

THE ADVOCATE

Student Success Coaching Unit Newsletter

Study Do's and Don'ts | Does Finals Week have you stressed?

Important Dates

December 14th – Last day of classes

December 15th-23rd – Final Exams

December 16th – Freshman Orientation

December 19th – Enrollment Seminar

December 31-January 1 – College Closed

January 3rd – Last day to drop winter courses for 100% Refund

January 4th – First day of winter courses

January 18th – College Closed, No Classes

January 19th – Last day to withdraw from winter courses

January 24th – End of winter session

January 28th – Last day to drop Spring '16 courses with 100% refund

January 29th – First day of Spring '16 classes

February 5th – Last day to add, drop, or swap with a fee

February 19th – LAST DAY to apply for Spring 2016 GRADUATION



Study Do's and Don'ts

DO'S:

USE A STUDY SCHEDULE: Mark the dates of exams and due dates for papers and projects. Be sure to communicate challenges with your professors.

BREAK UP TASKS: Prioritize and complete tasks piece by piece. This can help you focus and avoid the feeling that you need to get everything done in one sitting.

AVOID BURN OUT: Don't deny yourself breaks. Get up and walk around every hour for at least 15 minutes.

REVIEW, PRACTICE, REPEAT: Review your notes! Practice challenging subjects for example mathematics, chemistry, physics where particular steps are needed to solve a problem. Repeating techniques such as creating flash cards can help in learning and understanding content rich courses such as Biology, Sociology, and Psychology.

Repeat! Repeat! Repeat!

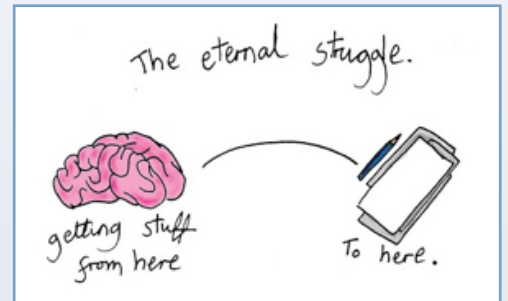
DONT'S:

DON'T BE AFRAID ASK FOR HELP: Visit SSCU (your coach), ARC, HALC (tutoring) and reach out to your professors for support!

DON'T PROCRASTINATE: Avoid social media and other activities that promote procrastination i.e. like friends who procrastinate.

DON'T OVERWHELM YOURSELF: Avoid taking on any additional responsibilities such as more work hours and cramming (reading 7 chapters in 2 days for example)

DON'T BE AFRAID TO TRY: People tend to stress out more when they are afraid. Always put forth your best effort! Trying is easier than admitting defeat!



Student success is our mission, let us be part of yours!



Does Final's Week have you Stressed?

Finals can be a tough, especially in the Fall semester with holiday parties and the shopping that goes on. Here is a top five study tips:

AVOID CRAMMING AND ALL-NIGHTERS: Cramming causes anxiety, which lowers your ability to retain information

Almost every college student pulls an all-nighter, but it is a bad idea. A study by St. Lawrence University Prof. Thacher shows that all-nighters impair reasoning and memory for as long as four days.

STUDY IN INTERVALS! When you study, your brain consumes glucose, so take a 5-15 minute break every hour to let your body produce more fuel for your studying

Distributing learning over time typically benefits long-term retention more than a short period

QUICK TIP: Review the toughest material right before going to bed the night before the test. It makes it easier to recall the material later

Science says that just 20 minutes of cardio can improve your memory. Whether you're dancing, jogging or busting a sweat by walking, exercise will increase your energy level and reduce the effects of stress.

EAT SUPERFOODS/ANTIOXIDANTS: Everybody should eat breakfast every day but on the day of a big test, it's highly encouraged. However, what you eat a week in advance matters, too.

Research suggests that high-carb, high-fiber, slow-digesting foods are best. You should consider healthy snacks like oatmeal, banana, and almonds

GET ENOUGH SLEEP (6-8 HOURS)

CHOOSE ALTERNATE STUDY SPOTS TO MINIMIZE DISTRACTIONS: Shake up your finals routine! Spending all night in the library can be draining. Try alternating your study spots between the library, a study room, and a quiet coffee house. Avoid social media, texting and listening to music.

MAXIMIZE PRACTICE-TESTING: Practice testing through the use of flashcards or taking practice exams was observed to be a highly effective studying technique.

For more stress management tips visit the website below!

<http://blog.suny.edu/2013/12/scientifically-the-best-ways-to-prepare-for-final-exams/>



**SSCU WOULD LIKE TO CONGRATULATE
ALL OF OUR FALL 2015 GRADUATES!**