

## Finals cause students to lose sleep

RYAN GULA  
science editor

As the year winds down to a close, and the winter weather becomes an everyday sight, students everywhere begin their annual routine of cramming for finals.

So just how should we spend what little time we have and what is the best way to retain the most knowledge?

First, it's important that we plan out and know exactly when our final is. It doesn't make sense to study first for a final on Friday rather than the one on Monday.

Once we know when our finals are, we have to focus on what information we need for each final. Not all classes have cumulative finals, so it's best to know as much about what the teacher expects the student to know.

Next, we have to develop a plan of attack, ranking what we need to work on the most after considering our current average in a class and how much the final is worth, taking into consideration when each final will be held.

Then comes the obvious part, studying. Contrary to common belief, it's best to avoid cramming the night before a test.

Most of the information we review isn't retained and we are simply wasting time that could be spent resting. Try and study in advance, sticking to a schedule and covering the most important points.

Many times, teachers are unable to go into a lot of de-

tail simply because they don't have time. This is especially true when it comes to cumulative finals, as there is too much information to cover in depth.

Also, try some caffeinated beverages and use them as a last resort. Although they can help us stay awake a little longer, they are often associated with a crash later on that can leave us with much less energy.

A bottle of water is the best beverage we can have near us and a little snack high in protein can also help us stay focused and allow us to master the most material.

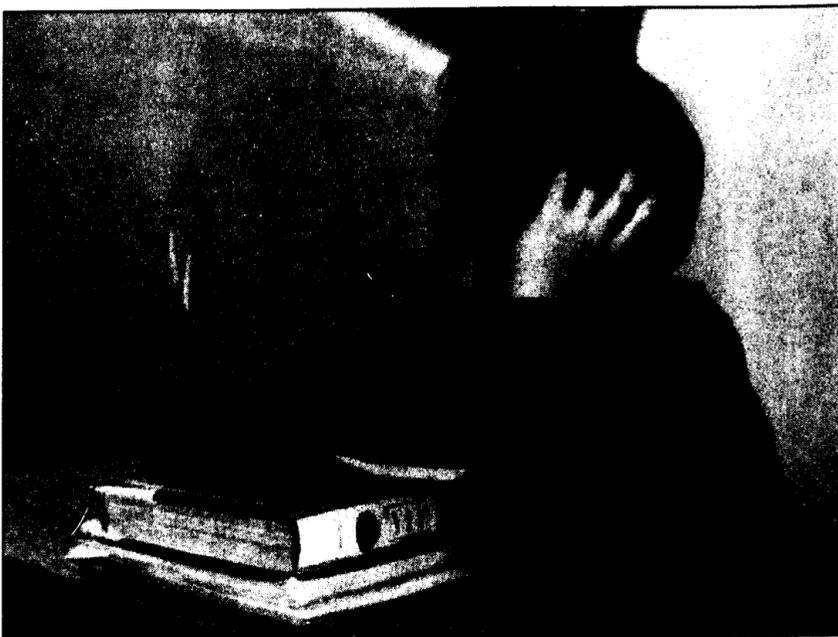
Avoid overeating, as we will get tired once the body begins the digestion process. After many hours of solid studying, it's extremely beneficial to get away from the books and exercise.

Even a simple walk after dinner followed by a movie is enough to give the mind a break. It also helps the information sort out in the brain, so that it's ready when we get the test.

After we've studied everything that we'll need for the big day, we should get six to eight hours of rest the night before. If we can, try and get up at least an hour and a half before the final.

This time shouldn't be used for studying, but for getting ready and eating a good breakfast. Even though we may not be hungry, a bowl of cereal and a piece of fruit can go a long way when it comes time to take the test.

Arrive at the assigned test



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Students are beginning to prepare for their finals that are coming up this week.

room 15 minutes early and pick a seat that you will be comfortable in. Look around for any vents that may make you too warm or cold and avoid sitting near the door, which may be a bit noisy as students finish their exams.

Take extra writing instruments and something to wear in case it gets too cold. If you will be using a calculator, ensure that the batteries are new and have plenty of charge to last the exam.

After getting your exam, put your name on it. Every year, thousands forget that simple task, which can be very costly in terms of points and the time it takes

the teacher to figure out who took the nameless exam.

Next, page through and quickly determine what to work on first, paying attention to what you know best and what is worth the most in terms of points. Then, get to work, following your schedule.

If you get stuck on a question, move on and come back if you have time. Also, if you won't receive a point deduction for wrong answers on multiple choice questions, eliminate as many choices as possible and guess if you can't determine the best answer.

Never leave them blank. A

lucky guess could give you a few extra points that might make a difference in your grade.

After you've done your best and turned it in, move on to studying for your other finals. Students often think about their exam after they have already taken it, causing undue stress and wasting time from preparation for other exams.

If you do get overwhelmed, talk to someone in the personal counseling office.

They can help guide you in the right direction and eliminate worries you might have about school and finals.

### Quote of the Week:

"It was, of course, a lie what you read about my religious convictions; a lie which is being systematically repeated. I do not believe in a personal God and I have never denied this but have expressed it clearly. If something is in me which can be called religious then it is the unbounded admiration for the structure of the world so far as our science can reveal it."

Albert Einstein

## Obama awards medal to PSU professor

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Science Writer

In a ceremony at the White House, President Barack Obama presented the National Medal of science to ten individuals on November 17th.

Among those honored was Penn State's Stephen J. Benkovic, an Evan Pugh professor of Chemistry.

Benkovic was recognized because of his extensive research in the field of bioorganic chemistry, enhancing our knowledge of enzyme function and further developing strategies for drug design.

During the ceremony, Obama praised the recipients for their contributions to science and all of humanity.

"It's no exaggeration to say that the scientists and innovators in this room have saved lives, improved our

health and well-being, helped unleash whole new industries and millions of jobs, transformed the way we work and learn and communicate," said President Obama in a statement on the Penn State's Eberly College School of Science's website.

"And this incredible contribution serves as proof not only of their incredible creativity and skill but of the promise of science itself."

Also honored at the ceremony was Penn State graduate Warren Washington, who received his doctorate in meteorology from Penn State.

Washington, a senior scientist at the National Center for Atmospheric Research in Boulder, Colorado.

He received the award for his development and use of global climate models to understand climate and explain the role of human activities

and natural processes in the Earth's climate system.

He has worked to support a diverse science and engineering workforce," said Obama on the Eberly College's website.

Warren and Benkovic now join a host of Penn Staters who previously received the award for various other scientific accomplishments.

This award is given to honor the lifetime achievements to those dedicating their time to the field of science.

It is the nation's highest honor for the field. Since its creation in 1962, the award has been given out to 441 people.

The information used for this article is based off of the Penn State Eberly College of Science's website. It can be found at [www.science.psu.edu](http://www.science.psu.edu)



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