The commuters are hitting the Road!

Come join us at Rich’s Fright Farm! We will be meeting at Fright Farm on Wednesday October 8, at 7:00 PM. We will be paying for part of your ticket making the overall student price just $7.50! Please bring your student ID and plan to be at the farm by 7:15. You can find directions here http://frightfarm.com/ If you are interested in attending, please email Whitney at whull1@mix.wvu.edu.

Student Tail Gate

Come join us get ready to watch WVU take on Kansas on Saturday October 4! We will be in the Student Lot located at the Evansdale Residential Complex (ERC) basketball courts. There will be free food, giveaways, and entertainment. Opens at 4:30 PM. studentlot.wvu.edu

Bartlett House

Bartlett House is a non-profit organization that offers food, shelter, and comprehensive case management. We have the opportunity to help this wonderful organization. On Friday October 17, the commuter students will be sponsoring a spaghetti dinner at Bartlett House. The pasta, sauce, and salad will be donated by Oliverio’s. We will need donations of bread and drinks, which can be brought to the lounge from October 13 through the 17th. We will also need some volunteers to serve the dinner. Please email Whitney at whull1@mix.wvu.edu if you are interested.
Managing That Midterm Stress

TIPS FOR STUDYING:

1.) **Go to class!** You are paying for it.
2.) **Don’t be afraid** to ask questions.
3.) **Don’t wait** until the last minute to do something!
4.) **Find the method that works for you:** Flash cards, study groups, study guides, etc.
5.) **Manage your time** wisely!

Midterms can be stressful for everyone! Luckily, our school has some great resources. Your professor’s office hours are always a great place to start. Don’t forget WVU offers tutoring, Academic Resource Centers, study lounges, the library, and me!

Stay focused, study frequently, and be sure to get rest. If you are feeling overwhelmed, try taking a break and going for a walk on the Rail or to a group exercise class at the REC Center. Let me know if I can help you in anyway!

Good Luck,

Whitney

Academic Resources Centers have locations in the Downtown Library, Brooke Tower, and WVUp All Night. They offer tutoring in Math, Bio, Chem, Geology, Physics, and Statistics.

You can also find tutoring at the Math Learning Center, Chem Learning Center, Writing Center, Term Paper Clinic, and other tutoring centers. Just go to http://retention.wvu.edu/academic_resource_centers

Diversity Week is a great way to learn a few things outside of the classroom. Please visit http://diversity.wvu.edu/di/diversity-week for a full schedule.

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