



The Office for Commuter Services



Highlights

- New Year's Resolution
- Off Campus Housing 101
- Annual One Ton Sundae
- Commuters CAN Week
- Breaking the Winter Blues
- Recipe of the Month



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Keeping Your New Year's Resolution

Many of us kicked off the new year with a resolution or two. This tradition dates back to almost 4,000 years ago in Babylon. Back then the most common resolution was to return farm equipment. Today, it seems as though the most common resolutions are to drop a few pounds, or to start the new year out with a new outlook. Oftentimes, we stay motivated in January, but after those thirty one days are up we start to hit a slump and the resolutions fly out the window on your commute to school.

So how do we stay motivated and keep those resolutions going throughout the whole year? Here are a few tips that can help keep you on track:

Choose realistic goals

To set an unattainable goal is not smart. Choose a resolution that you can meet within one year. While it's great to want to get all A's this semester, it may not be realistic. Instead maybe focus on raising your cumulative GPA, or spending more hours per week studying. Also, be careful with weight loss goals. It's great to want to be healthy and get in shape but

don't set your goals too high or too aggressively. Sometimes it is better to meet or exceed a lower goal than to not meet a higher one.

Dynamic duo

Two is better than one. Sometimes enlisting the help of a friend can help you along the way of meeting your goals. If you want to get in shape, sometimes the best motivation is bringing a friend to the gym with you. The same goes for the books. Get yourself a study buddy and hit the library. You can each help each other when one loses that motivation. If you're unable to find someone to get on board with your resolution regime, maybe enlist the help of a roommate or family member. Let them know what your goals are for the year and ask them to encourage you when you need it.

Nix the monotony

Goals are hard to attain if they bore you. It is easy to get stuck in a routine which can turn into a rut. If you always study at the same place, try finding a new place to go. Maybe grab a coffee at the local coffee shop and bring your books for some study time. Go for a hike or a bike ride



instead of hitting the gym. Instead of going out to eat try cooking at home, not only will you eat healthier but you'll save money. Replacing the everyday with new versions or your routine can really make a world of difference in helping you reach your goal.

Use your resources

This is the age old answer to helping anyone adjust to changes or achieve goals. There are plenty of places that you can go to for help at BSC in reaching your new years goals. Visit the Tinsley Center and learn more about fitness. If your goals are to improve your GPA be sure to stop by the Academic Achievement Center. Also visit Health Services of the Counseling Center for more resources that may be helpful in helping you succeed.

Tips for Creating Commuter Friendly Offices

For commuter students, time is of the essence. This is one of their most precious resources. It is important to find ways to help commuter students to connect to your office quickly and efficiently. Here are some tips that may be helpful in creating or maintaining a commuter friendly office environment.

1. Schedule extended office hours and remain staffed during lunch
2. Maintain a supply of campus maps
3. Provide additional copies of frequently used publications such as the course catalog or handbooks
4. Promote programs and events in places with which commuters are familiar
5. Promote your events and programs at least one week prior
6. Keep in mind convenient times to schedule programs for commuters
7. Recruit commuter students to work in your office

Article courtesy: Nat'l Clearinghouse for Commuter Programs

FAQs

Where do I go to drop or add a class?

Go to the Registrar's Office in Boyden Hall

How do I get a carpool pass?

Go to the Connect Card Office in Hunt Hall with your schedule and your carpool mates schedule to sign

Where do I get a train schedule?

The Commuter Services Office in the Campus Center has train schedules

How can I get involved?

The Office of Student Involvement and Leadership Located in Room 103 of the Campus Center can help you get connected. You can also visit www.bridgew.edu/OSIL.

Can I participate in community service opportunities?

Yes! Visit the Community Service Office in the Campus Center.

Is there a bank on campus?

There are two Bank of America ATMs, which can be found outside room 103 of the Campus Center, and in the East Campus Commons.

More Questions?

The Office for Commuter Services, which is located in R009 in the Campus Center, as well as the Center for Commuter Services in R005, is open to all commuters with concerns, no matter how random the question is!
www.bridgew.edu/commuterservices



Winterizing Your Car

It can be quite the commute having to bear the elements everyday, it can be even worse if you or your vehicle is not prepared to make the commute to campus in the winter. The cold temperatures of winter can take a toll on a car. Potholes can damage tires and wheels, snow and ice can limit traction and salt causes rust and gravel pits the paint. The following are some steps to help you winterize your vehicle and make your commute to campus less stressful.

Snow tires: When your tires are not in good condition you increase the likelihood that you will get in an accident. The condition of your tires in the winter is even more crucial as you're dealing with being on slippery roads. You may want to consider spending the extra money on snow tires. Snow tires will help improve your traction, your car still may be slippery on the slick icy roads but these tires are a better option than all season tires.

Tire pressure: In addition to the snow tire option, regardless of whether or not you purchase these, you should check your tire pressure. Checking your tire pressure is extremely important, especially in the winter months. A properly inflated tire will help protect your wheel when you hit potholes. Keep in mind, the low temperatures of the wintertime affect your tires air pressure. Check your owner's manual for proper tire inflation amounts.

Oil Changes: The cold temperatures have an affect on the thickness of the oil in your car as well. The thicker

your engine. If the oil is too thick the engine will not be properly lubricated and that will put a strain on the engine and can create more problems. Refer to your owner's manual to identify what type of oil is best for your car and also what the recommendations are for different climates. Be sure to check your oil and have it changed regularly.

Windshield wipers and washer fluid: Make sure you check your wipers and they are working properly. Typically, wipers should be replaced after one year. It is important that you have good wipers so that you always have high visibility. Wiper fluid is just as important as good wipers. Make sure you have extra with you and your tank is always full. You may want to buy some washer fluid that has de-icer in it as well.

Check your battery: Oftentimes batteries will die without much notice. Cold temperatures can decrease a battery's power by half. You should have your vehicle tested before if the battery is older than three years.

Carry an emergency kit inside the car: You may want to consider carrying a flashlight, flares, first aid kit, jumper cables, a tool kit, tire chains, a blanket, warm clothes and gloves. Also, paper towels, sand or salt, snow brush, shovel, ice scraper and extra food. In the event of an accident or a break down you will be glad you have these items in your trunk. Plus the extra weight in the back of your car in the winter will help you get through the snow better.

Off Campus Housing 101

Many of you may be contemplating renting an apartment for the summer or the upcoming fall semester. It's never too early to start thinking about ways to search and how to best prepare yourself. The Office for Commuter Services maintains the off campus housing database. If you are a landlord and wish to post your property, or you are a prospective renter looking for a place to live please visit www.bridgew.edu/commuterservices and click on the off campus housing link. In the meantime, here are some items to begin thinking about.

1. Know what you're looking for and how much you can afford to pay in rent. Take some time to sit down and budget out the cost of rent, utilities, etc. determining your price range ahead of time will help you in your search.
2. Location, location, location. Many of the apartments listed are local, however you may want to think about how close you want to be to campus. What type of transportation will you need? Is it convenient to public transportation?
3. Inspection. Make sure you visit the property before you commit to a lease. Check problem areas like sinks and toilets for leaks or damage. Take some time to talk to previous tenants if you know them or have access to them. You will also want to see that the apartment is well ventilated and the windows are easy to open. If you have questions or concerns be sure to speak up to the landlord. This is a great way to gauge managements responses to your concerns.

4. Get it in writing! Signing a lease is a big commitment and financial obligation. Take your time reading through the lease before you sign it and make sure that the property is what you're looking for. Always think before you sign the dotted line, and once you do ask for a copy.

Interested in Becoming an RA?
<http://www.bridgew.edu/rh/applyRA/>



Common Needs and Concerns of Commuter Students

Transportation Issues

The most obvious concerns commuter students share are those related to transportation to campus: parking, traffic, fixed transportation schedules, inclement weather, maintaining a car, transportation costs, and finding alternative means of transportation. No matter the mode, commuting is demanding in terms of time and energy. Commuter students frequently concentrate their classes into blocks and have little free time to spend on campus. Convenience in curricular offerings, services and programs is of paramount importance.

Multiple Life Roles

For young and old alike, being a student is only one of the several important and demanding roles. Most commuter students work; many have responsibilities for managing households and for caring for children, siblings, or older relatives. By necessity, commuters select their campus involvements carefully. It is critical that complete information about campus options and opportunities reaches them in a timely manner. The relative value of an activity is a major factor in their decision to participate.

Article written by Barbara Jacoby 1989 The Student-as-Commuter: Developing a Comprehensive Institutional Response

Integrating Support Systems

The support networks for commuter students generally exists off campus: parents, siblings, spouses, children, employers, coworkers, and friends in the community. Each semester, students must negotiate with family, employers, and friends to establish priorities and responsibilities and to allot time. These negotiations are more difficult if significant others have no knowledge about the challenges and opportunities of higher education. It is important for institutions to provide opportunities for those in the support network to learn about and to participate appropriately in the life of the campus.

Developing a Sense of Belonging

Commuter students often lack a sense of belonging, of "feeling wanted" by the institution. Some institutions fail to provide basic facilities, such as lockers and lounges, which enable students to put down roots. In many cases, institutions do not provide adequate opportunities for commuter students to develop relationships with faculty, staff, and other students. Individuals rarely feel connected to a place where they have no significant relationships. Students who do not have a sense of belonging complain about the "supermarket" or "filling station" nature of their collegiate experience.



What Type of Commuter Are You?



What Type of Commuter Are You?

Bridgewater State College is over 60% commuter students. That being said, there are many different types of commuters and whether you commute or not it is important to understand the different types of commuters that attend BSC.

Traditional Commuters

Traditional commuters are students that attended college right out of high school or shortly thereafter. They may be one of many first year students who have applied for housing on campus but were not able to get into the residence halls. They may be a student that lived on campus for a year or two but decided to move off, either back home, or in an off campus apartment. In addition to these students are transfer students. The common denominator is that all of these students have to deal with the transition of starting something new, homesickness, need for acceptance and adjusting to a new routine and way of life. One contrast to resident students is the lack of an immediate support network. Resident students can really benefit from having a Resident Assistant just a few feet away, for commuters learning the ropes can be more challenging without an immediate support network.

Non Traditional Commuters

Non traditional commuters are students who attend BSC who are 25 years of age or older. Most of these

students do not live on campus in the residence halls. Some of these students have entered college later because of military obligations, career choices or family commitments. Others began their college career as a traditional student but for some reason or another did not finish and are returning now for their degree. Many of these students have a tremendous amount of obligations they are balancing in life, from academics to career to family. It is important to keep in mind these concerns when working with non traditional commuter students on a class project or in other capacities. Be mindful of when you plan times to meet to work on projects. Try to find a happy medium for everyone.

Commuters Living at Home

Many of our students here at BSC are from southeastern Massachusetts. With such a great college in your backyard who wouldn't want to go here right? For many of these students, it makes more sense, financially to live at home and commute to campus. This can be a difficult adjustment for students and family members as they all adjust to the new life of a college student. It can be difficult for family members to understand the demands of college as well as the freedom these students desire. It is important for these students to find a balance and help educate their families of what their needs are as they enter this new transition. Compromising is key, and balancing your high school friends and life with your college friends and life can be difficult but once you find your niche, your dual life will soon feel blended.

Campus Connections

Campus Police: (508) 531-1212

Class Cancellations: (508) 531-1391

Commuter Services: (508) 531-1275

Financial Aid: (508)531-1341

Health Services: (508) 531-1252

IT Services: (508) 531-2555

BSC Main Line: (508) 531-1000

Parking and Connect: (508) 531-2897

Registrar: (508) 531-1231

Safety Escort: (508) 531-1745

Student Accounts: (508) 531-1225

Student Affairs: (508) 531-1276

Student Employment: (508) 531-1232

Student Involvement: (508) 531-1273

Transit Shuttle: (508)531-1383

Dining Hours:

The Commuter Cafeteria:

Monday - Thursday: 7:30a.m.-10p.m.

Friday: 7:30a.m.-6:30p.m.

Saturday: 8a.m.-5p.m.

Sunday: 1p.m.-6p.m.

The Bridgewater Dining Room:

Monday-Friday: 11a.m.-2p.m.

The East Campus Commons:

Monday-Friday: 7a.m.-7:30p.m.

Saturday and Sunday: 10a.m.-7:30p.m.

The Flynn Dining Commons

Monday-Friday

Breakfast: 7a.m.-9:30a.m.

Lunch: 10:45a.m.-1:45p.m.

Dinner: 4:15p.m.-6:30p.m. (except Fridays)

Saturday and Sunday

Brunch: 9a.m.-1p.m.

Dinner: 4p.m.-6p.m.

One Ton Sundae!



Get ready for the 2nd Annual One Ton Sundae!

To be held on
Valentine's Day

Wednesday, February 14, 2007
11:00—1:00

Campus Center Fountain Area

Purchase your ice cream mug in advance for
\$2.00 - Stop by The Office for Commuter
Services, Campus Center Room 009B

COMMUTERS CAN WEEK FEB 12th -16th
Commuters CAN Week is a week full of fun
events for everyone.

For more information on all of these events,
visit us at

www.bridgew.edu/commuterservices

How To:

Break the Winter Blues

Winter is a time of rest and regeneration. The season does not need to leave you feeling blue. Try incorporating the following points into your life. Find the joy and beauty in winter!

Light - Lack of sunlight is a major cause of depressed moods over winter. As there is limited daylight during winter we need to make the most of what is available to us. Open the curtains and try to keep as much light in your room as possible.

Sunshine - Direct sunlight is the best light of all. Spend time outdoors. Get out in the snow! Snow reflects and intensifies the light making it brighter than ever. Dress in warm layers and enjoy the invigoration that only a brisk walk in cold weather can bring.

Exercise - Regular exercise is a great mood lifter. Keep your exercise routine going throughout the winter months. Studies have shown that inactivity during the winter lowers energy levels and increases feelings of depression. So keep your body moving.

THE OFFICE FOR COMMUTER SERVICES



Sally Hall, OSIL

Enjoy Winter - For some, winter's freezing temperatures and shortened days can be seen as a bleak time. However, there are many reasons to love the winter months. The extra nighttime hours gives us more time to read, write, and catch up on indoor projects. It can also give us extra time to spend with others, or to indulge in those favorite soups and hot drinks that warm the heart and soul. The picturesque beauty of the season is undeniable.



Featured Recipe

Sloppy Joe Sandwich

Ingredients:

2 pounds ground beef
1 (12 oz.) can tomato paste
1 3/4 cups ketchup
1/4 cup minced onion
3 tablespoons sweet relish
2 tablespoons chopped celery
2 tablespoons brown sugar
3/4 teaspoon garlic powder
1/4 teaspoon chili powder
1/4 green bell pepper, chopped
14 (4-inch) buns, split

Directions:

Brown the beef in a large pot and drain. Return the beef to the pot with all the remaining ingredients except the buns and cook, stirring, until hot. Divide the beef mixture among the buns and serve immediately.



*To view this recipe on-line, or to find more recipes like this one, visit www.foodtv.com