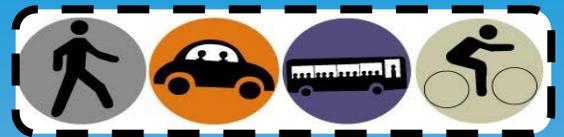




# THE COMMUTER CHRONICLE



## 20 stress reducing self care ideas in preparation for the end of the semester:



1. Take a deep breath
2. Go for a walk
3. Organize your to-do list
4. Get a massage
5. Make a craft
6. Stretch
7. Focus on what you can control
8. Color
9. Sing, dance, listen to uplifting music – give yourself permission to take a break!
10. Write in a journal
11. Lean on your friends and family for support
12. Read a book for pleasure
13. Take a nap
14. Write down ten things you're thankful for
15. Disconnect from technology
16. Read some inspirational quotes
17. Make a stress ball
18. Watch your favorite movie
19. Go for a drive
20. Stay motivated and do your best!



Stay up to date! Be sure to follow the Student Life Office on social media.

Student Life Office at Buffalo State

@BSCstudentlife

@buffalostatelife

bscstudentlife.tumblr.com

@StudentlifeBSC

## Buffalo State Student Life Office



Pictured above: Commuters enjoying the Dessert Bar on 11/2/16.

Thank you to all who participated in **Commuter Appreciation Week!** Congratulations to the *Guessing for Gas* winners: Summer Oliver, Eddie Schmitt, and Naquasia Boyd!

Another *Dessert Bar* for commuters will be held in the Classroom Building on Wednesday, 12/7, from 4:30-6:30pm!

### Get to know the Commuter Ambassadors! Featuring: Berthlyne Francois



Bre is a psychology major with a minor in biology and forensic anthropology. Although she is a commuter, you will always find her on campus- most of the time in the library. As a Commuter Ambassador she enjoys planning events for commuters as well as meeting new commuters. Her advice for commuter students is to get involved!

"Even if you're done with classes don't be so quick to run home. Get to know what the Buffalo State campus has to offer and get to know your fellow classmates, especially those who are residents."

### Upcoming Events!

12/6: Commuter Connections Breakfast in the Fireside Lounge from 8:15-9:30am.

12/7: Commuter Dessert Bar 4:30-6:30pm in the Classroom Building lobby.

12/8: *Mr. No the Balloon Guy* will be twisting balloon shapes in the lower Union lobby from 12-2pm. Hot chocolate, coffee, & cookies included!

1/26: Commuter & Transfer Student Welcome Back Event! Bengal Pause in the Social Hall.

1/23-2/28: Weeks of Welcome

Stay tuned for more information about upcoming events next semester.

### This Month's Commuter Tip:

**Preparing for exams:** Read some of these study tips below to help you ace your finals.

- ◆ Read your notes aloud. You are more likely to remember something if you speak it out loud instead of reading it over and over again.
- ◆ Find some classmates, share your notes, and create a study group. Quiz each other!
- ◆ Make sure you are eating well and getting enough sleep. "Brain foods" include: fish, nuts, seeds, yogurt, and blueberries.
- ◆ Take regular study breaks to help your brain absorb more information. Breaks also help you stay focused and motivated.
- ◆ Create flashcards. This is a great way to quickly test your knowledge of key concepts, formulas, and definitions.
- ◆ Switch up your study locations. Alternating rooms can improve retention!

**GOOD LUCK!**

### Are you looking for a job on campus?

Learn more about [Office Assistant positions](#) in the Residence Life Office.

Office Assistants (OAs) are Residence Life staff members who work alongside campus Resident Assistants (RAs), Resident Directors (RDs), Complex Directors (CDs) and central office staff to serve Buffalo State students through many different avenues. OAs help to process mail and packages, building keys, general building maintenance and serve as a direct and important resource for students. **OA's are a vital part of the Residence Life team and either commuter or residential students are welcome to apply to join and work with that team.** For questions about the position please email us at: [jobsreslife@buffalostate.edu](mailto:jobsreslife@buffalostate.edu).