The Compass Connection
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The Best Places to Study on Campus

Sometimes when studying you just need a change in scenery. Changes to your surroundings can help you concentrate more and be able to focus on what you are trying to accomplish. Here are some places on campus that you may not have thought about going to study.

If you like studying in the library look for nooks and crannies throughout the library. If you get distracted easily you need to try the second floor of the Lane Library and go the farthest corner you can find that no one would go to.

The Learning Commons is a great place to study when you have a group to work with. In the library you have to watch your tone. The Learning Commons is more of a laid back and relaxed atmosphere. Also, the hours are longer than those of the library. You can find the hours of operation online at http://library.armstrong.edu/hours.html.

The patio café has a great outside seating area that would be beneficial to those who like to study outside. You can go out enjoy the sun and get some studying done. This area is located behind University Hall.

Use empty classrooms to your advantage. The vacant classrooms are open and are a great way to study in the environment that you are going to be taking the exam or presenting a project. Bring your own dry erase markers and you can use the white boards to your advantage.

We have numerous computer labs throughout campus that are there for student use. Some are located in Solms Hall, University Hall, Learning Commons, and of course the Lane Library.

Another idea is to look at a campus map and find a place on campus that you have never been before, odds are others have not visited those places either. It can be a great place to study and get away.

Use these tips to help you find your study style. Different classes may require different study techniques. When you find what works best for your study style you can work toward the goals you have set for yourself to be successful college student.
How to Cope with Feeling Homesick

Feeling a little homesick? Well, you’re not alone! Seven out of ten students experience homesickness while they are attending college. If you’re not sure if you’re going to be homesick, typical symptoms include: loss of concentration, crying, sadness, difficulties in sleeping or sleeping, and/or waves of emotion. But don’t fret! With a few tips you’ll be just fine.

Call home. This may sound like common sense, but it can really help. The key factor, however, is not to call home all of the time. Don’t call more than once a day, and keep the conversation positive. But if you miss your friends, family, boyfriend, or girlfriend, giving them a call can sometimes help ease the heartache.

Go visit home -- once. Visiting home can be a great way to recharge yourself and get some of that TLC (not to mention home cooking) that you need. But going home too often can frequently make homesickness worse. Let yourself go home when you need it, but make sure it doesn’t turn into an every-weekend occurrence.

Go out with your college friends. Sometimes, a night out with your college friends can do wonders for homesickness. It can take your mind off of things back home, can help you relax and have a good time, and can reinforce relationships that will make your school feel like home sometime soon.

Call a friend from back home. Chances are that your group of friends spread out as each of you went to different colleges. And chances are that your group of friends is missing each other. Give a friend from home a call and catch up for a little while. It may do wonders for your homesickness to just touch base for a quick phone call.

Get out of your room. It’s incredibly easy to hide in your room in college. But doing so prevents you from meeting new people, trying new things, and experiencing college life in general. You didn’t go to school to hide in your room, right? Make sure to spend large chunks of your time out of your room -- even if it’s just at a campus coffee shop, the quad, or the library -- and get your mind on other things. You never know what might happen, but you do know that it won’t happen if you’re alone in your room all the time.

Call a friend from back home.

For more tips please see collegelife.com

Maintaining a Positive Roommate Relationship

I don’t know about you, but personally, my biggest concern going into the beginning of a new school year is my roommate situation. Who are they going to be? Are we going to get along? If they are a previous friend, will we still be friends by the end of the year? Trying to figure out roommate dynamics is something that takes a little bit of time. Not sure where to start? According to About.com College Life, here are a few ways to develop and maintain positive roommate relationships:

Be Clear from the beginning -Discuss expectations: Let your roommate know as soon as you can about your little quirks and preferences. It’s not fair to expect him or her to pick up on them right away, and communicating what you need is one of the best ways to eliminate problems before they become problems.

Address things when they are little: Addressing things that bug you while they’re still little can help your roommate be aware of something she may not otherwise know. And addressing little things is much easier than addressing them after they’ve become big.

Respect your roommate’s stuff: Ask anytime you want to eat, use, borrow an item that is not yours.

Be careful of who you bring into your room--And how often: You may love having your study group into your room. But your roommate may not. Be mindful of how often you bring people over.

Lock the doors and windows: This may seem like it has nothing to do with roommate relationships, but how would you feel if your roommate’s laptop got stolen during the ten seconds it took you to run down the hall? Locking your door and windows is a critical part of keeping safe on campus or anywhere for that matter.

Be friendly, without expecting to be best friends: Don’t go into your roommate relationship thinking that you are going to be best friends for the time you’re at school.

Be open to new things: Your roommate may be from someplace you’ve never heard of. They may have a religion or lifestyle that is completely different from your own. Be open to new ideas and experiences, especially as it relates to what your roommate brings into your life.

Be open to change: You should expect to learn and grow and change during your time at school. Be comfortable addressing things that unexpectedly come up, setting new rules, and being flexible to your changing environment.

Address things when they’re big: If something gets to be a big problem quickly, deal with it as soon as you can.

If nothing else, follow the Golden Rule. Treat your roommate like you’d like to be treated.

Looking back at my personal roommate situations, it is important to know that no living situation is going to be perfect all of the time. There is the chance that roommates will tiff with one another. There is even the possibility that they will want to get away from each other from time to time. However, don’t forget these ten strategies; they will go a long way in improving your roommate relationship and creating a fun, safe, and memorable living environment.

Goal Setting in College

College can be overwhelming for some people. Setting goals is a great way to make college a little less overwhelming. Goals can help you stay focused, be motivated, and keep priorities in order when you do get stressed and overwhelmed.

Think about your end goals: These can be large goals or small goals. It can range from graduating in 4 years to meeting with a study group once every 2 weeks. Most important part of this is making sure that the goal you set it realistic.

Be specific with your goals: Setting specific goals can help make those goals as realistic as possible. By setting specific and realistic goals you are more likely to reach those goals in the end.

Think about a realistic timeline: Setting goals within a time frame will help you set deadlines for yourself. Set goals for a week, a month, a semester, each year (first-year, sophomore year, etc.), and graduation. Every goal you set for yourself, too, should have some kind of time frame attached. Otherwise, you’ll end up putting off what you need to do since there’s no deadline by which you promised yourself you’d reach your goal.

Think about your personal and intellectual strengths: Setting goals can be challenging for even the most driven, determined college students. If you set yourself up to do things that are a bit too challenging, however, you can end up setting yourself up for failure instead of for success. Spend some time thinking about your own personal and intellectual strengths. Use your strengths to overcome your weaknesses.

Have a way to check your progress: Ask yourself how will you know if you are working toward your goal? Check in with yourself to help keep you on track. Sometimes we need some personal guidance to keep ourselves on track to reach out goals.

Hold yourself accountable: What will happen if you do not do what you promised yourself you would do?

Have a way to adapt to change: Something will happen where your plans will be thrown off track. Make sure that you able to adjust to those changes; do not be too strict on your goals and deadlines., give yourself some wiggle room.

Have rewards built in along the way: Do not forget to reward yourself for reaching your smaller goals that ultimately lead to your big goals. By rewarding yourself along the way you have a much better chance of actually reaching your ultimate goals.

By following these tips you will have a greater chance of meeting your goals throughout college. Start setting goals now and you will be more productive and be less stressed.

For more information on goal setting in college you can visit: http://collegelife.about.com/od/academiclife/a/How-To-Set-College-Goals.htm?nl=1

Having Fun with Time Management

For many people, the word “fun” is not what comes to mind when they think of time management. Instead, they think of it as just another important part of business. But who says you can’t make it fun?

Plan out your entire day (or week, if possible). Budget a set amount of time for each project or task. Your total time should be a full workday or week (eight hour day, 40 hour week, etc.). Multiply that time by 60 (minutes), and then divide that number by 100 (8×60=480 480/100=4.8 min or 40×60=2400 2400/100=24 min). This will give you a percentage to base your work around. Based on the amount of time budgeted for each task, figure out what percent of your day that is (for example, a two hour project during an eight hour day is 25%). If your math is right, all of your tasks will add up to 100%.

Now, set goals/rewards and punishments/improvements for yourself (and your team, if you can get them to play along). For example, if you finish with 5% of your day to spare, spend that time with a friend you enjoy – or if you finish 5% over your budgeted time, donate $5 dollars to charity.

As you sit and figure out how much you went over or under your budgeted time, reflect on things that may have helped you or slow you down. Make notes of these to look back on. For more information visit: http://www.examiner.com/article/5-steps-to-having-fun-with-time-management
The Freshman 15: Ways to Get Involved on Campus

By now you have probably found your way around campus, learned some things in your classes, and met new people. You may now have an idea of how things work around here. Now that you have familiarized yourself with campus and met new people it is time to begin to understand what college is all about. You need to make yourself a part of the college experience. Remember you will only get out what you put in so, get involved. You may be asking yourself, “how can I get involved?” Here are 15 ways that you can do just that.

1. Figure out what you’re passionate about. Having an idea of what you want will make it easier to find an organization or project that interests you.

2. Keep your eyes and ears open. There are announcements for various clubs and events everywhere you go. Be receptive to those announcements and if something catches your attention, jot down the date and time and go to an informational meeting.

3. Look for organizations within your major. If you already have an idea of where you want to be after college, then find a club that focuses on that career path.

4. Go Greek! Pledging a fraternity or a sorority ensures that you’ll meet a lot of new people and immerses you right away in social and philanthropic activities on campus.

5. Check the listings online. Colleges and universities keep an online database of their registered student organizations. The list will give you access to those clubs that aren’t very well advertised, and help you to figure out what is available to you on campus.

6. Pursue a mentorship. Seek out older students in your major, or the student who showed you around the school during freshman orientation, or someone that you admire. Talk to that person about your interests and goals, and see if he or she can give any advice on how to pursue those at the university.

7. Go to a Student Government meeting. Find out when your school’s Student Government opens its meetings to the public, and then attend a few.

8. Seek out all the hot spots on campus. Figure out where people congregate. Usually where the crowds are, the action is too. If you have no idea where to start in your campus involvement, this may work best for you.

9. Do your part. Find a local charity or cause, either through the school or on your own, and figure out a way to give back.

10. Go to the “cheesy” events. You might not want to go to that all-freshman event that your school is putting on, or you might think that the activities that your RAs have set up are kind of lame… but if you have nothing else to do, then go anyway! You’ll probably meet new people and even have a good time while you’re there! Going to an event you might not normally be interested can actually open the door to other opportunities if you keep your mind open.

11. Talk to everyone. Find out what interests others if you aren’t sure what interests you, and see if you have something in common or if there is something new that you will want to try.

12. Join an intramural sports team. So you’ve always enjoyed flag football, but never had the chance to pursue it on a team? Join one in college! Go to your school’s gym or athletics center and talk to them about intramural opportunities.

13. Network with faculty. Talk to your professors, advisers and program coordinators now — meet them during office hours, ask questions and let them know who you are and what you’re all about!

14. Stay plugged in with social media. As technology becomes an even greater staple of our lives, it also becomes the main communication tool for many clubs and organizations on campus. Be sure to check your email often, but also look for updates on Facebook, Twitter, blog pages and other forms of new media.

15. Be strong and take charge. You don’t need to be excessively aggressive, but look out for yourself. If you see an opportunity that looks amazing to you, pursue it. Know when to say no, but know when to say yes as well… and welcome anything new and exciting that comes your way! You won’t accomplish much just sitting in your room by yourself. You have to be a go-getter and take advantage of what you want!

These steps will help you get more involved in your college campus events and will help you gain the full college experience! Get started, it is never too soon.

The Leukemia & Lymphoma Society's Light The Night Walk funds treatments that are saving the lives of patients today. LLS is making cures happen by providing patient support services, advocacy for lifesaving treatments and the most promising cancer research anywhere. And it's all happening now. Not someday, today.

Friends, families and co-workers form fundraising teams, and millions of consumers help by donating at retail outlets. These efforts culminate in inspirational, memorable evening Walks in nearly two hundred communities each fall across North America.

The funds raised by Light The Night participants will help save lives. Join us! Armstrong Housing team!

Funds raised by teams and individual walkers provide:

- Lifesaving cancer research
- Financial assistance to cover patient expenses for transportation, medication and testing
- Free educational materials and events
- Programs such as the Patti Robinson Kaufmann First Connection program and Family Support Groups
- Advocacy for better treatments and healthcare reform
- Comprehensive, personalized assistance through our Information Resource Center.

Stop Procrastination: It Can Change Your Life

Need to stop procrastinating? Learning how to stop procrastinating during your time in college can literally change your life -- for the better. After all, if you've made it to college, you obviously know how to do things successfully, right? Follow the steps below to learn how to stop procrastinating once and for all.

Decide on a time management system and use it -- for one month. Having an awesome time management system isn't going to do you any good if you don't stick with it. And sticking with a strong time management system means you'll be the tortoise (slow and steady) with your college workload instead of the procrastinating rabbit (racing at the end). There are tons of time management systems available; choose one and stick with it, no matter what, for 30 days. After that, it should feel like a habit and you can consider your procrastination partly cured.

Have someone else hold you accountable. Not good at making yourself sit down and write that paper when there's tons of fun stuff going on right down the hall? Find a friend who is either great at time management or who wants to stop procrastinating, too. Have them hold you accountable for how you're spending your time so you aren't stuck with 3 papers to write, at the last minute, within 2 days.

Get help from folks on campus. Chances are, your campus has some awesome support services you may not even know about, like professors who are great at mentoring, class advisers, academic support offices, teaching and learning centers, or even a rock-star hall director or TA. And chances are, you aren't the first student who will come to them for help with procrastination. Ask them to mentor you as you try to break your procrastination habit. If you're in college, why not learn from the best while you're there?

Talk with your professors. If you know procrastination is a problem for you, talk to your professors as soon as possible to set up a system where you, for example, have to turn in drafts of your paper throughout the semester -- instead of just the final paper, right at the end. Doing so will help make sure you are constantly staying on track while also helping your grade.

Track your time for 1 day, 1 week, 2 weeks, 1 month ... You might be shocked to see where all of your time goes. Using your time management system (see #1, above), write down how you spend your days in as much detail as possible. Then look to see patterns that you can help plan around as you aim to end your procrastination pattern. For example, do you usually spend 3 or 4 hours just hanging out once you return to your residence hall after classes finish? Realize that you probably need an hour or so to decompress -- and that after that, you might be better off heading to the library so you can get some study time in.

For more on this topic please visit: [http://collegelife.about.com/od/TimeManagement/Time-Management-For-College-Students.htm](http://collegelife.about.com/od/TimeManagement/Time-Management-For-College-Students.htm)