



The Gem Newsletter

March 2012

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Facebook/Twitter:

Follow The Gem on Facebook (The-GEM) and Twitter (thegemcorvallis) for important updates on events in the building.

Message for Gem Residents by Lois Waugh

Dear Residents,

Recently you may have noticed that Andrew Furr is no longer working in the office. No worries. We have Steffani Anderson available to assist you. Additionally, you may see me, Lois Waugh. I'm the Vice President of Property for College Housing Northwest. I will do my best to assist you as well. It is our goal to provide to our wonderful residents here at the Gem the best service available. Thank you for allowing us to serve your housing needs. If you have any questions or concerns, please don't hesitate to stop by and let me know.

Regards,
Lois Waugh



New Office Hours by Steffani

Effective immediately, the Gem's office hours have changed to Monday-Friday from 10:30am to 5:00pm. Please make note of this. Thank you!

Re-contracting & Vacating The Gem by Steffani

We would just like to thank everyone for being so patient with the re-contracting for the new school year. We realize it's difficult to make decisions so early on in the year, but this allows us to help other students find housing before the summer and new school year starts. If you did not return a re-contracting form to the office, we will be offering your apartment to new applicants for summer/fall term move-in. We still expect you to fill out an "Intent to Vacate" form at least 30 days before your move-out date.

Best Off-Campus Apartments Award by Steffani



Exciting news! The GEM was voted best "Best Off-Campus Apartments" by OSU Students through an online survey at The Daily Barometer. There was a large voter turnout for this survey and The Gem was picked as the winner. Be on the lookout for the March 5th edition of The Daily Barometer for the award announcement!

Nutrition Program at Student Health Services by Brianna

Eating healthy is an important part of healthy living at college. As students, it is sometimes difficult to find nutritious, affordable and easy things to eat. Luckily, Student Health Services at OSU has a FREE nutrition program available to all students! Students have access to free and unlimited visits with a Registered Dietitian (RD). Check out the information below from OSU's Student Health Services website on what you can expect from a visit with an RD and how to make an appointment!



Student Health Services aims to assist you in sorting through the wide range of nutrition advice assailing you from many sides while a student at OSU. Bring your nutrition questions to one of our nutrition consultants, who are also registered dietitians. Learn about eating for general good health, sports nutrition, vegetarianism, long-term weight control, or specific health issues.

The dietitians can give guidance in:

Computer diet analysis
 Healthful eating on campus
 Sports nutrition; endurance and strength
 Heart health nutrition
 High blood pressure
 Diabetes

Irritable bowel syndrome
 Gluten intolerance
 Weight gain or loss
 Pregnancy
 Vegetarianism
 Emotional issues with food

The RDs at Student Health Services will:

- Assess clients' nutrition status
- Evaluate clients' nutrient intake
- Develop (led by the client) a nutrition plan
- Counsel clients coping with unique diet requirements.

How do I make a nutrition appointment? Appointments are available to OSU students at two campus locations:

- Student Health Services: 541-737-9355
- SHS @ Dixon: 541-737-7556

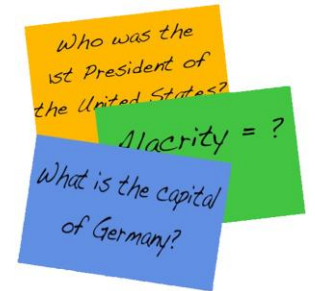
Source: <http://studenthealth.oregonstate.edu/nutrition>

PHD Comics by Matt (credit: <http://www.phdcomics.com>)



Memory Tricks to Help You Pass Your Exams by Daniel

It is now approaching the end of the winter term and as such, it is too late to withdraw or change to a S/U grade scale. Many students are looking at their current course grades and hoping for a miracle. If you're fortunate enough to still have another midterm or term paper to go, in addition to a final, then there is still a glimmer of hope to do well on these and pull out a respectable grade. Below, I've compiled a couple memory techniques you might be able to use to help you pass your exams.



First off, mnemonic devices can be extremely helpful in memorizing information. Some of the most basic are called “first letter” acronyms. This is where a sequence of letters symbolize something you want to recall and then those letters are used to build a creative sentence that you are likely to remember. For instance, you could use a mnemonic to help you remember the order of operations in mathematics, which is: Parentheses, Exponents, Multiplication, Division, Addition, and Subtraction. On its own, this may be a little tricky to remember. However, if you take the first letter of each operation and create a sentence from those letters, you could make the following: “Please Excuse My Dear Aunt Sally.” In all likelihood, you’ll find it much easier to remember this sentence than trying to remember the operations themselves.

However, you may find that using “first letter” acronyms can be fairly limited. Another mnemonic technique, often referred to as the “Method of Loci,” “Roman rooms,” or “Memory Palace,” can be used to help remember a large amount of information in a short period of time. The idea of this method can be thought of as a “mental walk” which involves associating information with objects or landmarks as you progress. The key is that your brain uses spatial relationships as a method to recall information. As an example, imagine you wanted to remember a list of words, such as a grocery list. Now imagine a setting in which you can mentally “walk,” say walking from your bedroom to your kitchen or walking to class on campus. If the first item on your grocery list is milk, you could imagine a gallon of milk on your bed. Then say the next item is bread, well you could imagine bread being on your dresser. You would continue to proceed through this mental walk as you have items to remember. You’ll find that if you use exaggerated and dramatic imagery, such as a huge puddle of split milk on your bed, it will be much easier to remember the information you are trying to recall.

As a more traditional learning technique, spaced repetition is another method you could use to help you memorize information. The primary idea is that a person uses an increasing interval of time between subsequent reviews of learned material. For example, for information you wanted to recall, you could start by re-reviewing that information 10 minutes after you learned it. Then you would continue to re-review this information in longer intervals: 30 minutes, 45 minutes, and so on. Flash card work great with this method as it is a quick way to re-review the material you want to remember. In fact, there are a few free spaced repetition flash card programs available on the internet that you might find useful. One of the best programs available, called “Anki” (<http://ankisrs.net>), is available for Windows, Mac, and Linux as well as smart phones and other mobile devices. So not only can you practice at home but you can take it on the go so you can keep up with your re-review sessions.

Despite all these techniques, probably one of the most important things to remember is to stay focused. Many of the various learning techniques will only be as good as the amount of attention and concentration you provide. To help you stay focused, try to make an official “study location,” a desk or spot where you only go to study and turn off any devices that might distract you, such as a laptop or cell phone. In addition, set an interval of study time, such as 30 minutes or an hour, and then take a short break for 5 or 10 minutes. Studies have shown that taking regular breaks between work or study sessions not only help keep you focused and productive but are also good for your health.

Keep in mind that these methods are just a few you can use to help you prepare for your exams. For more, try searching for “study techniques,” “mnemonics,” and “how to stay focused” on the internet for more ideas. If you keep at it, you’ll likely find a technique that works well for you. Best of luck on your upcoming exams!

March 2012 – Calendar of Events by Kim

Holidays and Other Observances

March 2012

- March 11th Daylight Savings Time Begins
- March 17th St. Patrick’s Day
- March 20th First Day of Spring

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11 Daylight Savings Time Begins	12	13	14	15	16	17 St. Patrick's Day
18	19	20 First Day of Spring	21	22	23	24
25	26	27	28	29	30	31

Oregon State University Events

- All March Recycle Mania 2012
- March 1st-2nd OSU Food Drive
- March 1st-4th Western Regional IIE Conference
- March 1st-13th The Sugar Wife by Elizabeth Kuti: University Theatre
- March 1st-15th OSU Women’s Center Annual Art Exhibit
- March 8th Starker Lecture Series: Watershed Moments: People, Forests, & Water
- March 9th Music à la Carte: OSU Glee, Outspoken and Divine
- March 9th OSU-Corvallis Symphony: Scholarship Concert
- March 12th-16th Dead Week
- March 19th-23rd Finals Week
- March 24th-31st Spring Break

Corvallis Events

- Every Sat. in Mar. Corvallis Indoor Farmers’ Market
- March 1st-11th Annie the Musical
- March 2nd The Arts Center: Chocolate Fantasy
- March 3rd Crawl for the Cause
- March 17th Rhapsody in the Vineyard Downtown Wine Walk

Useful Event Websites

- OSU Calendar <http://calendar.oregonstate.edu/>
- Corvallis Events <http://www.downtowncorvallis.org/experience/calendar.php>
<http://www.visitcorvallis.com/index.php?action=events>