

December
2015



The Daily Commute

Tips For Finals

Stressed out about finals? Feel unprepared for a final presentation? Struggling to find an idea for your paper? No need to worry! Here are some tips from your CA's:

1. Don't wait to study until the last minute. The earlier you start studying, the less stressed you will feel the night before the test and you'll have more free time each day. Cramming might seem like your only choice but if you study a little each night, you'll have no problem remembering the information the day of the exam.
2. Find a place to study. Whether it is in your room or the library at school, find where you feel most comfortable studying. The library offers many different places to study, such as the stacks, collaboration studios, the group study area, and even finding an aisle of books to sit down and study in. Find the spot that works best for you, it'll help keep you focused!
3. Not understanding the material you are studying? Make appointments with your professor and the Learning Center! Both are great free resources on campus that you should definitely take advantage of. The earlier you make an appointment for the Learning Center before finals, the more likely you'll have a large array of times to choose from!
4. Take a break every once in a while. Cramming information into your head all at once isn't very useful. Instead, take a break while you are studying to break up all of the information. Maybe during that break you can go on social media or watch Netflix
5. Create study groups with friends from class. This is a great way to review information before finals. As a group, you can quiz each other on the information and help one another with a subject you are struggling with.

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Tips For Finals Continued

6. Eat well. Studying for finals, we are always looking for food that is the easiest and most convenient to us. However, eating food that is full of processed carbohydrates will ultimately leave you exhausted. So instead eat foods such as whole grains, fresh vegetables, and lean proteins. Some great, healthy, study snacks include carrots, almonds and walnuts! So instead of grabbing a coffee, think of getting water instead!

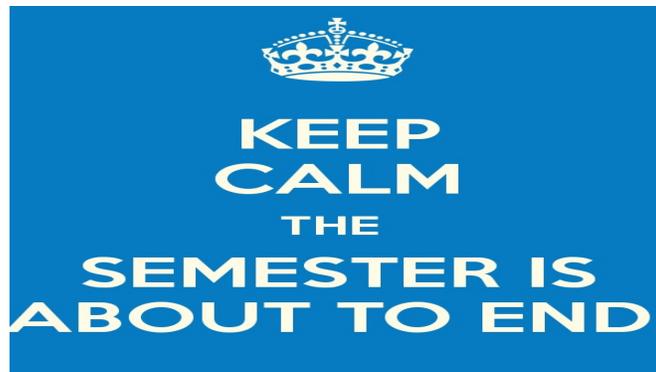
7. Get a lot of sleep. After studying for an extended period of time, we often start to feel tired and drained so get plenty of sleep! You won't remember what information you studied when you were tired but you'll have a better chance at remembering the information when you are wide-awake.

8. Stay active! Exercise helps increase blood flow to the brain and sitting in one place for an extended period of time can lead to a tired, ill-supplied mind. While studying for finals you may not have time to go to the gym for a full workout, you can still do some exercise to keep the blood flowing; such as going for a short walk or to do two sets of crunches or push-ups.

9. Find ways to relax. There are so many things that one can do to relax during finals week. Take a yoga class in the Center for Recreation and Sports to help unwind and not focus on stress. Get a free massage in the University Center Lobby during the week of finals to relieve your aching muscles from being hunched over a desk all day going over notes! There are a lot of free ways to de-stress when finals have got you all wound up.

Hope this helps! Here's to a successful de-stress and an even better end to the semester!

By CA Brittany



Off-Campus Hot Spot: Shake Shack

Shake Shack is a very popular burger spot with multiple locations. From burgers to milkshakes, Shake Shack has a great menu with a lot to love! The full menu is available online for you to see. They even have a website for each location! If you're interested in having something to eat there, the location closest to Adelphi would be the New Hyde Park location. The New Hyde Park menu features all the Shack classics, plus a selection of frozen treats unique to New Hyde Park! So next time you and your friends are craving some burgers, check out Shake Shack!

<https://www.shakeshack.com/location/new-hyde-park-long-island/>

By CA Justin



CA Event Spotlight: Under The Sea with you CAs

Are you ready for the LAST Commuter Assistant event of the semester?!?! Join CA's Amit, Victoria, and Jackie as we take a trip Under the Sea! This free and fun event will be held on Wednesday, December 2nd from 12:30-2:30pm in UC 215/216! Grab your commuter friends and de-stress with us as we paint piggy banks shaped as sea animals, play games, and enjoy some free food. We hope to see you there!



CA Victoria



CA Amit



CA Jackie



By: CA Jackie

Commuter Students of the Semester

Ayia El-Refaey: Noor Meer is a biochemistry major in the Levermore Global Scholars program. She is a freshmen representative for the Levermore Global Scholars Student Leadership Council (LGSSLC). She's also involved in Muslim Student Association (MSA) as well as other clubs on campus. She's always around doing different things for her involvement as well as studying or spending time with friends!

Bishal Bangay: James Perez is a nursing major that commutes from Fresh Meadows. Fun fact is that he plays eight instruments and is involved in SARAP, CSO, and GAMES club. He is a generous and highly social person on campus that always has Adelphi pride!

Brittany Willoughby: My student's name is Brianne Giuliano. She is a math major in the STEP program for adolescent education. She is a member of the Commuter Student Organization (CSO) as well as the Future Teachers Association (FTA). Brianne also just recently became a fully evaluated tour guide on campus!

Danielle Imperatore: Shyam Nair has been taking advantage of all the clubs and organizations on campus by attending events and meetings. He consistently supports the CA Program and became a member of CSO and SASA.

Georgia Linaris: My commuter of the semester is Shanisha Sookdeo. She is a freshman Nursing major and Levermore Global Scholar. She is a member of several clubs and organizations on campus such as CSO, American Sign Language Club, SASA and CALIBER. She also volunteers at the Crossroad Farm on Fridays.

Jaclyn Howfield: My commuter of the semester is Alyssa Belmonte. Alyssa has been incredibly involved since the day she started Adelphi! She is a nursing major commuting from Valley Stream and has been involved in Newman Club, CSO, SNAP, Caliber, Breaking Boundaries, and works in Admissions!

Justin Baharally: Kevin Balkaran is very involved in fencing and goes to any event he can!

Kimberly Cotter: My Commuter Student of the Semester is Ashley Willoughby. She is an exercise science major here at Adelphi and is also an active member of the Commuter Student Organization as well as the Pre-Professional Program.

Matthew Bellomo: My commuter of the semester is Farah Sarwari - She is very involved in the Levermore Global Scholars program and is currently working on a group service project to help children and families in need. She is a member of the Biology Club, Pre-Professional Club and is the winner of Adelphi's 1st Year Academic Writing Award. Farah is also an aspiring dentist and volunteers at a dental clinic.

Megan Mazza: Kristie Siegel is involved in the Fencing Club, the Newman Club, as well as a group fitness class. Her major is Undecided, at the moment but, she would like to do something in Environmental Science or Archeology or both! She is a commuter from Garden City. Some of the many events on campus that she had attended were the movie on the lawn, back in September, Family Weekend, the James McBride Talk and the Halloween Party.

Samantha Athanasopolous: John Weber has been to almost every commuter assistant event, as well as gone to off campus trips, such as the Yankee game and the Ranger game!

Tristan Baharally: Omar Hameed is an English major in the Honors College who is Pre-Med. Omar Hameed is a very active member in the Student Activities Board, in addition to the Muslim Student Association, and C.A.L.I.B.E.R. What makes Omar stand out is the exceptional relationship that he's developed with me through staying in contact and practically becoming one of my good friends.

Victoria Khaimova: Alessia Merritts is a dedicated member of the Commuter Student Organization by being wonderful and supportive when attending events. She is also a student worker at the Center for Student Involvement and I have the pleasure of seeing her even though we don't work together.

New York City in December

The city is always a spot that draws countless visitors regardless of the time of the year but any true New Yorker can tell you that the city becomes a whole new world during the holiday season. Lost among the daily bustle of the city are many gems that are guaranteed to brighten up your day and add to your Christmas spirit. There are many places that can be considered to be holiday favorites but the ones that really stick out to me are Rockefeller Center, Bryant Park and Radio City Music Hall. The tree at Rockefeller Center is probably the most iconic of them all with the Christmas tree that stands close to 80 feet tall with over 30,000 lights. It is located on 50th street and 5th Avenue right in the plaza. Bryant Park is also another spot people love due to the ice skating rink being one of the biggest the city offers. Admission is free which makes this a go to spot for you and your friends this winter. It is located between 40th and 42nd street on 5th Ave. The final spot is home to the Rockettes and is one of the most well known performances of all times with Radio City Music Hall. The show runs from November 13th until January 3rd with multiple shows a day, check out the times at <http://www.radiocitychristmas.com/>. It is one of the most iconic shows that is a must see. It is located on 6th Ave and 50th street with tickets hard to come by so definitely get a head start if interested. These are just some of the places that captivate people young and old during the holiday season and I hope you enjoy them too.



December Club Shoutout: Class Government Club

The club shout out for this month is Class Government Club! This great club was recently established in fall 2015 and is separate from the Student Government Association (SGA). The E-Board consists of two elected officials from every class year. Class Government Club works to promote class pride and make the students of Adelphi have a more memorable experience. They represent their peers and make choices based on their ideas and concerns that they receive directly from the students at their meetings.

Class Government Club has hosted many events such as a welcome back event in which they gave out free cotton candy and introduced themselves to the community, while also taking suggestions from the students. Another past event was a collaboration with the Resident Student Association (RSA) which was a free Halloween event in the new hall B where they painted pumpkins, decorated sugar skulls, had food and drinks, and watched Hocus Pocus! There was also a Freshmen Mix and Mingle in which freshmen got the chance to meet new people and even Adelphi President Riordan stopped by. More recently the members of the organization got the chance to cook a meal for families at the Ronald McDonald House of Long Island.

If you are wondering about future events; the club has started to plan events such as Panthers to Professionals, Find Your Passion, and Jump Start Your Career, so watch out for those. On December 10th 5-7pm in the UC Lobby the Class Governments Club is having a fun event with Lackmann Culinary service and there is no reason not to stop by for that. Make sure to follow them on Instagram *CGCADELPHI* and on Facebook *Adelphi University Class Government Club*! Class Governments Club for this semester has bi-weekly meetings on Wednesdays 7:15pm-8:15pm in the UC so go stop by and have your voice heard!



Club Facts:

Nickname:

**Class Government
(CGC)**

Meetings:

**Every other
Wednesday
7:15-8:15
UC 213/214**

Social Media:

**Facebook:
Adelphi University
Class Government
Club
Instagram:
CGCADELPHI**

Upcoming December Events

Even though we're closing in on the end of the semester, it doesn't mean that the events are cracking down! Check out some of the following events and end the semester off on a cool note.

Silent Murder Mystery Dinner - Hosted by the American Sign Language Club, on Thursday, December 3rd, join them in UC 211/212 from 7:30PM - 10:30PM. Tickets are \$5. With each ticket, you get a confidential character file. Once you show up to the dinner, you get to play as your character and find out who the murderer is!

Pictures with Santa - Hosted by Delta Chi Fraternity, on Friday, December 4th, in the UC Lobby from 11AM - 3PM, take a picture with Santa! All photos will be taken by a professional camera, and e-mailed to the participant!

Kwanzaa Dinner - Hosted by Black Students United and the Center for African, Black and Caribbean Studies, on Saturday, December 5th at 7PM. There will be free dinner, and the chance to see some awesome performances. Semi-formal attire is requested.

Fall Charity Ball - Hosted by Adelphi's Ballroom Dance Club, on Sunday, December 6th from 7PM - 11PM. Join the Adelphi community for a night of fun while raising money for the Make-A-Wish Foundation! There will be a DJ, dancing, dinner, dessert, and more. Tickets are \$5 per person and the dress code is semi-formal as well.

Holiday Event - Wednesday December 9th in the UC Lobby from 11-3:30p come join the Center for Student Involvement for free food, personal greeting cards, music, gingerbread house making contest, an ugly sweater contest and more!

AU Evolution Urban Dance Competition - Hosted by our very own Evolution Hip-Hop Dance Team, head on over to the Center for Recreation and Sports at 8PM for the opportunity to see an awesome dance competition. Teams from all over the region will be competing, and it's guaranteed to be an amazing time. Tickets are \$5 for AU students, \$8 for Non-AU, and \$10 at the door. Take advantage of discounted pricing at the Panthertainment Booth, or look for a team member!

These are only a handful of events going on this month, be sure to check out MyAULife and Adelphi's website to find out about many other events going on.

UNDER THE SEA

with your CA's

Hosted by CA's
Amit, Victoria, and Jackie!

When:

**December 2nd
12:30 P.M. - 2:30 P.M.**

Where:

UC 215/216



FREE FOOD, GAMES, AND CRAFTS!

Should you require disability accommodations,
please e-mail DSS@adelphi.edu giving notice of 72 hours prior
to the event. Should you require ASL interpretation,
7 days notice is required.

Stop trying to
find me.

