

First-Year Experience Newsletter

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September 29, 2009

TIME, TIME, WHO'S GOT THE TIME?

A Few Time-Management Tips

Alarm rings, must eat, run to class, do work-study, finish homework, go to the next class, lift weights (or is today cardio?), eat again, take a nap, another class, hang out, wonder where the day went before falling into bed for another night of not enough sleep. Sound familiar? If so, then read on, because this could help.

Avoid the daily routine of "managed chaos," the pitfalls of over-committing yourself, and the temptation of wasting free time by planning a sane, workable schedule. Map out all that you must do and set aside sacrosanct time for the things you love to do. You'll be a better student and a happier person.

The [Center for Academic Success](#) has prepared a [worksheet](#) to help you schedule your weekly commitments. At the Center's website, you can also find [many other resources to help you better manage your time](#).

Setting Aside Time to Study:

- A good rule of thumb is to spend twice as much time studying as you spend in class. So, for example, if you have 15 hours of class per week, you should spend about 30 hours studying? Sound like a lot? That's still only 45 hours, about the amount of time you'd spend at a full-time job. Think of it this way: studying for and going to class is your full-time job.
- Study as soon after class as possible. It's a good idea to read through your notes and fill in anything you didn't get down before you forget.
- Use the odd times between classes for studying. Instead of going back to your dorm room and sitting around for an hour, go to the library, the Pryz, or your favorite study spot to do your readings and go over your notes. An hour here and there adds up to a lot of productive study time.

WHAT'S HAPPENING?

We 9/30 [Choose Your Major - Choose Your Pizza](#)

We 9/30 [Flu Shots in the Student Health Center](#)

Th 10/1 [Corporate America: Does Power Corrupt?](#)

Su 10/4 [Six Flags Fright Fest](#)

W 10/7 [FYE Movie Night: Strangers on a Train](#)

You can sync your calendar with the First-Year Experience calendar by following the above links or by visiting the [full FYE Calendar](#).

Link up! Recently launched, check out [Catholic University's Facebook Page](#)

ORIENTATION

Did someone say PRIZES?

Have you completed [your Orientation Extended Farecard](#)? Times running out, but there are still [many Orientation Extended events](#). And did you know that your completed Farecard could win you [fantastic prizes](#)? Want a \$200 Southwest Airlines ticket voucher? Want \$500 towards your textbooks? Want \$200 gift certificates to the Kennedy Center and the National Theater? Then [complete your Farecard](#).

PICTURE THAT

Did you participate in Freshmen Service Day? Did you attend the Freshmen Retreat? Well, we've got the pictures to prove it. And if you missed either you should take a look to see all the fun you missed.

[Pictures of Freshmen Service Day](#)

[Pictures of Freshmen Retreat](#)

LEARNING COMMUNITY CORNER

Rhetoric: noble art or tool of deception?

In English you're studying the great art of rhetoric. But rhetoric, the art of persuasive speech, can, like any art, be well or ill used. Socrates, for example, was accused of making the weaker argument the stronger--of using rhetoric for immoral purposes, to undermine Athenian laws and corrupt young Athenians. In fact, Thrasymachus was a teacher of rhetoric. He went from city to city teaching men how to get what they want by speaking persuasively in law courts and legislative assemblies. We still worry that our politicians are "all talk," that they are persuasive but finally untrue. The problem is that untruths can be made persuasive and truths can be unpersuasive. Lies are only dangerous if they can be made believable.

So when is rhetoric rightly used? What is the right relationship between rhetoric and philosophy? Find [the beginning of an answer here](#).

DC DINING

Thinking Greek - Eating Greek

Getting ready for a Plato mid-term? Trying to imagine Aristotle's magnanimous man? Looking for a little inspiration to bridge the gap between your dorm room and the distant world of Ancient Greece? Short of an expensive trip to Athens, you could do no better than to visit [Zorba's Cafe](#), one of DC's most popular Greek restaurants. Located just one block north of the Dupont Circle Metro Station (red-line), it offers genuine Greek food made according to family recipes passed down through generations. And--even better--it's pretty cheap. Lounging on the patio while munching on a gyro may be the ideal setting to help you imagine Socrates and his companions intently discussing the justice, the Good, and the human soul.

- [What else to do in DC](#)



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