

# Academic Excellence

The Academic Success Center's newsletter geared toward student success

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Winter hours  
Monday and Thursday  
8:30 am-7:00 pm  
Tues, Wed, Friday  
8:30 am-5:00 pm



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## Roving Reference Librarian

By Susan Sheiner, [ax5983@wayne.edu](mailto:ax5983@wayne.edu)

Look out for a *Roving Reference Librarian* on the second floor of the David Adamany Undergraduate Library (UGL). Students can look for a roving librarian in the UGL on Monday-Thursday from, 1 p.m. to 3 p.m.

Available librarians can be easily spotted by their gold T-shirt and a lanyard with a badge. They will also be holding an iPad to assist students with questions. Librarians, Katrina Byrne and Monique Andrews are heading the new project.

"It is investigative," Katrina Byrne remarked. "We are curious to see if there is a need," she said. "The second floor is usually packed with students. It is where they hang out. Many times, they do not want to move, or leave their books and laptops to go downstairs for a reference question."

The new service can help students who may not seek out assistance. The Roving Reference Librarian is designed to come to the students and help them understand that librarians are available for their needs.

Reference Librarian, Monica Andrews, remarked, "I think that many students do not think that librarians are there to interact with them."

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The average undergraduate is hesitant to do so," she said.

"I believe that if we can reach students at the point they are confused and help them find the information they need they will be able to achieve success," she added.

Byrne, who worked the first shift on January 10<sup>th</sup>, usually works the reference desk at the Purdy/Kresge Library. At first the students weren't quite sure what was going on, she said. The longer she was on the floor, though, she received more questions.

In addition to Roving Reference Librarians and the first floor Reference Desk, students can consult with a librarian online through the "Ask a Librarian" service by sending emails or live instant messages through the Wayne State University library website [www.lib.wayne.edu](http://www.lib.wayne.edu) from 11 a.m. to 9 p.m. Monday through Thursday and 11 a.m. -5p.m. on Friday.



## Let's Get Physical!

By Naveen Mitta, [ej1980@wayne.edu](mailto:ej1980@wayne.edu)

Thomas Jefferson once wrote, "A strong body makes the mind strong." Many university students forget the fact that both mind and body need physical exercise regularly to function at the peak level. Without mandatory high school gym class, physical exercise has become a thing of the past.

Wayne State University (WSU) offers an abundance of exercise options. WSU has two recreation and fitness centers: Mort Harris Recreation and Fitness Center and Matthaei Center. Mort Harris Recreation and Fitness Center, located adjacent to the student center offers many exercise options. It has a gym, which offers dodge ball, basketball, and volley ball, all of which are regularly scheduled throughout the semester. Additionally, it includes a special workout area for women only.

Those wanting a little adventure have the option of wall climbing with numerous climbing choices. During warmer months, Matthaei Center,

located at Warren and John C Lodge, offers swimming, tennis, and squash.

Those interested in more intense physical activities have the option of taking group fitness classes or personal training. The majority of these activities are free for WSU students and faculty. A list of these activities can be found by accessing <http://rfc.wayne.edu/wellness.php>.

Apart from gym, swimming, and fitness classes there are also many everyday activities you can do to get active. If possible, walk or ride a bike to the university or to local grocery stores. Take the stairs, try stretching, or walking around during study breaks. Students can also try fun activities such as bowling, ice skating, and dancing, as these can also help students to be socially active. Susan Sheiner, an adjunct faculty member and assistant

coordinator for Reading and Study Skills at WSU, states, "a regular exercise routine helps students manage their time and teaches them about personal goals." To get the benefits of proper exercise, students should focus on staying active both physically and mentally.



## Getting Your Vocabulary Vitamins

By Jazmine Wesley, [3161@wayne.edu](mailto:3161@wayne.edu)

It can be frustrating to read an assignment or textbook passage and come across words whose meanings are bewildering. With the hustle of everyday life, it is easy to skip, overlook, or rush past unfamiliar words. However, it is possible to build a stronger vocabulary, as the words you use are a reflection of you. Below are four tips to improve your vocabulary.

**Tip 1. Know the Roots-** More than half of the words in the English language are derived from Greek and Latin roots. This is the very foundation upon which a word is built. For example, the word *sophomore* derives from the Greek root "sopho." This literally means "knowledge." Once you discover the "story" behind a word, you are more likely to remember its meaning.

**Tip 2. Use Your Dictionary-** Whether you are in your dorm or in lecture, this handy tool can provide you with an array of definitions and context clues. Carry a pocket dictionary to ensure that you will use it more often when you come across a word that is unfamiliar.

**Tip 3. Set Specific Goals -** Challenge yourself by learning a new word every day. Start by reviewing the definition.



Next, familiarize yourself with the root of that word. Begin to use the word in a sentence in actual conversations throughout the day. This can prove to be quite the conversation piece and will help exercise your brain.

**Tip 4. Read-** Read all variety of books. When you come upon a word that you don't know, read the context clues surrounding that word and try to figure out its meaning. Double check this guess by utilizing your practical dictionary. Make sure that you set aside time to read a little every day.

Try to have fun with words. Remember, learning new words and expanding your vocabulary should not seem like an assignment. Better yet, attempt to make each word your own channel of communication. Soon, the results of an expanded vocabulary will follow suit.

# Tackling Your Academic Woes

By Randie Kruman, cq3793@wayne.edu

The “honeymoon period” of the new semester has now ended. Your energetic, positive attitude is long gone. You’ve replaced a good night’s sleep with a scant 5 or 6 hours just to get by. You’re exhausted and can’t concentrate on anything. You’re behind in the reading for your classes. You’re staring at a blank computer screen trying to start a paper. Math problems are still on your “To Do” list, and you can’t remember a single step of the problem-solving process.

“What’s wrong with me?” you ask. “Why does this keep happening?”

Before you start to self-diagnose a learning disability, this might be the time to evaluate your academic troubles. It’s not too late to get yourself back on course by implementing some basic strategies for success.

Tired students can’t achieve optimal learning and memory performance. Poor concentration and poor reasoning skills are a side effect of inadequate sleep. How much sleep is enough? Ideally, if you are getting enough sleep, you will wake up when you want and not need an alarm clock. If you’re dragging yourself out of bed, you are not getting enough sleep. To improve your sleeping habits, follow a

regular sleep schedule and avoid daytime naps. Daily exercise can boost your energy and alertness. Prepare for bedtime with calming activities. Deep breathing or



meditation fosters a relaxed, sleepy feeling. Sufficient sleep will make you an energetic, enthusiastic learner.

If you are struggling with reading assignments, you may not be managing the reading process effectively. Allow enough time for reading assignments and pace the process. Actively engage in reading by taking notes in text margins and use study guides and questions to make your reading purposeful. If you learn better by listening, consider downloadable reading programs on websites such as [naturalreaders.com](http://naturalreaders.com) and [readplease.com](http://readplease.com) -which allow you to listen to

text and follow the printed words on the computer screen.

For writing assignments, plan your paper. Have a concept map or outline to guide your writing. Nobody writes well under pressure, so give yourself ample time. Likewise, being a good math student takes practice. Mastery of concepts doesn’t happen in one sitting late at night. Work math problems in spaced out study sessions and allow enough time for the concept to sink in. Consider meeting with a group of students in your class to work through problems together.

Being a successful student requires serious effort. If you still find yourself struggling after making every effort to use effective study and sleep strategies, it may be time to consider a professional evaluation from a learning specialist or mental health professional. To request a session with a learning specialist, visit [www.success.wayne.edu](http://www.success.wayne.edu). Contact the WSU Psychology Clinic for an evaluation at 313-577-2840 or, if you already have a diagnosed disability, contact Student Disability Services at 313-577-1851.

## Study Skills Corner: Assess and Revamp Your Approach

By Angela Zanardelli, au1072@wayne.edu

Are you stuck in a GPA rut? Many students feel as though the amount of studying they do is directly proportionate to the amount of information comprehended. That is to say, the more time you take to study, the more you understand. Correct? Not in the least. It’s not how much time you spend studying, it’s the approach you take to learning the material. Take this quick study skills assessment to see in which areas you may need improvement.

1. To prepare for an exam, I begin reviewing the material at least one week early and utilize self-made study tools (flashcards, practice quizzes, re-written lecture notes, etc). **True/False**
2. I divide my study times into short, effective sessions rather than cramming information for hours at a time. **True/False**
3. I prepare for an upcoming lecture by briefly previewing the material that is to be covered in order to follow the lecture more efficiently. **True/False**

4. I eat a balanced meal prior to my earliest class. **True/False**

5. I am sure to address material which I do not comprehend in order to master it as soon after lecture as possible. **True/ False**

Once you have completed the assessment, consider those statements which you’ve marked “false”. For those statements, consider utilizing the strategies suggested to give your study habits the renovation they may need. For more information on particular study skills, visit [www.success.wayne.edu](http://www.success.wayne.edu) to register for one or more of the Academic Success Center’s free study skills workshops.

It’s not how much time you take to study, it’s the approach you take to learning the material.

By Angela Zanardelli, au1072@wayne.edu

1 Exercise- The Recreation and Fitness Center and the Matthaei Athletic complex are both available for WSU student use. Between the two recreation centers, there is an activity for everyone. Visit [www.rfc.wayne.edu](http://www.rfc.wayne.edu) for more information plus view the schedule for group fitness classes, rock-wall climbing, lap-swimming, and tennis/squash/racquetball.

2. Art Galleries- Detroit is an art-lover's paradise. Besides the obvious Detroit Institute of the Arts, there are countless galleries within walking distance from campus: to name a few, Elaine Jacob gallery, Detroit Artists Market, Museum of Contemporary Art, 555 gallery, College for Creative Studies sculpture garden, and many more. Take your mind on a mini-trip and discover Detroit's contemporary art scene today.

3.Exotic Cuisine- WSU campus and surrounding area is a hot-spot for ethnic cuisine. Take your pick from Mediterranean, sushi, Parisian crepes, and Thai, all within walking distance. Check out this *Dining in the D* YouTube video that highlights the many dining options in and around Midtown. <http://www.youtube.com/watch?v=7SNmPGoksug>

4.Host a Tropical (indoor) Party- Who says luaus aren't for February...in Detroit? Toss up some tropical decorations, fill your iPod with Caribbean beats, and turn up the heat! Your guests will be thrilled with the temporary change in climate.

5.Accomplish a Dreaded Task- Have you been meaning to organize your files? Need to clean out your closet? Tackle any chore which you've been avoiding. Not only will it give you a sense of accomplishment but you'll be able to finally check it off your list.

6. Volunteer work- Giving a bit of your time and energy to others will warm both your heart and soul. Check out volunteer opportunities via the Dean of Students Office by visiting <http://www.doso.wayne.edu/volunteer/index.htm>.

7.Embrace the Season- Yes, it's cold but take advantage of the many activities cold weather has to offer. Building snowmen, ice-skating, skiing/snowboarding, and the list goes on and on. Make winter work for you!

8. Get Social- No, I don't mean by sitting inside communicating only through facebook. Make sure you're keeping in touch with your friends. Hit a movie, form a study group, grab a cup of coffee and catch up. You'll soon see how reconnecting with your social life can brighten even the darkest days.

9.Manage your Time- Easier said than done, I know, but there's a reason why this study skill is so important during the winter months. If you fail to manage your time now, your study difficulties will snowball (pun intended) and you will spend every sunny spring day playing catch-up. Stay on top of papers, exam preparations, and projects. Once the warm weather returns, you'll be glad you did.

10. Laugh- No kidding, belt it out. Laughing is the quickest and cheapest form of therapeutic activity. Rent a hilarious movie, plan a night out at a comedy club, get together with your funniest friend. Do whatever it takes to get to chuckling and your mood will soon receive a colossal boost.



## WAYNE STATE UNIVERSITY

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### Mission Statement

The mission of the Comerica Academic Success Center is for all Wayne State University undergraduate students to become self-determined, motivated, and independent learners. To support students' success in the University environment, the Academic Success Center provides individualized services and the tools to develop effective learning skills.

**Free services of the Academic Success Center include:**

- Tutoring and Supplemental Instruction
- Individual Support with a Learning Specialist
- Study Skills Enhancing Workshops

**Thank you to our editorial board:**

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