

Eye on Campus

Not ready? Here's how to settle in

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Life can be cruel, offering tastes of freedom for three months out of a year.

Getting back into the swing of things can be a tough, if not daunting, task. Students do have options that can actually make them feel better about studying and themselves. Getting ahead is easier if students take some simple steps, according to education experts.

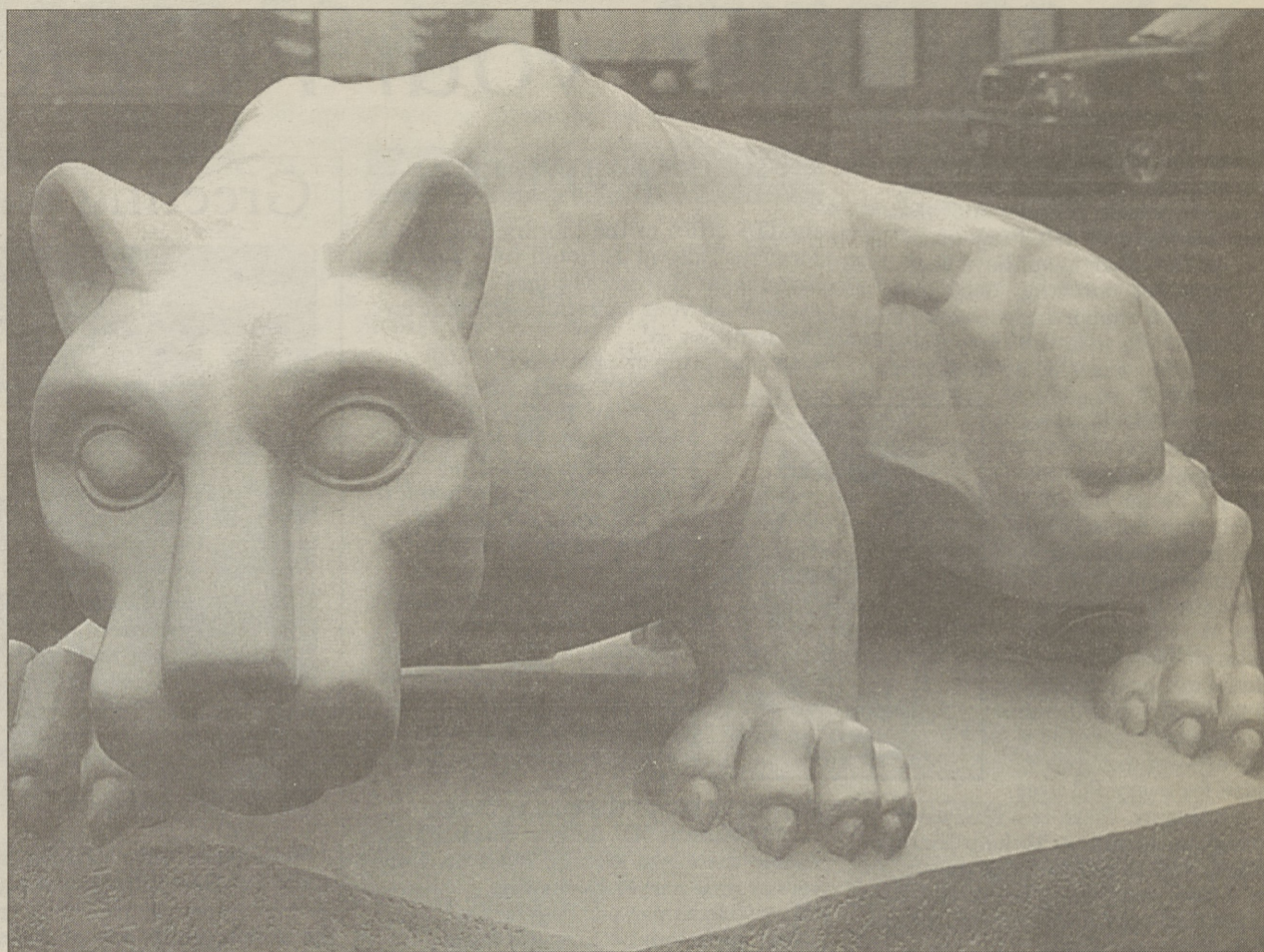
Having a particular place to study that is free of distractions (no television or phones) can help a student concentrate and grasp the material. When setting up this study space, a student should make sure the place is somewhere he or she feels comfortable. Sunshine also helps get the blood flowing. Try the Nittany Lion shrine for some good, outdoors time.

Getting a good night's sleep of around eight hours is important when studying for a major test or exam.

According to the National Institute of Neurological Disorders and Stroke, "too little sleep leaves us drowsy and unable to concentrate the next day. It also leads to impaired memory and physical performance and reduced ability to carry out math calculations."

Late-night activities like clubbing, partying, and even excessive studying can hinder a student's performance the following day.

Students at Penn State Delaware County have an advantage when trying to get ahead. Faculty are



Lion's Eye file photo

The Nittany Lion is not only a great meeting place on campus, but — at least until the weather turns — could be a great place to sit by yourself and get some studying done in peace, quiet, and just good, fresh air.

required to offer office hours outside of classroom time. Students can utilize this and find professors are human, too.

Establishing a good relationship with a professor by getting to class on time and handing in assignments before deadline are simple tricks to helping the grade.

Also at Delco is the Learning Center. The Learning

Center is another tool students can use to get ahead. The Learning Center offers tutoring, study groups and a place to study. Located on the second floor of the Main building, it's worth checking out.

For those still finding it difficult to shake the summer, the Web site <http://www.studygs.net/> offers tons of study tips and advice to stay focused on school.

New editors take over at *Lion's Eye*

Beginning with this, the first edition of the *Lion's Eye* ever to greet students on the first day of fall classes, Sarah Gallatig and Jennifer Rufo take over as the leaders of the newspaper.

Lion's Eye adviser and English 110 instructor Bob Tennant said the campus and the newspaper are fortunate to have the experience and ability of Gallatig, the editor, and Rufo, the managing editor, to oversee the paper.

"Both Sarah and Jennifer are terrific newspaper people and, more importantly, terrific people," he said. "They care about Penn State Delco and the personalities and the issues that make it what it is."

Gallatig and Rufo have already accomplished one of their goals and done something no one else has ever done at Penn State Delco: Have a newspaper on the racks when students hit campus.

"The incoming freshmen need to have information ready for them at convocation," Gallatig said, "just to make them feel more comfortable.



GALLATIG



RUFO

And when the returning students join them, they deserve to have us there to tell them what's new for the new semester."

Rufo has set her sights on fine-tuning the *Lion's Eye's* entertainment, sports and opinion sections.

"There's things we need to do, like make sure the sports teams are fully covered, establish standing features, and appoint a columnist who can tackle some of the issues and people on campus with a combination of humor and insight," Rufo said.

Appointments Rufo has made are to make Gerry Dungan the paper's regular featured columnist, and restore "The Computer Guy" column, a popular feature of past years.

The *Lion's Eye*, previously

You and Eye: The write stuff

Ever thought you'd like to write for a newspaper and get an opportunity to inform and entertain? Here's your lucky day.

Do you have a passion for writing? A passion for others? A passion for writing better than others? The *Lion's Eye* needs you.

The *Lion's Eye* and the new Penn State Delco Communications degree can help you become a stronger writer. Your words could make sense of the big stories out there.

The *Lion's Eye* club will meet regularly this fall and all are invited to attend. Contact Editor Sarah Gallatig at SLG232@psu.edu or Managing Editor Jennifer Rufo at JLR397@psu.edu.

published four times a semester, will hit the racks six times this fall, including this edition.

FALL SGA EVENTS

	31st	Convocation	Club Signups and Academic Advising	9:00-2:00
	Tues.		Required for incoming freshman	
Sept	1st	ASO Brown Bag Lunch	A chance for Adult Students to meet and socialize	12:30-1:20 201 Classroom
	Wed.			
	2nd	Grand Opening of the Cafeteria	Celebrate the opening of the Lion's Pit Cafeteria	
	Thurs.		1\$ off coupon and FREE ice cream	
	7th	SAF Meeting	Student Activity Fee committee	Common Hour
	Tues.			209 Classroom
	8th	Welcome Back Picnic	Free hot dogs and hamburgers.	Common Hour
	Wed.			Commons Patio
	8th	ASO Meeting	Adult Student Organization meeting	5:00-6:30
	Wed.			203 Commons
	9th	SGA Open Meeting	Learn about what's happening on campus	Common Hour
	Thurs.			Classroom Lounge
	15th	Dedication of the Lion's Shrine	Official unveiling of the Lion's Shrine	Common Hour
	Wed.			
	21st	SAF Meeting	Student Activity Fee committee	Common Hour
	Tues.			209 Classroom
	23rd	Senior Orientation/Job Search		
	Thurs.			203 Commons
	28th	E-Discover Workshop	Learn how to explore jobs for your major	
	Tues.			
	30th	Advising Fair	Meet with your Academic Advisor	Common Hour
				203 Commons