

The Handout

An ARM Newsletter

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Division of Student Affairs



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Tips for Dealing with Test Anxiety

by Sara Slaiby, Fairfield ARM



enough period of time to learn the information needed for the exam. If you begin studying the day you learn the information in class, you can study for shorter

As final exams approach, the semester is starting to speed up. Course loads get heavier, studying hours get longer, and before you know it, final exam week is here. According to the American Test Anxieties Association, about 18% of all college students have moderate to high test anxiety, and 16-20% of college students struggle with high test anxiety. From these statistics, anxiety has become the most prevalent scholastic impairment that colleges have seen thus far. Therefore, it is important to discover tips along the way to help cope and work alongside the dreadful test anxiety.

lengths of time, over the course of a longer period. By studying for shorter lengths of time per session, you are not overwhelming your brain. In doing so, you will feel more confident by the time of your exam, which will help to minimize some of the test anxiety you feel.

- 1) Understand that some anxiety or nervousness before taking an exam is completely normal. You have dedicated a good portion of your time preparing for the exam, and given that you are unaware what questions might be asked, anxiety is a natural emotion to be felt.
- 2) Start studying the day you get the information. The easiest way to prepare and minimize test anxiety is to allocate a long

- 3) Get a good night's sleep before the exam. If you do not know the material by 11:00 pm the night before, staying up late, cramming and impeding your sleep will not help you to retain any further information. Getting a full night's rest has been proven to clear your mind and help you to retain more information!
- 4) Eat a nutritious breakfast! Nothing wakes you up better in the morning and gets your brain pumping like a hearty breakfast. Food not only provides you with the nutrients that are needed in order to get your brain flowing, but it is a smooth transition from bed to schoolwork.

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by **Brianna Walker**,
Centennial ARM

Productive things to do Over the Summer

With the semester ending and summer looming over us, it's hard to not think of the brighter and warmer days ahead. During the summer, some choose to work, some take internships, and some also take time to relax before school starts again in the fall. Whether you fit into one of those categories, more than one of them, or none at all, keep one thing in mind: stay productive. Although it is super tempting to turn our minds off once the semester is over, it is important to keep yourself on track – even during your downtime! This is not to say don't enjoy your guaranteed time to relax, but to make it easier to transition from school to summer and back to school again. Below I have some tips on how to have the most productive summer possible:

1. **Try to get an internship or a job related to your major.** Usually applications and interviews are done before the summer starts, but it is never too late to re-search them! Some programs have a rolling acceptance basis, and others might not start until later in the summer. Even if you are unable to do an internship during the summer, doing the

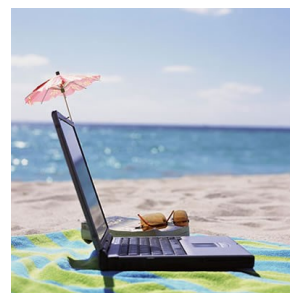
- research of what companies might want could be super helpful.
2. **Research (or continue to research) jobs surrounding your major, and prepare for them accordingly.** During the semester, with classes and other responsibilities, it may be too much to focus on checking off boxes, making sure that you have the qualifications for your dream job. So, while you have more free time during the summer, hop on the internet and do the appropriate research. Are you enrolled in the right classes that'll put you in the right direction? Is there anything you can do during the summer to gain more experience? Even just looking at job descriptions and what they're looking for can put you ahead of other applicants when you finally apply in the future.
3. **Don't lose sight of your passion!** We are in college for the hope that it'll make us better, well-rounded individuals. During the semester, the amount of information and pressure consistently

thrown at you could be overwhelming, so during the summer, don't lose sight of what your goals are. You could remind yourself of your

goals by writing them down on sticky notes and placing them all over your room at home. Or, you could set reminders on any of your electronic devices to randomly remind you during different points of the day! The choice of how to execute this is yours.

4. **Last but not least, try to gather inspiration from wherever you can!** Look at art, listen to music, watch documentaries, go outside for a nature walk, do whatever you can to gather inspiration. Looking at videos of others in a position of where you want to be could also be very inspiring. Finding inspiration is important to keeping the passion alive in your goals. If this is the only tip you take away from this, that's awesome – the more inspirational items you collect in your mind, the more likely you are to keep moving forward!

I hope you all have a wonderful and productive summer!





Exercise Your Brain This Summer

by Kathryn Healy, Pinney ARM



Summer brings a great opportunity for physical, mental and emotional relaxation. Seeing that we plan our summers to be eventful and full of activities like swimming, vacations, sleeping and (for many of us) working may be a part of these plans, we tend to find ourselves unprepared for the fall semester. Some of us even end up relaxing so much that when it is time for school we can't even read without checking our phones every few minutes. I have definitely been guilty of this a few times as well, but this is why I am here—so you can avoid the feeling of being unprepared with a few tips!

One strategy which can exercise your brain this summer is by reading. Yes, I know it sounds very generic, and not everyone enjoys doing this. However, with ebooks and the internet it can be as easy as a google search to find a topic that will draw you in. If you're into a certain genre, like sci-fi or romance, you can easily find a large list of popular ones very easily! Or if you're a history buff, like me, there is a plethora of books ranging from civil war stories to the life of a United States Navy

Seal. Once you find your match in the world of reading, it is a great way to keep the brain working. Reading allows you to activate your creativity and imagination as well as assists in critical thinking.

Your phone can even assist you in keeping your brain ready for the fall semester! Today there are an overabundance of apps focusing on everything someone could ever need, from motivation to drinking more water to small exercises and activities to get the gears in your brain turning. Some of these include Lumosity, Elevate, and Peak, which can give you activities as well as track your progress throughout the summer.

A simple way to keep your brain prepared is to limit the time you spend watching television, or going on your phone. Many phones now have a screen time report option, which when turned on, will show you how much time you spend on certain apps throughout the day as well as over the course of a week. Limiting the number of episodes of television you watch, or even how many times you check social media apps can do wonders for your

mind, as well as your mental health.

Lastly, simply exercising could also do the trick! I know when summer arrives, working out is typically not a priority for everyone as the goal is to relax and have fun. But according to research, when you exercise, the brain releases chemicals called endorphins, which increase happiness and relaxation. Even the smallest amount of exercising such as walking around the block and enjoying the weather can do the trick as well.

Hopefully you all can keep these tips in mind as we head toward our summer break during these next few weeks. Remember to stay safe, enjoy the time off, and exercise your brain!



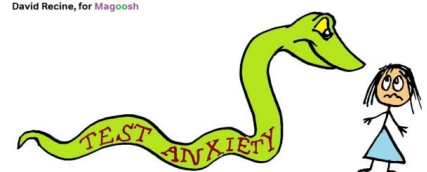
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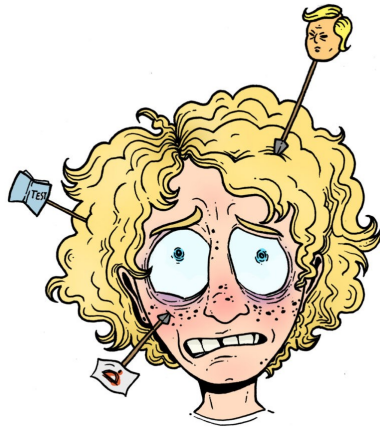
- 5) Get to the classroom early. Many people feel as though they have to rush to exams in order to be optimally prepared, however rushing only further induces anxiety. By getting to the classroom early, you don't have the underlying fear that you will not make your test on time. Also, by planning to get to your classroom early, if the event that something delays your arrival, you still have a buffer period so that you are not late for your exam.
- 6) Finally, when you are sitting in your seat waiting for the exam, make sure you read carefully. Many times, when a student is anxious, they do not fully read the questions and because of this, end up choosing the wrong answers. Make sure that you read the question slowly and carefully. Read the

question, scan the answers, then reread the question to see which answer fits the question the best. In doing so, you will not only calm yourself down, but you will prevent any mistakes from occurring due to the simple error of misreading.

Overall, test anxiety is a normal aspect of college test taking. Unfortunately, test anxiety may never fully disappear, however it can be minimized if handled properly! It is important to remember that you are prepared and able to conquer your final exams! Good luck!

David Recine, for Magoosh





HOW TO MANAGE STRESS DURING FINALS

BY TAMIA SCOTT, LITCHFIELD ARM

With the last day of classes steadily approaching you'll start to focus on exams. Here are a few tips to help you get through it all in a healthy fashion.

Some obvious tips that you've been told your whole life is to eat right. Eating right is one of the most important things to do in order to keep your body healthy. Eating food with vitamins and minerals can prevent sickness, gives you energy, and makes your whole body feel better. If you don't have enough time to go to the store, find a friend with extra meal swipes and head to the dining hall.

Next is exercising. Exercise can help you focus, gives you more energy, and releases endorphins to make you feel better. Even a quick 15-minute walk around campus is beneficial. Breaks have also been proven to help retain knowledge; studying for too long at one time makes it more difficult to absorb information after a certain point.

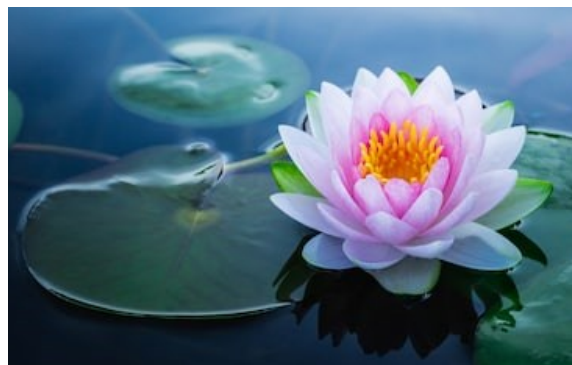
Also don't forget to stay hydrated. Every part of your body, including your brain, works better when you're hydrated. It's easy to forget to drink enough water, but it's important, especially when you're drinking a lot of coffee. Try to have at least one bottle of water with every cup of coffee to avoid headaches and other negative side effects of dehydration.

Aside from the physical aspect get enough sleep, sometimes people think it's necessary to pull an all-nighter before a final. Try to avoid this at all costs. Going a whole night without sleep can affect your body for days after. Sleep improves the quality and retention of studying and keeps

your body running smoothly. Try to plan, prioritize, and stay focused so that you will have enough time for a good night's sleep.

Lastly, probably the most obvious one is to study. Everyone has their own preferences when it comes to study environments, so find something that works for you. Try a quiet place where you won't be distracted. If you are in a spot where it's hard to focus, it's better to leave and find a better location than stay all day and not get anything done. Then when you feel stressed stop and take a breath. If you're having a hard time understanding something, ask a friend or classmate or your building's ARM for

help. They may be able to save you a lot of time and stress, and teaching can help them practice the material even more. Be sure to talk to someone if you're feeling stressed.



Using the Five Senses To Study

By Emily Chauvin, Centennial ARM



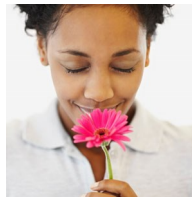
By definition, studying is arduous and requires massive attention. During the long hours spent at the desk, there are several ways to check in with yourself and zone back into the subject matter. An easy practice in mindfulness is to just listen to your five senses!



Sound

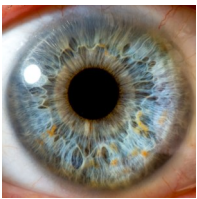
What music works best for you? Ambient noises such as rainfalls, ocean waves, or Binaural Beats are easy to find on YouTube and often work for people who are too distracted by their normal listening preferences. Maybe a genre you've never tried before will work for you. You might have never thought to listen to techno or classical symphonies, but who knows? They might just be your ideal studying music. If you listen to music all day long, maybe some quiet time will suit you. The random noises of the library are also a nice option. Try to give everything a fair chance, and see how it feels. Are you more focused? Or if you're stressed, what would calm you?

starches. Another option in this category is to chew gum. Mint has been shown to improve memory.



Scent

You may be wondering, how the heck is she going to tie this one in? Well, fear not, because there are so many options! Many scents are available in essential oils, which offer a wide range of beneficial properties, all easily researched online to fit your unique needs perfectly. Citrus scents will liven and awaken you, improving mood and outlook, while lavender will help calm nerves that make you too antsy to even begin. Eucalyptus can dissipate migraines and help relax tense muscles.



Sight

It might be a good idea to ask yourself, is this lighting working for me? Consider changing the scenery, sitting next to a window, or getting a lamp with nice, orange light to brighten up your study space. Natural lighting has been shown to increase cognitive function.



Touch

Bring your attention to your body, at this moment. Are you wearing comfy clothes? Can you take off your shoes? Most importantly, how are you situated? For example, are you crouched or tensed right over your laptop, and can you ease up? Can you sit back and just lift your arms to lightly tap away, instead of crunching up and putting your whole body into it? Try to check in with yourself every so often and see if you can sit up straight, making sure the blood is flowing freely to your brain.



Taste

Before even studying, make yourself a snack to have next to you while you study, so you can really put in the hours. There's no better excuse than "well, I better go make myself a snack..." And then that snack turns into a 3 course meal, and then watching a movie while you eat, then finishing the movie, then...No. Fuel up on healthy nuts, fruits, and veggies for energy that will last, as opposed to fast burning white breads and

Mindfulness starts with attention. Listen to your body, mood, and thoughts for a few minutes, and you might be surprised at what you hear! The idea is that you know everything you need, you just have to tune into what your body and mind want. Following those little instincts can go a long way to helping you achieve your goals, your ultimate dreams, and keeping steady and peaceful along the way. Remember, school is hard, but that challenge should always be enjoyable because it's a journey to achieving the person you want to be!



PACKING UP FOR SUMMER

By Angela Nicastro,
Pinney ARM



With the 2018-2019 school year about to end, it's time that we get to studying for finals and packing up to go home for the summer. Now I don't know about you, but this seems to always be the most stressful time of the year; not only do we have finals, our final grades come out, our GPA is announced, and most of us are still waiting to see who our roommates are for next year, but we also have to *pack* all of our belongings at the same time and be out of the dorm by a certain time and day.

Over the last few years, I learned some things to make it easier on myself, and now that I live in an actual apartment style suit with more belongings like kitchen and cleaning supplies, I believe I have found some ways to make packing during finals week easier not only for me, but maybe for you too.

Totes are your best friend: Since my family had leftover totes from moving and holidays, I was able to use one or two of these for things such as pots and pans, bathroom/cleaning supplies, food, and even textbooks/books you want to bring home. You can get totes all shapes and sizes at Wal-Mart for a decent price, and they last forever. You can even keep them under your bed in your dorm for extra storage throughout the school year!

Milk Crates: If you want something smaller than a tote, milk crates are something I swear by. Using the stackable milk crates, I've made myself a bookcase/TV stand as a freshman, and now use them to store things I don't normally use, or to bring things back home when I get the chance. I use them especially for the small things you don't want broken on your trip home, like dishes and cups. I just stack mine in a crate, put a paper towel sheet in between each plate so they don't scratch, and carry it. You can also get milk crates at Wal-Mart at a good price, and they come in many colors for you to choose from.

Start packing a week before your finals: I'm not saying to pack everything before your finals start, but at least get ahead of the game and start. Start by packing up your decorations and things hanging on your wall, talking with your roommates and deciding what is yours or what you're bringing home, and pack the clothes that are out of season or that you don't wear often. So while you're taking your last final, most of your stuff (maybe) is packed and you are able to finish cleaning, pack the last few items of yours, and finally go home for the summer!

Ask roommates to help clean: Now this is mostly aimed towards people who live on Westside, but it can also help with those of you who just have one roommate. I've made the mistake of thinking my roommates (as much as I love them) would help clean our entire apartment with me . . . oh how wrong I was. I had just finished a big final, and when I got back to my dorm room on the last day of school, only one roommate was there, and even though he helped clean somewhat, he left, leaving me to clean the entire apartment. It took me hours to scrub, clean, wipe, take out the trash, vacuum, and mop the floors before room checks, and by the time I was done it was time for me to leave the building. To make sure this doesn't happen to you, communicate with your roommates and make sure they are willing to help clean before you all leave. Have one person do the bathroom, another the living room, and so on. Split up the rooms between people, and everything should get done and leave you stress free.

I hope this gives you some idea of what you can do to help yourself get ready to move out, all while taking your finals and getting ready to go home. I wish you all the best of luck with your finals!



Ted Talkers Give Graduation Advice

<https://ideas.ted.com/what-advice-do-you-wish-you-d-gotten-when-you-graduated-from-college-25-ted-speakers-answer/>



“If you don’t know what you want to do with the rest of your life, you’re not a failure. Give yourself time and get yourself experience to figure things out.” — Angela Duckworth (TED Talk: [Grit — the power of passion and persistence](#))

“Although I think I already knew this back when I graduated from college, I didn’t do it enough: trust your instincts. **Deep inside you, you already know what you need to do to pursue your goals.** And just as importantly, do not seek permission to pursue your goals. Pursue them. Only by doing so can you show the world what you had in mind and get the support of others.” — Alejandro Sánchez Alvarado (TED Talk: [To solve old problems, study new species](#))

“Don’t take yourself, your decisions, your outcomes or even your mistakes so damn seriously. There’s nowhere special to get to and no special accomplishment to check off the list. The moment is now; the place is here; the person is you. Make choices that make you feel alive. But here’s my advice about my advice — I couldn’t have possibly done this myself when I was a new college graduate because I was Wrapped. Way. Too. Tightly. This would have sounded like loosey-goosey hokum to me, and I’d have rolled my eyes and gone back to alphabetizing my soup shelf. **Truly, what I wish I’d done differently during the past 20 years is enjoyed the ride and engaged in less hand-wringing over my decisions.** I wish I’d trusted myself more, trusted the universe more, trusted the love and support of family and friends more, and realized this: ‘I’m enough, and it’s all going to be great.’ Because it has been marvelous.” — Casey Brown (TED Talk: [Know your worth, and then ask for it](#))

“**Look for people’s inner worlds.** Imagine their hopes and fears and what it feels like to be them. Seeing into other hearts can make you more effective in achieving personal and professional goals. It may also give you the comfort of remembering how deeply alike we all are.” — Bill Bernat (TED Talk: [How to connect with depressed friends](#))

“I was the first to attend college in my family, so neither my parents nor my siblings could advise me on my graduate school or career plans. I heeded my inner calling and pursued two master’s degrees in information systems at the same time, and it all worked out well. **Remember: your best academic counselor and career advisor is your heart.**” — Navi Radjou (TED Talk: [Creative problem solving in the case of extreme limits](#))



Housing Announcements:

The residence halls close for the year on Friday, May 17th at 6:00 pm except for graduating seniors who are staying for senior weekend activities. Please make your plans now to move out within 24 hours of your last final, or by Friday at 6 pm, whichever is earliest.

If you need an exception to stay later, you **MUST** speak to your RD immediately. Do not wait! There will be very limited exceptions granted.

Every building has its own procedure for check-out that you must complete or you will be billed for improperly checking out. Instructions were emailed to your WCSU account at the beginning of May. Please be sure to read and ask questions now so that you’re not caught up in drama at the end of the year!

Summer housing is **NOT** available at WCSU.

Good luck on your finals!

For those returning next year, have a great summer and we’ll see you in late August.

Graduates—thank you for spending some of your time with us on campus while at WCSU. We wish you well as you leave us and enter the world “out there!” Good luck, and **CONGRATULATIONS!!**

