Academic Coaches will work with a student on academic and life skills that affect their coursework and their academic progress. These skills include self-advocacy, time management, organization, career planning, etc.

Math and Writing Tutoring

Tutoring is available to improve the math learning experience through homework help, studying and test prep, as well as improve writing skills through all stages of writing including grammar, mechanics, etc.

Adaptive Technology

Audio Books, E-Text, Reading Technology, Dictation Programs, Notetaking Technology, and Alternative Texts

Proctoring Center

Students who receive testing accommodations should speak to professors regarding testing arrangements. When professors are unable to accommodate students in a classroom, students will use the Proctoring Center.
Test Hack: Chewing Gum Can Increase Exam Score  
By: Alli Gatta

There are numerous study and test taking strategies that can help you increase your exam scores such as breaking up studying, using flashcards, practice quizzes, and simply getting a good night’s rest and eating a healthy breakfast. However, research suggests that there is another trick that could increase your exam scores by a few points, which may be the difference between letter grades.

Cognitive psychologists (Johnson, Miles 2008) have studied how context-dependency can influence memory recall, which in simpler terms explains why memories of an ex-significant other come back when you visit a restaurant that you often visited with them. The context of where the memory was created influences the memory recall when presented with that context again. Context can be visual, auditory, olfactory (smell), or taste.

While studying for an exam, if you are chewing a certain flavor of gum for the duration of studying, cognitive psychologists suggest that if you chew the same flavor gum when you take the exam, you will recall more material than without. This supports the context-dependency theory, as a taste can bring back memories of the material that you studied. Although this works in theory, it may not work for everyone. Also, chewing gum can increase heart rate and attentiveness, which never hurts when focusing on an exam, especially early in the morning or late at night. So, grab a pack of your favorite flavor and test out the theory for your next exam coming up!

Wellness is a difficult task for people of all ages! It requires taking inventory of all aspects of your life: stress management skills, regular sleep schedules, exercise routines, positive relationships and much more! West Chester University recognizes how difficult this can be, so it offers many helpful resources for students on campus.

Resources offered by West Chester:  
The Office of Social Equity (OSE) has a calendar of events offered at West Chester to improve diversity and equality on campus. The calendar includes programs such as Dog Therapy at Sykes, Green Dot Training, LGBTQQA ally training, free workshops, and many other events! Or, take 45 minutes to analyze nutrition, stress management, sleep, exercise, and other lifestyle choices in a Wellness Consult. Make a plan to get the most and best out of your day. Call Student Health Services at 610-436-2509 to schedule a Wellness Consult

Social Media Resources:  
The Counseling Center offers Apps to help with Anxiety, Mediation/Relaxation, and Depression. Go to the Counseling Page and click on the Resources tab for a list of helpful Apps. The Counseling Center webpage also has links to inspirational TED talks. Click on the Resiliency tab on the Counseling Center webpage for links to TED talks 😊
Looking for a resume builder? Feeling lost as a freshmen and don’t know what to join? Join the Mentor Volunteer Program!

In need of mentor and mentee’s!

This program designed to aid incoming college freshman student’s transition into their first year. The volunteer mentor will meet with their student periodically and help them with any assistance throughout their first year. This program is fairly new and will be following a trial basis.

If you have any further questions, please contact our Assistant Director, Sharon Watson at SWatson@wcupa.edu

We know that mornings, especially with early classes, can be rough for college students. For many, it’s a struggle to get out of bed, get ready, and get to your 8 am class on time; that’s only half the battle. Once you are there, it can be difficult to stay awake or concentrate on what’s being taught.

Studies show that eating breakfast can make a tremendous difference in a student’s mood, concentration, and grades. They demonstrate that students who eat a low-glycemic breakfast have better concentration and improved memory. Low-glycemic options for college students may typically include such breakfasts as oatmeal or omelettes. Also, the improved concentration and memory typically lead to better grades and motivation for attendance.

In addition to academic benefits, breakfast has physical benefits as well. Breakfast can give you more energy and endurance for physical activity and gives you a more complete diet. So after your classes, you may be more inclined to go to the gym instead of going to take a nap. Eating breakfast may also help to prevent overeating at other meals and to reduce hunger throughout the day.

Breakfast = Excellence

Marqi’s Corner

Marqi wants you to get involved!

Like Video Games?

What about Sign Language?

Maybe Creative Writing?

WCU has it all!

With almost 300 officially recognized clubs on campus, there are plenty of opportunities to get involved in extracurricular activities. Be sure to check out the Involvement Fair each semester to find a club or organization that is the right fit for you!
The Differences Between College and High School  
By: Caroline Gregory

<table>
<thead>
<tr>
<th></th>
<th>High School</th>
<th>College</th>
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<tbody>
<tr>
<td>Learning</td>
<td>In high school, teachers take a large amount of the responsibility by constantly reminding you about assignments and due dates and there is very little reading expected outside of class. A smaller amount of information is taught with quizzes and tests right after.</td>
<td>In college, you are responsible for remembering assignments, readings, due dates, and exam dates. Prepare to read on your own — a lot. A larger amount of information is taught with only one or two exams. Organization is vital!</td>
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<td>Attending Class</td>
<td>In high school, you must attend class unless you’re sick or have an excused absence.</td>
<td>In college, you have complete freedom to attend or skip class as you please. Just be prepared to miss large chunks of material and to lose points after a certain amount of classes are missed.</td>
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<tr>
<td>Independence</td>
<td>There’s someone at home to remind and help you to do your homework, get enough sleep, stay healthy, and manage your time.</td>
<td>It’s completely up to you to organize your time to be involved, do your work, and have a social life. Want to skip all of your classes? Go for it! Feel like having pizza for breakfast, lunch, and dinner? Enjoy! Just remember, with freedom comes responsibility and consequences still exist.</td>
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<tr>
<td>Classes and Content</td>
<td>In high school, you’re limited to the basics – different variations of English, History, Math, and science along with some gym and art options.</td>
<td>The course catalog is your oyster! Aside from required general education classes, there are literally hundreds of options ranging from yoga, to Russian. Take advantage of all of the options and explore your interests!</td>
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The Positive Side of Solitude

Take a moment and think about what you do on a daily basis. Do you sometimes find it hard to remember everything you’re involved in or do in a day? Are there just too many tasks in one day that leave you emotionally/mentally/physically exhausted? Whether you are a freshman learning the ropes or an upperclassman getting a last crack at college life, I am guessing you feel as though there is never enough time in a day to do everything we have to do, nonetheless everything we want to do. Katrina Kenison wrote in an article in Oprah magazine quoting Thomas Moore, author of Care of the Soul, saying “we don’t get a lot of support in this culture for doing nothing. If we aren’t accomplishing something, we feel that we’re wasting time.” I am wondering if I am the only one who agrees with those statements. My guess is a lot of us are not setting aside enough time for ourselves in our everyday busy lives. Not only time for ourselves, but time by ourselves. Before you write this off, I want to share with you the meaning of solitude and how you can benefit from it.

What is solitude? In this case, solitude is not being referred to as loneliness. The state of being alone is different than feeling lonely. Long and Averill (2003) summarized solitude as “a state characterized by disengagement from the immediate demands of other people—a state of reduced social inhibition and increased freedom to select one’s mental or physical activities.”

By: Megan McCabe

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Benefits

- Form of self-regulation
- Strengthens relationships
- Restores energy
- Boosts creativity
- Increases self-esteem
- Spiritual exploration
- Promotes self-growth

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D-CAP

Dub-C Autism Program

D-CAP is a NEW WCU program for:
- Matriculated WCU Students (full time) with Autism Spectrum Disorder (ASD)
- Increasing social opportunities on and off campus via Adventures with D-CAP
- Meeting others on campus with Autism Spectrum Disorder (ASD)
- A safe environment to discuss experiences, ask questions, and better understand the changes of lifestyle/education/social interactions when going to college
- Increasing functional, independent adult living skills

Contact: Cherie Fishbaugh
cfishbaugh@wcupa.edu or 610-436-3168
wcupa.edu/dcap
Do you love game shows? Because I love game shows. They are a staple of television. They have been around almost as long as television has been broadcasting. The first television game show, Spelling Bee, aired in 1938. That’s great but did you know that you can use math to defeat game shows?

In the 1980s, an unemployed ice cream truck driver, Michael Larson, defeated the game show Press Your Luck. The premise for Press Your Luck was typical question and answer fare but with an added wrinkle. After correctly answering questions, contestants would go to a board with seemingly random appearances of prizes and Whammies that would leave the contestant with nothing. Larson successfully used one of the great skills of mathematics, pattern power. He recognized that there was a pattern to the location where the Whammy would appear. He used his VCR (imagine a very primitive DVR) to discover the pattern. He walked off the show with $110,237.

Not all remakes of game shows live up to the original (see Alec Baldwin’s version of Match Game) but Wayne Brady’s Let’s Make a Deal has. The original host of the game show was Monty Hall. A question was asked about the show:

If you’re the contestant on “Let’s Make a Deal,” you have three closed doors to choose from. Two have goats, and the third door has a car. If you choose door number 1, and they show you door number 2 has goats you now have to make a decision: do you stay with 1 or change to door 3?

The answer is surprising. Since one of the options has been eliminated, one would naturally think that you have a probability of \( \frac{1}{2} \) of finding the car. However, through mathematical proof and computer simulation it has been shown that it is in your favor to switch to pick door No. 3. If you switch you have a \( \frac{2}{3} \) probability of winning the car.

By: Mike Hurst
OSSD Professional Opportunities

Become an Ambassador

Our Ambassador program provides students registered with the OSSD to connect with students at local high schools. Effectively showing the benefits of higher education, our ambassadors will act as role models for other students in the community. Ambassadors travel off campus to answer questions about college life, the transition to higher education, and much more.

Visit Local High Schools

Is there anything you wish you knew about college before your freshman year? As an OSSD ambassador, you represent our office and our university to a host of new potential students. Want to share your experience with them? Secure a spot on our first trip, November 3rd!

Shadow Day Panelists

Show incoming high school seniors what it means to be a college student! Talk about life on campus, classes, clubs, and anything else you think might be useful to potential WCU students. If you’d like a seat on our panel, please contact Martin Hopson (MH786110@wcupa.edu).

Join the Mentor Volunteer Program

OSSD is piloting a program for students to make connections with other WCU students registered with OSSD. Mentors and mentees will attend scheduled events together and focus on forming strategies to adapt to college life. If you would like to become a mentor or a mentee, contact Bethany Lang (BL855257@wcupa.edu).
The OSSD

FALL 2016

Proctoring Center Fall 2016 Hours

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<tr>
<th>Day</th>
<th>Open</th>
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<tr>
<td>Monday</td>
<td>8:00AM</td>
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<tr>
<td>Friday</td>
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Proctoring Center Protocol for Students

Quick Tips!

**A student request is required for EVERY EXAM!**
**Student requests must be submitted one week before the scheduled exam**

Scheduling Protocol

**Step 1**: A student will complete the online form at (or visit OSSD webpage, Proctoring Center tab, Student Login)

http://www.wcupa.edu/USSSS/OSSD/ProctoringForm/StudentRequestLogin.aspx

Student's will login using their WCU email and complete all 3 sections of the online form.

- **Section 1**: Course Information
  Please select the correct course and section number. Then correctly enter your professor’s WCU email.

- **Section 2**: Exam Date and Time
  Please review the Proctoring Center hours of operation (located to the right in this section) before scheduling. Your professor CANNOT schedule an exam for you when the Proctoring Center is not open. Please pick at least 2 different dates when scheduling.

- **Section 3**: Accommodations
  Please select your TESTING accommodations and click submit. Please let your professor and Proctoring Center staff know one week in advance of the exam if you need any assistive services and/or technology to complete the exam.

**The student’s completed request will be forwarded to his/her professor via email.**

**Step 2**: The professor will then schedule your exam at the Proctoring Center.

**Step 3**: Once your professor schedules your exam, you will receive a confirmation email that will contain the exam information. **If you do not receive a confirmation email that your exam has been scheduled, please follow up with your professor before contacting OSSD Proctoring Center staff.**
Meet the OSSD Staff! 😊

Dr. Martin Patwell  
**Director**  
610-436-3217

Sharon Watson  
**Assistant Director**  
610-436-2775

Linda Laskaris  
**Administrative Assistant**  
610-436-2564

Bethany Lang  
Jillian Moyer  
Marty Hopson  
Alli Gatta  
Caroline Gregory  
Kelly Kiefer  
Megan McCabe

**Academic Coaches**

Marty Hopson  
**Writing Tutor**

Mike Hurst  
**Math Tutor**

Alli Gatta  
**Proctoring Coordinator**

Jillian Moyer  
**Proctor**

Susan Durkovic  
**CART Captioner**

Bryan Jones  
**Technology Assistant**