It is that time of the semester where you may realize those statements that high school and college is not the same are true. Midterms have passed and some may be finding the road to academic happiness is a little or a great deal bumpier than others. Let us face it, some may be realizing that a sink hole is in the middle of the road and they now have to navigate a way around or through it. It really does not matter where you are at this point in the academic game but that you realize that YOU ARE STILL IN THE GAME. At this time you are preparing to head into the last stretch of the fall semester, where the idea of finals is looming. Here are some tips and strategies to help you start in the right direction.

REVIEW TESTS, QUIZZES, AND HOMEWORK ASSIGNMENTS
Many comprehensive final exams include some of the same questions from the tests and quizzes taken throughout the term. Therefore, it’s important to review the questions and answers from these tests and quizzes.

CREATE STUDY CARDS
You probably are familiar with flashcards from elementary school. These types of cards are quite useful in college. You can create cards to study important terms and concepts, formulas, and even quotes from reading assignments.

FORM A STUDY GROUP
Study groups can be a great resource when studying for finals. You and your study partners can help each other with difficult concepts or problems; you can compare notes, and help each other identify the correct answers from past quizzes and tests. Each student can bring in two practice questions and the group can work together to answer the questions and review the accompanying material. BE CAREFUL-Make sure the group stays on track and you have accurate information.

EXPLAIN THE COURSE MATERIAL TO A FRIEND OR ROOMMATE
Friends and roommates can be helpful in preparing for exams. A simple way to review for an exam and check you understanding of the material is to practice explaining the concepts to a friend or roommate. If you are able to explain a concept or formula to a friend, chances are you understand the material and will be able to address the information on an exam. Remember, you can always access HELP through the SSS office. Just call 859-257-9797 or come by the office.

TIPS ON STUDYING FOR FINALS
http://media.www.cunewspaper.comby Elisabeth Duncan
Finals week can be a frustrating and exhausting experience if one is not properly prepared. Most students rely on caffeine rushes and all-nighters to get them through exams, but the benefits of learning how to prepare for finals far outweigh the stresses of staying up all night to cram. Here are five tips for preparing for finals:

DON’T PROCRASTINATE
Waiting to study until the night before an exam is disastrous. Procrastinating causes unnecessary stress and sets one up for failure. Instead, plan ahead. Look at your exam schedule and begin studying for your first, or hardest, final now.

FIND A QUIET PLACE TO STUDY
Studying for finals takes a great amount of concentration. Find somewhere to study that is conducive for concentrating and learning. Chose a place of study should be quiet, comfortable, and distraction-free (no cell phones, Facebook, etc).

STUDY WITH A PARTNER
Find a classmate or friend to study with you. This can be extremely beneficial if you are both preparing for the same exam. However, remember to stay focused. Studying with someone may be helpful at times, but it can also be dangerous if you both get distracted easily.

GET ENOUGH SLEEP
Pulling an all-nighter is risky business. While most college students think that studying all night will help them learn more for an exam, all-nighters can actually damage grades. Exhausted students can’t concentrate on exams, and cramming for a final can actually reduce the amount of information you remember. Well-rested students, on the other hand, are much more relaxed and alert when it comes time to take exams. Make time to sleep, you’ll thank yourself later.

KEEP EVERYTHING IN PERSPECTIVE
Stressing out over an exam will drive you (and everyone around you) crazy and will only damage your performance on the exam. Instead, try to relax. Take a break when you get frustrated. Talk to a friend. Go for a run. Grab a snack. Study for a different subject. Whatever you do, remember that this test isn’t the end of the world. Twenty years from now you won’t remember the reason you stressed out the way you did and probably won’t remember the grades either.

November 2012
Student Support Services

Tutoring is still available! Register in the Student Support Services office!

Remember your academic progress sessions to begin planning your classes for Spring.
Get It Don’t Forget It!

Think you have a ‘Poor Memory’? Try this Three Step Process for Better Retention of Information:

First, concentrate Deal with Internal Distractions (daydreaming, negative thoughts) by keeping a notepad handy to jot down things that you can do later (“Make a hair appt.” “Call mom.”)

Making the Distraction a Reward ("I’m so bored/hungry. I am going to read 5 more pages, then reward myself with a half hour of TV/snack.”)

Identifying the Reason for your lack of interest/boredom/inability to pay attention Then find a way to deal with it. (Meet with your professor, seek Study Skills help, seek counseling if a personal problem)

Recognizing when you need a Break and taking it Deal with External Distractions (physical environment) by changing your study spot. Finding a Spot that is Only for Study—not bill paying, phone calls, naps etc.

Second, comprehend which means to Make Something Meaningful to you. In order to Comprehend, try to fully Understand the Material. Get help if you need it Try to Connect Old Material with New Material—get the Big Picture Do Something with the Material—create a Chart, Drawing, Timeline

Third, Remember, Think of your Memory as an Office Filing System: Sensory (momentary, very limited)—like a pink ‘While You Were Out’ slip. Deal with the information and move on. Short Term Memory (a few minutes, limited)—like the ‘In-Box’ on a desk. Process the information, and decide how/where/if to store it. Long Term Memory (relatively permanent with unlimited capacity)—like File Cabinets. Study the information. Think about what it connects to, what you need to do with it. Do what needs to be done (read, solve problems, etc), and then File it correctly with other similar pieces of information. Think about why you filed it there, so you can Retrieve it when you need it!

--adapted from the Learning Support Center at Paradise Valley Community College

Mind Mapping is another way of improving your memory, especially for visual learners. Using a mind map allows you to see connections between main points in the lecture, take notes in a lecture that may be less linear than you like in the presentation, and it helps you prepare for exams by reviewing the material. In order for any information to move from a short term item into an actual useable piece of information it must be “repeated” more than once. This does indicate that one must read the notes, review the material, and prepare for class daily. Well, at least not waiting until the night before the test.

Another way to improve memory is using the SQ4R method. This is a way of taking notes while you read so that the class lecture/discussion is easier to comprehend. Additionally, using the SQ4R method you are better able to focus your attention in class, for you will be listening for information to clarify what you may not have understood in your reading. This makes those difficult classes easier to determine what is important and what is not.
Procrastinator or Perfectionist? You Decide.

Classes have been in session now for a couple months and you have had at least one set of exams, papers etc and are now reviewing your first set of midterm grades, which may be a good surprise or a serious time to re-evaluate your preparation for classes. Anyway while many students will be struggling to keep their head above water, you will be treading or maybe even swimming fine. How can this be? I have thousands of pages of reading, papers to write, drawings to finish, not mentioning the lines I have to stand in for the basketball games.

As overwhelming as it all may seem, you can get a handle on the chaos around you. Instead of being managed you can manage your life. Your Real World in College on Saturday, December 1st 9:00am -12:00pm:

- Determine why time flies, Goals are not just for football,
- GPA is not a navigation device, and ...
- What Color Am I?
- And other elements to being a solid student.

These topics plus, surely more will come up in discussion. It is our hope the workshop will provide students with an arsenal of strategies to be able to manage their life and stay in good academic standing. This can happen by having you RSVP to the SSS office, call 267-9797 or stop by and sign up in the front office for the December 1 Workshop.

Show You the Money?

The cost of obtaining a degree is getting higher and we understand. Juggling all the expenses of life is tough and not just because you are a college student, but if you would like to possibly ease the burden you should continue to read. Since one of the many goals we have in SSS is to help reduce loans, we have some information for you. The following are some scholarship options that you can take advantage of if you meet the requirements listed.

Please note the specifics to each scholarship and apply accordingly. All applications are due at the end of the semester and an announcement about these will be posted by the beginning of the Spring Semester. No late entries will be accepted. Formal applications are in the SSS Office please request one from any office staff.

All entries must be typed, double spaced, and font of 12 inch times new roman. The Official application must be attached to the front of the essay or it will not be accepted:

- Department of Education
  You must be PELL eligible and have unmet need for this one/or loans
- Justin Ruschel Scholarship
  You must be a First Generation college student from a Rural/Appalachian County
- Olen & Juanita Foley Scholarship
  You must be First Generation; Graduated from a high school from one of following counties: Adair, Russell, Pulaski, Wayne, Casey, Breathitt, Clay, Estill, Jackson, Knott, Leslie, Owsley, Pike, Perry, Wolfe, Bell, Harlan, Knox, Laurel, Letcher, McCreary, Rockcastle, Whitley, Carter, Floyd, Johnson, Lawrence, Magoffin, Martin, Menifee, Morgan, and Pike.
  Have a High School GPA of 3.0 or higher if a freshman, or a 3.0 UK Cumulative GPA
- Risner Scholarship
  Have the surname of Risner (preferred); Be a First Generation college student; and/or May have a documented disability; Graduated from a high school in Kentucky located east of Interstate 75: Bath, Breathitt, Bell, Bourbon, Boyd, Bracken, Campbell, Clark, Clay, Carter, Elliott, Estill, Fleming, Floyd, Grant, Greenup, Harlan, Harrison, Jackson, Johnson, Kenton, Knox, Laton, Laurel, Lawrence, Lee, Leslie, Letcher, Lewis, Mason, Madison, Magoffin, Martin, McCreary, Menifee, Montgomery, Morgan, Nicholas, Owsley, Pendleton, Perry, Pike, Powell, Robertson, Rockcastle, Rowan, Scott, Whitley, and Wolfe
- KACEOPP Scholarships
  to students each year. These awards vary in amount from year to year, but are a onetime award for students to use towards pursuing their post-secondary education. The awards are as follows:

  - Adult Learner Award - Applicants for this award must be at least 21 years of age and
  have been outside the formal education system for four or more years before re-
entering. Applicants must be a part of a Kentucky TRiO Program.
  - Student Support Services Award or Upward Bound Award - Applicants for this
award must be a participant in a Kentucky SSS or UB program
  - Susan Adam’s Leadership Award - Applicants must be a part of a Kentucky TRiO
Program, and be involved in leadership or service in their community.  

You are not in this world to live up to other people’s expectations, nor should you feel the world must live up to yours – F Perl.
All Scholarship participants remember you must have 3 academic progress sessions in by the end of the semester as well as the required number of study hours. You can make your appointments by calling 859-257-9797.

WIN A PRIZE!!!! Cash Course Scavenger Hunt

Are interested in seeing how financial savvy you are and where you may need to brush up on your skills... go ahead log on to the Cash Course SSS website at www.cashcourse.org/uksssmoney. Once you log on you can take assessments, complete activities, and read new ways to solve time old problems about money. Also, if you choose to participate in this month’s CASH COURSE CHALLENGE you can receive a prize if you get the most answers on the scavenger hunt. You can access the SCAVENGER HUNT Questions via three ways: the SSS website, coming into the office, or email valerie.rister@uky.edu. If you win you get a prize. Yes, there may be more than one winner. So, go ahead and find out what you know about the world of financial literacy.

What You Do Not Want to Miss

Scholarship Applications,
Due December 15 No Late Applications Accepted

Holiday Open House Potluck,
November 29 11:30-2:00, Student Support Services Office

Holiday Extravaganza!
Tuesday, December 2 Student Center Small Ball Room 5:00-8:00pm.

Finals Week December 10-14 Know when your finals are and be getting prepared!
- Math Review Sessions are available!
- Chemistry Review Sessions are available!