

DREAM

Delivering Residents Education and Memories

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October is National Breast Cancer Awareness Month

Breast cancer is the most common cancer in women in the United States. According to the American Cancer Society, it was estimated that about 178,480 women in the United States were found to have invasive breast cancer in 2007. About 40,460 women will die from the disease this year. Right now there are slightly over 2 million women living in the United States who have been treated for breast cancer.

Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.

Breast cancer is the second leading cause of cancer death in women (after lung cancer). Although African-American women have a lower incidence of breast cancer after age 40 than Caucasian women, they have a slightly higher incidence rate of breast cancer before age 40. African-American women, however, are more likely to die from breast cancer at every age.

Breast cancer occurs primarily in women, but men can also develop breast cancer. Although men have less breast tissue than women, they do have breast cells that can undergo cancerous changes. Male breast cancer makes up less than 1 percent of all cases of breast cancer, and is usually detected in men between 60 and 70 years of age.

Most breast lumps in men are due to gynecomastia and not cancer. Gynecomastia, the most common male breast disorder, is an increase in the amount of a man's breast tissue. However, it is still important to see a medical professional about any symptoms, including a lump, to rule out male breast cancer. Breast cancer is much less common in males; by comparison, the disease is about 100 times more common among women. The American Cancer Society estimates that in 2007 some 2,030 new cases of invasive breast cancer will be diagnosed among men in the United States.

If you're worried about developing breast cancer, or if you know someone who has been diagnosed with the disease, one way to deal with your concerns is to get as much information as possible. Please visit <http://www.nbcam.org/> for more information.

"Disease Information," National Breast Cancer Awareness Month Website, <http://www.nbcam.org>



*Dreams come
in a size too
big so that we
may grow into
them.*

- Josie Bissett

What Kind of Test Taker Are You?

Preparing for and taking tests is an integral part of the college experience. Take the quiz below to evaluate your skills. Remember that you can also treat each question as a strategy for improving those skills. Answers found on page 4.

1= Almost Never 2= Sometimes 3=Almost Always

| | |
|---|-----------------|
| 1. Do you begin preparing for tests ahead of time, rather than cramming the night before the test? | ○ 1 ○ 2 ○ 3 |
| 2. Do you study in short spurts (an hour or less) and take a break, rather than study straight through for several hours at a time? | ○ 1 ○ 2 ○ 3 |
| 3. Do you use your notes and textbook to predict what questions will be asked on a test and then try to answer them? | ○ 1 ○ 2 ○ 3 |
| 4. Do you scan the whole test before you begin the first question? | ○ 1 ○ 2 ○ 3 |
| 5. Do you answer the easiest questions first before you tackle the more challenging questions? | ○ 1 ○ 2 ○ 3 |
| 6. Do you budget your time well during a test, paying attention to how many points each question is worth? | ○ 1 ○ 2 ○ 3 |
| 7. Do you check over your answers before handing in the test? | ○ 1 ○ 2 ○ 3 |
| 8. Do you read all answer choices on multiple choice questions? | ○ 1 ○ 2 ○ 3 |
| 9. Do you know what key words to look for in a multiple choice question? | ○ 1 ○ 2 ○ 3 |
| 10. Do you use the process of elimination when doing a multiple choice or matching test? | ○ 1 ○ 2 ○ 3 |
| 11. Do you know what key words to look for in an essay question? | ○ 1 ○ 2 ○ 3 |
| 12. Do you pay attention to key words such as “always,” “never,” and “sometimes” on a true/false test? | ○ 1 ○ 2 ○ 3 |

How to do your best on college exams

As midterm exams begin, we want all students to do their best. Below are some tips and techniques for test taking.



Multiple Choice

- Read instructions carefully to see if there can be more than one answer.
- Cover the choices with your hand and answer the question in your head first. Then check to see if your response is there.
- Don't change your answer over and over. Generally your first instinct is right (unless you've misread the question).
- Use clues from questions you can answer to help you with questions you can't answer.

True/False

- If **any** part of the answer is false, the answer is false.
- Words such as *never*, *always*, and *every* mean that the statement must be true all of the time. Statements with these kinds of words are often false.
- Words such as *usually*, *sometimes*, and *generally* mean that the statement can be true or false depending on the situation. Statements with these types of words are often true.

Essay Tests

- Read questions carefully to be sure you know exactly what they are asking.
- Create an outline before you write. Use the outline to organize your thoughts and get right to the point when you start writing.
- Proofread your work.

Short Answer

- Prepare for short-answer tests by using flash cards with definitions of key terms and phrases discussed in class.
- Make an educated guess if you don't know the answer. A partially correct answer will gain you more points than leaving it blank.

Open Book

- Know the layout and structure of your text books.
- Put tabs on important pages in the books you'll be using so you can find critical information easily and quickly during the test.

“How To Do Your Best on College Exams,” College Board Website, <http://www.collegeboard.com/student/plan/college-success/962.html>



Residence Life & Housing Spotlight

Name: Dyanna McMullen
**Title: Assistant Director
for Administrative and
Business Services**

Ms. McMullen has been with the Office of Residence Life and Housing since 2004. She is a 2002 graduate of NSU, with a Bachelors of Science in Accounting, and a concentration in marketing. While here at NSU she was the President of American Marketing Association (AMA) and an active member of National Association of Black Accountants (NABA). In her free time she can be found spending time with her family or riding her motorcycle. Ms. McMullen prides herself on providing great customer service to every student she encounters. Why she does this? As an alumni of the university, Ms. McMullen knows what it is like to be on the opposite side of the counter, so she wants to provide the type of service she would want to receive if she were still a student.

Her advice to current NSU students: Take advantage of all of the opportunities provided here at NSU. If you have questions, ASK!

DREAM

NOW AVAILABLE ONLINE!

Visit
www.nsu.edu/residentallife
for the latest issue!

Consequences for Violating the University Alcohol, Drug, and Weapon Policies:

Norfolk State University is committed to the elimination of alcohol and drug abuse within the University community. The University is concerned with the safety and welfare of its students. The approach to violations of the alcohol policy is designed to be pro-active.

The Higher Education Reauthorization Act of 1998 (HERA) amended the Family Education Rights and Privacy Act (FERPA) to allow institutions of higher education to notify parents or legal guardians of students under the age of 21 of the final outcome of an alcohol or drug violation.

Alcohol Sanctions

(Three-strike policy)

FIRST OFFENSE - Students will be placed on probation for one year and issued a \$25.00 fine. Students will also have to attend a mandatory workshop and underage offenders will have their parents notified.

SECOND OFFENSE - Students will be placed on probation for an additional year, issued a \$50.00 fine, have to attend an additional workshop and/or counseling, and parents of underage offenders will be notified.

THIRD OFFENSE - Students are suspended for one semester with parental notification.

Violations of the university's alcohol policy include but are not limited to the following examples whether they occur on or off campus: Under age possession and/or consumption of alcohol, carrying an open container in public, hosting a party involving the illegal use of alcohol, dispensing and/or facilitating the dispensing of alcohol to minors, intoxication, possession and/or consumption of alcohol on University property.

Drug Violations

FIRST OFFENSE - Dismissal from University Housing, disciplinary probation for one year, \$50 fine, a mandatory workshop and parental notification for students under the age of 21.

SECOND OFFENSE - Disciplinary suspension for one semester.

Violations include: use and/or possession, sale or distribution of marijuana, narcotics, illicit drugs, or drug paraphernalia (except as expressly permitted by law or University regulations) on property owned or controlled by the University.

PERSONS FOUND TO BE INVOLVED IN THE SALE OF ILLEGAL DRUGS WILL BE SUBJECT TO **EXPULSION** FROM THE UNIVERSITY.

Norfolk State University has ZERO Tolerance for Weapons and Violence

- Weapons include but are not limited to the following: knives, razors, broken bottles, brass knuckles, chains, locks, all guns, firecrackers or any other objects used to threaten or cause injury to/upon another.
- Violence includes but is not limited to: uncontrollable physical or verbal abuse and/or gang-related activities toward any student, faculty, staff, administrator or visitor on property owned or controlled by Norfolk State University.

Behavior of this type may result in immediate expulsion from the University.

RLH Happenings for the Month of October!

RA APPLICATIONS AVAILABLE - OCTOBER 6th-17th

- Applications will be available in the Office of Residence Life & Housing, located in JAB, Suite 112. The deadline to submit all components of the application is Friday, October 17th. **NO EXCEPTIONS!**

ROCK THE VOTE - OCTOBER 3rd from 11:00am until 2:00pm

- Unregistered voters, come out to the Spartan Suites Atrium to register today!

RHA & HALL KING and QUEEN ELECTIONS - OCTOBER 6th from 11:00am until 3:00pm

- Come out to vote for your favorite queen and king nominee. Also vote your 08-09 Residence Hall Association Counsel members. Elections will be held on the 2nd floor of the SUB.

Programs for the Month of October

10/2—*Finding Your Inner Beauty!*—Babbette Smith North @ 7pm

10/2—*Stress Tips and Campus Resources*—Babbette Smith South @ 7pm



10/6—*Show Me Your Colors*—Mid-Rise @ 7:30pm

10/8—*Dodge Ball War*—Charles Smith @ 7pm



10/14—*2-million pound challenge- Cardio Jam!* - Rosa Alexander & Phyllis Wheatley @ 7:30pm

10/16—*Hard Knock Life*—Scott Hall @ 7pm

10/22—*Don't Sweat the Small Stuff*—Lee Smith @ 7:30 pm



10/27—*Physical Fitness Day*—Spartan Suites @ 8pm

10/30—*Why Do People Act the Way They Act?* - Babbette Smith South @ 8pm



Spartan Fall 2008 Career Fair—Thursday, October 16th 10:30am to 2:00pm— Joe Echols Memorial Hall

National Health Observances for the month of October

• Let's Talk Month

Let's Talk Month is an opportunity for community agencies, religious institutions, businesses, schools, media, parent groups and health providers to plan programs and activities that encourage parent/child communication about sexuality. Visit www.advocatesforyouth.org for more info.

• National Domestic Violence Awareness Month

Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" in October 1981 conceived by the National Coalition Against Domestic Violence. The intent was to unite advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state, and national levels.

Visit www.dvam.vawnet.org for more info.

• Fire Prevention Week (October 5th-11th)

From October 5-11, 2008, fire safety advocates will spread the word to their communities that, with a little extra caution, preventing the leading causes of home fires – cooking, heating, electrical and smoking-materials – is within their power.



Answers to quiz on page 2

- **12-20:** Your Score suggests you will benefit from improving these skills.
- **21-28:** Your Score suggests many of your skills are excellent; others need to be improved.
- **29-36:** Your Score suggests your skills are excellent. "Study Skills Checklist," Oakton Community College website, <http://www.oakton.edu/learn/testsvy.html>

Homecoming 2008 October 20-26th

Visit www.nsu.edu/homecoming for details.