan on having two or three places you feel comfortable studying in case your spot is taken.
2. **Study appropriately for each subject**. For instance, if you are taking a math exam, you will need to practice math problems. If you are taking an essay exam, it would be a good idea to practice writing out the essays or at least outlining what you will write about. (See Academic Support Center for tips and strategies.)
3. **Study early, study often**. Spread your studying out through the week before Finals Week. More constant and consistent contact with material in addition to good sleep will help you retain more information and give you time to ask questions of your professors in class.
4. **Take breaks**. We can only concentrate for so long. Set goals. "I will study PSY 101 chapter 1 for an hour and then take a 15 minute break." The key is sticking to your plan. If you decide to take a 15 minute break, take a 15 minute break—not a 40 minute break.

Step 3: Before and During the Test

1. **Get a good night's rest before the exam**. Cramming is not healthy or productive. Imagine trying to drive a car after pulling an all-nighter. You would risk falling asleep at the wheel, so don't risk that with your exams.
2. **Eat a good meal before the exam**.
3. **Set multiple alarms!** Do not let yourself miss an exam due to oversleeping. If for some reason you are deathly ill, make sure you contact the professor as soon as possible.
4. **Layer your clothing**. You probably don't want to be freezing because you forgot to wear a sweatshirt or sweating because you are only wearing a wool sweater. Wear layers so that you can remain comfortable during the exam.
5. **Chew gum, bring water, bring mints**. Sometimes chewing gum or eating a mint can help you concentrate and ease nervousness.

‘TIS THE SEASON TO PREPARE FOR WINTER DRIVING

With the change of seasons most people examine their wardrobes. Last season’s coat is inspected for wear, boots, sweaters hats and gloves come out of the closet for scrutiny. AAA reminds motorists that cars also need seasonal checkups. AAA recommends that motorists use a simple checklist to determine their car’s fall and winter maintenance needs. Most of the items on the checklist can be inspected by car owners in less than an hour, but several others should be performed by a certified technician.

Winter Car Care Checklist

Battery and Charging System – Have the battery and charging system tested by a trained technician. A fully charged battery in good condition is required to start an engine in cold weather.

Battery Cables and Terminals – Make sure the battery terminals and cable ends are free from corrosion, and the connections are tight.

Drive Belts – Inspect the underside of accessory drive belts for cracks or fraying. Many newer multi-rib “serpentine” belts are made of materials that do not show obvious signs of wear; replace these belts at 60,000-mile intervals.

Engine Hoses – Inspect cooling system hoses for leaks, cracks or loose clamps. Also, squeeze the hoses and replace any that are brittle or excessively spongy feeling.

Tire Type and Tread – In areas with heavy winter weather, installing snow tires on all four wheels will provide the best winter traction. All-season tires work well in light to moderate snow conditions, provided they have adequate tread depth. Replace any tire that has less than 3/32-inches of tread. Uneven tire wear can indicate alignment, wheel balance or suspension problems that must be addressed to prevent further tire damage.

Tire Pressure – Check tire inflation pressure more frequently in fall and winter. As the average temperature drops, so will tire pressures – typically by 1 PSI for every 10 degrees Fahrenheit. The proper tire pressure levels can be in the owner’s manual or on a sticker typically located on the driver’s side door jamb. Also, check the spare.

Air Filter – Check the engine air filter by holding it up to a 60-watt light bulb. If light can be seen through much of the filter, it is still clean enough to work effectively. However, if light is blocked by most of the filter, replace it.

Coolant Levels – Check the coolant level in the overflow tank when the engine is cold. If the level is low, add a 50/50 solution of coolant and water to maintain the necessary antifreeze capability. Test the antifreeze protection level with an inexpensive tester available at any auto parts store.

Lights – Check the operation of all headlights, taillights, brake lights, turn signals, emergency flashers, and back-up lights. Replace any burnt out bulbs.

Wiper Blades – The blades should completely clear the glass with each swipe. Replace any blade that leaves streaks or misses spots. In areas with snow, consider installing winter wiper blades that wrap the blade frame in a rubber boot to reduce ice and snow buildup that can prevent good contact between the blade and the glass.

Washer Fluid – Fill the windshield washer fluid reservoir with a winter cleaning solution that has antifreeze components to prevent it from freezing.

CLOSING AND DELAY INFORMATION

Please be advised of the various ways that we make important announcements concerning weather or emergency cancellations and delays:

1. Through the RAVE notification system (registration required).

2. Go to the University's website homepage at www.wne.edu a banner will be posted regarding any closings or delays.

3. You may call the University's main telephone number at 413-782-3111 for a recorded message of the announcement.

4. You may listen to or watch the following radio or television stations:

Hartford, CT stations: WTIC Radio 1080 AM or 96.5 FM, WRCH 100.5 FM, WZMX 93.7 FM

Springfield, MA stations: WWLP-TV, WGGB-TV, WSHM-TV, WHYN Radio 560 AM or 93.1 FM, WPKX Radio 100.9

Pittsfield, MA stations: WBRK Radio 1340 AM or 101.7 FM



**Closings, Delays
& Rescheduled Events**

Chicopee, MA station: WACE Radio 730 AM

Every effort will be made to finalize decisions about cancelling day classes by 6:00 a.m., and, if necessary, the decision to cancel evening classes will be made by 2:00 p.m.

Each individual must make his or her own decision as to whether or not to travel to the campus if classes are not cancelled.

Students should be advised that, if classes/exams are not canceled and a student is unable to get to campus, it is the student's responsibility to contact the faculty member (s) to make appropriate arrangements.

'TIS THE SEASON TO PREPARE FOR WINTER DRIVING

(CONTINUED FROM PAGE 2)

Brakes – If there is any indication of a brake problem, have the system inspected by a certified technician to ensure all components are in good working order.

Transmission, Brake and Power Steering Fluids – Check all fluids to ensure they are at or above the minimum

- Bag of abrasive material (sand, salt, cat litter) or traction mats
- Snow shovel
- Flashlight with extra batteries
- Window washer solvent
- Ice scraper with brush
- Cloth or roll of paper towels
- Jumper cables
- Extra warm clothing (gloves, hats, scarves)
- Blankets
- Warning devices (flares or triangles)
- Drinking water
- Non-perishable snacks for both human and pet passengers
- First-aid kit
- Basic toolkit (screwdrivers, pliers, adjustable wrench)
- Mobile phone and car charger pre-programmed with rescue apps and important phone numbers including family and emergency services

Adapted from: "'Tis the Season to Prepare for Winter Driving | AAA NewsRoom." AAA NewsRoom. 3 Oct. 2011.



SPRING COMMUTER CONNECTION 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 at 12:30 p.m.



January 26
Senate Chambers

February 23
Rivers Memorial Hall

March 23
Rivers Memorial Hall

April 27
Rivers Memorial Hall