

MONDAY
10am-6pm

TUESDAY
10am-6pm

WEDNESDAY
10am-6pm

THURSDAY
10am-6pm

FRIDAY
10am-1pm

INSIDE
THIS ISSUE:

The Future is 2
Here

Bubble Tea 2

Joining the 3
Conversation

Top 5 Secret 3
Frappuccinos

Tutor Bios 4

Inside Scoop: 4
It's Alive!!!

Thursday 5

FEATURED
AUTHORS

Karina Angouw
Dana Duckering
Joey Isquierdo
Patrick Myers
Conner Schaak
Bianca Toledo

FACULTY
ADVISOR

Stacy Ross

WRITE NOW

VOLUME 15, ISSUE 2

NOVEMBER 2015

I Wish I Would Have Known

By Dana Duckering

When I transferred to Fresno State, after being at Clovis Community College (CCC) for two years, there were a few tips that I wish I would've known, or activities that I would've done, before transferring. Now, I am only one student out of hundreds of thousands that have transferred to Fresno State (FSU), but after working in our own Tutorial Center for the past 4 years, teaching a few Communication courses at FSU, all while finishing up my master's degree, I would say that I have gained a pretty clear picture about the most common frustrations many students have when it comes to transferring to a university. So, whether students are in their early stages of their college careers or planning on transferring to Fresno State—or any other four-year college in the next semester or two—here are five of my “I wish I would've known this...” ideas and tips:

1. GE Units

When it comes to transferring, we all know/ hopefully knew that we need 60 units under our belts in order for us to hang out with the big boys on campus. When planning out my two years for community



college, I knew I would need to take over 15 units a semester if I wanted to be done in 2 years. Little did I know, once I transferred, I thought I had completed all of my required GE units; however, FSU has their own GE sheet, and I had yet to complete all of the required sections. If I knew that was the case, I would've rather taken more GE courses at CCC to match FSU's GE sheet

to open up space to take courses that were more relevant to my major and to save some money.

Tip: Try to match up as many GE classes from CCC to FSU as you can, that way you can spend more time growing in your own major OR exploring more options in another field; thus, eliminating random classes just to get to the 120 unit mark.

2. Choosing a Major

We all go to college for different reasons; some know exactly what they want to accomplish while others spend a year or two dipping their toes in different subjects to see what they are interested in or good at. Since I was interested in learning more about communication, I just sort of stuck with it since I was on a timeline and budget; however, taking the time to explore different options is just as important so you don't finish school with a degree that you

I Wish I Would Have Known

Continued

never wanted, but being indecisive at the end of the day is not beneficial either. Some students spend way too long choosing a major and digging themselves into a giant hole of debt while others are able to finish within four years. Ultimately, if you have the funds and time to explore, take as long as you want. If not, start tackling those GE units that are needed to transfer AND passionately begin exploring avenues that could hopefully lead you to your new major. Whatever the path may be, when something interests you, go after it! Just be aware of the timeline and budget you are working with so you can make your dream a reality.

Tip: Sooner rather than later (if you can).

3. CAL Grants/Financial Aid/Scholarships

Now, I was very blessed to have my parents pay for all of my schooling, but I know others have had tremendous hills to climb when it comes to understanding the financial side of going to college. They don't exactly teach you about this stuff in high school! *Sigh.* Many students choose to stay in the dark about this subject because, well, talking about money is just stressful—especially when you have to

borrow from family members, the bank, or even the school. To alleviate some stress and put yourselves in the best financial position as possible, don't stay in the dark. No matter how scary or annoying these processes might be, go visit or get in contact with the desired office and ask for step-by-step guidance for filling out forms, submission processes, and even general questions. Waiting too long to get help may ruin your chances for financial support, which can set you back not only a semester, but for years to come when loans have to be paid back. Plus, you might receive the wrong kind of aid and build debt like crazy!

Tip: When in doubt, go find it out!

4. Getting Involved

I know we have busy lives, but college—for some of us—is a once in a lifetime opportunity, so every minute counts. Coming and going to a class can become redundant and boring, and students may even feel a great disconnect with the campus in general because they haven't made an effort to get involved. While I attended CCC, I was a full-time student, held three part-time jobs, all while trying to have a social life with family and friends when I could—I was busy to say the least. Although my calendar was

booked, I wanted to do more and get involved on campus. I was lucky enough that one of my jobs was at the Tutorial Center, so I got to work with students on our campus weekly, but I didn't really get the chance to expand my connections outside of the center or my classes. *Tip: Invest time in a club or do volunteer work with the campus when you can! Building your resume is going to be important if you want to attend a master's program or if your future job position is going to be cut-throat.*

5. Stay Healthy

If you don't take care of yourself, prepare to start carrying around some extra baggage—literally, the freshman 15 is no lie. As you can tell from my last point, I was constantly on the go, and for a long time, so was my food. I let my social duties take over my physiological needs, which I am currently paying for now. Staying healthy—by eating right, exercising, sleeping, and taking “me” time—is so important not only for the short term but the long haul as well. I know it's hard to tell people no and to take time for yourself, but trust me, your present self will thank your future self one day.

Tip: “Just do it.” –Nike

The Future is Here—30 Years to be Exact

By Joey Isquierdo



Joseph Isquierdo, an English Major, is a member of the Tutorial Center staff.

Time circuits set for October 21, 2015. Great Scott, Marty! The future is here! As of Wednesday, October 21, we have all witnessed the futuristic date that Back to the Future Part II predicted would most notably consist of flying cars, hoverboards, power lace up Nikes, self-fitting jackets, video chat, big flat screen televisions, and hands-free video games. This leads us to ask the question: did this

timeless film, set in 1985, predict any of the 2015 future correctly?

To answer this question, have any of you heard of Skype or Facetime? This classic film predicted this future back when teenagers could only dream about it! This can be found when old, 2015 Marty is getting fired by his boss via web-chat on his flat screen television. Another noteworthy prediction this groundbreaking

film got right is hands free gaming (Xbox 360 Kinect anyone?) This can be seen when Marty stopped in the Café 80's for a Pepsi.

Amazingly enough, this movie really did predict our future in an accurate way even if we are still waiting on our hoverboards. Now if you'll excuse me, I gotta back up and make sure I got enough road to make it to 88.

“Taiwan took our ideas of tea and added a sweet and lively twist—all while keeping the experience casual.”

Bubble Tea: Taiwan Goes Global

By Bianca Toledo

Whenever most people think about tea, fancy thoughts of English breakfast tea or jasmine green tea come to mind. However, tea is not confined to elegance—it can also be fun! Bubble tea, also known as pearl tea or boba tea, originated at a small tea stand in Taichung, Taiwan in the 1980s. Due to its convenient location in front of an

elementary school, the concession owner became popular with the children and started customizing her drinks to suit their young taste buds. She made drinks similar to some of today's popular drinks: mango green tea, hazelnut milk tea, or a

strawberry slush! Not only did she add sweetness and fruit flavoring to the teas, but she took a step further by adding tapioca pearls into the bottom of the drink to elevate the fun factor! Tapioca pearls appear like bubbles at the bottom of your drink and are sweet, chewy, and entertaining to eat while you drink! Nowadays, you can add different types of jellies if you prefer those over boba! Taiwan took our ideas of tea and added a sweet and lively twist—all while keeping the experience casual.

Bubble tea in Asia is what coffee and soda are to the United States. Luckily, the sweet drink gained so much international popularity and migrated to the U.S.! Due to

the increasing national acceptance, Fresno is joining the boba game. Though about ten years behind, a recent string of new local bubble teahouses in Fresno opened to bring a little bit of Taiwan to the Central Valley. You may be thinking that bubble tea is just a drink, but it's not. It's a culture! These teahouses serve as lively places to hang out with family and friends while eating sweet desserts, savory appetizers, and refreshingly delicious drinks. Not only is it a new way to drink, but it's a fun new way to bond with friends and others!

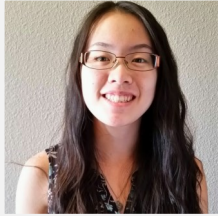


Bianca Toledo is an English Tutor and is currently pursuing a degree in Computer Science.



Joining the Conversation

Is listening to music while studying beneficial?



Karina Angouw

YES, listening to music does help students while studying, especially if students are feeling stressed out or anxious about the exams they are studying for. In fact, researchers from the School of Kinesiology and Nutrition Science at CSU Los Angeles had conducted a study regarding the effects of music on college students' stress levels, the results of which

showed significant effects of the music on reducing the students' levels of stress. Based on these results, the researchers concluded that, in order for the music to remain effective in relaxing the students, the music must consist of the following elements: (1) a tempo that does not exceed a resting heart rate (<80 beats per minute), (2) pleasant harmonies, (3) a regular rhythm without sudden changes, (4) predictable dynamics, and (5) tonal qualities from instruments such as the piano, flute, or strings. The combination of these five elements, as well as the listener's preferred genre of music that includes the five elements, creates mutual sympathetic resonance between the music and the listener's physiological processes. This means that the listener's heart rate and blood pressure would vibrate at the same frequency as the music does, which helps to lower their heart rate and thus help reduce their stress. The consistency of the music's rhythm also helps to get students into a studying groove. And think about this: If you are more relaxed while you are studying, your focus would shift from your test anxiety onto the actual material that is going to be on your test. So what are you waiting for? There are plenty of free music apps and online radios, like Spotify, iHeartRadio, and Pandora, just waiting for you to listen to them. So grab your headphones and pencil and start studying!

NO. As the semester continues on, many are finding themselves studying rapidly and desperately to fulfill their duties as good students. As we are tasked with reading and forming mature opinions, should we think twice before launching Spotify, playing our starred playlist, and analyzing Shakespearean language?



Conner Schaak

The scientific community seems to clash in regards to the value music holds in student life. In my own experience, listening to music while studying has only distracted me; however, others that I interviewed reported positive experiences while studying and listening to music, but only with slow melodies and a lack of vocals. I can understand where they are coming from, as many students struggle to focus. By playing calming music, students create for themselves a calming and suitable environment to relax and take on twenty pages of text. A study by Smith and Morris found that out of three groups researched, students who did not listen to music performed best, while the students who listened to their preferred genre did worst. The third group, who listened to sedative music, interestingly fell in between in the other two groups. However, another study by Hallman, Price, and Katsarou found that playing calming and relaxing music for ten to twelve-year-olds resulted in better scores in math and memory tests. So perhaps there is a middle ground to a good studying environment? Maybe next time when studying, consider opting for the rain and thunder soundtrack over the top chart singles.

The Top 5 Starbucks Secret Menu Frappuccinos

1) Twix Frappuccino Recipe

Order a Caramel Frappuccino:

- Add hazelnut syrup
- Add java chips
- Ask for whipped cream to be blended into the drink and added on top
- Ask for extra caramel sauce
- Top with Mocha drizzle

2) Cap'n Crunch Frappuccino Recipe

Order a Strawberries and Crème Frappuccino

- Add caramel syrup
- Add toffee syrup
- Add hazelnut syrup
- Add java chips

3) Butterbeer Frappuccino Recipe

Order a Syrup Crème Frappuccino

- Add caramel syrup
- Add toffee nut syrup
- Add caramel drizzle

4) Oreo Frappuccino Recipe

Order a Double Chocolatey Chip Frappuccino

- Ask for a substitute white mocha for the regular mocha used in the recipe
- Ask for extra mocha drizzle

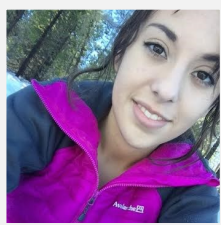
5) Cake Batter Frappuccino Recipe

Order a Vanilla Bean Frappuccino

- Add hazelnut syrup



TUTORS OF THE MONTH



MICHAELA ARRELLANO

Tutor Subjects: Math and Physics

Major: Engineering

Educational Path: I'm looking forward to transferring to UCSC or San Jose State next fall.

Some words to live by: "In every job that must be done, there is an element of fun. There is an element of fun. You find the fun and—snap!—the job's a game!" - Mary Poppins

ALEXANDER TORRES

Tutor Subjects: English

Major: Business Administration, Accounting

Educational Path: Two year transfer.

Some words to live by: "It is too dang hot for these penguins to be walking around out here."



"... Science Club is also collaborating with science faculty in ongoing chemical research involving electronic cigarettes and the compounds that are inside of them."

Patrick Myers, who is a Chemical Engineering major, joined the Tutorial Center team this Fall semester.



IT'S ALIVE!!! An Inside Look at the Science Club

By Patrick Myers

If you have drive, determination, and a love of science (and blowing things up), then look no further than the Clovis Community College Science Club. The club is headed by President and fellow tutor Eric McIntosh and is focused on bringing a love of science to the masses.

So what exactly does Science Club do? When they are not busy blowing things up in the lab and creating the next Frankenstein's Monster, you can find members of the Science Club volunteering their time demonstrat-

ing science experiments to elementary school children, allowing kids to experience the fun and excitement of science at a young age. The Clovis Community College Science Club also donates its time helping out within the community by volunteering at various community events throughout the year, such as the Two Cities Marathon and the Central Valley Walk for ALS. But most importantly, what the Science Club members spend most of their time working on is, well, science! More specifically, members of Science Club are always working on new science projects and research to advance

the cause of science, such as their recently-created (and super-neato) hover chair. If you are more interested in biology and chemistry rather than building things, Science Club is also collaborating with science faculty in ongoing chemical research involving electronic cigarettes and the compounds that are inside of them.

For anyone interested in joining the Science Club's ranks, meetings are held once a week on Mondays from 8:00-8:30 in the morning, which is perfect for those who have early morning classes. You can also talk to Eric McIntosh about joining, which is cool too.

S
U
D
O
K
U

1	7				3		
			4		3		1
4		3	6		1	2	
	9				4		
5	4			9			2 1
			7				9
		9	1		5	6	8
	6		2		7		
		4					3 2

WORD OF THE MONTH

JEJUNE [ji'joon]

ADJECTIVE

1. Without interest or significance
2. Juvenile; immature; childish
3. Lacking knowledge or experience.

Example: There is now an then an energetic phrase but as a whole the vocabulary is **jejune**; the sentences are overloaded; the pitch is flat.

Math It!

By Andrew Valenzuela

Solve.

$$\lim_{x \rightarrow 0} \frac{\sqrt{1+2x} - \sqrt{1-4x}}{x}$$

Thursday

By Tutorial Center Tutors

'Twas the night before Friday
And all through the house
Pumpkin spice lattes
Passed all about



I picked up my mug
And took a small taste
I then took a roll
and took off in haste

My mom looked at me
With a smirk on her face
For stealing some bread
Before saying grace

I rounded the corner
Filled with such glee
Bumped into my dad
There goes the turkey

Oh dear! Oh my!
I did it again
Just like last year
I ruined din-din.

Clovis TUTORIAL CENTER

Clovis Community College

10309 N. Willow Avenue

Fresno, CA 93720

ACI-137

Contact: Stacy Ross

Tutorial Center Coordinator

Phone: 559-325-5248

Email: stacy.ross@sccd.edu



Like us on Facebook!

[Facebook.com/ClovisTutorialCenter](https://www.facebook.com/ClovisTutorialCenter)



Our Mission

We provide tutorial services from peer tutors to a diverse population of students who seek assistance in the following:

- Completing their assignments
- Developing effective study skills
- Identifying and achieving college expectations so that they improve their success in college and are equipped for lifelong learning.

The Clovis Tutorial Center offers tutoring in the following subjects:

- Biology
- Chemistry
- Computer Science
- Economics
- English/Writing
- Information Systems
- Mathematics
- Music Appreciation
- Physics
- Philosophy
- Political Science
- Psychology
- Spanish
- Statistics
- And more!

WORD SEARCH

Comfort Food for Cold Weather

- BANANA BREAD
- BEEF STEW
- BRIE
- BROWNIES
- BUTTERNUT SQUASH
CASSEROLE
- CHICKEN NOODLE SOUP
- CROISSANTS
- DEEP DISH PIZZA
- DUMPLINGS
- GARLIC BREAD
GRAVY
- HOT COCOA
- ICE CREAM
- MACARONI
- MASHED POTATOES
- MEATLOAF
- PEANUT BUTTER
PIZOOKIE
- POSOLE
- POT PIE
- PUMPKIN PIE
STUFFING
- SWEET POTATO FRIES

B	P	S	E	I	R	F	O	T	A	T	O	P	T	E	E	W	S
U	A	U	Z	C	A	Z	Z	I	P	H	S	I	D	P	E	E	D
T	P	N	O	E	B	U	T	T	E	R	Y	E	E	I	R	B	R
T	E	P	A	S	M	A	C	A	R	O	N	I	C	A	M	E	E
E	A	I	E	N	E	P	O	M	A	E	R	C	E	C	I	E	S
R	N	Z	S	M	A	L	S	A	N	A	N	A	N	A	B	F	S
N	U	Z	T	A	T	B	D	U	M	P	L	I	N	G	S	S	A
U	T	K	N	C	L	R	R	O	I	P	Z	Q	O	R	P	T	C
T	B	H	A	A	O	O	C	E	O	F	I	R	L	A	E	E	E
S	U	O	S	R	A	W	P	T	A	N	B	Z	R	V	I	W	L
Q	T	T	S	O	F	N	P	I	U	D	N	A	O	Y	K	B	O
U	T	G	I	P	D	I	S	H	E	D	G	E	T	U	O	E	R
A	E	R	O	O	E	E	B	R	E	A	D	S	K	F	O	E	E
S	R	A	R	S	B	S	T	U	F	F	I	N	G	C	Z	S	S
H	O	T	C	O	C	O	A	S	E	L	D	O	O	N	I	O	S
P	G	A	R	L	I	C	B	R	E	A	D	D	T	O	P	H	A
M	A	S	H	E	D	P	O	T	A	T	O	E	S	E	E	D	C
P	U	M	P	K	I	N	P	I	E	E	P	D	E	H	S	A	M