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COMMUTER COURIER

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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! **Do not stress out!** You 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. **GOOD LUCK!**



**Spring
Commuter
Connection
Luncheons**
January 28
February 25
March 31
April 28
12:30 p.m.
Senate
Chambers

D'Amour Library Hours Extended for Finals

D'Amour Library will have extended hours starting Sunday, December 6 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
(December 17 will close at 6pm)

Saturday
9:00 am - 9:00 pm

Sunday
10:00 am - 1:00 am

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



25 Crucial Study Tips for Finals Week *By Billie Streufert*

If you are freaking out about final exams – but really, who isn't? – it's important to keep calm and study on. The following list will help you get organized and identify effective learning strategies you can use to ace your exams. Find your favorites and try something new if your current techniques are not producing results.

1. Create a master to-do list and a schedule for the remaining days in the semester. Break cumulative exams into smaller study units, which will prevent you from feeling overwhelmed and help you monitor your progress daily.
2. Just get started. Don't wait until you feel like studying.
3. Review your notes daily.
4. Identify the format of the exam. Vary your study technique according to the type of exam.
5. Predict possible questions. Review old tests, study guides or the course objectives.
6. Answer questions you didn't know the first time. If the exam is cumulative and you struggled to master any material, return to it.
7. Meet with the professor, a tutor or a learning specialist if needed.
8. Develop summary sheets for each class.
9. Link new information to things you already know. Forming these associations will help you retrieve information later.
10. Check the front of your textbook to see if the publisher provides any online study aids.
11. Set specific measurable goals for each study session to keep yourself on track.
12. Create mnemonic devices, such as acrostics, rhymes or acronyms, to help you remember information.
13. Take short breaks. Your brain can process a limited amount of information and benefits from some rest.
14. Reward yourself with naturally enjoyable activities, such as playing X-box or clicking through Facebook.
15. Stay healthy. Get some sleep and avoid caffeine. Seriously – your brain will thank you.
16. Draw it. Create tables, diagrams, mind maps or pictures to represent and organize the information.
17. Explain it aloud. Go into an empty classroom and pretend to teach the material to someone. Using your own words helps you assess your comprehension, which ultimately aids your memory.
18. Study in a distraction-reduced environment. Turn off your cell phone, TV and email notifications.
19. Identify examples or illustrations that embody the concept and demonstrate ways you will utilize the information.
20. Attempt to answer the questions at the end of the chapter in your textbook.
21. Quiz yourself. Cover up your notes and try to explain them. Create flashcards. If you find yourself struggling to remember, try different techniques to learn the material.
22. Form a study group and develop a practice test together.
23. Manage your anxiety. By listening to calming music, stretching or breathing deeply, you can avoid stress and release negative thoughts.
24. Overlearn the material. When you think you are finished, keep going.
25. Finally, examine your beliefs about learning. It does not happen quickly and intelligence is not fixed. Stay positive and persist, believing that talent can be developed. You can learn material by working hard, seeking help and using effective strategies.

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 [e2Campus](#) 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

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.

'Tis the Season to Prepare for Winter Driving

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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.

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 safe levels.

Emergency Road Kit – Carry an emergency kit equipped for winter weather. The kit should include:

- 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.