



College of Humanities and Social Sciences

May 2008

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H&SS Week A Huge Hit!

H&SS Week was an unqualified success this year, with newly expanded activities, lectures, and open houses for the entire campus to enjoy. Over 40 people crowded the Student Access Center to hear the "What is an American?" lecture, while a crowd showed up on the lawn west of the Engineering building to build a Human Peace sign. The HSS Academic and

Unity Fair brought together the clubs and departments of H&SS in the central quad for several hours of education and entertainment. The staff of H&SS and the Student Access Center would like to thank the ICC leadership and ICC club representatives for their hard work during HSS Week, and additional thanks to everyone who made it so successful! See you next year!



Welcome To Fullerton Day 2008



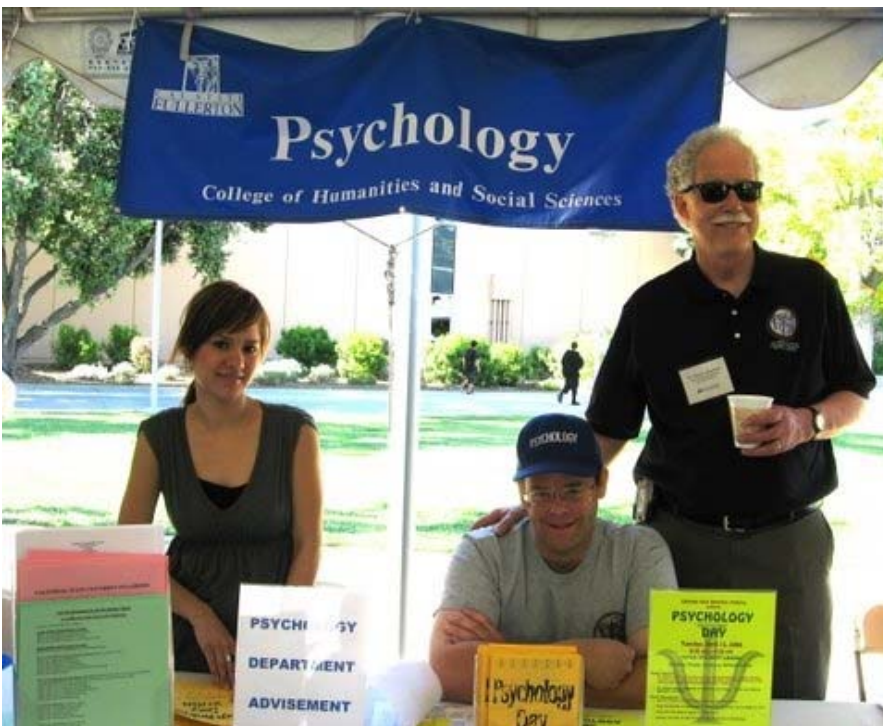
Welcome to Fullerton Day 2008 was a huge success with new student, current students, staff, and the CSUF community! The College of H&SS had 37 tables this year: the largest number of tables used by any college, ever!

All of the college's departments were represented by faculty and current students, in addition to the African-American Resource Center, the Chicano Resource Center, the Women's Center, the H&SS Dean's Office, and the Student Access Center.

The incoming students quickly found the departments they were interested in and gathered information about majors



and minors in the College of H&SS. There were even some students looking for information on Master's programs!



Many of the tables had games or giveaways to entertain and educate the attendees, and a good time was had by all! Thank you to the faculty, staff, and student volunteers who staffed the tables during Welcome to Fullerton Day, and additional thanks to everyone who came out to see us! We'll see you again next year!

Finals Dates and Times



It's that time of year again! Finals are taking place May 10th-16th. The finals schedule is as follows:



Monday, May 12	
Special Exam* ACCT 201B	9:30 - 11:20 a.m.
MW starting at 10:00 a.m.	12:00 - 1:50 p.m.
MW starting at 1:00 p.m.	2:30 - 4:20 p.m.
MW starting at 5:30 p.m.	5:00 - 6:50 p.m.
M starting at 4:00 p.m.	5:00 - 6:50 p.m.
MW starting at 8:30 p.m.	7:30 - 9:20 p.m.
M starting at 7:00 p.m.	7:30 - 9:20 p.m.
Tuesday, May 13	
TR starting at 7:00 a.m.	7:00 - 8:50 a.m.
TR starting at 10:00 a.m.	9:30 - 11:20 a.m.
TR starting at 1:00 p.m.	12:00 - 1:50 p.m.
Special Exam* MATH 115; 125	2:30 - 4:20 p.m.
TR starting at 4:00 p.m.	5:00 - 6:50 p.m.
T starting at 4:00 p.m.	5:00 - 6:50 p.m.
TR starting at 7:00 p.m.	7:30 - 9:20 p.m.
T starting at 7:00 p.m.	7:30 - 9:20 p.m.
Wednesday, May 14	
MWF starting at 8:00 a.m.;	7:00 - 8:50 a.m.
MW, MF or WF starting at 7:00 a.m.	
MWF starting at 9:00 a.m.;	9:30 - 11:20 a.m.
MW, MF, or WF starting at 8:30 a.m.	
MWF starting at 11:00; F starting at 11:00 a.m.	12:00 - 1:50 p.m.
MW, MF or WF starting at 2:30 p.m.	2:30 - 4:20 p.m.
MWF, MW, MF or WF starting at 4:00 p.m.	5:00 - 6:50 p.m.
W starting at 4:00 p.m.	5:00 - 6:50 p.m.
MW starting at 7:00 p.m.	7:30 - 9:20 p.m.
W starting at 7:00 p.m.	7:30 - 9:20 p.m.
Thursday, May 15	
Special Exam* ACCT 201A, EGCE 201, EGCE 302	7:00 - 8:50 a.m.
TR classes starting at 8:30 a.m.	9:30 - 11:20 a.m.
TR classes starting at 11:30 a.m.	12:00 - 1:50 p.m.
TR classes starting at 2:30 p.m.	2:30 - 4:20 p.m.
TR classes starting at 5:30 p.m.	5:00 - 6:50 p.m.
R classes starting at 4:00 p.m.	5:00 - 6:50 p.m.
TR classes starting at 8:30 p.m.	7:30 - 9:20 p.m.
R classes starting at 7:00 p.m.	7:30 - 9:20 p.m.

Friday, May 16**	
MWF starting at 7:00 a.m.	7:00 - 8:50 a.m.
F starting at 8:00 a.m.;	9:30 - 11:20 a.m.
MWF, MF or WF starting at 10:00 a.m.	
MW, MF, or WF starting at 11:30 a.m.;	12:00 - 1:50 p.m.
MWF starting at 12:00 p.m.	
MF or WF starting at 1:00 p.m.	2:30 - 4:20 p.m.
F starting at 2:00 p.m.	2:30 - 4:20 p.m.
Friday Night Classes	See Note Below

* Academic departments interested in using these special exam periods must obtain approval from the appropriate College Dean and the Associate Vice President for Academic Programs prior to scheduling the exam or notifying students. Arrangements must be made for Friday evening classes to use a special exam period.

**** CLASSES MEETING ON FRIDAY EVENINGS, SATURDAYS OR SUNDAYS:**
Students taking Friday evening classes will take final examinations at their regular class times on Friday, May 16. Students taking Saturday or Sunday classes will take final examinations at their regular class times on Saturday, May 10 or Sunday, May 11.

ICC LEADERSHIP

Every month we will highlight one of the officers of the HSS-ICC. This month's officer is Lindsay Mills.

Lindsay Mills is the outgoing Director of Administration for the HSS-ICC. She says that

all she does is "write the minutes and agendas for each meeting," but other ICC members say that she is "the operational center of the ICC."

Lindsay is a double major in Psychology and Criminal Justice

and is a senior. She does research with Drs. Miller, Koo, and Weiss on emotion experience, sampling method, and perceptions of heroin sniffers.



CSUF STUDENT'S SUMMER PLANS

So, what are your plans for summer vacation?

I'm going on a cruise and taking summer school.
-Sarah Davison

I'm moving to Arizona, but first I am going to do nothing for a while.

-Jeni Bradley

I'm not sure yet what I'm doing, probably working and going to the beach. -Mandy Paterson



I plan to sleep a lot and watch a lot of TV. -Will Breck

I have to start writing my Master's thesis, and I'll probably work. - Jane Prescott

I'm going to Hawaii for a week to surf.

-Aria Gilbeau

I'm going to read a lot, work, go to the beach, the usual.

-Alicia Watts

My family is going on a vacation, but we're not sure where yet! -Jeff Knowles



COUNSELING CORNER

Deborah's Tips to Avoid Freaking Out About Finals...

by Deborah Edelman-Blank, Psy.D., Licensed Clinical Psychologist

Counseling and Psychological Services, California State University, Fullerton

Get Organized

Being disorganized this time of year is bound to increase your stress. And if you are like most students, more stress is the last thing you need... So, take 10 minutes today or tomorrow, and make a "to do" list. On the list, include everything you need to complete for the rest of the semester. Include every final exam, paper, project, assignment, performance, and the date each is due. Then, put them in order based on what needs to be completed first. Once you have your list, post it somewhere you can see it while you study. Focus only on the next thing on your list and ignore the rest. Focusing on several things at once is an excellent way to become overwhelmed... Make sure that once you have completed something, you cross it out on your list so you have a visual reminder of your progress. For bonus points, find a way to celebrate each thing you complete right after you complete it.

Respect Your Body

Of course, taking care of your body is important all year around (you don't need a psychologist to tell you that). It is particularly important to do so at the end of the semester, however, when students are highly prone to freaking out. Even if you are not a "health nut," now is the time to increase healthy behaviors so that you'll have the energy and brain power to make it through until the end of the semester. Get enough sleep. Reintroduce yourself to vegetables and protein and breakfast. Drink a lot of water. Rest your eyes every 15-20 minutes while reading or working on the computer. Move your body (you don't have to go to the gym and be an exercise manic... try going for a 10 minute walk during your next study break). Take study breaks even when you don't feel you need them. Avoid caffeine overload. And did I mention, get enough sleep?

Be Realistic

Are you expecting to work 40 hours a week every week between now and the end of finals? If this is your plan, you should reevaluate if this is absolutely necessary. For some of you, working full time is absolutely necessary for financial or other reasons. If this is the case for you, then make sure your expectations for performance on your finals are realistic. Though you may be capable of academic greatness, that may not be possible on every exam this semester if you are required to work full time. If you do have some flexibility with work hours, try asking your boss to work fewer hours in the next two weeks. Even a decrease of five hours in a week could help immensely.

Keep Your Dignity

Sometimes students become so overwhelmed and stressed out they can become tempted to "cut corners" this time of year. However, I would urge you with every bone in my body to avoid cheating, plagiarizing, or lying to professors to get incompletes or special accommodations. Sure, these behaviors can have significant, irreversible negative consequences that impact your academic career if discovered. You all know that. But engaging in these behaviors, even when they are not discovered, can have very serious, negative consequences to your mental health and self-esteem. Do you really want to be the type of student who engages in these unethical behaviors? Is that the reputation you want? Probably not. So, here's an idea: be honest. If you screw up (overslept, forgot the due date, was overwhelmed emotionally, etc.), screw up with dignity and without shame. Be honest with your professors about your circumstances and what you are asking for. Get a lower grade instead of cheating or plagiarizing. Your self-esteem is worth it.

TEST TAKING TIPS

Multiple Choice

Come up with the answer in your head before looking at the possible answers, this way the choices given on the test won't throw you off or trick you.

Eliminate answers you know aren't right.

Read all the choices before choosing your answer.

If there is no guessing penalty, always take an educated guess and select an answer.

Don't keep on changing your answer, usually your first choice is the right one, unless you miss-read the question.

In "All of the above" and "None of the above" choices, if you are certain one of the statements is true don't choose "None of the above" or one of the statements are false don't choose "All of the above".

In a question with an "All of the above" choice, if you see that at least two correct statements, then "All of the above" is probably the answer.

A positive choice is more likely to be true than a negative one.

If there is an "All of the above" option and you know that at least two of the choices are correct select the "All of the above" choice

Usually the correct answer is the choice with the most information.

Essay Test

Read the directions carefully; pay close attention to whether you are supposed to answer all the essays or only a specified amount (i.e. "Answer 2 out of the 3 questions).

Make sure that you write down everything that is asked of you and more. The more details and facts that you write down, the higher your grade is going to be.

When writing your essay, try to be as neat as possible, neater papers usually receive higher marks.

Make an outline before writing your essay. This way your essay will be more organized and fluid. If you happen to run out of time, most instructors will give you partial credit for the ideas that you have outlined.

Don't write long introductions and conclusions, the bulk of your time should be spent on answering the question(s) asked.

If you have time left at the end, proofread your work

Budget your time, if you have an hour to write 3 essays, spend no more than 20 minutes on each essay, then if you have time left over at the end go back and finish any incomplete essays.

Short Answer

Use flashcards, writing the key terms, dates and concepts on the front and the definition, event, and explanations on the back.

Try to anticipate questions that will be asked on the test and prepare for them. Usually what your instructor emphasizes in class will be on the test.

Try not to leave an answer blank, show your work/ write down your thoughts, even if you don't get the exact answer, partial credit is usually awarded.

If you don't know the answer, come back to it after you finish the rest of the test and make an educated guess. Other parts of the test may give you clues to what the answer may be.

If you can think up of more than one answer for a question, ask the instructor what to do.

Read the question carefully and make sure that you answer everything that it asks for; some short answer questions have multiple parts.



Quantitative/Math

Repetition is important in math you learn how to solve problems by doing them, so keep on practice problems, but don't do it blindly, make sure you learn how to recognize when/why you should use a specific method to solve a problem.

Work on practice problems for each topic ranging in levels of difficulty.

When practicing, try to solve the problem on your own first then look at the answer or seek help if you are having trouble.

Mix up the order of the questions from various topics when you are reviewing so you'll learn when to use a specific method/formula.

Make up a sheet with all the formulas you need to know and memorize all the formulas on the sheet.

When you get your exam, write down all the key formulas on the margin of your paper so if you forget them when you're in the middle of the test you can look back at the formula.

Read the directions carefully and don't forget to answer all parts of the question.

Show all your work and write as legibly as possible.

Student Access Center Staff Says Goodbye



Happy end of the semester, everyone! I hope that your semesters went well and that your finals results go even better! As for me, I'm graduating with my M.A. in English and moving on to this "real world" thing that people keep telling me I should look into. I'll miss all of your bright and shining faces at the Student Access Center, at the monthly "Pizza with the Dean" programs, and at the other H&SS events and gatherings. If you're graduating, congratulations, you made it! If you're here for another year or two or three, get involved on campus next year! Either way, I hope you have a great summer and a great life.

-Jeni Bradley



This school has been the cornerstone of my life for four years. Since I'm finally graduating with my M.A. in Psychology, life after school will be very different. I won't miss the exams or papers, but I will miss all the great faculty and students that attend CSUF. The school has made me a better person. I encourage everyone to participate in extracurricular activities. Clubs make college life so much more fun. You also get the opportunity to meet some great people. I started participating in them later in my college years and I really wish I had done so earlier. Congratulations to everyone who is graduating this semester and I wish the continued success to everyone who is continuing their education.

- Michael Bailes

PS: The hard part now is lining up a job. I guess I should head over to the career center.



For sure I will miss the wonderful people of Cal State Fullerton. Having studied for two years at the Master's program of Environmental Studies, I have earned my Certificate of Survival and will have my diploma in three weeks! Besides this hectic last semester that I was working on my thesis, the rest of my experience at CSUF was great, especially my experiences with the Persian Club, the Persian Language institute, and working with the wonderful staff of the Dean's office. If you have not still gotten involved in a club or organization, it is better you do it now to enjoy the events, the educational and career opportunities, and the new things that you learn.

-Reza Yeganehshakib