



Tutoring Times

Center for Academic Development Services

Tutorial Lab

The student newsletter of the CADS Tutorial Lab

February 2009 Issue

CADS Tutorial Lab Hours:

Capen Hall 46 ▶ Undergraduate Library

▶ Lower level ▶ 645-6693

Monday	9:00am- 9:00pm
Tuesday	9:00am- 9:00pm
Wednesday	9:00am- 9:00pm
Thursday	9:00am- 9:00pm
Friday	9:00am- 7:00pm
Saturday	12:00pm- 5:00pm
Sunday	3:00pm- 8:00pm



Important Dates this Month

12th- Donna Brazile, Distinguished Speaker CFA

10th- President's Day (classes still in session)

14th-Valentines Day

27th-CADS Lab Midterm Madness, 11am

HOW GOOD IS CHOCOLATE?

Very Good...

Chocolate contains many nutritional qualities, since it is a high energy food in a small volume. It contains carbohydrates, fats, and vegetable proteins. Chocolate is even full of potassium, magnesium, calcium, sodium and vitamins A1, B1, B2, D and E. A major component in chocolate is *Theobromine*, which stimulates the central nervous system, facilitates muscular exertion, acts as a diuretic and appetite stimulant. *Tryptophan* is an amino acid that increases the production of serotonin, an anti-depressant and natural stress-reducer. Phenols, which are also found in tea, fruits and vegetables, may help reduce the risk of coronary heart disease.



Scientists are disproving many myths about the harmful effects of eating chocolate: it does not cause acne or make it worse, nor does it cause tooth decay.

However, be aware that the average chocolate bar contains 250 calories and should be eaten occasionally.



news flash



Mid-Term Madness

February 27, 2009

11am-2pm in the CADS Lab

Come into the CADS Lab to fill out a survey, enjoy some hot chocolate and give us feedback on ways to improve the services of the CADS Lab.

New Tutors in the CADS Lab

We have several new tutors working in the CADS Lab. We have tutors that can tutor political science, all types of engineering courses, and several languages including: Italian, French, German, Russian and Latin. We have an architect tutor, nursing major tutors, and a geography tutor too. Do you have a tutor?

Math Table: Great time to do homework
Monday – Friday 5pm-7pm

Writing Table: Get help with your papers
Tuesday, Wednesday & Friday 12pm-5pm

Academic Coaches: available to keep you on track

Make an appointment at the front desk

Walk-in Tutoring: Check the posted schedule and get tutored.

Tutor Requests: Fill out a tutor request form and have a tutor contact you.

Statistics have shown – students who get tutoring, more than once a week, have a grade higher GPA than students who don't. Are you getting tutored!



Black History Month

"From Slavery and Struggle to Freedom and Leadership"

January 20th 2009 will be forever remembered as the day an African American, Barack Obama, was elected as 44th president of the United States. Therefore, this year it is only right that we remember that the month of February as not just representative of hearts and chocolates; but that it is also revered as "Black History Month". It is a special time that we take aside to celebrate the invaluable achievements of African American men and women. So, let is now take this time to remember a small few contributions to society that life would not be the same without ...

Elijah McCoy (1843–1929) invented an oil-dripping cup for trains.

Lewis Latimer (1848–1928) invented an important part of the light bulb — the carbon filament.

Jan Ernst Matzeliger (1852–1889) invented a shoemaking machine that increased shoemaking speed by 900%!

Granville T. Woods (1856–1910) invented a train-to-station communication system.

George Washington Carver (1860–1943) invented peanut butter and 400 plant products!

Madam C. J. Walker (1867–1919) invented a hair-growing lotion.

Garrett Morgan (1877–1963) invented the gas mask

Otis Boykin (1920–1982) invented the electronic control devices for guided missiles, IBM computers, and the pacemaker.

Dr. Patricia. E. Bath (1949–) invented a method of eye surgery that has helped many blind people to see.

Lonnie G. Johnson (1949–) invented the world-famous watergun, the Supersoaker.

More information on Black History Month go to www.history.com/minisites/blackhistory

*By: Heather Welser
Academic Coach and Psychology tutor*

Comic Relief

Do skunks celebrate Valentine's Day?

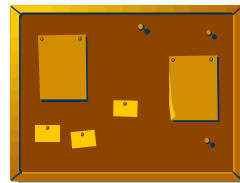
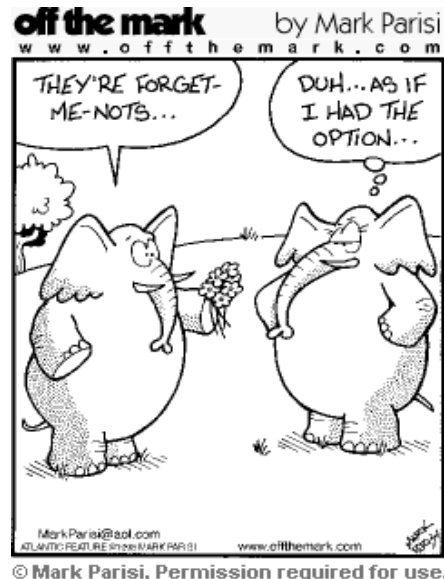
Sure, they're very scent-imental!

What did the chocolate syrup say to the ice cream?

"I'm sweet on you!"

What did one pickle say to the other?

"You mean a great dill to me."



Posted Information

Check out the new bulletin boards in the CADS Lab.

Advertise your organization events, find scholarship or job information, or check out other services available on campus which includes UB area maps.

Note: We are always looking for your comments and suggestions. If you have a story to submit, drop it off in the CADS Tutorial Lab by the 22nd of each month

And the thought for the month is...

"An individual must believe in himself and his abilities. To do his best, one needs a confidence that says 'I can do anything and if I can't do it, I know how to get help.'"

~Dr. Ben Carson

