



Center for Student Success

Semester end: finishing strong!



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Congratulations! Many of you reading this are wrapping up your first year of college. The rest of you are about to have another year at university under your belt. You should be feeling accomplished, but—before you start celebrating as if “school’s out forever”—remember that the final few weeks of class can often make or break your grade. You absolutely have to finish strong, and the Center for Student Success is here to help you along the way! Here are a few ways we plan to support you during the hectic and sometimes stressful final few weeks of class.

Are you frustrated?

Final assignments can often be daunting and starting them is usually the most difficult part. Make an appointment with a math or writing consultant if you feel like you’re stuck at an impasse. Our consultants are trained in breaking large scary tasks into easily workable parts. We help you get organized to take on any assignment.

Help us help you!

The best way to get the most out of your session is to come prepared. That doesn’t mean coming in with a perfect essay or problem set; it means coming with questions in mind or a sense of what you need help with. Remember that your consultants have a limited amount of time to

help you, so we recommend you start coming a few days or weeks ahead of your due date and make several appointments, especially for writing consultations!

We strive to inspire.

Consultants at the Math and Writing Center are thrilled to help you in building skills! However, we can only lead you along the way, stopping short of giving you answers or becoming your ghost-writer. We are idea people, and we love asking you questions and engaging in activities that will help you build skills to conquer any assignment, not just the one in front of you.

Workshops and other resources

We are planning some awesome events for the last few weeks of

the semester! Stay tuned for workshops and write-a-thons! You can always come to these events with specific questions and problems. Just remember that we cannot help you with any final assignment. Finally, take advantage of one of the best resources available to you—your professors’ office hours!

The Center for Student Success is a resource for all AUA students, and we’re passionately devoted to helping you have a successful semester! Come by with your friends and see what we have to offer!



MANAGING STRESS



Final projects and exams are quickly approaching! Deadlines can be overwhelming and may lead to some anxiety. As Stanford psychiatrist David Spiegel puts it, "Living a stress-free life is not a reasonable goal. The goal is to deal with it actively and effectively." Academic anxiety is sometimes unavoidable,

but it is often rooted in behavioral patterns that can be changed. Although some stress is normal and even

beneficial as a motivator, here are some steps to manage excess stress.

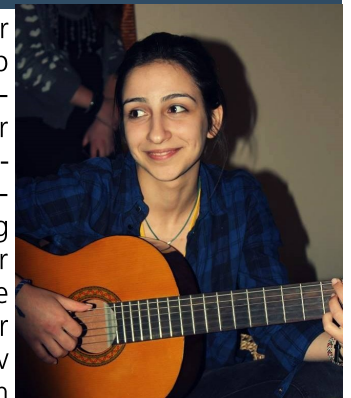
Make a game plan. Avoid feeling overwhelmed by breaking scary tasks into manageable parts and getting organized.

Stay healthy! Getting enough sleep, eating healthily, and exercising ensure higher performance. Think of yourself as an academic athlete!

Take breaks throughout your day and don't feel guilty about it. Find a quiet place and focus on your breathing, have a chat with a good friend, or scroll through pictures of cute kittens.

STUDENT ACTIVITIES

Being a full-time student and highly involved in extracurricular activities is not enough for Tatevik Matevosyan. As a member of two undergraduate student clubs—Drama Club and Star Jam—Tatev is not only focused on playing music and acting on stage but actively encourages and supports her peers. Her passion for helping people has led her to volunteer helping others believe in themselves. Outside of AUA, Matevosyan volunteers at Bridge of Hope, a nongovernmental organization protecting the rights and dignity of children and youth with disabilities and their families. "At first I was searching for a job as a programmer. Instead I found this organization and decided to volunteer there. I didn't want to work there, because I think that helping people should not be paid. I will find a job, I will start working, but I will continue volunteering there for sure." Tatev spends time listening and talking to the youth. In her conversations, Tatev spends time encouraging the youth to set goals for themselves and tries to help them believe in themselves. She says, "I was really upset that they are not dreaming about anything and they don't have goals. I want to see that they dream and set goals for themselves. Because I believe that every goal once was just a dream and that dreaming is the beginning of everything." Matevosyan would like to continue volunteering as a hobby in the future even when she has a full-time career. For further information, please be sure to visit the Center for Student Success's website to learn more about these clubs: <http://studentsuccess.aua.am/undergraduate-student-clubs-information/>



SERVING IN THE MILITARY



Vladimir Kanjaryan, second year undergraduate student, Business program serving in Dilijan since June 2014.

27 AUA students are currently serving the Armed Forces of Armenia. To date, 25 are undergraduate and 2 are graduate students. While these students are interrupted from their studies, some of them expressed that they continue to read materials and look forward to returning to campus. AUA tries to keep in touch with our fellow students and, as one of them, Vladimir Kanjaryan said, they themselves try to keep up with AUA happenings by reading the AUA Insider. Those of us who know Kanjaryan know he can often be found near a chess board—whether on AUA campus or apparently also in Dilijan, where he is currently serving. Kanjaryan was summoned to serve his country in June 2014 after completing his first year as an undergrad. Like many others who were called to serve, Vladimir says, "the first month was the hardest to get through". His daily routine begins at 6:20am with morning training and exercises. The only complaint Kanjaryan expressed about his service was that he missed his family's homemade meals. In fulfilling his duty, Kanjaryan teaches chess to twenty students. He does his best also to improve his English by reading, something he also thinks his fellow AUA conscripts should do too. When asked if he wanted to share a message with his fellow classmates, Kanjaryan expressed, "...do what you love...don't wait for the right moment to come. That's the biggest mistake people make...you make the right time."

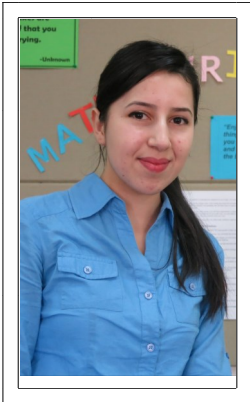


STUDENT SUCCESS

AUA is home to Kuwait's Karate Champion of 2014, Nerses Arabian. Arabian says the reason he chose to study at AUA was because he "came for [his] homeland." Nerses is a first year undergraduate student who admits that in the beginning he experienced a lot of challenges including time management. Aside from his studies, Nerses enjoys attending workshops at the Center for Student Success and spends a lot of his time in AUA Star Gym. Arabian says he knew he had to strengthen his writing skills and made a point to visit the Math and Writing Center for all of his writing assignments. Over time, Nerses noticed improvement in his writing skills personally but also from his grades. He says, "This helped me improve my English and I kept coming back when I had time."



WRITING CONSULTANT'S BLOG



Lusine Galstyan, MA TEFL, '15

Writing for Pleasure

Why do we usually write from necessity and not for pleasure? Why is writing considered a terrifying experience for us? Probably because it requires conducting some research and finding relevant material to read before we start putting our ideas on paper. As a result, we spend hours writing our academic papers or essays but we hardly do it with pleasure. What I

suggest as a solution is as simple as this: try to think of something that you feel strongly about. And what can be more interesting and challenging for you than your own life? Start keeping a diary and add entries about your life each day. When you capture each moment, record your inner world and reflect on your reality; each day becomes unforgettable. You explore your personality and grow as an individual. Make

sure to write in a way that you don't get depressed while reading your entries in the future. Write clearly, frankly and creatively and you will harmonize your thoughts and actions. You will enjoy the process of writing and later read the story of your life from your own perspective. Last but not least, you will notice that your writing is improving over time and your writing ability is fascinating. So, why not give it a try?

MATH CONSULTANT'S BLOG

"The essence of mathematics lies in its freedom" – George Cantor.

Mathematics is everywhere: in snowflakes, in sunflowers, in Mona-Lisa's portrait, even in the Apple logo. Fractals, Fibonacci numbers, the golden ratio, geometry, algebra, MATH-EMATICS is all around us.

Have you ever thought that you can do basically everything within mathematics? Lets consider the 2D plane with two

straight lines in it. We are able to cover the entire xy plane by just summing those two lines, while using different coefficients. Both complicated and simple concepts have their beautiful explanation in mathematics. Consider the paradoxes, while trying to solve a problem we usually come to a contradiction or a non-trivial solution we have never thought of. Thus, mathematics is contradictory.



Lilit Avetisyan, BS Computational Sciences, '18

Calendar of April/May Workshops

	Write-a-thon	Center for Student Success Lounge	April 20th 4:00-6:00pm
#31	Styles of persuasion	Center for Student Success Lounge	April 22nd 3:00-4:00pm
#33	Healthy Habits	Center for Student Success Lounge	May (TBD)
#34	Year End Roundtable Discussion	Center for Student Success Lounge	May 5th 3:30-4:30pm



Mission Statement

The Center for Student Success is a learning environment that extends outside of the classroom and aims to promote student achievement of academic goals while enrolled at AUA. Through a holistic approach to education, the Center provides a unique range of support programs including math and writing consultations, academic support services, disabilities services and workshops to enhance overall personal and academic development in a welcoming space. The Center encourages AUA students to challenge and support one another, to accept responsibility and to collaborate in serving the best interests of all students.

Center for Student Success

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