



# Tutoring Times

## Center for Academic Development Services

### Tutorial Lab

The student newsletter of the CADS Tutorial Lab

December 2008 Issue

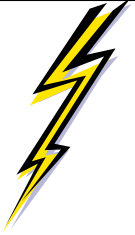
#### **CADS Tutorial Lab Hours:**

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

## news flash



### **CRAM JAM in the CADS Lab** December 1st-5<sup>th</sup>, 2008

“Cram Jam” is coming to help you to get ready for finals. Check out the activities that we have planned for the week. Remember to meet your tutors regularly and see your professors or TAs during their office hours to help you to reach your semester academic goals.



#### **SPECIAL WINTER BREAK HOURS**

Weekend hours end on Dec. 7<sup>th</sup>

Lab Hours:

15<sup>th</sup>-23<sup>rd</sup>-Open 9:00am-5:00pm

24<sup>th</sup>-28<sup>th</sup>-CLOSED

29<sup>th</sup>-30<sup>th</sup>-9:00am-5:00pm

January 5<sup>th</sup>-16<sup>th</sup>- 9:00am-5:00pm

Classes resume on January 20<sup>th</sup>

#### **Mon, Dec 1: The Write Way to Get an A!**

Come in and grab a pencil/pen to help you remember that you have the tools to succeed on your exam. Begin with a pen!



#### **Tues, Dec 2: Get Organized- Use Notecards!**

Note cards can help you study and they are a quick way to review and study for your upcoming finals.



#### **Wed., Dec 3: Don't twist yourself in knots!**

Enjoy some pretzels to give you the right energy to study for finals.

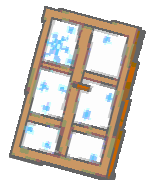
#### **Thur, Dec 4: Blow off some steam....**

Make a bubble with some bubble gum, to help you relax during your final preparation time.



#### **Fri., Dec 5: Sweet treats for the end of the week**

Reward yourself for the week's hard work with some candy while you use the CADS Lab.



#### **Important Dates -December**

12/15-12/23 Open 9:00am-5:00pm  
12/24-12/28 Closed  
12/29-12/30 9:00am-5:00pm  
1/5-1/16 9:00am-5:00pm  
Classes resume on 1/20



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#### **Snow Facts**

Submitted by Mazen Saeed

- ☛ The average snow fall for a typical Buffalo winter is 93 inches.
- ☛ There are usually only two storms per season which have accumulations of more than six inches of snow.
- ☛ Less than half of Buffalo's winter days have snow on the ground.
- ☛ There are only 25 days of measurable snow fall during the season.

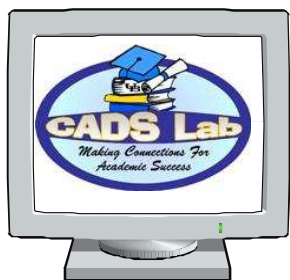
## CHECK OUT the CADS Lab Webpage!

Email: [askcads@buffalo.edu](mailto:askcads@buffalo.edu)

Website:

<http://www.eop.buffalo.edu/cads-lab/>

Join the CADS Lab Facebook page



Use the CADS website to find:

- ☞ **Tutoring Options**
- ☞ **Study Tips**
- ☞ **Helpful Websites**
- ☞ **Employment Opportunities**
- ☞ **Workshops and Announcements**
- ☞ **Academic Coaches**
- ☞ **Virtual Tour**
- ☞ **Student Testimonials**
- ☞ **Photo Gallery**
- ☞ **and more...**

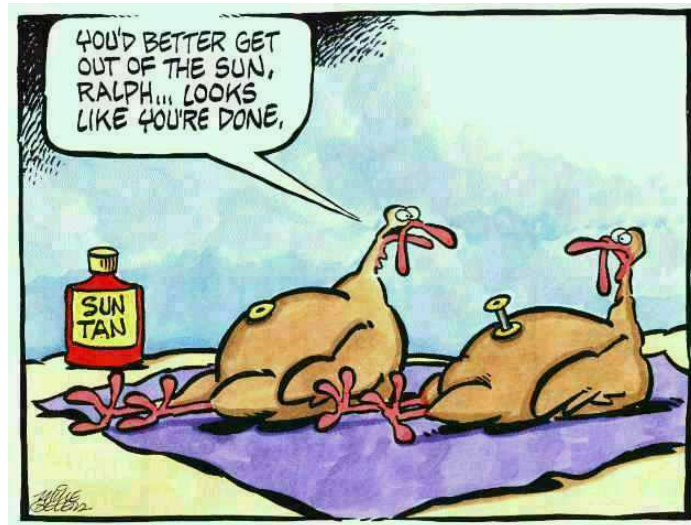


### HOW DOES WEATHER AFFECT YOU?

We all know that the winter weather in this area can change our moods. Gray skies, rain and snow can cause us to want to stay inside, keep warm and perhaps sleep. However, if you understand why weather affects you, you may begin to find ways to counter these affects when you have to study for finals. Keep a journal to record how your mood changes during the winter and find out what works best for you to remain focused on your studies. Some quick tips are to remain active (exercise, clubs, or indoor recreation), study in well-lit

areas and wearing bright colors can help.

### Comic Relief



*Some neighbors of my grandparents' gave them a pumpkin pie as a holiday gift. As lovely as the gesture was, it was clear from the first bite that the pie tasted bad. It was so inedible that my grandmother had to throw it away. Ever gracious and tactful, she still felt obliged to send the neighbors a note. It read "Thank you very much for the pumpkin pie. Something like that doesn't last very long in our house."*

-Reader's Digest online

And the thought for the month is...

*"The will to win is important, but the will to prepare is vital."*

-Joe Paterno



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***Good luck on your Finals!***