



The Think Tank

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To Work or Not to Work: (at the Writing Center)

by Brian Ferreira

Sometimes, writing a paper resembles climbing up a summit of a massive, teacher-created mountain of requirements. While this article will not show the perfect path up this mountain, it will discuss the mountain guides that work here to make sure you “don’t get lost.” These mountain rangers, comprised largely of sophomores and juniors, enjoy helping others because they appreciate the help they received when they had a five page paper due at 8:00 am the next day, “I like this job because it is important, rewarding, and gives me a chance to help others,” says Laurie Barber, a sophomore writing consultant.

Although helping others is rewarding, many consultants feel working at the Writing Center has other benefits. Jenn Shoemaker, a junior, states [it’s an] “exciting, comfortable and a friendly environment.”

Even with all this excitement, there is work to do. The need for more writing consultants is apparent as each year a larger freshman class enters to utilize this free resource. The conch shell sounds over Bryant University calling all those willing to help guide students and faculty to a common peak. To work or not to work, I don’t think there’s a question to that. ♦



Campus Kicks Writing Consultant

As a freshman, it is easy to become overwhelmed with a new environment and difficult classes. Yet, it is important to remember that classes are not the only part of the college experience. Joining clubs and organizations that suit your interests is critical for college success. These sorts of activities are a great way to meet new people, have fun, and enhance your résumé. In the real world, a student who has been involved on campus will more sought after than one who was not involved with anything. There are a large variety of activities, and if you cannot find anything that interests you, you can start your own club. If you missed the Organization Fair earlier in the semester, you can view a list of all clubs and organizations at <http://colrel.bryant.edu/clubs/> E-mail the club presidents to find out how to get involved. ♦

How Long Does it Take to Write a Good Paper?

by Amanda Sherland

Do you ever find yourself staring at your computer screen and wondering if you’re ever going to be done writing your paper? I do all the time! Sometimes you feel like you’re the only one who takes this long to write a paper. Well I’m writing this article to tell you that that’s not true!

Before we talk about how long it takes to write a paper, we must discuss what writing a paper entails. Writing a paper is not only the time that you sit at your computer and actually type it out. First, you have to identify what your professor is asking you to do. Second, you have to develop ideas and brainstorm about the subject. Next, you will need to come up with a thesis that states your position on the subject. Then you must create an outline for how you want your paper to be structured. Finally, you can compose your first draft. After writing your first draft, you should always meet with

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Math? Economics? Need Help??

by Jen Gebbie

Tired of sitting in frustration because you do not understand that math problem? Are your Professor’s long, boring lectures on economics not enough for you? If you have experienced any of these problems, come join us at ACE. In the Math and Economics Labs, there are friendly and knowledgeable students that can help put your frustrations behind you. Coming to ACE will allow you to learn and work at your own pace with qualified students to assist you. Tutors who work at ACE have qualifications they must meet before they are hired; they must have a GPA of 3.3 or better, they are interviewed, and they must achieve the CLRA Level 1 certification. The Math and Economics Labs are open Sunday through Friday (various hours) to help accommodate student’s schedules. Monica Kraus and Chris Dwyer are in charge of the Math Lab and Erik is head of the Economics lab. Learning can be fun and you will never get singled out or made to do the monkey dance if you do not know the right answer! Monica quotes, “Thursday nights are hoppin’ here and we all have a lot of fun.” Come to ACE to meet and learn from your peers! ♦

What do we NEED at Bryant?

by Kristin Lynch

In recent years Bryant University has gradually developed into an architecturally and technologically innovative campus. There is, however, always room for improvement. The below results to the survey question: "What do we Need at Bryant?," include responses gathered from a small population surveyed on

Bryant Necessities

by Symphonée Willoughby

I can recall my first week at Bryant; I was excited, and lost. I could not fathom why a campus that appeared so small seemed so complex. I remember having to ask many people where certain areas were, and was astonished when seniors, people who had spent nearly four years of eating, sleeping, partying, drinking, oh and learning, had no idea where some of the offices were. So, I have prepared a guide to the most asked about places on campus. Use it wisely, and hopefully you won't run into my problems! ♦

¹When using the entrance next to Salmo, take the first stairs you see, go through the double doors, and the post office is on your right.

²When using the entrance next to Salmo, take the first stairs you see, and Human Resources is the 1st Door on your left.

³If you are coming through the main entrance, walk straight ahead and make a right by the double doors, and ICC will be on your right.

⁴Walk as if you're going to Hall 16 and the music room is on your left hand side.

⁵If you are coming from the main entrance, walk straight ahead and make a right by the double doors and the game room will be straight ahead.

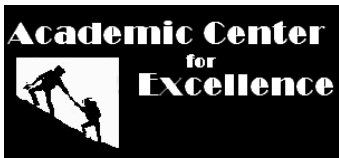
campus.

- A mini grocery store
 - An improved housing system based upon academic standing and achievement
 - A cleaning and/or laundry service
 - Additions to the game room in the Bryant Center, such as a Dance Dance Revolution (DDR) machine
 - Elevators, which would be helpful on
- move-in and move-out days
- The choice to opt out of the meal plan
 - Easily accessible color printing and copying,
- The prevalent response to the survey, however, was that Bryant University needs better options for food, including a 24 hour coffeehouse, including a spacious area, comfortable seating, and an art and culture aspect. Additionally, the

coffeehouse should serve delicious food.

Although this is the ideal for many Bryant students, there are obvious restrictions creating difficulties in operating a coffeehouse 24 hours a day. Perhaps some entrepreneurially-minded student would enjoy taking on the project of opening and operating a 24-hour coffeehouse or, perchance, franchising a Starbucks on campus? ♦

Services	What is Provided	Location
Bryant Post Office ¹	Send & Retrieve packages	3rd FL of Unistructure
Bryant Bookstore	Purchase books & other school supplies	2nd FL in Bryant Center
Bursar's Office	Pay student accounts	3rd FL of Unistructure
Chapel	Sunday Mass & Bible Study	2nd FL of Unistructure
Copying Services	Numerous copying services; No color copying	Information Desk; 3rd FL of Unistructure
Health Services	Physical check-ups; STD testing, EC	Hall 16
Human Resources ²	Where direct deposit is set up for work study, and retrieval of student checks	3rd FL of Unistructure
Information's Desk	Provides information to the Bryant community, offers faxing color printing, copying, discounted movie tickets, candy, balloons, etc.	2nd FL in Bryant Center
Intercultural Center ³	Provides counseling, advising, and support services to meet the unique needs of the international and multi-ethnic students at Bryant	2nd FL in Bryant Center
Music Room ⁴	Available to any student or organization that wants to express themselves musically	1st FL in Bryant Center
The Game Room ⁵	Table tennis courts, air hockey, and a place to relax with friends	2nd FL in Bryant Center
The Scoop	Bryant's own convenience store; offers individual snacks, shakes, and ice cream	1st FL in Bryant Center
The Women's Center	Provides a centralized space and organizational structure to coordinate, plan, and communicate activities educating the campus on women's issues, sexuality issues, and current events affecting today's women.	3rd FL in Bryant Center



Got Writing Issues?

by Laurie Barber

Have you ever experienced severe writer's block? Have you ever been confused as to how to properly cite a source? We, at the Writing Center, can help. Whether the assignment is an in-class essay or an in-depth research or thesis paper, we provide writing workshops to help you plan and execute your paper. Jo Berger, Laurie Hazard, and other highly qualified ACE and Writing Center staff members direct workshops that guide you along the journey of writing.

When asked why it would be beneficial to attend a workshop, writing consultant Kristin Lynch explains, "They are very informative, and the instructors are eager to help." Tutor Ryan Scadding shares, "After attending the MLA and APA Format workshop, I feel more comfortable writing my citations."

Other valuable workshops include: Avoiding Plagiarism, How to Get Your Paper Started: Overcoming Writing Anxiety, Managing a Group Project, MLA and APA Format, Proofreading Tips and Tricks, and Writing a Research Paper. Look for these workshops when they become available next semester.

E-mail dklepdl@bryant.edu to reserve a seat. ♦

Major Stress About Your Major?

by Chris Bennett

Are you hearing all your friends discuss their majors and feeling left out? Are your parents wondering why they are spending all this money when you do not know what you want to do with your life? Take a deep breath and calm down. You have time! Many people even change their major throughout their first two years at Bryant. If this were any other school, the best suggestion would be to take liberal arts classes and a class in a few different areas to see what you like, and then choose, but at Bryant you have no choice but to do that! Bryant's class schedule enables freshman to take an array of courses that introduce them to the business world, such as Intro. to Business. Here, you are able to create a business plan and understand Management, Marketing, Finance, Accounting, and even International Business. By taking this course, you can find your niche. Even if you still are confused after taking that course, during your sophomore year, you can take a semester of Organizational Management, Intro. to Marketing, Financial and Managerial Accounting, Psychology, and Finance. By this time you will have a better understanding of the business world and be ready to declare your major.

While at Bryant, be sure to use the resources to help you discover the appropriate major. Visit Career Services, where you can learn about the careers in a major, take a test to see what fits you best, and talk to an advisor about what you enjoy. Also, many different organizations, such as the Marketing Association,

various Greek organizations, Student Planning Board, will host guest speakers who will discuss their careers and their suggestions and strategies. These are great opportunities to understand the real world practice of your major. So, take a deep breath, use the resources on campus, and enjoy your first two years at Bryant understanding the numerous aspects of the business world. ♦

Good Paper

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someone else and revise/edit your paper. In addition, you should be editing your paper more than once! I know it's a lot, but there will always be things that you didn't catch the first time around.

Executing all of these steps is a very long process! After talking with my fellow students, we have come to a general consensus on how long it should take to write a good paper.

For a 1-2 page paper, almost all of the students agreed that it should take between 1.5-2 hours. A short paper will usually not consist of much research, which will decrease the time it takes to prepare an outline. For a 3-5 page paper, the students agreed that between 3-5 hours would be sufficient. A longer paper will go into more depth, require more research, and require a thesis statement. For a research or term paper, generally 20+ pages, the preparation of the paper is going to take the most of your time. There will be much more research, outlining and a much more detailed thesis will be required. Most students agree that this paper will take more than 10 hours.

If you still think that you are taking too long to write your papers, you can always talk to your professor about it or come down to the Writing Center and talk to one of us! ♦

Writing: The Evil Demon

by Laurie & Kristin



Fend off the evil Writing Demon by visiting the Writing Center!



Sleeping... Stressing... Sleeping with Stress

By Jennifer Shoemaker

Sleeping is the most vital component of our day. Without sufficient sleep, our bodies weaken and become susceptible to stress. An overload of negative stress can cause dizziness, anxiety, and tension. Both sleeping and stressing have a long history of plaguing college students.

Everybody knows each individual needs a certain amount of sleep. College students require 8-9 hours of sleep every night. However, in college it's extremely difficult to find an hour to do absolutely nothing, never mind 8-9 hours to waste on sleep.

Even just one night of sleep deprivation can negatively affect our health

and ability to think straight. Here are some tips on getting a valuable night of sleep:

- End the day with a relaxing activity schedule (listen to music, read something interesting, watch TV)
- Watch what you eat for dinner
- Take a shower before you sleep
- Drink warm milk or herbal tea and eat a low-sugar bedtime snack
- Avoid caffeine, alcohol, and tobacco
- Sleep on your back on a good, firm bed (much like the ones we're given...)
- Exercise during the day

- Keep regular hours of sleep
- If you can't sleep, get out of bed
- Keep your bed a place solely for sleep (which is hard for most of us whose beds multitask as a table, desk, shelf, closet, etc.)
- Keep it dark while you sleep
- Wiggle your toes (I don't know: it's just what I heard)
- Practice deep breathing and progressive relaxation
- Delegate responsibility: if you can get by having someone else do something for you, just ask!
- Be assertive: if you can't do something, just don't
- Take planned breaks
- Laugh, it helps in more ways than one
- Practice "letting go," making a conscious decision not to become upset over little things

When sleep only comes with an effort it's obvious that you're holding onto the day's stresses and maybe even reaching out for tomorrow's as well. Here is a short list of ideas on how to cut down on stress:

- Develop effective time management skills
- Be flexible to changes in your schedule and realistic about what you can actually do

To avoid potential disaster, sleep! Throughout the day try to separate stressors so they don't accumulate into one, huge catastrophe. Maybe trying some of our consultant's coping strategies will be as helpful for you as it has been for them! ♦

