

# TRiO CLARION UNIVERSITY FRESHMAN NEWSLETTER STUDENT SUPPORT SERVICES

JULY 2017

## THE FRESHMAN FIFTEEN (THAT ARE ACTUALLY *good* FOR YOU!)

**1. Go to class.**

You can't learn the material if you're not there.

**2. Get organized.**

Begin the semester by organizing your room, your study/work area and your notebooks. Have a place for all important papers, etc.

**3. Get to know your professors.**

Your professors will list their contact information and office hours on the course syllabi. Make a point to stop by during office hours to introduce yourself, and then throughout the semester to ask questions or clarify course material.

**4. Keep up with assignments.**

Starting with the first week of classes, keep up with the assigned reading for each class,

and make a habit of reviewing lecture notes after each class. This will help you to be better-prepared for the first exam. Go to the Student Success Center to improve your academic performance...it's FREE!

**5. Get to know your advisor(s).**

Your department advisor and your TRIO academic counselor are excellent resources for helping you understand the requirements for your major, how to read your degree audit, what courses you need to take, where to get help on campus, and where to get answers to your questions.

**6. Read your e-mail.**

Make sure to check your university e-mail account on a daily basis. All important university information about opportunities, activities, deadlines, financial aid, course registration, etc. will be sent to your university account. Messages and information from the TRIO Program will also be sent to your university account.

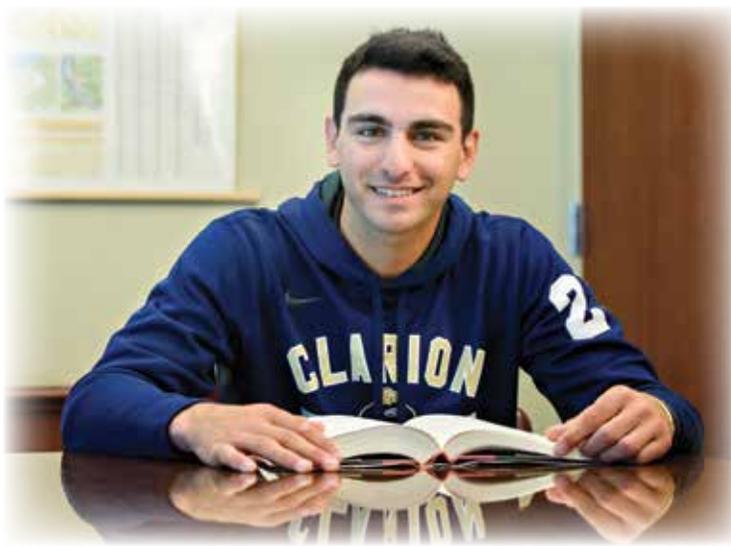
**7. Use good time management.**

Make use of the hours in between classes to read, study, locate library materials, etc. Be sure to balance your time by scheduling time for studying, meals, sleeping, exercise, and social activities.

**8. Find healthy ways to relieve stress.**

Go to the Rec Center, join a fitness class, participate in intramural sports, do yoga, or just get outside! If you're super-stressed, the Counseling Center staff, located on the second floor of Becht Hall, is available to help with all kinds of student stress issues.

*continued inside...*



**COURAGEOUS.**  
*confident.*  
**CLARION.**

*Welcome Freshmen!*

CLARION UNIVERSITY TRIO  
STUDENT SUPPORT SERVICES  
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**TRiO**  
STUDENT SUPPORT SERVICES

The TRIO Student Support Services Program is funded entirely by a grant from the U.S. Department of Education.

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### 9. Respect your roommate and be willing to compromise.

Being considerate will go a long way in making your roommate experience a positive one.

### 10. Attend campus activities.

There is always something interesting to do—speakers, concerts, plays, social activities, movies—and most of it is FREE!

### 11. Join clubs related to your major, interests, or hobbies.

Attend Activities Day, on the Gemmell lawn (date TBA) to find out about more than 140 student organizations and 31 clubs.

### 12. Eat right and get enough sleep.

Take care of yourself so you can do all the things you want/need to do.

### 13. Manage your finances.

Create a budget and stick to it. Use credit cards only for emergencies. Keep your valuables and personal information (PIN numbers, passwords, etc.) in a secure location. Borrow only what you need when obtaining student loans.

### 14. Know your values. Stay true to yourself.

### 15. Why are you here?

Set both academic and personal goals and develop a plan to achieve them. When faced with a tough decision, choose the option which will move you closer to your achieving your goals.



## TIPS FOR *getting along* WITH YOUR ROOMMATE(S)\*

Communicating expectations now helps prevent problems with your roommate later.

- Get to know your roommate before school starts. Make a contact through Facebook, then follow-up with a phone call to introduce yourself.
- Communicate with your roommate to set up some ground rules on visitors, overnight guests, keeping the room clean, study preferences, lights out, etc. See the Roommate Conversation Starters, right.
- Address issues with your roommate. If something is bothering you, make your roommate aware of it before it becomes a bigger issue.
- Be considerate. Ask permission before you use or borrow something. Let your roommate know if you plan to have friends over, etc.
- Lock your door whenever you leave the room. This protects your stuff and your roommate's stuff.
- Give your roommate some space. Study at the library or in the study lounge from time to time or hang out with your friends at their room, etc. Everyone needs some "me time" now and then.
- Have realistic expectations. You may or may not become best friends with your roommate. If you do, that's a plus, but you really just need to share your living space and treat each other with respect.



## ROOMMATE *conversation starters:*

- What are our quirks and preferences? ("neat freak," not a morning person)
- How do we prefer to study? (need quiet, prefer music, no TV)
- What stuff will we share?
- What time is "lights out"?
- How do we feel about overnight guests?
- Who's responsible for cleaning what?

## FREE *tutors*

The Student Success Center offers free tutoring services for any enrolled CU student.

**Students in need of a tutor may sign up online at [WWW.CLARION.EDU/FREETUTORING](http://WWW.CLARION.EDU/FREETUTORING).**

Tutors are available for most 100- and 200-level courses. A listing of those courses may be found on the on-line form when you click on "first subject for tutoring."

## 2017 *fall semester* DATES

### Classes Begin

Monday, Aug. 28

### Labor Day Holiday

Monday, Sept. 4

### Mid-semester Break

Thursday, Oct. 5, 10 p.m.

Classes resume Monday, Oct. 9, 8 a.m.

### Friday Classes Meet In Place of Tuesday Classes

Tuesday, Nov. 21

### Thanksgiving Break

Begins at 10 p.m. Tuesday, Nov. 21

Classes resume Monday, Nov. 27, 8 a.m.

### Classes End

10 p.m. Friday, Dec. 8

### Final Exams

Monday, Dec. 11, through Friday, Dec. 15

### Semester Ends

10 p.m. Friday, Dec. 15

### Winter Commencement

Saturday, Dec. 16

### Semester Grades Due From Faculty

12 p.m. Wednesday, Dec. 20

To view the master calendar of campus events, go to [WWW.CLARION.EDU/CALENDAR](http://WWW.CLARION.EDU/CALENDAR).



## FIRST-YEAR FRIDAYS *schedule*

LOCATION: FRONT LAWN-BECHT HALL

Student Support Services Invites you to attend The Center for First Year Friday Programming. Your Academic Counselor will be inviting you to the following events:

Sept 8	Communicating with Professors
September 15	Time Management
September 22	Prepping for Exams
October 6	Personal Wellness
October 13	Financial Tips



## NETIQUETTE

Here are some suggestions for sending e-mail to a professor or other professional:

1. Use professional language and grammar when emailing. Abbreviations used when “texting” someone are not appropriate when e-mailing.
2. Keep your e-mail brief and to the point. Anything that requires more information would probably be better handled during the professor’s office hours.
3. Allow the person 48-72 hours to respond. Please keep in mind that some faculty members are not on campus every day of the week, or may be absent for some other reason. If you haven’t received a response after several days–don’t assume the issue has been taken care of–it is a good idea to follow-up either with another e-mail or talking with the professor in person.

## TRIO ACADEMIC COUNSELOR SERVICES

As a new freshman, you will be assigned to an academic counselor who will meet with you:

1. at the beginning of the semester to complete a semester plan
2. in mid- to late October to review midterm progress reports from your professors
3. in early November to select Spring Semester classes

You will receive information about scheduling these program appointments. **Check your Clarion University e-mail account for this important information.**

Academic Counselors assist students with effective methods of time management, taking notes, reading textbooks, contacting professors, studying, being organized, writing papers, etc. Meet weekly or as often as necessary to monitor academic progress and prevent academic problems.

Special topic workshops, designed to assist students in particular areas, such as managing finances, preparing for tests, etc., and individual or small group study sessions help students make a smooth transition to college life and promote academic success. Call 393-2347 to schedule appointments.

The Student Support Services Newsletter is published periodically by the Student Success Center, Clarion University, 840 Wood Street, Clarion, PA 16214-1232. Articles within the publication reflect the philosophy of the center and do not necessarily represent the official position of Clarion University. It is the policy of Clarion University of Pennsylvania that there shall be equal opportunity in all of its educational programs, services, and benefits, and there shall be no discrimination with regard to a student’s or prospective student’s gender, gender identity, race or color, ethnicity, national origin or ancestry, age, mental or physical disability, religion or creed, genetic information, affectional or sexual orientation, veteran status, or other classifications that are protected under Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and other pertinent state and federal laws and regulations. Direct inquiries to the Title IX Coordinator, Clarion University of Pennsylvania, 103 Carrier Administration Building, sfenske@clarion.edu or phone 814-393-2351, or the Director of Social Equity, 210 Carrier Administration Building 16214-1232; Email [asalsgiver@clarion.edu](mailto:asalsgiver@clarion.edu) or phone 814-393-2109. Inquiries may also be directed to the Director of the Office for Civil Rights, Department of Education, 330 Independence Avenue, SW, Washington, DC 20201.



**CLARION  
UNIVERSITY**

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