

Weekly Newsletters for Freshmen at UCB College of Chemistry

Task

- Write a newsletter to help **orient students** to the campus, let them know what resources are available, help them cope with stress, and provide information about clubs, travel abroad, and other opportunities.

Audience

- College Freshmen

Tools Used

- WordPerfect

Development Time

- One day per newsletter

Note

- Only four newsletters are shown. If you want to see more examples, contact Kira Reoutt at 510-527-1438.

The ChemUnity Crier

Information & Goings On About the College of Chemistry & the Berkeley Campus

ARTS & ENTERTAINMENT

Cal is hardly known as an art school, but, believe it or not, the campus is teeming with culture! In fact, many well-known, sought after, and innovative performers, exhibits and films make it to UCB every year. When you have a minute to spare, be sure to check out the following:

BAM! BAM!

The Berkeley Art Museum (BAM) houses a collection of asian art, modern art, and three centuries of western art. On any given day they also have three to four special exhibits, which are well worth seeing. A few current exhibitions include Rudolph Steiner's Blackboard Drawings, Drawings by Luc Tuymans, and Woodblock Prints of Ichiyusai Kuniyoshi: Samurai Stories. Admission is always free to students. BAM is located on Bancroft just below College. Schedules can be found in numerous locations about campus and the town. 642-0808.

The PFA

The Pacific Film Archive located at the BAM shows films commercial theaters do not. They highlight international films as well as films of noteworthy directors. Upcoming programs include Kabuki Theater in Japanese Cinema, a Margaret Mead Film & Video Fest, and films by Andrei Konchalovsky and by Jacques Rivette. Their schedule is printed along with the BAM schedule. Call 642-1124 for updates.

Cal Performances

Cal Performances brings many well-known performers to Zellerbach Hall. They have recitals, 20th century music, world music & dance, theater performances, and much, much more. Some up-coming attractions include: Mark Morris Dance Group, Dance Theater of Harlem, the Russian National Orchestra, Wynton Marsalis conducting the Lincoln Center Jazz Orchestra, and Solas. I highly recommend picking up their schedule. Tickets are half-price to UCB students. \$5 rush tickets are also available for students. Call 642-9988.

Noon Freebies

Who says there is no such thing as a free lunch? Every Wednesday at noon a free concert is given in Hertz Hall. Music performances range from arias to folk songs. Everyone from jazz ensembles to the University Symphony Orchestra plays here, and music from Bach to Philip Glass to around the world is featured. Schedules can be picked up in the Music Department. Call 642-4864 for more information.

Once a month in Doe Library's Subject Catalog Hall a noontime poetry reading series takes place. You already missed the kick-off where a number of faculty read their favorite poems, but excellent poets are slated through May. The next poet will be Tess Gallagher on Oct 30 (that's tomorrow!). She has written

several books and co-authored two screenplays with her late husband, Raymond Carver. For a schedule, call 642-0137. And, yes, it's all free!!!!!!

2B or not 2B

The drama department puts on several plays each semester. At the Zellerbach Playhouse the first two weekends in November will be "The Mound Builders." This is a play by Obie Award winner Lanford Wilson. For more information and a schedule, call 642-1677. Student tickets are \$5.00.

Drama classes put on plays, musicals and dance productions towards the end of each semester in the Black Box Theater, room 7, Zellerbach Hall. Tickets are \$2.00. Call 642-1677 for more details.

Off-Campus

I am running out of room, but note that the SF Bay Area has more cultural life & art per capita and per square inch than any other US urban area. That small town across the bay houses one of the world's premier opera houses, as well as a symphony, a ballet company, the SFMOMA, ACT, an international film festival and the Legion of Honor, which has some wonderful Rodins. For more information, take a peek at the Sunday *SF Chronicle*.

Researched & regurgitated expressly for you by Kira Reoutt.

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POST MIDTERM BLUES

The first set of mid-terms are over, and they were tough. You got a C or an F. What to do now? Don't panic, don't stress. Your grade on the first mid-term is not the grade you will receive in the class nor is it necessarily indicative of how you will do in later classes. It's time to sit back and analyze why you got the grade you did, consider study strategies, and seek help if you need it.

Tutoring Services

The Student Learning Center (SLC) is located in Cesar Chavez Student Center. Their Web Site is: <http://www-slc.uga.berkeley.edu/SLCHP.html>. They provide Study Groups, Problem Sessions and Drop-in Tutoring for students in Chem 1A. They also offer tutoring for Chem 1B and 112.

Study Groups meet 2 hours a day, twice a week. These groups have already begun and you must sign up for them. However, if space is available, you may attend any group.

Problem Sessions meet for 1 hour each week. The Session Leader gives a very brief overview of the week's lecture, hands out exam style problems, and then you work on the problems. You may ask questions, and at the end the more difficult problems are gone over on the board. Sign up is not required. Anyone may attend any session. For a schedule, check out the SLC web site or go to the SLC office.

The Science Tutoring Area will offer a

full schedule of tutoring. An up-to-date schedule will always be posted in the Science Drop-In Tutoring Area.

Chem Home Page

You probably already know that there is a Chem 1A home page located at <http://waugh.cchem.berkeley.edu/chem1a/>. But did you know that they have links to newsgroups that post on-line exams for chemistry, math and physics? These exams are potentially useful study aids.

This web site also has office hours, office locations, some phone numbers and e-mails for the TAs, so if you have a question, you might find someone readily available to help.

Stressed Out?

Since stress is a part of life, rather than avoiding it, try learning healthy strategies for dealing with stress. Some suggestions from various university health services include:

- Eat a healthy, balanced diet. Don't go hungry, don't overload on snacks.
- Get enough sleep. Go to bed & wake up at regular times.
- Get regular exercise. Take a PE class, do yoga thru CalFit, or sign up for intermural sports.
- Alleviate loneliness. Develop a network of friends. Get involved

with organizations such as Cal Adventurers, the Go club, or AIChE, whatever interests you.

- Seek out help from peers, tutors, TAs, faculty & staff. Learn who can help with what and go to them.

More help is available at the Tang Center. They provide confidential counseling for personal matters, overcoming learning and concentration problems, defining your interests, and more. They are located on the 3rd Floor, 2222 Bancroft Way (642-9494). Their Web page is: <http://www.uhs.berkeley.edu>.

Study Strategies

The SLC's web site includes some excellent study strategies. Although seeking out this information, printing it up and reading it may seem like one more thing to take you away from your studies, I highly recommend checking it out.

I was going to write up a brief list of their suggestions, but alas, I have run out of room. Do check this out!

They have excellent advice on studying in general, taking problem solving tests, taking objective tests, effective note taking, effective listening, and how to manage procrastination.

Information on this sheet was hunted and gathered by your friendly undergraduate advisor, Kira Reoutt.

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WHO ARE YOU?

Know thyself. The key to health and happiness is also the key to a successful career. People succeed at what they enjoy and do best.

Self-Assessment

Suspect that chem is not your thing? Thinking about going into journalism? Want some help clarifying and articulating your values and interests? Career testing and self-assessment may help you define what you enjoy and what you.

The Tang Center offers workshops where you take the Strong Interest Inventory and the Myers-Briggs Type Indicator. After the tests are scored, a counselor explains the tests and offers guidance in using the results for career decision-making. For a more complete description, dates and enrollment information, check out the Tang web page at www.uhs.berkeley.edu. Workshops and testing are free of charge.

Testing, Testing

Even if you know what you want to do, I recommend taking a workshop or one of the computerized tests described below as they might open new avenues for you, give you ideas about how to combine several interests, and help you determine short-term goals to achieve the career you want.

The Strong Interest Inventory clarifies your interests and compares

how similar you are to people in various occupations.

Myers Briggs Type Indicator helps you to understand aspects of your personality that may be important in choosing a career, sub-specialty or work environment.

SIGIPlus, or **System of Interactive Guidance and Information**, is a computerized career guidance system. It can help you assess your values, interests and skills, allows you to search occupations based on your self-assessment, provides specific information about occupations, provides typical preparation paths for these occupations, helps you plan short-term goals to move toward your career objective and more.

DISCOVER for Colleges and Adults is another computerized career guidance system. It teaches steps of an effective career planning process, self-assessment of your vocational interests, abilities, experiences and values, identifies lists of occupations by specific job characteristics, by program of study, or by relating them to your self-assessment, identifies paths of training and more.

SIGIPlus and DISCOVER are available at the Career Guidance Library. To schedule time on these systems, call 642-2367.

A PDF version of another self-assessment tool, the **Campbell Interest and Skill Survey**, can be

found at www4.usnews.com/usnews/edu/beyond/bcciss.htm. More personality and assessment info can be found at www.jobweb.org/CATAPULT/Assess.htm. Note: I can't vouch for the accuracy or usefulness of these web pages or links.

If you find web or book versions of any of these tests, I recommend you still take a Tang Center workshop or meet with a career guidance counselor as a counselor can help you understand and use this information.

Read Up On It

A visit to The Career & Educational Guidance Library, located at 2222 Bancroft, is a must. They have information on all major career fields, detailed information on specific job titles, job outlook profiles, directories of grad and professional schools, and the campus's most complete collection of hard-copy college catalogues.

Two of their self-assessment books are [Do What You Are](#) and [Please Understand Me](#), one of the authors of which created the Keirsey Personality Sorter (another assessment tool). Other topics include: academic job searching, law, medical, business or engineering graduate schools, becoming a physician, entering public health, careers in the environment, careers with a conscience, and career guides [for creative and unconventional people](#).

Information provided by Kira Reoutt, CoC Undergraduate Advisor

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E Q V S I Q

Consider this—a student with a 4.614 GPA stabs his physics teacher because he received a B on a quiz. Another student with perfect SAT scores cannot get out of bed to study and fails his classes. A third student is so stressed, she cannot study for exams and gets poor grades. These anecdotes come from the book Emotional Intelligence: Why it Can Matter More Than IQ, which redefines what it means to be smart.

In a rigorously academic environment like Berkeley, you can sometimes forget that your GPA is not the be all end all. Author Daniel Goleman puts forth the case that while IQ can predict success about 20 percent of the time, a host of other factors contribute to success on the job and in personal relationships.

These other factors Goleman puts under the rubric of emotional intelligence and suggests that they include: the ability to motivate oneself and persist in the face of frustrations; to control impulse and delay gratification; to regulate one's moods and keep distress from swamping the ability to think; to empathize and to hope.

The problems in the anecdotes above stem from poor ability to manage anger and stress, depression or lack of motivation, and anxiety. Goleman looks at these and other problems from biological and psychological perspectives, explains how they might arise and often gives tips on how you can either avoid or prevent them from

ballooning out of control.

If I were to distill this 350-page book down to one sentence, it would be: EQ hinges on being conscious of your feelings. Even empathic ability stems from self-awareness (p.97). (Again we return to the maxim, "Know thyself." Goleman even has a chapter so titled.)

Once you are aware of your feelings, you are taking the first step to managing your emotions by, say, learning how to soothe yourself, shake off gloom, anxiety or irritability. Learning to control your emotions can help you focus your attention, motivate yourself, and induce creativity. Finally, being aware of your own emotions helps you to recognize the emotions of others and thus handle your relationships better.

Practical Help

While some researchers argue that IQ changes little over time or with education, the same cannot be said of EQ. A note of caution: emotional intelligence is a rather nebulous area. For instance, how does one define self-assertion as opposed to aggression, much less develop it? Nonetheless, despite how you define and, over the years, redefine these terms simply reading this book will make you more cognizant of how you cope with stress, deal with anger, function in groups, and relate to your boyfriend or girlfriend.

In addition to the tips and illustrations in this book, consider taking workshops, reading books, looking through the newspaper, exploring the web, and

participating in activities that will help you better handle difficult emotions and/or develop your social skills.

For instance, if you want to learn how to better work with others, consider becoming a part of the governing body of an organization such as a club or your co-op housing. Or get a job, internship or co-op employment. Read: Executive EQ: emotional intelligence in leadership and organizations.

If stress and anxiety are keeping you from studying effectively, consider taking a Tang Center workshop.

If you want to work on public speaking—an invaluable job skill—join Toastmasters or the Forensics Club, or find a public speaking class. But do you suffer crippling shyness? Some therapists run groups to help people overcome shyness.

If you and your partner are having difficulty communicating, consider taking a Couples Communication workshop at the Tang Center. Read You just don't understand: women and men in conversation.

More information on emotional intelligence can be found at <http://www.utne.com/cgi-bin/eq>. You can even take an EQ test at this site, but as it is a simple 10 question test, I would take the result with a grain of salt.

Good luck on finals! Happy Holidays!
Page numbers come from Goleman, Daniel
Emotional Intelligence (1995).