Help Us Collect Toys For TOY MOUNTAIN

Commuter Student Programs is encouraging students to participate in a volunteer service by donating toys for Toy Mountain. Toy Mountain provides gifts for the holiday season to local children who may not receive any otherwise.

If you would like to make a donation make sure the toys are new and in their original packaging. Your donation will help brighten a child's Christmas.

Please stop by E. Moore to drop your donations off to either Brian or Morgan by November 30.

Breaking News:

NEW COMMUTER LOUNGE and parking garage NOW OPEN!

Mountaineer Station is the home of our new Evansdale commuter lounge! This brand new facility is located below the PRT on the Health Sciences campus. The new lounge has a 55” flat screen television, couches, tables, and lockers that are accessible 24/7. The new lounge is open from 8:00 AM to 5:00 PM Monday through Friday. Note that we are not permitted to have a refrigerator or microwave in the new lounge. However, just a few steps from the lounge, there will be a new convenience store opening soon. We’ll also have a grand opening for the lounge to be scheduled in the next few weeks.

IMPORTANT: Parking Management, the Department of Transportation, and Parking’s administrative offices are now relocated to Mountaineer Station. That means if you receive a parking ticket you must now go to Mountaineer Station to pay it.
It’s Time to Prepare for……

Check out these helpful tips when getting ready for your finals!

• Make sure you know the days and times of all of your final exams well ahead of time. [http://registrar.wvu.edu/current_students/final_exams](http://registrar.wvu.edu/current_students/final_exams)

• Know where you stand in each of your classes and how much the final is worth.

• Know what is going to be covered on each one of your finals, and find out if your tests will be cumulative.

• Begin studying a couple weeks before your finals. Avoid cramming; it only causes more stress and confusion.

• Avoid long study sessions, study in short blocks with frequent breaks.

• Study in a room similar to the setting of where you will be taking your test. Make sure there aren’t any distractions.

• Most importantly, stay healthy by eating well and getting enough sleep. If you feel too stressed and overwhelmed, try exercising to relieve some of the tension.

HELP!!

I Have to Write a Paper

So… you just looked at your syllabus and saw that you have to submit a final paper for one of your classes. Don’t stress out; check out the two locations below for help.

⇒ Term Paper Clinic: Helps students find a research topic and search for information. You can also receive help with MLA/APA citations.

Downtown Library:
Monday - Thursday: 1:30 PM – 3:30 PM
Study Room 1020 on the main floor

Evansdale Library:
Tuesday and Thursday 1:30 PM – 3:30 PM
Study Room 212 on the second floor

⇒ Writing Center: Provides tutoring in drafting, revising, citations, style, and grammar.

G02 Colson Hall:
Monday - Thursday: 10:00 AM -5:00 PM
Friday: 10:00 AM – 3:00 PM

Call 304-293-5788 to schedule an appointment.

Feeling Overwhelmed?

All of this talk about due dates, finals, and papers can be a bit overwhelming. While it’s important to stay focused on your schoolwork, you also need to focus on yourself. Your body can’t continue running on empty, and your mind can’t handle all of your stressed out thoughts. Try spending a few minutes a day doing something that you enjoy, whether it’s watching TV, going out to eat, shopping, exercising, or even taking a nap. Everyone needs some down time in order to unwind.
Mountaineer Week: November 7 – 15
Come celebrate West Virginia’s heritage and traditions!

Check out all of the vendors and information booths inside and outside of the Mountainlair all week long!

Saturday, November 7: Football game against Louisville

Sunday, November 8: Mountaineer Idol Final Competition - 3:00 PM in the Mountainlair Ballrooms

Monday, November 9: Mountaineer Week Scavenger Hunt
Registration – 2:30 PM, Mountainlair Vandalia Lounge
Hunt begins – 3:00 PM

Tuesday, November 10: PRT Cram - 11:00 AM – 2:00 PM, Front of Mountainlair

Thursday, November 12: WVUp All Night

Friday, November 13: Mountaineer Week Craft Fair & Quilt Show Opening Ceremony
12:00 PM in the Mountainlair Ballrooms

For a complete list of events go to http://mountaineerweek.wvu.edu/

3-on-3 Basketball Tournament
The Rec Center will be hosting a 3-on-3 men’s and women’s basketball tournament that begins on November 11th at 7:00 PM. A mandatory captain’s meeting will be held on Sunday, November 8 at 7:00 PM. The maximum number of participants per team is four. Each member of the winning team will receive a $100 prize package.

Register at the Rec Center front desk. The registration deadline is November 6 at 5:00 PM.

Commuter T-Shirt Design Contest!
After tough deliberation, the T-Shirt designs have been narrowed down to three. Now, we need your votes!! Check out our Facebook fanpage and group in order to see the options. Please vote by sending an email of your favorite design to Morgan (Morgan.sharpless@mail.wvu.edu) or by filling out the form located in the lounge and return it to Morgan.

1. WVU Commuter—A Take-out Education
2. West Virginia Mountaineers Commuters
3. WVU Commuters: We take pride in our ride.
Driving Tips
Snow, ice, and hail make commuting to campus difficult in the winter months. Check out the helpful driving tips from www.weather.com:

When driving on icy roads:
- Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.
- Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake. If you have antilock brakes (ABS), ignore this advice and step on the brake with a firm touch.
- Be especially careful on bridges, overpasses and infrequently traveled roads, which will freeze first.

If you get stuck:
- Do not spin your wheels. This will only dig you in deeper.
- Turn your wheels from side to side a few times to push snow out of the way.
- Use a light touch on the gas to ease your car out.
- Use a shovel to clear snow away from the wheels and the underside of the car.
- Pour sand, kitty litter, gravel or salt in the path of the wheels aid traction.
- Try rocking the vehicle. (Check your owner's manual first — it can damage the transmission on some vehicles.) Shift from forward to reverse, and back again. Each time you're in gear, give a light touch on the gas until the vehicle gets going.

REMINDER: Make sure you are registered for WVU ALERT. You will receive text messages with information regarding weather conditions and university closings.
Sign up by going to: http://emergency.wvu.edu/alert/