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Student Affairs

12-2011

Student Newsletter, December 2011

University of Arkansas, Fayetteville

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Citation

University of Arkansas, Fayetteville. (2011). Student Newsletter, December 2011. *Student Newsletter, University of Arkansas First Year Experience*. Retrieved from <https://scholarworks.uark.edu/student-newsletter/4>

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DECEMBER 2011

STUDENT NEWSLETTER

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FEED YOUR BRAIN, ACE YOUR EXAMS

A WINTER BREAK WELL SPENT

GET PREPARED FOR WINTER BREAK

DECEMBER 2011

on the *academic* calendar:

DATE	EVENT
12/8	Last Day of Fall 2011 classes Last day to officially withdraw from all full semester Fall 2011 classes
12/9	Dead Day
12/12-16	Finals Week
12/17	Commencement

on the *entertainment* calendar:

DATE	EVENT
12/7	Brain Dead Day 12:00-3:00PM, Arkansas Union (up.uark.edu)
12/1-31	Alternative Spring Break Photo Exhibit Anne Kittrell Art Gallery (up.uark.edu)



on the *volunteer.uark.edu* calendar:

DATE	EVENT
12/1-17	Tutoring program needs 30 volunteers to pass out door hangers in Bentonville neighborhoods
12/1-16	Winter Break Snack Packs Program needs 650 pudding cups by Dec. 16
12/2 & 12/8	Warming up the Hill needs lifting and advertising help
12/3, 10 & 17	Competitive Basketball League needs score clock operators and stat sheet keepers
12/10	Help decorate doors for the elderly at Butterfield Trail
12/20	Help sort food donations for Leverett Elementary

on the *sports* calendar:

WOMEN'S BASKETBALL

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

MEN'S BASKETBALL

DATE	EVENT
12/10	Oklahoma Norman, Okla. @ 2:00 p.m.
12/17	Southeastern Louisiana FAYETTEVILLE @ 2:00 p.m.
12/20	Eastern Kentucky FAYETTEVILLE @ 7:00 p.m.
12/22	Louisiana Tech FAYETTEVILLE @ 7:00 p.m.
12/28	Charlotte FAYETTEVILLE @ 7:00 p.m.
12/30	Texas Southern FAYETTEVILLE @ 7:00 p.m.

The Official First Year **STUDY GUIDE**

Consider this your official guide to all the best study spots in Fayetteville, on and off campus. We've tracked down addresses, hours, and pros and cons for all of them. Just for you. So get out there and study!

ON CAMPUS

Mullins Library

Dec. 9 & 10 7:00 a.m. – 11:00 p.m.

Dec. 11 12 p.m. – **Dec. 14** 2 a.m. (74 hours)

Dec. 15 7:00 a.m. – 2:00 a.m.

Dec. 16 7:00 a.m. – 6:00 p.m.

PROS: Has Wifi, located on-campus, open extended hours during finals. Good for studying alone.

CONS: Crowded during finals, group study rooms only available for limited time.

RZ's Coffeehouse

Located in Arkansas Union

Monday - Thursday 7:00 a.m. – 11:00 p.m.

Friday 7:00 a.m. – 10:00 p.m.

Saturday 10:00 a.m. – 10:00 p.m.

Sunday 1:00 p.m. – 12:00 a.m.

PROS: Has Wifi, relaxed atmosphere. Good for individual & group studying.

CONS: Noisy at times, limited seating.

Fine Arts Library

Located in Fine Arts building, near art gallery

Dec. 9 8:00 a.m. – 6:00 p.m.

Dec. 10 1:00 p.m. – 6:00 p.m.

Dec. 11 2:00 p.m. – 11:00 p.m.

Dec. 12 - 14 8:00 a.m. – 11:00 p.m.

Dec. 16 7:00 a.m. – 5:00 p.m.

PROS: Has Wifi, located on-campus, quiet, large tables, nice atmosphere, usually minimally occupied. Good for individual studying.

CONS: Wi-fi is unreliable, limited seating/tables, no extended hours during finals.

JB Hunt Building

Daytime hours only without key access

PROS: Has Wifi, located on campus, quiet, large study rooms with glass walls for writing. Good for studying in groups.

CONS: Study rooms not soundproofed, limited hours.

Fulbright Honors Lounge

Located in Honors office on 5th floor of Old Main

Monday - Friday 8:00 4:30

PROS: Has Wifi, quiet, comfortable seating. Has computer lab with printer. Good for studying alone.

CONS: Very limited space, reserved for Honors students.

Off Campus Commuters Lounge

Arkansas Union 632 (Ballroom side)

Monday – Friday 8:00 a.m. - 9:00 p.m.

PROS: Has Wifi, located in Arkansas Union, quiet atmosphere, good for individual & group studying. Free donuts and coffee Wednesday mornings at 8:30 for commuter students.

CONS: No weekend hours.

Arsaga's (on campus)

Located in Law Library

Dec. 9 8:00 a.m. – 6:00 p.m.

Dec. 10 1:00 p.m. – 6:00 p.m.

Dec. 11 2:00 p.m. – 11:00 p.m.

Dec. 12 – 14 8:00 a.m. – 11:00 p.m.

Dec. 16 7:00 a.m. – 5:00 p.m.

PROS: Has Wifi, located on-campus, quiet, large tables, nice atmosphere, usually minimally occupied. Good for individual studying.

CONS: Wifi is unreliable, limited seating/tables, no extended hours during finals.

Starbucks (on campus)

Located in Brough Commons

Monday – Friday 7:00 a.m. - 11:00 p.m.

PROS: Has Wifi, located on campus, nice atmosphere, excellent coffee and food. Good for studying alone.

CONS: Limited space, loud at times, must make purchase.

Enhanced Learning Center

Located at the Garden Level of Gregson Hall (use side entrance)

Monday – Thursday 8:00 a.m. – 7:00 p.m.

Friday 10:00 a.m. – 1:00 p.m.

Sunday 4:00 p.m. – 7:00 p.m.

PROS: Has Wifi, located on campus, spacious. Tutors will be on the floor all week from 10 a.m. to 5 p.m. to answer questions. Check website for tutor hours. Good for group/individual study.

CONS: Gets extremely busy, no one-on-one tutoring appointments during finals.

Quality Writing Center

Located on 3rd Floor of Kimpel Hall

Dec. 9 9:00 a.m – 4:00 p.m.

Dec. 12 – 14 9:00 a.m. – 5:00 p.m.

Dec. 15 9:00 a.m. – 4:30 p.m.

Dec. 16 9:00 a.m. – 2:30 p.m.

PROS: On-campus, great if you need help with a paper. Has large computer lab.

CONS: Not good for individual study.



OFF CAMPUS

Fayetteville Public Library

401 W. Mountain St. (1 mile off campus)

Monday – Thursday 7:00 a.m. – 8:00 p.m.

Friday – Saturday 9:00 a.m. – 5:00 p.m.

Sunday 1:00 p.m. – 5:00 p.m.

PROS: Has Wifi, located near campus. Quiet, comfortable and spacious study areas, computer labs & printers, as well as reservable soundproof study rooms. Arsaga's is located on first floor. Great for individual/group studying.

CONS: Hours are limited, especially on weekends. Technology & internet usage require library membership (free).

Arsaga's Espresso Cafe

Two locations: 2418 Gregg St. and 1852 Crossover St.

Monday – Thursday 6:30 a.m. – 11 p.m.

Friday – Saturday 6:30 a.m. – midnight

Sunday: 6:30 a.m. – 9 p.m. (Gregg St. open til 11)

PROS: Has Wifi, excellent coffee, tea and food, quiet atmosphere, open late.

CONS: Usually full of other students studying, sometimes cramped. Sometimes live music at Crossover location.

Panera Bread Co.

3638 N. Front St

Monday 6:00 a.m. – 9:00 p.m.

Sunday 7:00 a.m. – 8:00 p.m.

PROS: Has Wifi, nice atmosphere, food and large tables.

CONS: Across town, can be loud, must make purchase.

Starbucks

3901 N. Shiloh Dr.

Monday – Thursday 5:30 a.m. – 10:30 p.m.

Friday – Saturday 5:30 a.m. – 11:00 p.m.

Sunday 6:00 a.m. – 10:30 a.m.

PROS: Has Wifi, quiet atmosphere. Good for studying in groups and alone.

CONS: Limited space, can be loud must make purchase.

Mama Carmen's Espresso Café

2850 N. College Ave

Monday – Thursday 6:00 a.m. – 11:00 p.m.

Friday 6:00 a.m. – midnight

Saturday 7:00 a.m. – midnight

Sunday closed

PROS: Has Wifi, nice atmosphere, great coffee, tea and food. Spacious with lots of big and small tables. Great for group/individual study.

CONS: Must make purchase, fills up quickly and can get loud.

Big Momma's Coffeehouse

609 W. Dickson St

Monday – Saturday 7:30 a.m. – 8 p.m.

PROS: Close to campus, has Wifi and coffee.

CONS: Must make purchase, Dickson location could bring noisy crowds.

Common Grounds

412 W. Dickson Street

Sunday – Saturday 7 a.m. – midnight

PROS: Has Wifi, large seating area, food and coffee.

CONS: Can be noisy and crowded, must make purchase.

Jammin' Java

21 West Mountain #228

Monday – Saturday 6:30 a.m. – 9:00 p.m.

Sunday 9:00 a.m. – 5:00 p.m.

PROS: Has Wifi, good atmosphere, food and coffee/tea. Good for studying alone.

CONS: Can get busy, has live music sometimes, small tables, must make purchase.

Little Bread Company

116 N. Block St.

Monday – Saturday 7:00 a.m. – 5:00 p.m.

Sunday 8:00 a.m. – 3:00 p.m.

PROS: Has Wifi, Good food and coffee/tea, cool atmosphere, good for studying alone.

CONS: Seating is limited, can get loud, must make purchase.

The Perk on Wedington

3980 W Wedington Dr

Monday – Saturday 6:30 a.m. – 10:00 p.m.

Sunday 8:00 a.m. – 8:00 p.m.

PROS: Has Wifi, food and coffee/tea, chill atmosphere, good for studying alone.

CONS: Seating is limited, has live music sometimes, must make purchase.



Feed your brain, **ACE YOUR EXAMS**

From Laura L. Conway, MS, RD, LDN Chartwells Director of Nutrition

Do the foods you eat really help you improve concentration or memory? Yes. However, it's not a magic pill. It's the simple power of good food.

Our brains use a lot of energy. Without carbohydrates, they starve and thinking becomes foggy. While sugary snacks provide quick bursts of energy, the sugar is quickly used and your brain goes back into starvation mode. You can't store carbohydrates in your brain, so a steady stream is best. Eat regularly and eat mostly **whole grains** so the sugar is released slowly.

Our brains are built primarily of fats and essential fatty acids, like Omega-3's, protect delicate nerve synapses. Without this fatty lining things just don't click. You can get Omega-3's from **wild salmon, walnuts and flax**.

You also need lots of **antioxidants, vitamins, and minerals**. As our bodies metabolize foods, medicines, and other toxins, toxic by-products may be produced. You need antioxidants to turn by-products into non-toxic chemicals. Your brain is particularly vulnerable to out of control toxins. Brains also use a lot of energy and B-vitamins help your cells release this energy. Load up on **richly colored fruits and vegetables** (especially dark greens, yellows, oranges, blues, purples.)

Your brain also needs protein to enhance brain function. The following list gives some good options on where to get protein in your daily diet:

Eggs have B-vitamins in the yolk and high quality protein in the egg whites.

Lean meats like turkey, beef, and chicken provide some B-vitamins and high quality protein.

Beans and legumes are a stable carbohydrate source and have high quality protein.

Leafy greens like spinach, romaine, and leaf lettuce provide B-vitamins for energy production.

Tuna, salmon, and olive/canola oil have Omega-3 and Omega-6 fatty acids that your brain uses to protect communication pathways.

Nuts and seeds are healthy fats, plus they have high quality protein.

Water, whether flavored or plain, cold or warm, seltzer or flat...it's all good for your brain.

Low-fat yogurt contains tyrosine, an amino acid that is great for stress management.

Low-fat dairy products like skim or 1% milk and low-fat cheese are good for your brain but it's the saturated fat content in the regular versions that aren't.

Our brains are almost 80% water, so drinking caffeinated and sugary drinks instead of water on a daily basis can cause dehydration.

A winter break **WELL SPENT**

Having an entire month off from school after finals will give you time for much deserved rest as well as a great opportunity to further your career development, if you use your time wisely. There are lots of ways to add bits of productivity during this time of rest.

Job shadow

Reach out to friends, family members, and mentors who can direct you toward professionals in your field of career interest. Job shadowing a professional whether it's for a week or even one day can give you a better understanding of what the day-to-day functions in your prospective career is like. The more you learn the better equipped you'll be when you enter your career field.

Research graduate programs, internships, and jobs

To get started, you can visit www.petersons.com to locate graduate programs you may be interested in. You can research jobs and internships that are posted by the career center at www.careerlink.uark.edu.

Network

Reach out to friends, family members, and mentors who can introduce you to professionals in your field of interest. You can also use websites like **LinkedIn** to connect with professionals in a variety of ways. Using

the website's advanced contact search to find "University of Arkansas at Fayetteville" alumni and doing "keyword" searches will help you connect with people in your prospective career all over the world. When you first contact a professional, introduce yourself as a current student, and tell them why you are reaching out to them. Once they've agreed to connect with you, ask to schedule an informational interview, either electronically or in person.

Gaining relevant work experience

Volunteering during Winter Break is a great way to gain experience in your prospective career field as well. This experience will allow you to continue networking, gain specific skills, provide much needed assistance, and build your resume all at the same time.

Get Prepared: WINTER BREAK

As defined in Section II.E. of the Housing Contract for Room and Board Accommodations, all residence halls except: Holcombe, Gregson, Yocum, and the Northwest Quad will close at 5:00 p.m. for Winter Break on Friday, December 16th and will re-open at noon on Thursday, January 12, 2012.

If you need to stay for Commencement activities after 5:00 p.m. on the 16th, you need to complete an extended stay request with your Coordinator for Residence Education no later than Monday, December 12th. If you are participating in Commencement activities you will need to be out of your residence hall by noon on Sunday, December 18th. Every student will receive the following checklist to complete before leaving for the holiday:

CUT HERE! ↘

CLOSING CHECKLIST

- ___ Lower window blinds
- ___ Turn thermostat to 68 degrees or turn heater off (refer to the hard copy of your checklist for instructions specific to your residence hall)
- ___ Turn off lights
- ___ Take out trash
- ___ Unplug all appliances and electronics
- ___ Empty, defrost and unplug refrigerator, then place a thick towel underneath it to catch excess moisture
- ___ Take your fish, medications and sports tickets with you
- ___ Make sure all belongings are off the floor
- ___ Lock doors and windows
- ___ Sign "Room Checklist" on room door

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 Winter Break and staff on campus will only have limited access.

If you have any questions about Winter Break closing, visit housing.uark.edu or email housing@uark.edu, or visit the University Housing website. You may also call (479) 575-3951.