

The Think Tank

A publication of the Academic Center for Excellence and the Writing Center
Volume 1, Issue 1 *September 1999*

What this newsletter's all about

by Jean-Paul Nadeau, Ph.D.

Who needs another newsletter? Well, let me explain. Throughout this year you will be faced with many challenges, social, academic and otherwise. The Academic Center for Excellence and the Writing Center are here to help you meet those challenges.

One of the ways in which we intend to do so is by offering you advice on how to be a successful student. This advice can be gleaned in person, of course, by visiting either Center to talk with a Specialist, Tutor, or Writing Consultant. We will also offer advice via our monthly newsletter, the *Think Tank*.

This publication has an academic focus and is written for Bryant students. Each month we will focus on a central theme; next month's will be "time management." Contributors include ACE and Writing Center staff as well as Bryant faculty. Be sure to check in with us monthly to pick up some tips and techniques to help you excel in the classroom. ❖

If only I...

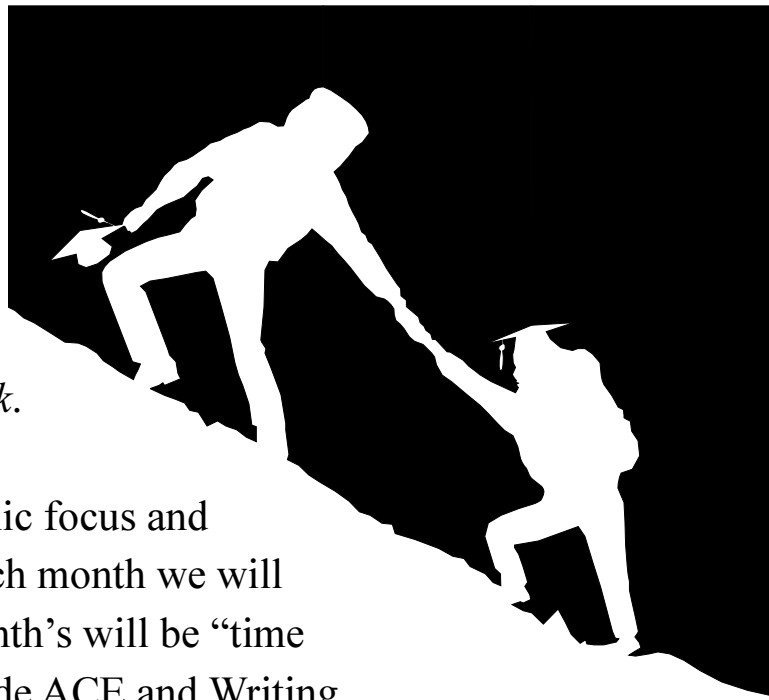
by Laurie Hazard, Ed.D.

Research suggests that students who manage their time well and possess the ability to combat procrastination achieve higher grade point averages than those

who struggle with their time management practices. Effective time management practices are essential for college success. Nevertheless, many students, even if they know how to manage their time well, don't because procrastination gets the best of them.

Everybody procrastinates. Most successful people will tell you that, at one time or another, they have said to themselves, "If only I..." Students who procrastinate often say to themselves, "If only I had one more day to study for my test." "If only I had gone to the Writing Center to get help with my paper." "If only I had gotten enough sleep to wake up for my eight o'clock class." These and many other "If only I..." statements usually echo through the minds of students more than ever when they are receiving their grade reports in December, but by then it's too late to do anything about it. Procrastinators often wait until a crisis arises before taking action. The worst part about procrastination is that, many times, procrastinators don't even realize they are doing it.

Successful students, on the other hand, have the skills to fight off the urge to put things off to the last minute. For them, the first step was to recognize their procrastination behaviors. Check out the following warning signs of procrastination. If any of the signs apply to you, attend a Time Management Workshop at ACE. If you don't, you may find yourself saying once again, "If only I had heeded the advice in that article."



Quote of the Month

"One hundred percent of the shots you don't take don't go in."

-- Wayne Gretsky

The Think Tank welcomes submissions from students, faculty, and staff. Send submissions to the Writing Center, Hall 6, 4th floor. This newsletter is published monthly through the Bryant College Academic Center for Excellence and the Writing Center.

PROCRASTINATION BEHAVIORS THAT PRODUCE PROBLEMS IN TIME MANAGEMENT

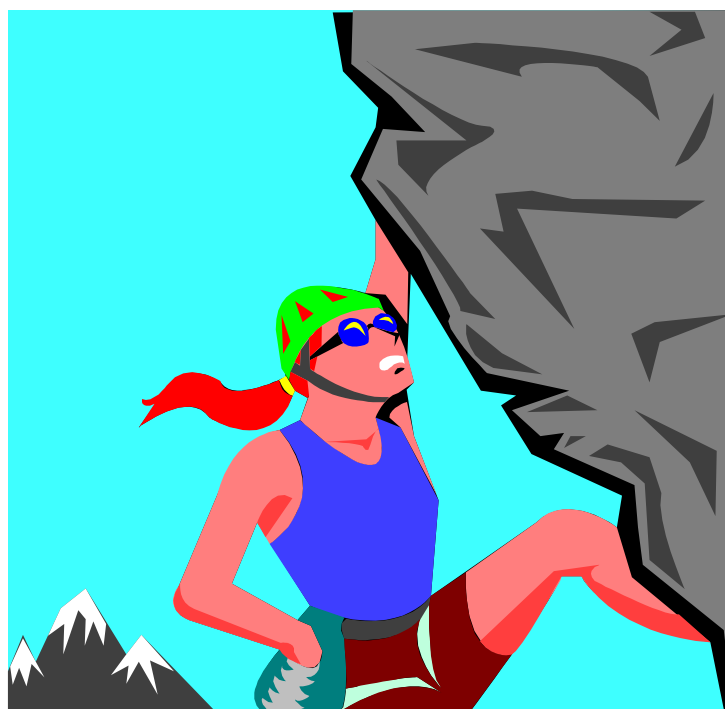
1. Waiting until the last minute to do things.
2. Waiting until a crisis arises or the semester has ended before taking action.
3. Not setting personal deadlines and sticking to them.
4. Doing things quickly, but incorrectly, thus having to re-do.
5. Spending a lot of time on routine and trivial things.
6. Not setting a daily schedule for how I want to use my time.
7. Failing to establish priorities among the tasks I need to do. Thus, I treat everything as if it were equally important.
8. An inability to say “no” to requests or invitations.
9. Spending time socializing instead of working.
10. Reading things that are unessential to finish my work at hand.
11. Spending too much time on the telephone.
12. Not having clear goals or objectives for what I want to do.
13. Seldom asking other people to help--failure to delegate tasks.
14. Failing to listen to or read instructions on how to do things.
15. Trying to do the “perfect” project, paper, etc. Sometimes, I find I may over prepare, and find it hard to begin the task.
16. Overscheduling, taking on too many commitments, overextending.
17. Papershuffling.
18. Not anticipating the emergency situation--a full schedule does not accommodate the unexpected. ❖

Learning to learn

by Sally Riconscente, Learning Specialist

We're off to a great start in the office of the Learning Specialist, where I am now available to the Bryant community full time. Students have been flooding the phones to schedule appointments for workshops and individual sessions. There is clearly a growing awareness on campus that the mastery of meta-cognitive skills - “learning to learn” - results in increased G.P.A.s.

Time management requests are currently topping the list - students come to ACE bearing calendars and planners and leave with a concrete plan for the semester. Many are surprised at



how much free time they actually have each week, even after booking 45 or more hours for classes and homework. As importantly, they report a raised comfort level, since they know they have budgeted time for their essential academic needs and can truly relax and enjoy their leisure time guilt-free.

Once their calendars are set, students are meeting with me to explore reading techniques, learn new and



more efficient note taking methods, master principles of active listening, and quell test anxiety by working on useful approaches to test preparation. Whatever a student's individual needs are, we work together to set goals and plan strategies which will result in academic success.

So, whether you are a freshman or a seasoned senior, please come, before the semester slides towards midterms, so we can try some new techniques to achieve the G.P.A. you want this semester. ❖

Senior thoughts on the Writing Center

by Jessica Dodge, Writing Consultant

Well . . . it's that time of year again. It's a little different for me, though, because this year . . . this year I'm finally a senior. And we all know what that means: Townhouse get-togethers, barely accommodating a light course load, and making the most of these last days before full-time work and endless responsibility become a reality. Right? Well, maybe this isn't the best place to get into all of that . . . Let's just say that, although I am a Senior, there are some parts of the world of academia that I haven't written off yet, like the Writing Center.

I'm a veteran Writing Consultant returning for one last time. I guess now is just as good a time as any to ask, *Why?* I could just as easily have said to myself, “Why put yourself under any more stress than you need to, Jessica? It's senior year! Take time for yourself while you still can!” And trust me when I say that thought crosses my mind with a consistency you wouldn't believe! The truth is—and for those of you who don't already know me and know that I have nerd-tendencies, this will confirm it—I love what I do. I love being a Writing Consult-

ant. I love that crucial, inevitable moment in a session when, after struggling to understand the bottom line of a complicated assignment or making sense of that at first seemingly random reading assignment that never is truly random in the end, or polishing off that draft that was missing that certain *je ne sais quoi*, the student's eyes say: I get it. I *do* know what I'm talking about. I *can* do this.

There is something intrinsically rewarding about helping others. That is why I do it. And that is what the Writing Center is all about. In fact, we believe so strongly in helping students that we've evolved to better meet your needs as a student. Heard of the Annex? It's our satellite location in the second floor study lounge of Hall 15. It's allowed us to expand our walk-in hours until 10 pm and that is in your favor . . . because we all know when those Freshmen Seminar papers inevitably get written! ❖

Hello there wanderer!

by Irene An, ESL Writing Specialist

Okay, I admit it. English isn't my second language. But I am from a multi-cultural background, and yes, I too have felt the reproachful eyes of others who would label me as "special." Even if there was a need within me that squeaked ever-so-softly each time I passed the well-lit, resource-stacked rooms of the Writing Center, I successfully avoided entering because I didn't want to be *that* special. I wanted to be like everyone else: completely self-sufficient. Little

did I know that scores of students were secretly accessing those hallowed halls. (Ah, to think I could have discovered my writing weaknesses so early on...sigh...) I reflect back on the wandering freshman that used to occupy this body and wish someone had said to her, "Get over it!"

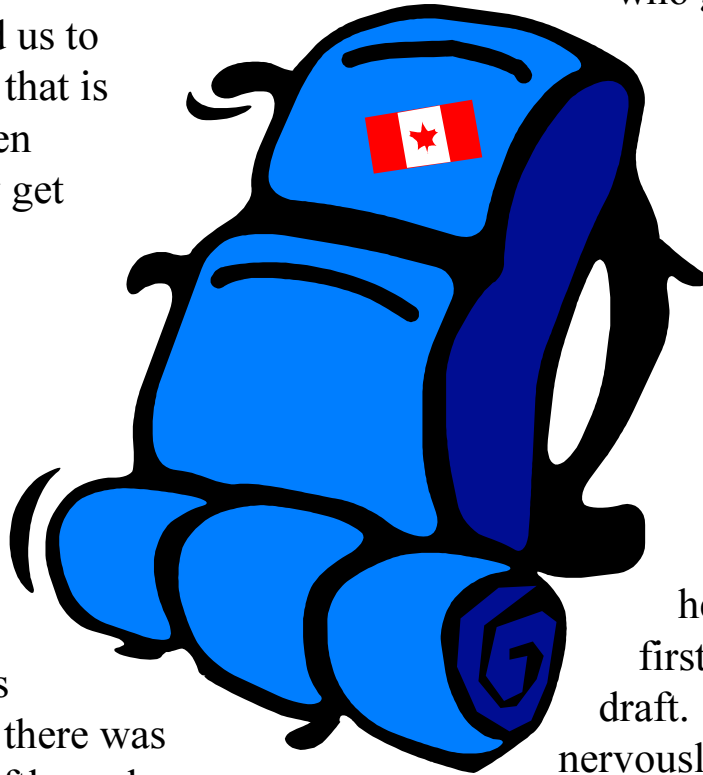
If I'd attended Bryant and had "gotten over it," I might have learned the inside scoop on the Writing Center and uncovered a multitude of resources available to me at no cost. (Okay, technically, it would have come out of my tuition. But hey, why not get my money's worth?) In wandering through the Writing

Center, I could have discovered Specialists who got excited over clearly focused

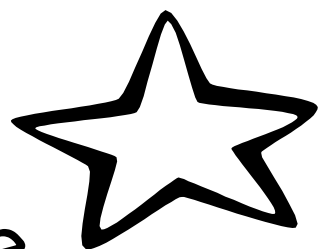
essays and proper grammar usage, peer Consultants who went through what I was going through, and handouts and workshops on practically any college-level writing concern: all available to bolster my thinking and rejuvenate my work.

I might also have met an ESL Specialist, like myself, and asked her how to generate a topic for my first essay or how to revise a final draft. My innards may have even rattled nervously, just hoping she wouldn't laugh in my face, saying something like: "My god!

You are just the most pathetic writer I've ever seen! Ah, ha, ha, ha!" If I knew then what I know now, I would have expected a much different response. I would have anticipated the Specialist asking me poi-



Writing Center and Academic Center for Excellence ANNEX



Located in the second floor study lounge of Residence Hall 15. Call x6567 for more information.

Monday	6pm - 10pm	Writing Center staff available for walk-ins
Tuesday	5pm - 10pm	Writing Center staff available for walk-ins
Wednesday	6pm - 10pm	Writing Center staff available for walk-ins
Thursday		Workshop Night

gnant questions about my ideas and interpretations or pointing out a word I misused: things I really needed to know to improve my writing. She might even have screeched, “Yes! That’s it!” after I found one of my own mistakes.

You may not see me in such an emotional frenzy every day, but, believe me, seeing students realize and work through their weaknesses is one of the most satisfying experiences I’ve encountered in my professional life. I genuinely love my work. I especially cheer when a student, whose first language is not English, “gets” a grammatical concept or “sees” a better organizational method. In the process of such revelations, no matter how small they may seem at the time, that student becomes a stronger writer.

The door of the Writing Center is open to you for any questions concerning your writing. It’s up to you to respond to those subtle nudges to come see me, Irene An, so that I can help you identify your writing strengths and weaknesses. ❖

**VISIT OUR
WEB PAGES AT:**

<http://www.bryant.edu/~ace>
and
<http://www.bryant.edu/~ace/WrtCtr>



for schedules, workshop listings, staff bios, and other useful information.

Academic Center for Excellence and Writing Center Staff

We're here to help!

Dr. Laurie Hazard, Director
Dr. Jean-Paul Nadeau, Assistant Director
Louisa Doumato, ACE Secretary
Donna Klepadlo, Writing Center Secretary
Sally Riconscente, Learning Specialist
Dr. Ron Pitt, Math Specialist
Nancy Beausoleil, Math Specialist
Sharon Ryan, Math Specialist
Irene An, English as a Second Language Writing Specialist
Mary Lou Wernig, Writing Specialist
Roshani Ariyam, tutor
Kevin Cook, tutor
David Delworth, tutor
Robert Destromp, tutor
Jeffrey Diliberto, tutor
Anthony Ferrara, tutor
Eva Golenia, tutor
Jamie Goyette, tutor
Judith Gravel, tutor
Jaclyn Harrington, tutor
Christine Heinzlmeier, tutor
Ryan Holzinger, tutor
John Horvath, tutor
Sameer Kanodia, tutor
Jennifer Kelliher, tutor
Denise Lahist, tutor
Shannon Naujock, tutor
Amanda Ocker, tutor
Tamzen O'Donnell, tutor
John Oggenfuss, tutor
Zeynep Ozdamar, tutor
Shweta Parekh, tutor
Zdzislaw Pianka, tutor
Joseph Procaccini, tutor
Daniel Rashba, tutor
Scott Rogalski, tutor
Sherri Rogers, tutor
Timothy Schwarz, tutor
Latsanida Souvannavdng, tutor
Brad Sweeney, tutor
Joseph (Bet) Tarre, tutor
Stacy Travis, tutor
Michael Wellins, tutor
Christine Beaudoin, Writing Consultant
Chevonne Collins, Writing Consultant
Jessica Dodge, Writing Consultant
Melissa Kendall, Writing Consultant
Rhode Milord, Writing Consultant
Shannon Naujock, Writing Consultant
Daniel Pennini, Writing Consultant
Daniel Pepin, Writing Consultant
Elissa Schlumpf, Writing Consultant
Jessica Wocel, Writing Consultant
Courtney Zullo, Writing Consultant