New Year...New You!

Ringing in a new year can be a little daunting for many. From graduation for seniors, or picking a major for underclassmen, to New Year’s resolutions that may be more complicated than you think… Fear not! The Academic Resource Center, as well as many other resources on campus are in full force to help you out during this stressful Spring semester. Your academic success is our number one priority, and if that helps you breathe easier in the new year, we’ll be working hard to get you through it.

We at the ARC hope you’ve had a relaxing winter break and that you’ve returned with a fresh outlook on the semester and the year to come. ARC doors are planning to be open on February 2. Be on the lookout for Refresher Programs held by the Resident Tutors in the near future. Throughout the semester there will be plenty of events, programs, and giveaways, as well. We can’t wait to get started with all of you!

Study Shows that Caffeine May Play a Role in Memory Consolidation

Getting through college without developing a coffee habit (addiction is a strong word) is a feat that is accomplished few and far between. Studies have gone back and forth between whether regular caffeine intake is beneficial or detrimental to your health. One study will say it’s good and will help you live longer. The next will tell you it’s linked to various disorders and diseases and the thought makes you want to quit the stuff altogether.

For those of us with coffee habits, a recent study conducted by Daniel Yassa (University of California, Irvine) may give us a little more reason to justify drinking too much coffee. Yassa’s study, discussed here, shows evidence that caffeine may play a role in memory consolidation, the “step right after your brain acquires a memory”. Participants in the study were shown images of an empty jar, a flower, and a saxophone. They were then administered, at random, either a placebo pill or a pill containing 200 milligrams of caffeine. The following day, the participants were shown images of a jar of jam, a flower of a different color, and a rubber duck. The participants who consumed the 200 milligrams of caffeine showed a greater distinction between identifying these images as “similar” but not identical to ones that they had seen the day before.

The study shows a possible connection between caffeine and the process of consolidating a memory of an object. It is, however, somewhat flawed in its design and more work will need to be done to solidify any conclusions that Yassa makes. Until then, you can continue drinking your coffee and just tell yourself it’s helping your memory before a big test. Though it would be best to actually open your book and get some studying done just in case.
2013: MSU Year in Review

MSU has seen some interesting and exciting things this past year. Here’s a few of the highlights from 2013. Follow the links provided for more info on the events and topics!

March: Top Sportswriters Speak at Free Event at Yogi Berra Stadium  Harvey Araton (New York Times) and Phil Mushnick (New York Post) discussed “Sports Journalism and the Future of Print” at Yogi Berra Museum on Wednesday, March 27. They discussed the business and its challenges and what good sports journalism consists of.

April: Montclair State Professor’s Research Helps Soldiers Get a Grip on Memory  Dr. Ruth E. Propper (professor of psychology) published an article on April 24 examining simple exercises that can improve memory and information recall. Participants squeezed (or did not squeeze) a rubber ball before studying and recalling a list of words. Propper’s research, funded by a grant from the Department of Defense, showed that these exercises can be used to stimulate the left and right hemispheres of the brain.

May: Montclair State University Confers Degrees to Class of 2013 — Largest in University History  Friday, May 24 was MSU’s 2013 Commencement Event. The Class of 2013 consisted of 3,273 undergraduates and 1,047 graduate students. The class size was a 100% increase over the past 15 years

September: Montclair State University Breaks Ground on New Center for Environmental and Life Sciences and School of Business Buildings  The Building Our Future Groundbreaking Ceremony took place on Wednesday, September 25, officially introducing the building of the new Center for Environmental and Life Sciences (CELS) and School of Business buildings. The projects are partially funded by nearly $94 million in NJ State bond funding. Both buildings are projected to be completed by Spring 2015 and their production has created around 1,500 construction and supporting jobs.

November: President Susan A. Cole Honored as Educator of the Year  Dr. Susan Cole was recognized by the research Development Council of New Jersey as New Jersey’s Educator of the Year on November 7. The honor was presented at the 34th Edison Patent Awards Ceremony and Celebration at the Liberty Science Center. Under President Cole, MSU has created several STEM (Science, Technology, Engineering, and Mathematics) doctorate programs, established the Margaret and Herman Sokol Institute of Pharmaceutical Life Sciences, and started the PSE&G Institute of Sustainability Studies.
5 Unconventional Uses for Tennis Balls


2. Cut slit along tennis ball and use the ball to cover a padlock to prevent water from getting in and freezing.

3. After washing your comforter, add a couple tennis balls in the dryer so your comforter will get properly fluffed.

4. Cut tennis ball in half. Insert pointy ends of tools inside tennis ball so that no accidental injuries can occur.

5. Float a couple tennis balls in a swimming pool to absorb body oils. Replace every few weeks.
Come to the Academic Resource Center for all things related to your academic success! Our services are available for both resident & commuter students of Montclair State University. Our Resident Tutors offer help in various subjects from math & science, to writing skills & foreign languages.

Take charge of your academic success & visit the ARC & the Resident Tutors!

Location & Hours

There are **THREE** Academic Resource Center locations open for all MSU students!

All locations are open Sunday – Thursday from 4 PM – 10 PM