

the new WAVE

THE COMMUNITY IMPULSE

By John Rivers

IN THIS ISSUE

PAGE 1

» The Community Impulse

PAGE 2

» Study Tips

PAGE 3

» Take a Stand!

PAGE 4

» WAVE November Calendar

» Organizations Needed!

» WAVE Resources

The insightful American writer Henry James once stated, "The community stagnates without the impulse of the individual. The impulse dies away without the sympathy of the community." James pointed out the reciprocal influences of community and individual. This relationship is particularly important concerning contemporary social issues. Cancer, an economic recession, or poverty are all social issues one faces when opening a newspaper or switching on the TV.

One important and encompassing social issue is violence, a concern affecting the community on a variety of fronts. According to the Journal of the American Medical Association, domestic violence alone accounts for the greatest cause of injury to women; however, violence does not claim solely women as its victims. A Group Health study found that 29% of men will experience some form of domestic violence in their lives.

Unfortunately, college students must face the unfortunate reality of violence. An average of 15 young people, ages 10 to 24, is murdered each day, according to the U.S. Centers for Disease Control Prevention. Homicide is the leading cause of death in this age range.

On the financial side, the World Health Organization estimates the cost to victims of interpersonal violence in the U.S. to be about \$500 billion per year. These statistics point to a single, poignant fact: Violence, in its myriad of forms, significantly impacts all people on an individual and community level.

Since violence affects people from every ethnicity and background, every age and gender, it is a human problem. Violence touches everyone. In some form, violence reaches into every city, every school, and every neighborhood. Every community must

address violence on some level.

Violence is a problem with no boundaries; therefore, violence prevention and awareness is an issue without excuses. This may seem overwhelming, but violence can be addressed and prevented through the sympathy of the community and the action of the individual.

On Saturday, November 15th, Las Cruces will hold its White Ribbon Campaign March and Rally. This event is associated with the international White Ribbon Campaign. The WRC began in 1991 when a group of men in Canada decided to unite and address violence against women.

Since then, the campaign has expanded across national and gender borders, addressing violence as an issue affecting both men and women of all ages and backgrounds throughout the world.

The campaign focuses on community violence awareness and prevention. Participants are encouraged to wear a white ribbon, a symbol of one's personal pledge to take a stand against violence.

This pledge has personal meaning for each individual, but it can take on a variety of expressions. Wearing a white ribbon can mean challenging abusive behavior, respecting others' boundaries, or helping to debunk myths about violence in the community.

Las Cruces's WRC event will begin with a rally at 11 am in the Downtown Mall (Church St. and Griggs Avenue). The rally will feature several community speakers and an open mic to provide a voice for all attending. The rally will be followed by a march to show a community presence. Free lunch and a relaxing atmosphere, including music and good company, will be provided at Pioneer Park afterward.

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Visit us at www.nmsu.edu/~wave for more

November 2008 » Page 1

STUDY TIPS

By Jessica Crawford

With finals just around the corner, WAVE researched some helpful tips to make studying as simple and stress free as possible.

It's safe to say that the majority of the college population stresses over finals week. Such questions arise such as:

- "How much do I need to study?"
- "What do I study?"
- "Do I need to sleep well all week or just the night before?"

These questions, along with many others racing through students' minds, certainly don't make organizing your study time easier. If these questions are fogging your mind, try these tips retrieved from the Office of Health Education online:

- **First, don't panic!** Remember that most of the time the final is only one component of your grade. If it's worth 20 percent or less of your final grade, the outcome of the final won't bring your grade up or down by more than one grade level, unless you perform significantly worse or better than you have on other exams and assignments during the semester. This is comforting!

- **Now, not panicking and not taking the final seriously are not the same things.** You should try to do as well as you can. If the final is worth 30 percent or more, the outcome of the final will make a significant difference in your final grade. It is better not to go into the final with the mentality of "I just need to get x number of points to keep my B." Sometimes teachers calculate participation grades, etc. at the very end of the course, so the grade you think you have may not be the grade you actually have. Keep this in mind!

- **Finals week is NOT the time to stop exercising or doing other things that you find enjoyable.** Pace yourself. You will study more effectively if you spread things out and take breaks. But watch the proportions here. Beware of doing 15 minutes of studying followed by a two-hour break to play a video game!

- **The key to effective retention is repetition, and not overloading your brain** (it can only absorb so much in an hour). Whatever you do, don't do it all in one long cramming session.

- **Don't pull an "all nighter."** You will do better if you are rested, and cramming often leads to a superficial and confused knowledge of the material you have studied. Every student should have learned this lesson once before!

- **If you have a break in your exam schedule, use it to get a head start on the exams coming up.** This can be a time to catch up on missed reading. REMEMBER: if you party, you will need to recover! Research has shown that people who engage in high-risk drinking deaden their cognitive skills (ability to recall and organize information, etc.)

- **Be especially careful about setting your alarm the night before.** Save yourself the anxiety and embarrassment of arriv-



ing late. Needless to say, you may also need every minute of the exam period to finish the exam.

- **Don't think twice about other students finishing before you.** This could mean ANYTHING. It often means these students have written a mediocre or poor exam. Take the time YOU need. Always remember this!

- **When the exam is over, forget it!** Move on to the next one, or go enjoy the break! If you do have major concerns, make an appointment to see your professor at a mutually convenient time.

Not only can you find more of these tips online, you can find helpful tips and more on campus! NMSU offers great support for students, especially during finals week. If you are stressing out more than usual from finals and feel you need someone to talk to, the **Crisis Assistance Listening Line (CALL)** is here and ready to help. Dial (575) 646-2255 for any problem you may be having. The **Counseling Center** can also be an option. It is located in Garcia Annex Room 100. It is a free service to all students at NMSU. If interested, call (575) 646-2731. If you are suffering from any form of writers block, visit the free **Writing Center** located in Clara Belle Williams Hall Room 102 or call (575) 646-2603 for more information. This service provides one-on-one assistance at any stage of the writing process. No matter the option, taking some form of action to relieve the stress of finals can only make you more ready to take those exams and get them over with. *WAVE wishes you good luck!*

If you need academic help or free tutoring, call the Student Success Center at (575) 646-3136, visit them online at www.cas.nmsu.edu, or stop by their offices in Hardman 210 or in Zuhl Library.

Works Cited: (2006) Ten Tips for Surviving Finals Week. Retrieved October 22, 2008, from the Office of Health Education.

<http://www.vpul.upenn.edu/ohe/library/mental/finals.htm>

TAKE A STAND!

Join us for Las Cruces's 2nd Annual
White Ribbon March and Rally



Why a White Ribbon?

By wearing a white ribbon, you pledge to take a personal stand against violence by

1. Challenging abusive behavior
2. Supporting victims of violence
3. Respecting others' sexual boundaries
4. Discussing and helping to debunk myths about violence
5. Striving to reduce violence in the community.

In order to produce significant change, individuals must unite and challenge violence as a community.

**ON SATURDAY, NOVEMBER 15TH,
LAS CRUCES WILL TAKE A STAND AGAINST VIOLENCE**

11:00AM Meet at the Downtown Mall (Church & Griggs)

Challenge Violence & Raise Awareness by Participating in the March & Rally

Enjoy a Free Lunch Afterwards at Pioneer Park

Brought to you by La Casa, FYI, La Pinon, CYFD, NMSU, and WAVE

W.A.V.E. CALENDAR

November-December

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|-----------|----------|--------|---|
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | NMSU's 3rd Annual White Ribbon Campaign | | | | | Las Cruces's 2nd Annual White Ribbon March & Rally |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | 'Weathering the Winter Blues' Tabling | | | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | Thanksgiving Break! | | | | | |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| | 'Surviving Finals' Tabling | | | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |

Organizations Needed!

Need a way to engage and educate the members of your organization? WAVE is currently offering presentations for all organizations. These presentations can be specifically tailored to meet the needs of your organization. Presentation topics include Alcohol Laws, Binge Drinking, Dating Safety, Consent, Sexual Assault, Media Literacy and much more! WAVE has an abundance of videos and games to enhance the experience. Contact the WAVE office to schedule a presentation for your organization today! For more information call 646-2813.

WAVE Resources



ASNMSU Night Ride 575-526-TAXI
 ASNMSU Safe Walk 575-646-1111
 Student Health Center 575-646-1512
 NMSU Police Dept 575-646-3311
 WAVE Website @ www.nmsu.edu/~wave

WAVE Program 575-646-2813
 NMSU Counseling Center 575-646-2731
 La Piñon (Rape Crisis Center) 575-526-3437
 La Casa (Domestic Violence) 575-526-9513
 Police (Non-Emergency) 575-526-0795