

# Toilet Talk

February 5, 2010

## Plagiarism

...Is the representation of another's words, thoughts or ideas as one's own.

...Penalties can range from zero on the assignment/exam, a failing grade in the course or dismissal from the university.

## Myth vs. Fact

**Myth:** Paraphrasing ideas, interpretations and expressions of another are not considered cheating.

**Fact:** Credit to the author and source are always required when using another's research and/or data.

## Studying Tips

- Choose a quiet study space.
- Have everything you need handy before studying.
- Prioritize! Make a list of what you intend to study and stick to it.
- Take study breaks.
- Study material in small chunks throughout the week instead of cramming the night before;
- more is remembered this way.

## Get Down.....Study....udy..udy

### Did You Know...

...A study by the Center for Academic Integrity found that almost 80% of college students admit to cheating at least once.

...According to a survey by the Psychological Record, 36% of undergrads have admitted to plagiarizing written material.

...An hour of studying during the day is worth two hours of studying at night.

...Rewriting or typing notes after class will help you retain the information.

### Answer to Last Week's Question:

The first greeting cards produced in the U.S. were created in the 1840's.

**Easy Tip on Living Laker Green:** Get a new cell phone over the holiday? Recycle your old one! Staples stores will accept recycled phones. This prevents dangerous substances like lead and mercury from winding up in landfills. You can also donate cell phones to SAF (Services to Aid Families) through the Lifestyles Center. Call x5648 for more information.

**Question of the Week:** What percent of women send themselves flowers on Valentine's Day?

### Events of the Week:

**Friday, Feb. 5th:** Men's Hockey vs. Cortland. 7 p.m. Campus Center Arena. Free for students with ID.

**Saturday, Feb. 6th:** Oswego State Diving Invitational. 12 p.m.-4p.m. Laker Hall Natatorium. Free.

**Wednesday, Feb. 10th:** Workshop: "Need Money for College?" 12:40p.m.-1:35p.m. Campus Center Room 206.

Questions? Comments? Suggestions? Get Involved.  
Give us a call! 312-5648 Or email  
lifestyle@oswego.edu



Download Toilet Talk online! Visit  
www.oswego.edu/lifestyles and Click on  
the Toilet Talk link.

## Words to whiz by...

"Change can either challenge or threaten us...your beliefs pave your way to success or block you."

- Marsha Sinetar

## Effective Note Taking


- Listen for the main point but do not copy word for word.
- Write down definitions.
- Mark what the professor indicates as "need to know" information.

## Test Taking Tips

- Write down any information you don't want to forget on scrap paper or in the margins before you start the test.
- Underline the key words in each question.
- Go over your answers at the end of the test to avoid easy mistakes.

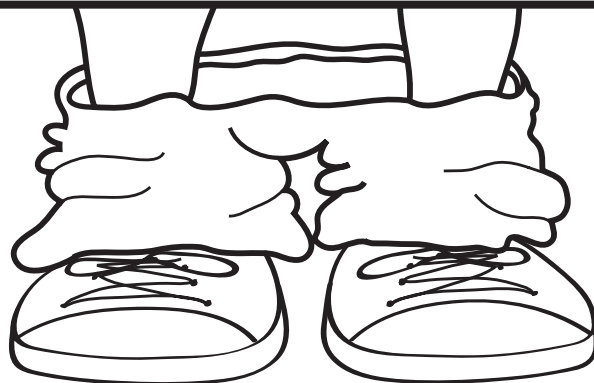
## Need a Tutor?

- The Office of Learning Services (OLS) offers free tutoring services on campus.  
Phone: x3094



**Karaoke!**  
Thursday,  
Feb. 11th  
8p.m.-12a.m.  
Campus  
Center Food  
Activity  
Court

**GROOVES & GRINDS**




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Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Jenna Bernardelli, Intern Chris McPherson and Peer Educators Brianna Daley, Deanna Drexler, Chelsea Giaraffa, Mary Hankin and Jessica Raghunanan.

Sources available upon request.

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