



ON-CAMPUS

RESIDENTIAL LIFE NEWSLETTER

December 2009

RESIDENTIAL LIFE OFFICE

<http://fitnyc.edu/residentallife>

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FALL 2009 CLOSING INFORMATION

CLOSING PROCEDURES

RESIDENT MUST VACATE by 9:00 a.m. on the day following their last final exam or by 5:00 pm on December 22, 2009, whichever is earlier. All Residence Halls will be locked and THERE WILL BE NO ACCESS. Students with evening class on 12/22 must contact Residential Life.

ROOM CONDITION—room/suite MUST be left in move-in condition—broom swept, drawers wiped clean, floors mopped, etc.

NO ACCESS

Residents who are not approved and registered to stay for break will not have access to belongings/room. Take what you need. Do not leave valuables. While we do not require removal of belongings, residents leave their belongings at their own risk.

DO NOT LEAVE CARS UNATTENDED.

Please note that N.Y.C. will tow/ticket unattended cars on the Street.

VISITATION

NO OVERNIGHT VISITATION BEGINNING DECEMBER 15, 2009 @ 9:00 AM.

No visitors between 2am-8am. No exceptions. PLEASE advise family and friends.

ID/KEYS

Residents returning to the halls for spring 2010 must keep their ID;s/keys. ID's will be validated upon your return at check-in. Residents withdrawing from the halls for spring 2010 must turn in their key and ID to the Residential Life Office upon departure or by December 22, 2009 at the latest.

MOVING BELONGINGS OUT OF THE RESIDENCE HALLS

PACK AND SHIP EARLY SO THAT YOU CAN CONCENTRATE ON FINALS WITHOUT THE STRESS OF MOVE-OUT. Consider moving your belongings on the weekend of December 19, 2009 or earlier, then depart with an overnight bag after your last final; OR consider shipping your belongings home.

SPRING 2010 CHECK-IN

Spring check-in - for returning students – Friday, January 29, 2010 through Sunday, January 31st from 10:00 am to 4:00 pm. Residents must check in at assigned times/dates AND present their Fall '09 ID. IDs replacement charges will apply.

WINTER HOUSING INFORMATION

Winter 2010 Recess Housing

If you currently live in the residence halls AND are living in the halls for Spring 2010 you qualify for winter recess housing. **Only those who meet the above requirements will be able to access the on-line application.**

It is NOT required that you be registered for a Winter class.

Dates of stay: January 3, 2010 @12 Noon thru Spring 2010 check-in.

Rates and application to be posted soon!

FINALS STUDY TIPS

Think about it. One week can determine up to 40% of your final grade in every class. Finals week is where you will either SINK or SWIM. The question is, do you know how to guarantee that both you and your GPA will "float through" finals successfully? Check out the following suggestions and put them to work for you.

- 1. Start early.** Preparation for finals begins even BEFORE the actual week of final exams. You cannot cram an entire semester's worth of information or a final project into one or two nights of studying. Get started on Monday the week before final exams. Think of finals week as finals weeks.
- 2. Sleep.** You need at least four hours of sleep a night to function. College finals are designed to make you think. If you are sleep deprived, you won't be able to comprehend (or answer) the challenging questions you will face.
- 3. Determine what type of final you will be taking.** A non-comprehensive final will cover all the information given/discussed after the last mid-term exam. There are also comprehensive finals. Comprehensive finals cover all of the information covered from day one of the class. Determining which type of final you will be taking could make a huge difference in the time you'll need to commit to studying for a particular final.
- 4. Focus on your notes.** If you are 23 chapters behind in your reading for a class, don't spend the night before the final trying to read the material for the first time. Unless the professor has clearly stated that the book covers different content than the lecture and that it will be covered on the test, you're better off focusing on your notes (assuming you have been to class).
- 5. Hide.** Study or work on projects

in an out-of-the-way place. As tempted as you are to study with your friends, your best bet is to find a place of your own where you can think.

6. Don't chase an old test. Don't spend the entire night before trying to run down a copy of last year's exam. Even if you do find one, you'll most likely be very disappointed to find that it bears little resemblance to this year's test.

7. Stop cramming five minutes before the test. Use this time before the test to relax, catch your breath, and take a minute to get focused. By cramming until the last 30 seconds before you sit down to take the exam, you will more than likely just confuse yourself or walk into a wall trying to read and get to your desk.

8. Read all of the directions carefully. Read through the entire test to see what you are up against. Determine if you will have any time pressure and if it is manageable. Determine where the easy points are. Answer those questions first if you think you may be short on time. This will leave the most time to focus on the harder portions of the exam. If different sections of the exam are weighted differently on the point scale, do not waste all of your time on the 2 point questions when there are heavier-weighted 10 point questions to tackle.

9. Stay calm during the exam. If at first glance, the test is overwhelming, remember to breathe! Do not

panic. If you don't know the answer to a question, move on to the next question and come back later. Remind yourself that you are well prepared, and take the exam one question at a time. You will gain momentum by answering the easy questions first—and you will do better by keeping your head in the game.

10. Ask questions if allowed. If you do, you may find that you gain a great deal of clarity about what the professor is truly getting at with the question. You might even get a feel for the answer the professor is looking for if you listen closely.

11. Stay for the entire session. Reread the questions and your answers to them. Make sure you understand what the question is really asking and that you have answered the question completely and accurately.

12. Remain calm after the exam. Even if you think you did horribly, worrying about it afterwards will not change a thing; it may however, effect how you do on your other finals. Keep your head up and move on to the next exam. Odds are that if you were well prepared for this exam and you did poorly that others also did poorly. If you received a 48% and the professor decided to curve the final, your score could still be a passing grade. <http://www.honors.ucr.edu/finals.htm>

ONLINE STUDY TOOLS

Notalon Helps You Take Cornell-Style Notes—<http://bitbucket.org/saketh/notalon/overview/>

Notalon is divided into two columns. In the left hand column are headers and in the right hand column are notes that correspond with the headers. Formatting is purposely limited to bold and italics, to keep the focus on note taking instead of tinkering with the text. Your notes can be saved in Notalon's native format or exported as PDF files.

FlashCardMachine Helps You Create, Share, and Find Thousands of Flashcard Sets—<http://www.flashcardmachine.com/>

Flashcards, a staple of rote memorization and test prep, don't have to take the form of dog-eared 3x5 cards. FlashCardMachine makes it easy to create custom flashcards with a variety of playback methods and media. You can create your own flashcards, share flashcards, and search through the flashcards that other people have shared. You can create flashcards that have pictures and audio included, a handy feature when learning a foreign language or obscure medical terms. When you share your flashcards you can set the stack to read-only, which allows other people to use the flashcards without having to register for a FlashCardMachine account.

Cramberry Does Clean and Simple Online Flash Cards—<http://cramberry.net/>

Online flash card web application Cramberry creates simple flash cards in an easy to use, clean interface—great for memorizing boring study terms. Using the web application requires creating a free account, after which you can build sets of cards in a single-lined, text-only, question-and-answer style. When using the cards in studying mode, Cramberry will repeat cards that you get wrong for extra practice. The sets can also be shared with other users, although there's no place to publish a public list of cards for others to browse, so you'll need to know a username to share with—but the clean and simple style makes this worth a look for anybody trying to memorize facts for class.

Anki Teaches Text, Audio, or Images Through Repetition—<http://ichi2.net/anki/index.html>

ANKi, a free "spaced repetition system" (i.e. flashcard-style memorization tool), offers a gentle learning curve, a pared-down software interface, and online access and synchronization. Once you install and launch Anki, you can easily spend hours discovering all its neat capabilities and tricks—like an HTML editor for manually designing your "cards," audio embedding, tagging, and many more—but setting up a basic "deck" and "cards" is hardly rocket science. Hit the big "plus," choose a basic deck style (or use a pre-templated style you created), and write the front (question), back (answer), and tags of your cards one after another.

Ace Your Finals with Flashcards from Study Stack—<http://www.studystack.com/>

Study Stack is a collection of study guides covering a wide range of topics that can be accessed in a variety of ways, including being exported to PDA and mobile phone friendly flashcards. Everything from major standardized tests to the basics are covered in the archives of Study Stack. You can use the guides online in formats ranging from more traditional formats like virtual flashcards or word lists, to more novel like fill in the blank games and hang man.

<http://lifehacker.com/software/study-tips/>

STUDY SPACES STUDY BREAK

With finals just around the corner, it can be difficult to find a quiet place to study and work on projects. Check out these spots!

Library

Monday-Wednesday: 8am-10pm
(5th floor until Midnight)
Thursday: 8am-10pm
Friday: 8am-5pm (5th floor until 6:30pm)
Saturday: 10am-5pm
Sunday: 12pm-9pm

Cafeteria

Monday-Sunday: 24 hours

Coed, Alumni, Nagler, and Kaufman workrooms

Monday-Sunday: 24 hours

Joe The Art of Coffee

405 West 23rd St
212.206.0669
Monday-Saturday: 7am-8pm
Sunday: 8am-8pm

Brown Cup

334 8th Ave
212.675.7765
Monday-Friday: 7am-8pm
Saturday-Sunday: 8am-6pm

Café Grumpy

224 W 20th St.
212.255.5511
Monday-Friday: 7am-9pm
Saturday-Sunday: 8am-9pm

Madeleine Patisserie

132 W 23rd St
212.243.2757
Monday-Wednesday: 7am-7pm
Thursday-Friday: 7am-7:30pm
Saturday: 8am-7:30pm
Sunday: 8am-7pm

Finals got you stressed out? Come learn some relaxation techniques and get a massage to help you feel relaxed and refreshed for finals.

**Sunday, December 13th,
7-8pm in Coed
Basement.**

Stop by to get some study tips, relaxation techniques, and take a break from studying/working on projects!

This is a Residential Life Office
sponsored event.

RA SELECTION UPDATE

STAY HEALTHY THIS WINTER

Thank you to everyone who came to the Information Sessions to find out about the RA position!

Remember: Applications will be collected on 12/3 and 12/4 between 1pm and 5pm in Alumni Hall Workroom

No Applications accepted after 5pm on 12/4!

College residence halls are great places to be: you learn how to share with other people, integrate all sorts of different backgrounds and lifestyles into your own, and there's always homework help around the corner. The downside? All of those unique people bring in unique germs. And since everyone is in clusters: as roommates, in classes, in the dining hall, students are exposed to all sorts of unfriendly critters during the winter.

1. Get a flu shot. Often, school health centers will offer flu shots to their student body either for free or for a minimum fee. Other places you can look for a flu shot: the supermarket pharmacy, your doctor's office... lots of different places to go. Some places will even give you a discount on your shopping if you get a flu shot. **BONUS!** Many people are worried about the effect of vaccines on the system. One common statement is that there's too much mercury for it to be worth the risk; unfortunately, what most people don't know is that this risk was eliminated in 1998. Our vaccines no longer have mercury. They consist of dead or non-viable viral strains, and plasma. When this is injected into your blood stream, your body forms antibodies. That way, when you are exposed to the flu, you can fight it, as it isn't your "first time around."

2. Pick up your immune system. Students should be doing this all year round, due to the kind of exposure they get in the classroom and dorms to germs, but during the winter it is especially important. Maintaining a clear immune system is easy: exercise at least three times a week, eat fruits and vegetables, keep yourself warm and...uh-oh, get sleep. Sleep can be a hard one for students. If you find yourself not getting sleep, try to remedy it as much as possible, and then supplement your diet with vitamin C, echinacea, and vitamin D. Vitamin C and echinacea are cheap, and vitamin D is free (sunlight!) Remember: your body can only process 500mg of vitamin C at a time. More will not hurt you, but it won't help you, either.

3. Drink lots of water. Students usually roll their eyes at me when I prescribe this treatment. After all, what can WATER do that coke and milk can't? Well for one, it doesn't spike your sugar levels. Spiking your sugar levels definitely lowers your immune system. Secondly, water flushes out toxins in your bloodstream and body, keeping you from building nasty stuff up that might compromise your immune system. And third, water keeps your body functioning fabulously, helping with alertness and fighting infections tremendously.

4. Talk to your roommates about your game plan. Your health hinges on their health. Set out a list of guidelines: eg. we clean the bathroom once a week, we wash hands after coming into the dorm, and we wash hands before putting away clean dishes. Additionally, make a "sick kit." This kit should include tea, vitamin C, echinacea, a bottle of lysol, and some water-free hand sanitizers. Keep tissues separate: don't share germs by grabbing out of the same box. As soon as one of you gets sick, start using the kit. Spray your doorknob with lysol, supplement your diet with vitamin C, and use hand sanitizer.

5. If you do get sick, contact Health Services (212.217.4190 or A402) or your primary physician. Many illnesses like colds, most coughs, sore throat and flu are caused by viruses. Symptoms may last 7-10 days. Using antibiotics will not cure these viral infections or improve symptoms, and increases the risk of an antibiotic-resistant infection. If antibiotics are prescribed for a bacterial infection, such as strep throat, all of the medicine should be taken. Only using part of the prescription means that only part of the infection has been treated.

http://www.ehow.com/how_4559807_healthy-college-dorm-during-winter.html

EQUIPMENT UPDATE

Sewing Machines: As a result of theft, Residential Life will no longer be providing needles or the feet. Please be sure to bring your own.

Piano in Coed Basement: The piano has been tuned. Enjoy....

Pool Table: In process of getting fixed up.

Air Hockey: The air hockey table has been fixed. Enjoy.....

Foosball: There are now two foosball tables. The second foosball table was a generous donation! New foosballs have been bought.

Microwave in Coed: The microwave has been fixed.

If there are concerns with any of the equipment, please contact Residential Life
(residentiallife@fitnyc.edu)

RESIDENCE HALL COMMUNITY COUNCIL

Did you enjoy our November International Food Night? Come join us for our last General Meeting of the semester!

Wednesday, December 2nd at 10pm in Coed Basement

Come voice your questions, comments and concerns about your campus.

Feel free to Email RHCC's Executive Board at: RHCC_club@fitnyc.edu or friend us on Facebook: **Residence-Hall Community-Council** to learn how to get involved and ask any questions.

December Event: Gift Wrapping Social, Wednesday, December 9th at 6pm in Kaufman Lobby