



# The Lion's Eye



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# Final countdown

## INSPIRED

### BY HER

### ANGEL



This issue's Student Profile, Courtney Pantella, says her sister Madison, 3, has been her inspiration.....

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## Just can't cope with exams week? Sure you can

By CHARLOTTE BARR  
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The final weeks of the semester are here and you probably feel like you need to be committed.

Everyone keeps asking you that ridiculous question — "Have you started your Christmas shopping yet?" — and you just want to yell, "I have five finals, three projects and a paper to write. I couldn't give two flips about Christmas!"

You begin to wonder if it's even possible to get everything done on time.

But there is no need to have anxiety attacks, because there are ways to avoid being late and frazzled. The campus will be offering a stress-management workshop Dec 8 at 12:30 p.m. in the Learning Center. This may help you to survive those long and painful cram sessions.

Experts advise not to wait until the very last minute to study. Utilize your time and sources. If you're having trouble with certain subjects, ask your professor for help.

And certainly do not skip a visit to the Learning Center, which exists just to help students get through their classes.

So don't act too proud to get help.

Sharon Manco, an instructor in language and literacy education, provided some advice for students who are trying to handle the stress of finals.

"Now is the time to start studying," she said. "Get papers done sooner, and then focus on your finals. It's a good idea to prioritize your finals and schedule your days with an actual planner."

Students, though, all have their own plans of attack.

"I study for whichever exam comes first", said Prince Awo, a junior here. "I just reread all of my notes and textbooks before the exams."

Time management is a huge factor in finals preparation, advisers say.

"Estimate how long you think it will take to study for one final and add extra time to that time period." Manco said.

There are many methods to lower the stress level during finals. Manco offers some stress-relieving suggestions.

"Allow time to exercise and cut down on junk food, because it can cause fatigue,



Photo by Jennifer Rufo

Taryn Chance, right, goes over some advance work for Finals Week with fellow student Dory Shea recently in a study lab.

and be sure to get enough sleep," she said.

"Give yourself time, and that will make a huge difference. Playing jazz or Mozart may help your study sessions. And most importantly, take a walk or a break when the studying becomes too much."

Again, students have come up with home remedies.

Matt Papa, a senior, said he keeps his stress level down by, "Doing one thing at a time. I don't let things pile up toward the end."

It is also important to steer clear of negative influences. If your friends or significant others are on your back, complaining that you have not spent enough time with them, explain to them it is not a personal thing.

Maybe some people haven't attended college, or maybe they just forgot how much work it really was. Explain that you have three more intense weeks of work, and that you will make time during the break to catch up. Chances are they will understand when you explain it that way. If they don't however, go back to your

school work and deal with them later.

Avoid the headaches of interruptions during crunch time. When you are studying for a test, or writing a paper, cut yourself off from mostly everything. Unplug the phone, shut off the television and use the library for solitary study time.

Also, dodge that very chatty person you always end up conversing with for an hour on campus. Hopefully he will not see you, but if he does, deny, deny deny the fact that you saw him. He'll get it some day.

Follow some of the techniques that are offered such as time management, managing your study times with a planner, prioritizing your exams in chronological order, and you should be able to end your semester calmly.

The best part of finals week is that feeling you get when you walk out the door of your last exam. By that time you can shop, party or spend hours and hours watching useless television, guilt-free.

Stop delaying your studying, and you'll have some celebrating to do when it ends.