



Academic Support Center Newsletter *The Path To Academic Success*

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LETTER FROM THE DIRECTOR

As I readied myself for bed the other night, I scrolled through Facebook checking in on the “awesome” day others had had. There usually aren’t that many articles that catch my attention on Facebook. I love to look at the scenery shots, the latest monkey-holding-the-leash-of-a-dog- and-running-together videos, and updates on my own children and extended family. This Facebook check-in was different though.

The article was titled, *Why can’t we read anymore? Or, can books save us from what digital does to our brains?* And I offer the link here for anyone willing to venture into five minutes of undistracted reading time! Or distracted... we do make choices, right?! <https://medium.com/@hughmcguire/why-can-t-we-read-anymore-503c38c131fe>

It appears that neuroscience has been busy analyzing the effect of our digital obsessions. Since recently I’ve learned what it means to respond to the ding of it being my turn on *Words with Friends*, and since I’ve made it to level 110 on *Candy Crush* (that’s a lot of Candy Crush!), Hugh McGuire’s short essay brought up a number of super interesting points. One that I will mention here may actually explain why so many of us seem to be addicted to looking at our cellphones. It is widely known in brain research that dopamine is a neurotransmitter that makes us feel good. McGuire writes, “...every new email you get gives you a little flood of dopamine, Every little flood of dopamine reinforces your brain’s memory that checking email gives a flood of dopamine. And our brains are programmed to seek out things that will give us little floods of dopamine.” So, in essence, many of us suffer from a digital dopamine addiction! As McGuire states, we are busy pleasing ourselves to death.

With finals coming up, and distractions so very available, from TV to Snap Chat, know that a greater joy awaits you when final grades are posted if you choose to resist the momentary “dopamine flood” for focused study time. We do make choices, right?!

Marianne Tecun



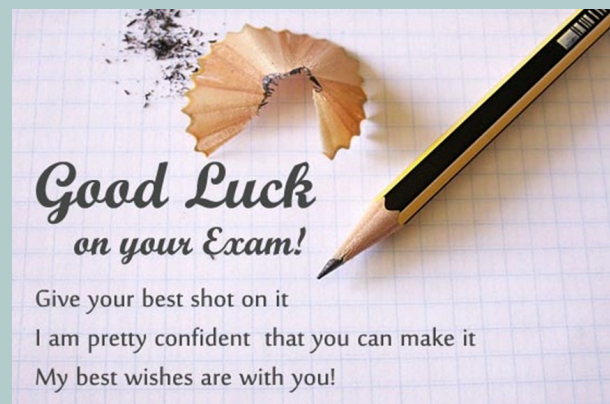
THE COUNTDOWN TO FINALS

It is May, and May at college means finals and graduation are around the corner. For some of you, this can be your first time taking final exams at a college level, and it can be a stressful experience. For others, this may be your last finals week at HCC, and you are stressed out preparing for graduation and planning for the after college stage. For the rest of you, this may be another final exam experience, and you have already started feeling the familiar anxiety and pressure. In all cases, finals and the last two weeks of the semester can be overwhelming and stressful.

However, the tutoring center at the **ASC** is here to help you to prepare for finals and to make the best of this experience. Keep in mind, nothing can be more important and helpful than being ahead and taking early action. So, call now, 203.332.5019, or stop by room B116, LH, and make tutoring appointments in Accounting, all Sciences, Computer Science, English, ESL, foreign languages, and writing. Since

Math is now drop-in, just walk in any-time during our operating hours and get tutoring help in any level of math. Also, you have access to online tutoring where you can be tutored in most subjects at your own convenient pace. Log in to etutoring.org, and use any of the three features provided— echat, equestion, and ewriting.

Finals, test taking, and the end of a semester or an academic year should not be a torturing time. Rather, these should be part of a positive learning experience. I wish all of you best of luck during your finals week, and congratulations to our graduating **2015 class**.



Aliss Obeid

Tutoring Coordinator



HATS UP IN THE AIR FOR OUR GRADS

HCC

2015 Commencement

Thursday, May 28, 2015

7:00 PM — 8:30 PM

**The Webster Bank
Arena**

600 Main St, BPT, CT.



Let's congratulate the
graduating ASC student
tutors

***Jesse Eles
Kevin Fontan
Sherly Montes***

Ah... Graduation Day! The big day in a student's life, the important event that marks the end of one stage and the beginning of another. The hard work, late nights, and long stressful days have finally paid off. It's the time to put on the cap and gown and cross the stage to receive the diploma that is the passport to another journey in life.

The graduation day of the 2015 class of Housatonic Community College is approaching, the 48th commencement will be held on May 28, at 7:00 p.m. at the Webster Bank Arena, at 600 Main Street, Bridgeport, CT.

The ASC staff would like

to congratulate our graduating students on their accomplishments, and to wish them all the best of luck for the following steps in their life; you did it and you deserve to be proud.

I also would like to encourage the rest of our students to attend the commencement ceremony. It is an exceptional experience to see your peers sharing the joy of their achievement with their families and friends. Join your peers on their big day and feel the fulfillment and excitement of success that you too will experience in the near future.

***Aliss Obeid and The
ASC Staff***

***"The future belongs to those who
believe in the beauty of their
dreams."***

Eleanor Roosevelt





Physical Symptoms

- ◆ Headache
- ◆ Hyperventilating
- ◆ Faster heartbeat
- ◆ Light-headedness
- ◆ Nausea

Emotional Symptoms

- ◆ Anxiousness
- ◆ Fear
- ◆ Feelings of anger
- ◆ Helplessness
- ◆ Nervousness

According to a 2004 study in the *British Journal of Psychology*, test anxiety “is a physiological condition in which people experience extreme stress, anxiety, and discomfort during and/or before taking a test. This anxiety creates significant barriers to learning and performance.”

The study also reveals that about 25 – 40 % of students encounter test anxiety with severity that varies among students from moderate to extreme. More importantly, test anxiety negatively impacts the students’ test and overall academic performance. Consequently, this anxiety may lead the student to develop low self-esteem and a negative attitude towards academic learning.

However, below are some tips that both students and educators can use to help prevent or reduce test anxiety.

Students

1. Study and prepare well for the exam.
Make sure you have all the materials and the items needed for the exam.
2. Manage your time wisely, avoid procrastination.
3. Make sure to have a good night’s sleep before the test.
4. Be healthy-- follow a healthy balanced diet during the exam period, and exercise regularly as it helps manage stress.
5. Seek professional help. Talk with your professors, advisors or counselors about your anxiety.
6. Maintain a positive attitude, and **believe in yourself**.

Test anxiety can be managed and sometimes prevented. It shouldn’t be ignored as it can become a serious condition with drastic consequences.

Educators

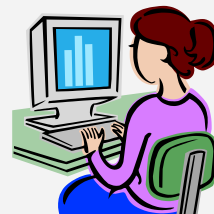
1. Be proactive. Notice test anxiety in the students and perhaps suggest counseling.
2. Provide positive enforcement to help the students build better self-esteem.
3. Encourage and motivate students by emphasizing success.
4. Teach students effective test taking tips.
5. Provide practice tests when applicable.
6. Teach students relaxation techniques when appropriate.

TIPS FROM OUR TUTORS

Jiyan Bedawi

Computer Science

1. Practice the skill training on the (My IT Lab) system to be familiar with the Software Applications.
2. Practice the exercises in the textbook which you can do without needing the My IT Lab system.
3. Do your homework and study regularly.
4. When you have questions, ask the professor after class or come into the Tutoring Center.
5. Keep coming in every week for tutoring to get help.



Doran Lewis

Math

1. Always come prepared and have everything you need to work on.
2. Know what you are having the most difficulty with, so that we can work on it the most.
3. Always come with a notebook so that you can take good notes to help you study.



Sherly Montes

English/Writing

1. Always read the directions of an assignment carefully and be sure to ask questions right away.
2. Be sure to have all necessary and required books, notebooks, handouts, etc. in order to use your time efficiently.
3. Go over assignments more than just once. Reading them repeatedly will give you a better understanding.



Victor Martinez

Science

1. When doing homework, a quiz or a test, make sure to read the problems at least twice (esp. word problems) to fully understand what is being asked.
2. Make sure when learning any new material to learn the vocabulary of the section to understand the teacher more easily, and to do better on / homework / quiz / test.
3. When doing problems (homework / quiz / test) make sure you start by finding any formulas, conversions, mass, etc. before you start the problems.



Let's Not Forget our Fallen Heroes

“Freedom is not Free”

Memorial Day is a federal holiday in the United States that honors and remembers the brave men and women who died while serving and protecting our nation. The holiday, which was formerly called Decoration Day, was first observed on May 5, 1868. It originated three years after the Civil War Maj. Gen. John A. Logan, the commander in chief of the Grand Army of the Republic, issued an order to decorate the graves of the war's fallen soldiers.

“We do not know one promise these men made, one pledge they gave, one word they spoke; but we do know they summed up and perfected, by one supreme act, the highest virtues of men and citizens. For love of country they accepted death, and thus resolved all doubts, and made immortal their patriotism and their virtue.”

- James A. Garfield

May 30, 1868 Arlington National Cemetery

In 1971, when President Richard Nixon was in office, Congress declared Memorial Day a national holiday, and since then it is observed every year on the last Monday of May. In 2000, Congress passed “The National Moment of Remembrance Act,” and President William Clinton signed the act into law. The purpose of this act is to make sure that the sacrifices of the nation's fallen heroes are not forgotten; therefore each year on Memorial Day a national moment of remembrance takes place at 3:00 p.m. local time.

Aliss Obeid





did you know?

didyouknowblog.com

Speaking two languages can slow the onset of dementia. Studies show that bilingual people, even those who can't read or learned their second language as adults, have better cognitive function and a reduced chance of developing dementia or Alzheimer's.



Photo Credit: Juan Leguizamón/Wired

didyouknowblog.com

Unfortunately, without my cell phone, I wouldn't:

1. know what time it is
2. be able to solve a math question
3. know a single phone number
4. know the date
5. be able to text my friend when I'm at their house
6. take a snap shot at a picture-perfect time
7. be able to wake up from an alarm in the morning
8. find my way in the dark

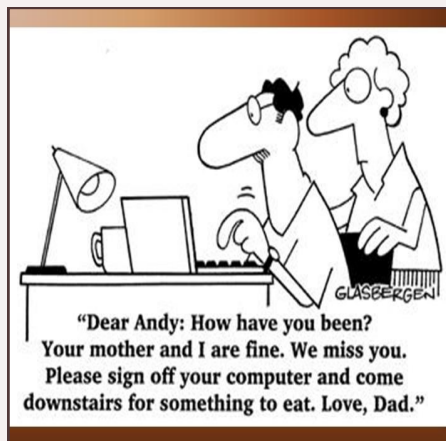
did you know?

didyouknowblog.com

If you've been using Times New Roman on your resume, you might be sending the wrong message. A recent Bloomberg survey of typography designers found that Helvetica was the #1 preferred choice, but Times New Roman wasn't recommended because it gives the impression that you didn't put any thought into selecting your font.



That awkward moment.
When you've already said "what?" three times and still have no idea what the person said, so you just agree.



SHARE THIS IF

You've done one of these:

- 1) Walked into a room, forgot what you needed, walked out, and then remembered.
- 2) When you were younger, drew the sun in the corner of the paper
- 3) When you were little, thought the shape of a real heart was actually "v"
- 4) Closed the fridge door really slow, just to see when the lights went off.
- 5) Tried to balance the light, between the ON & OFF

Cryptoquote

Heavy Load

Hints:

Some are called to carry a lot of weight. L = R

LXPJEOPZWZCZGZXP QLMKZGMGX

GE GFX JXLPEO AFE HMO PFETCNXL GFXB.

-- XCWXLG FTWWMLN

Sources: word-game-world. Google.com, websudoku.com

Sudoku

		8	3		5	1		
	4			7			5	
6		5		2		4		1
			9		3			
9		1		6		7		3
	7			3			2	
		3	8		1	9		



Academic Support Center

Lafayette Hall

Rooms LH-B116, LH-B118 and LH-B120

203.332.5019

HOURS

FALL & SPRING

Monday through Thursday	9:00 a.m. - 7:00 p.m.
Friday	9:00 a.m. - 4:00 p.m.

HOURS

SUMMER

Monday through Friday	9:00 a.m. - 5:00 p.m.
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DEPARTMENTS

Tutoring & Study Groups

Testing Services

The Writing Center

Disabilities Support