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University of Arkansas, Fayetteville

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NOVEMBER 2011

STUDENT NEWSLETTER

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NOVEMBER 2011

on the academic calendar:

DATE	EVENT
10/31-11/11	Priority Registration for Spring 2012 for currently enrolled students
11/11	Incomplete marks from the previous semester attended are changed to failing grades
11/17	Last day to drop a second 8-week course with a "W" (no fee adjustment)
11/18	Last day to drop a full semester class or classes with a mark of "W" (no fee adjustment)
11/23	Thanksgiving Break (Academic break, University administrative offices will be open)
11/24 - 25	Thanksgiving Holiday (University administrative offices closed)

on the entertainment calendar:

DATE	EVENT
11/01-18	"Mark Dion: Process and Inquiry" Exhibition Fine Arts Gallery (art.uark.edu)
11/04	MagicofAdam: A magic show by professional magician Adam Rose 7:00-10:00PM
11/17	Occam's Razors: Religion as a Sexually Transmitted Disease 7:00-10:00PM, Arkansas Union

on the *sports* calendar:

FOOTBALL

DATE	EVENT
11/05	South Carolina (Homecoming) FAYETTEVILLE
11/12	Tennessee FAYETTEVILLE
11/19	Mississippi State Little Rock, Ark.
11/25	LSU Baton Rouge, La. @ 1:30

MEN'S BASKETBALL

DATE	EVENT
11/04	Texas A&M-Commerce (Exh.)
11/08	Christian Brothers (Exh.) FAYETTEVILLE @ 7 p.m.
11/11	USC-Upstate FAYETTEVILLE @ 7 p.m.
11/16	Oakland FAYETTEVILLE @ 7 p.m.
11/18	Houston N. Little Rock @ 7 p.m.
11/22	Utah Valley FAYETTEVILLE @ 7 p.m.
11/26	Grambling State FAYETTEVILLE @ 7 p.m.
11/30	Mississippi Valley State FAYETTEVILLE @ 7 p.m.

WOMEN'S BASKETBALL

DATE	EVENT
11/02	Newman University (Exh.) FAYETTEVILLE @ 7 p.m.
11/11	Minnesota Daytona Beach, Fla. @ 1 p.m.
11/12	South Florida Daytona Beach, Fla. @ 1 p.m.
11/13	Florida State Daytona Beach, Fla. @ 1 p.m.
11/16	Texas - Arlington FAYETTEVILLE @ 7 p.m.
11/20	Utah FAYETTEVILLE @ 7 p.m.
11/25	Grambling State FAYETTEVILLE @ 7 p.m.

VOLLEYBALL

DATE	EVENT
11/04	Georgia Athens, Ga. @ 7 p.m.
11/06	Auburn Auburn, Ala. @ 1:30 p.m.
11/11	South Carolina FAYETTEVILLE @ 7:00 p.m.
11/13	Florida FAYETTEVILLE @ 1:00 p.m.
11/18	Tennessee Knoxville, Tenn. @ 6 p.m.
11/20	Kentucky Lexington, Ky. @ 1:30 p.m.
11/26	LSU Baton Rouge, La. @ 1:30 p.m.

SWIMMING

DATE	EVENT
11/16	Tennessee Invitational Knoxville, Tenn.
11/17	Tennessee Invitational Knoxville, Tenn.
11/18	Tennessee Invitational Knoxville, Tenn.

NOVEMBER VOLUNTEER OPPORTUNITIES

DATE	EVENT
11/19 - 2/20	Competitive Basketball League AAO is in need of score clock operators and stat Sheet keepers.
11/7 - 11/9	NWAWS- Help needed moving boxes!
11/13	Volunteers Needed For Author Event At Fayetteville Public Library

Let's focus on

STRESSMANAGEMENT

Every student knows that college is stressful and finals week makes the rest of the term look like a picnic in the park. Even Franklin Delano Roosevelt once said that we have nothing to fear but fear itself. As a result, you should recognize that fear can actually be a good motivator.

So what is the dedicated college student to do when the light at the end of the tunnel is not the close of the term, but the approaching locomotive of finals? Several things:

First of all, realize that some level of stress isn't a bad thing. It focuses your attention, heightens your senses and generally kicks you into high gear. Not a bad place to be when the math final is making its way down the row to where you are sitting. However, stress becomes a problem when it interferes with your ability to operate. When you find yourself focusing on your stressed out state rather than the job you have to do, that's when good stress changes to bad stress.

To keep a balance, recognize that the biggest fear is fear of the unknown. Unfortunately, no matter how much you study, there will still be an element of surprise to a final.

The key to reducing this element to its lowest possible level is thorough preparation. Your study habits and ability to organize study notes and class materials are two of the greatest weapons in the fight against stress. Do you have a study plan? Are you active when you study? Do you ask questions about your notes, lectures, and text, or do you try to cram right before quizzes and exams?

Stress revolves around a feeling of worry and not being in control. The more you are able to take control of studying and class preparation, the more you will reduce your stress level. You control your approach to studying, but you can also control the way you take tests. Do you read over the exam first and then answer the questions or do your jump right in and start answering questions before reviewing them? Have a planned approach to your assignments and you will gain a larger sense of control and ease stress.

To keep a balance, recognize that the biggest fear is fear of the unknown.

There is no magic formula for making stress go away and it probably wouldn't help performance if it did, but through the conscious application of small steps, you can reduce stress significantly and perform better on your assignments.

Finally, it helps to know when help is needed. Stress can be reduced by sharing your concerns. Finding someone to talk with is a great way to put stress in perspective and make it more manageable. Being frazzled before a test or quiz may never entirely go away but you will be better prepared for assignments and be able to keep focused.

Don't forget your...

FLUSHOTS

With winter weather approaching, it is important for you to be ready for the changing temperatures and increased chances of getting sick. Late night studying, inadequate rest and the lack of a well balanced diet can lower your immune system. We encourage you to get a flu shot so you can enjoy all the wonderful things that winter in Northwest Arkansas brings!

To help U of A students with easy access to flu shots, the Pat Walker Health Center has walk-in flu shot clinics available.

If you have paid the health fee you may get a flu shot at the Pat Walker Health Center.

COST: \$10.00

WHEN: Monday-Thursday, 8am-9am
Monday-Friday, 4pm-5pm.

If you do not want a shot you have the option of purchasing Flu Mist (nasal spray immunization) at \$20.00.

We encourage to you take advantage of this resource to guard against the flu. To learn more about the Pat Walker Health Center and its services, visit **HEALTH.UARK.EDU**.

In addition to getting a flu shot, you can help prevent sickness by doing the following:

- Wash hands frequently
- If you need to cough or sneeze, remember to use a tissue
- Eat healthy and exercise
- When sick, stay away from others
- If you have a fever, you should stay home until you are fever-free for 24 hours without the use of fever-reducing medications
- Stay hydrated by drinking a lot of fluids



Get Prepared:

THANKSGIVINGBREAK

Thanksgiving Break gives you a much needed break from your academic routine for a few days. The 2011 Thanksgiving Break begins at 5:00 p.m., Wednesday, November 23 and ends at noon on Sunday, November 27.

Non-Academic Year residence halls will close for Thanksgiving Break. As the break approaches students living in **Buchanan-Droke, Futrall, Gibson, Gladson-Ripley, Humphreys, Maple Hill East, South & West, Pomfret and Reid Halls** will receive a hall-closing checklist to complete prior to leaving campus. Once you complete the checklist you

will not have access to your on-campus residence until the conclusion of Thanksgiving Break.

If you have evening classes on Wednesday you will be accommodated. However, you will need to contact your Residence Hall Coordinator to make plans in advance.

There is no break housing on campus if you are living in Non-Academic Year Halls. Local hotels may be available for those living in non-academic year residence halls and wish to stay in Fayetteville during the break. Accommodations in the area can be found at experiencefayetteville.com/stay.php.

The Northwest Quad, Duncan Avenue & Crowne Apartments, Gregson, Holcombe, and Yocum Halls will remain open during the break for residents only.

CUT HERE! ↪

CLOSINGCHECKLIST

- _____ Lower window blinds
- _____ Turn off heaters
- _____ Make sure all belongings are off the floor
- _____ Turn off alarm clocks
- _____ Take out trash
- _____ Unplug all appliances and electronics (including alarm clocks) except refrigerators* and fish tanks
- _____ Lock doors and windows
- _____ Turn off lights
- _____ Sign "Room Checklist" on room door

*It is highly advised that you remove medicines from refrigerators in the event that power may be reduced to a building during the break.

HAVE A BIKE? Be sure to secure it in a proper location. If you are not planning to use your bike anymore, now is a perfect time to take it home.

Double check your luggage before leaving campus – be sure to pack all valuables like **books, notebooks, electronics, musical instruments, airline tickets, prescriptions or other medication**, etc. If you forget important items you will not be able to access residence hall buildings that are closed over Thanksgiving Break and staff on campus will have limited access.

If you have any questions about Thanksgiving Break closing, they can be forwarded to housing@uark.edu, or visit the University Housing website. You may also call **(479) 575-3951**.