

FIRST YEAR EXPERIENCE

Weekly Digest for the Week of November 13, 2009

Welcome to the FYE community of faculty, staff, and students dedicated to supporting our new first-year and transfer students create a more successful transition to the University of Connecticut. The Weekly Digest will publish every Friday during the Fall semester and contain details about workshops, upcoming events, tips/techniques, and other information geared to help you have the best semester possible with your FYE class. This summer we will send you a bi-weekly edition to update you prior to the semester. Information will be sent to both INTD 1800/1820 and Learning Community instructors. Comments, suggestions and constructive critique are welcomed. E-mail kevin.sullivan@uconn.edu or David.Ouimette@uconn.edu

Thoughts from the Director, David Ouimette

We have lots of information in this week's edition. Kevin shares his thoughts on first-year students going home for Thanksgiving break. He also provides an interesting perspective on student preparation for exams Before UConn (BU) and now! Here are my thoughts for this week:

My undergraduate mentor presented this week to my FYE class. She had been talking all semester about stress management because last year (her first year) she struggled with academic, personal and issues and finding proper outlets for her stress. As she developed her lesson plan she formulated an activity which involved case studies of roommate situations to show the causes of stress and asked the group to come up with ways to handle the conflict. The discussion of the scenarios was lively and quickly branched into other issues that caused stress. Sometimes I find myself having trouble relating to some of the current issues; after all it has been 30 years since I moved in with Charlie Kishpaugh in Rice Hall 222.

Following the activity, my mentor assigned the students a discussion post about stress and how they handled it on a regular basis. Below I have included 3 posts from conscientious, hard-working students in my class and highlighted in red issues that I plan to follow-up with my mentor. My students have remarked to us that the opportunity to share these struggles and find students in the same or similar circumstances is comforting. Have you had the same experiences?

I have encountered a bunch of stressful situations so far. **The early stressers were just figuring out to how attain my basics needs for survival. What I mean by this is I am on a restrictive diet for medical reasons so I have to have special food made for me in my dining hall. It is very difficult to have to put all my trust in the people making my food instead of being home** and being able to know exactly what I was eating and know that nothing is going to happen if I eat it. Aside from that, school work is difficult and can sometimes be overwhelming, as well as tests. I just try to make to do lists and stick to them. I destress by hanging out with my friends or talking on the phone to the people who are important to me at home. My favorite way of letting out stress is living in the gym. I go six times a week and it really helps me forget all my worries for the day.

I guess I have the common stress issues. Although I am doing well in all of my other classes, my statistics class isn't going all that well. Another thing is that This is my last week for pledging for Alpha Phi Omega. We have a final tomorrow that basically determines if we are in or not, and from what the current members tell us, it's pretty hard. So we all have been freaking out, trying to get all of our requirements done in order to get in. Also, **I'm constantly freaking out about losing my scholarship because of bad grades, and being the first person in my family to go to college, there is a lot of pressure on me.**

I've been really stressed while here at UConn. On like, the second day of classes I had a panic attack. **I have a lot of panic attacks.** They're really not enjoyable. I try and listen to music when I'm feeling overwhelmed, I talk to my R.A. a lot, as well as some of my friends, and my parents. I'm really thinking about the relaxation station though, it sounds awesome.

EPSY Teaching Assistant Spotlight: Nina Sacco

by Allie Lavista, First Year Experience Mentor

Nina Sacco, from North Haven, Connecticut is one of eight TA's that guide the First Year Experience mentors in their INTD 1800 classes. Nina is a junior majoring in Business Management with a concentration in Entrepreneurship. She became a mentor last fall because she had a great experience in her First Year Experience class. She thought her instructor, Justin Evanovich, did a great job of helping students transition from high school to college, and she wanted to work alongside him to share her skills and continue to aid first-year students in adjusting to UConn. Being a TA taught her about how important it is to follow through with expectations that others have for you. Nina believes the characteristics that make a good TA are being able to multitask, "because you can't just lose your papers and miss presentations; people are relying on you," communicating effectively, as well as a kind personality. Lauren Cardarelli, a mentor in Nina's group says Nina fits this profile and that "she's a caring, understanding role model who is easy to relate to and fun to be around."



Instructor Information

(This section will include schedules for HuskyCT training sessions and instructor workshops as well as information for planning classes)

Going Home

by Kevin Sullivan, Director of Academic Support, First Year Programs

This might be a good point in the semester to spend a few minutes (or more) discussing the upcoming holidays. Over the years, many students have been unpleasantly surprised by how things have gone when returning home for Thanksgiving or semester break. Doing a little proactive thinking about what might happen on returning home, may make for a saner, more enjoyable time with friends and family.

First, things have changed. Our students have changed, family members have changed, and best friends from high school have changed, but often everyone behaves as if change has not occurred. Parents, overlooking the fact that their son or daughter has been making every choice for three months, often re-institute the same rules and regulations that existed when he or she was in high school. A discussion about curfews and communication before the situation goes downhill can help, as can discussion of the student's responsibilities and obligations. Being forewarned that you are expected at Aunt Petunia's for brunch the day after Thanksgiving allows time to acclimate to the visit.

The second big change that students may encounter is that friends with whom they shared everything just six months ago are talking about people, places, and events that hold little meaning. While we are able to pick up with some friends no matter how long has passed nor what has transpired, students have found that this is not always the case. Best friends may have changed in ways that are difficult to understand and even harder to deal with.

Lastly, for some, UConn and the people here have become home, and leaving here can be difficult.

Going home is a transition, and transitions are opportunities for growth, if one thinks ahead. This article on [Negotiating the Holidays](#) goes into a little more detail and can be a helpful discussion base.

Reality Check

by Kevin Sullivan, Director of Academic Support, First Year Programs

This semester I have guest-lectured in 15 INTD 1800, 1810, 1820, or ENG 1000 classes serving some 750 first-year students. I have presented on study approaches, time and stress management, and personality preferences.

During the first presentation of the semester, borne organically out of a discussion we were having, I asked the class when, before coming to UConn, they would begin to study for an exam. One of their answers was a complete surprise.

I figure that our students are here because, stereotypically, they received high grades in high school, but I was not surprised when many said they studied the night before, nor was I shocked when an equal group told of cramming in the study hall before the exam. The answer I was not ready for that was given by a significant percentage of that class was 'never'.

When I told them that I was surprised that they 'never' studied, one young woman stated that she mostly paid attention in class, had worksheets and assignments to do in class, and had reviews. "I didn't need to 'study' study." she said. Heads nodded in agreement. So after that first class, I have asked every class that I presented in the same question, and with amazing regularity, they self-reported the same three answers: 'night before', 'the day of the exam', and 'never', and here's the kicker, folks – it worked for them, or they wouldn't be here!

Try asking your class when they studied for exams BU (before UConn)... I'm fairly certain that you will get the same results. Then have the conversation about how they might be able to study the night before at UConn and understand the material, but they will not have enough time to get the repetitions necessary to remember all those details they will be asked about on those pesky multiple choice exams they have to take. Exam taking can be a learning experience as well. Take a look at this worksheet on [Learning from Your Exam Performance](#).

The AAC can help them with both time management and effective techniques to get those all important repetitions that produce high grades at UConn.

Connecting with Rachel and UConn Connects

by Rachel Jones, UConn Connects Coordinator, First Year Programs

I've been noticing a conversation trend that has been popping up with many of the students that I work with for UConn Connects, and whether your students are struggling academically or not, I think that this will be appropriate for all students. For the last two weeks, in every conversation, the topic of Thanksgiving Break inevitably occurs and I attempt to reprogram their thinking of what Thanksgiving Break means. For all, this Break should be thought of as a momentary reprieve, not as some vacation where they forget about their courses, their upcoming finals, and papers that are due the week right after Thanksgiving Break. For some, this should be their "catch up" time where they can get back on track academically away from campus. Encourage your students this week to plan to look at what is due the week or two after the Break and ask them to imagine how much of that work they could complete if they were to set aside just 3-4 hours per day on those assignments during the reprieve; especially in light of the craziness that begins to occur prior to finals.

All You Want to Know About H1N1, But Haven't Had a Chance to Ask

Dr. Mary Manton, one of the physicians at Student Health Services who is very involved with the H1N1 plans at UCONN, is interested in coming to FYE classes to discuss and answer any questions on H1N1 and its prevention, treatment, etc. Contact her by email mary.manton@uconn.edu to arrange for a presentation to your FYE class.

Benton Museum of Art and First Year Experience

FYE Educators! Museum Tours Alert!

Many people know that the Benton Museum's budget was cut this past spring, which resulted in closing our doors to the public on Tuesdays and Wednesdays. But, did you know that you can still schedule a tour for a Tuesday or Wednesday? We're not going to let budget cuts prevent us from what we do best, introducing students to art! Tour hours are still 10:00 – 3:30, Tuesday through Friday and 1:00 -4:00 on weekends. If you would like a tour for your group, please see information below.

Tracy Lawlor, Education Coordinator
phone **486-1711**
e-mail tracy.lawlor@uconn.edu.

Tour requests may also be made by going to our website www.thebenton.org and click on *Education*.

Continuing the Tradition: UConn Dairy Bar:

A favorite among students, instructors can take their class on a field trip to the dairy bar for ice cream and/or a tour of the facility. When planning to visit the Dairy Bar, please use the following guidelines (also found on the HuskyCT instructor site):

- Ask your students which flavor from the list on HuskyCT they would like (orders are now either a 4 oz. or 8 oz cup)
- Telephone your order to Jackie Patry or the Student Manager (6-2634 or 6-1021) with a one-week lead time. Identify yourself as an FYE instructor and give Jackie your class number and section (i.e., 1800.001)
- She will need to know your arrival date and time
- If you want a tour, you may also schedule at this time
- There is no need to stop by FYE for a voucher, it is all done electronically

Learning Community Updates

from Melissa Foreman, Learning Community Coordinator, First Year Programs

Student Profiles added to Learning Community (LC) Website!

Anne Zinn, a student employee in the FYP & LC office, created a survey for current LC students to complete, and she is using their responses to create Student Profile pages for each community. See what students are saying about their experiences! Go to www.LC.uconn.edu, click on **LC name**, and click **Student Profiles**.

New 2010-11 Learning Community Application Process

Current students returning as sophomores or juniors (including Campus Change students) will first submit their Housing Application, and then submit a LC Application. If more students apply than the number of rooms reserved, ResLife will forward the applicants list to LC Community Directors to Rank Order them for placement onto LC floor(s). Application Period: 12/4/09-1/25/10. www.LC.uconn.edu, click Apply

>>PLEASE ENCOURAGE YOUR STUDENTS TO CONSIDER APPLYING TO LIVE IN A LC IN DECEMBER!

New students entering UConn (including Transfer students) will apply for LCs directly on their Housing Application. When they click the ResLife link for the Housing Application, they will see a "UConn Learning Communities" splash page appear ([click here to see the page](#)). They will then click on to the application which will ask which LC they want to live in. Application Period: 2/2/10-5/15/10. www.reslilfe.uconn.edu

Special Events

(This section will include events in that students can attend for the Writing Assignment or personal enrichment.)

November 14-December 4

- **Futurescape: Making of the Super City, Art Exhibit**
With the invention of the camera, the need for artists to copy nature blindly and to hold on to the traditional techniques of painting perspective became redundant. Artists were freed to fracture objects into geometric forms and present subjects from several angles and different moments in time. What unites the paintings in Futurescape is the artists' ability to blur the lines between

figuration and abstraction, and collapse art history with references ranging from early Modernism to Abstract Expressionism and Pop Art. They employ surprising overlapping, multiple layering, and unexpected vanishing points. The exhibition reveals that artists are again interested in the dynamism and conditions found in today's urban environments and that they are exploring and finding new ways to compress and expand time and space. This is the focus of Futurescape.

Artists include: Thomas Eggerer, Jules de Balincourt, Francesca DiMattio, Yoon Lee, Benjamin Edwards, Nicola López. Jacob Feige and Tomory Dodge.

Art Building, Contemporary Art Gallery, M-F, 10 A.M. to 4 P.M. Free

November 14

- **Conversion to a Peace Economy in Connecticut**

Session I. Plenary Speakers:

Economics: Christopher Hellman, Director of Research, National Priorities Project, Northampton, MA; Heidi Garrett-Peltier, Political and Economic Research Institute, UMass; Labor: Marie Lausch, President, CT Statewide United Electrical Workers Union Member, National Executive Board, UEW

Session II. Panel Discussion:

Moderator: Henry Lowendorf, Chair, Greater New Haven Peace Council; Bill Shortell, International Association of Machinists, Local 700, Pratt & Whitney; Jean deSmet, First Selectman, Willimantic; Susan Johnson, Representative to the Connecticut Legislature, Windham Area; Denise Merrill, Representative from Mansfield/Storrs, House Majority Leader
Dodd Research Center, Konover Auditorium, 8:30 A.M. to 1 P.M. Free

- **The Day the Ketchup Turned Blue, Toy Theater Performance**

Nightly performances of Dan Hurlin's Toy Theater piece. A fantastic and surreal extravaganza about teapots, cups, and hammers caught in an absurd conflict, taking place on a dinner table set with blue and white delftware.

Depot Campus, Ballard Institute of Puppetry. Plays on 30-minute cycles from 6 to 9 P.M. Free.

November 14 & 15

- **Dr. Horrible's Sing-Along Blog & World's First Internet Musical Performed Live Onstage!**

Presented by Dramatic PAWS

Dramatic PAWS is proud to present its very own theatrical adaptation of Dr. Horrible's Sing-Along Blog, the story of a fledgling super-villain, the hero who keeps beating him up, and the girl of his dreams.

Performance information: performances will take place on Saturday, November 14 at 3:30 pm and Sunday, November 15 at 2:30 pm in UConn's Student Union Theatre. \$5 general admission. Doors open approximately one half-hour before the performance.

November 15

- **Opera Uncensored!, UConn Opera Theatre**

The once forbidden works of Beaumarchais, Moliere, and Voltaire as set in scenes from beloved operas by Rossini, Mozart, and Bernstein.

von der Mehden Recital Hall, 3-5 pm. Free for students with ID.

November 16

- **Bugs Anyone? Entomophagy: Good for You and the Environment!**

The U.N. Food and Agriculture Organization estimates 1,400 species of insects are eaten in 90 countries around the world. Come and learn about the use of insects as food and what could be the future applications of entomophagy. David Gracer will share his insights on this topic and on his insect cuisine experience.

W.B. Young Building 327, 2-3 pm.

- [India Studies Lecture](#)
 "India: The New Rising Power"
 By Dr. Ravi Ramamurti, CBA Distinguished Professor of International Business and Director, Center for Emerging Markets, Northeastern University. He is currently researching the internationalization strategies of multinationals from Emerging Market.
 Co-sponsored by Center for International Business Education and Research and India Studies.
 Homer Babbidge Library, Class of 1947 Room, 4 P.M.
- **Human Rights Lecture, Lisa Jackson, Director of *The Greatest Silence: Rape in the Congo***
 Lisa Jackson directed a documentary, filmed in the war zones of the Democratic Republic of Congo over several months in 2006 and 2007. The film breaks the silence that has surrounded the tens of thousands of women and girls who have been kidnapped, raped, sexually enslaved and tortured in that country's intractable civil war. Activists, peacekeepers, priests, and physicians give their perspectives on the fate of Congo's women, and in several chilling segments the filmmaker confronts Congolese soldiers who are unabashed, even boastful, about the rapes they have committed.
 Student Union Theatre, 4-6:30 P.M. Free
- **Gender and History Lecture Series. *The Liberal 1950s***
 By Joanne Meyerowitz, Professor of History and American Studies, Yale University.
 This lecture series brings to campus prominent and emerging scholars who work on gender with an historical framework. All historical periods and geographical areas come within the purview of the series.
 Dodd Center, Konover Auditorium, 4:30-7 pm.

November 17

- [Global Citizenship in Practice--Transcending Borders](#)
Interdisciplinary Panel Discussion
 Transcending borders is the process of people crossing international boundaries, to share knowledge, culture, and engage in various endeavors from business to politics. It is what students and faculty do in practice when they conduct research, study, participate in internships, or travel abroad.
 This interdisciplinary panel allows faculty and students to discuss ways in which they practice global citizenship, as they cross borders of countries, disciplines, and comfort zones.
 Dodd Research Center, Konover Auditorium, 4-5:30 P.M.
- **Concert: Wind and Brass Chamber Music Ensembles**
 von der Mehden Recital Hall, 8-10 pm. Free

November 18

- **Library Series, Research Highlights @ Noon, *How American Universities Are Changing***
 Professor of Sociology Gaye Tuchman, the author of *Wannabe U: Inside the Corporate University*, published in October by The University of Chicago Press kicks-off the Library series. In a synopsis, the publisher says: "In most debates over its future, the university is represented—by both its critics and its champions—as a secular temple for learning, a sacred space freed from the more mundane concerns that trouble other institutions. But lately this lofty image looks increasingly tarnished, especially with regard to public research universities."
 Homer Babbidge Library, Class of '47 Meeting Room, 12-1 pm.
- **Rainbow Center Out to Lunch Series, Homophobia in Asian American Families**
 The Rainbow Center's Out to Lunch Lecture Series continues the semester with a presentation by Angela Rola. "Coming Out: Dealing with Homophobia in Asian American Families" will include the showing of *Love Ltd.*, a 24-minute film that tells the story of two siblings coming out at a family dinner to their homophobic mother. Discussion will follow with reference to the reading "Lesbian, Gay, Bisexual and Transgender Asian Americans", Chung, Y.B. & Singh, A. Asian American

Psychology: Current Perspectives, Tewari, N. & Alvarez, A. (eds.). New York: Taylor & Francis Group, LLC, 2009. (pgs. 233- 246).
Student Union 403, Rainbow Center, 12-1:30 pm. Free.

- **Lecture: *Comparing the Australian Women's and GLBT Movements***
Sarah Maddison and Emma Partridge are co-authors of the important publication "Gender Report for the Democratic Audit of Australia" which examines the legislative framework for protecting women's rights. This is an innovative research document that draws on Convention for the Elimination of Discrimination Against Women to provide the framework for the research design. Together, they bring complementary research skills and academic training that would provide our students with the opportunity to learn about innovative research techniques and policy analysis. Student Union 421, Women's Center, 3-4:30 pm. Free.

November 19

- **Worldfest 2009**
The theme for Worldfest 2009 is an "International Marketplace" where many UConn student organizations and clubs will have exhibits and booths you can tour. This is an educational experience for all ages and everyone is welcome. Food and beverages will be featured from around the world. Highlights of the festival include performances from various student cultural and activity associations. Join us to celebrate UConn's rich cultural diversity and to show your support to our international community and student cultural organizations. Contact 486-3855 if you have any further questions.
Student Union 331, Ballroom, 12-5 pm. A small fee will be charged for food and beverages.
- **Teale Lecture Series, Nature and the Environment**
"Coming Down to Earth: Valuing Nature to Improve Decision-Making," Dr. Stephen Polasky, Fesler-Lampert Professor of Ecological/Environmental Economics, University of Minnesota. Polasky will discuss the challenges of accurately assessing the value of nature and incorporating those values into economic and political decision-making.
Dodd Research Center, Konover Auditorium, 4 p.m.
- **UConn Transgender Day of Remembrance**
[Transgender Day of Remembrance](#) was set aside to memorialize those who were killed due to anti-transgender hatred or prejudice. Although not every person being remembered identified as transgender—that is, as a transsexual, crossdresser, or as otherwise gender-variant, each of the known victims died due to violence based on bias against transgender people.
- **Collegium Musicum**
In 1729, J.S. Bach took over the direction of Leipzig's Collegium Musicum, a student organization dedicated to the performance of new instrumental music. Having been engaged with the development of "a well-regulated church music" in Leipzig for six years, he now turned back to instrumental repertory. The Collegium Musicum will present a selection of Bach's instrumental and vocal music from this period.
Von der Mehden Recital Hall, 8-10pm. Free

Nov 23-29: Thanksgiving Break

December 1

- **Kangho Lee, cello and Minyoung Lee, piano – Classical Music**
Formed at Yale University, the Lee duo performed extensively in North America and Europe. Cellist Kangho Lee has been a sought-after soloist and chamber musician worldwide since his orchestral debut with the Seoul Philharmonic at the age of 12. Acclaimed for her "extraordinary sensitivity" and "mesmerizing" playing by the San Francisco Classical Voice, pianist Minyoung Lee has performed throughout the United States, Europe, and Asia.
Jorgensen Center Main Stage, 7:30 P.M., UConn Student Hot Seats \$7 with valid student ID.

December 1-4

- [World AIDS Week](#)

The UCONN campus has come together to host a collaborative effort by various university groups and student organizations that have joined for a week of activities and events. Students, staff, and faculty are invited to participate in an entire week's worth of on-campus activities. Click on title for full schedule.

December 1: Kick-Off Event

Wear Red! Donate Books! Shoot Hoops! Raise Money!

Gampel Pavillion, 3-10 pm.

December 3-12

- **Connecticut Repertory Theatre: Galileo**

By Bertolt Brecht, Directed by Gary M. English

Galileo hears of a new invention, a telescope, and builds one for himself. With it, he confirms that the earth rotates around the sun. For this, he is summoned before a tribunal of the Inquisition where he is threatened with torture if he does not recant his findings. Bertolt Brecht puts the dilemma of one of history's greatest thinkers center stage.

See CRT website for ticket and performance schedule: <http://www.crt.uconn.edu/index.html>

Jorgensen Center for Performing Arts, Harriet S. Jorgensen Theatre

December 4

- **Jingle Jam – A Cappella Holiday Show**

Boston's premiere group a cappella group, Five O'Clock Shadow, joins select UConn *a cappella* groups for a Holiday Jingle Jam like no other!

Jorgensen Center Main Stage, 7:30 P.M., UConn Student \$3 with valid student ID.

December 5

- **Boston Pops Winter Gala, Popular Music**

Boston Pops Esplanade Orchestra, Keith Lockhart, Conductor

Since its beginning in 1885, the Boston Pops has evolved into a beloved American institution.

Celebrate the magic of the holiday season as Keith Lockhart leads the Pops in their annual Holiday Concert of traditional carols and festive modern classics.

Jorgensen Center Main Stage, 7:30 P.M., no student discount: \$60, \$50, \$30

- **Opera á la Carte, UConn Opera**

A potpourri of classical opera scenes by Mozart, Cimarosa, and many more, brought to life by the UConn Opera Studio.

Music Building 109, 3 pm