

Tips from students for final examinations

Robin Walls
Banner Reporter

It's finally final and another semester is about to end. With the end of a semester comes final examinations.

Student Support Services has outlined some important tips to help Bennett students to prepare to take final exams.

- * Review for tests well in advance of the test date.
- * Avoid cramming and staying up late the night before the test.
- * Study by reciting the material to yourself.
- * Self-test by reciting the material to yourself.
- * Promise yourself a reward

after the test.

* Get enough rest so you are physically and emotionally ready.

* Review before you go to sleep; get up early and review briefly.

* Go to class on time.

* Think of a test as a way to tie together all parts of your course for

better learning.

Some students offer their own study tips for finals.

"Make a daily schedule planner of what you plan, and do it," Kimberly Hall, a senior majoring in Interdisciplinary Studies.

"Before I take any test, I always get plenty of rest and eat a good break-

fast. This helps me to think while test taking," Tammi McCall, also a senior IS major.

"The best thing you couldn't do is cram," Kaetina Davis, a junior majoring in Mass Communications "You will end up forgetting what you studied.

Secretary for Student Support Services Lillie Rooks, offers a few suggestions also.

"Give up the best to your studies," she said.

"Rewards will come back to you. Students should be serious about their work while they are here. Set your goals and then go after them."

The Student Support Services has videos on techniques for studying such as "Where's There's A Will There's An A" "The Secrets to Making Good Grades," and "Effective Test Taking."

Students needing extra help in preparing for final examinations should visit the Student Support Services office located in Black Hall, Room 106 B.

**HAVE A SAFE
TRIP HOME
AND SEE YOU NEXT
YEAR / SEMESTER**

Suggestions offered for final exam stress

Tahja Mcvay
Banner Reporter

HELP!

Final exams are here, and the stress is on.

Final exams are a tradition on most college campuses all across the country and along with exams comes the "S" word — STRESS.

Students have various ways on how to study for exams and deal with the stress that comes with taking these exams.

"Studying for final exams is hard," Toynetta Knox, a junior, majoring in Social Work said. "When I fell stressed I relax myself by taking hot showers and chit chatting."

Marcene Primus, a senior, English major said that she reviews her information one time and remembers it. "I make sure I'm in a quiet atmosphere and I have water, caffeine, and sugar to keep me awake.

"When I feel stressed I listen to jazz," she added.

Michelle Bennett a sophomore majoring in education said, "When studying for exams I take notes and compare my notes with other people and when I'm stressed I eat snacks and take naps."

Rochelle Huff a sophomore majoring in English said that she makes schedules to know what to do and then studies in moderation. "When I'm stressed I talk to friends and watch television," Huff said.

When preparing for exams, Tamu Johnson, a freshman majoring in Mass Communications said that she studies each subject for two hours and make sure I get enough rest before finals. "When I'm stressed I usually take a shower," she said.

Stress attacks every college student during exam time, but with a positive "I can do it" attitude and different relaxation methods students can overcome.

Sister/Friend conference planned

The Ethics Club will sponsor a sister/friend conference on The Belle Honor code Tuesday, Jan. 18, at 7:30 p.m. in Pfeiffer Science Assembly.

For further information please contact Gladys Sarpomaa, Ethics Club president, or Amber Williams, Membership Chair.

Intercultural Appreciation Week

Monday, January 24

1 p.m.

Exhibition of African Art and artifacts from the N.C. A&T State University African Heritage Museum, Thomas F. Holgate Library, Bennett

3:30 p.m.

Dr. Frank Eguaroje, Curator of the Mattye Reed African Heritage Museum at N.C. A&T State University will lecture on West African ethnographic art in the Main Reading Room of Thomas F. Holgate Library.

Tuesday, January 25

7:30 p.m.

Dr. Linda Brown, Bennett's Distinguished Professor of Humanities, will read from her novel in progress and from works by African writers on African and African American literary themes. The lecture will be accompanied by performances by Bennett drama students. Discussion with the audience will follow.

Wednesday, January 26

7:30 p.m.

Dr. Isaac Mowoe, Assistant Dean of Ohio State University's College of Humanities and the Director of the Center for African Studies, will discuss the integration of African materials into the curriculum of African-American studies. Discussion with the audience will follow.

Thursday, January 27

11 a.m.

Dr. Alma Adams, Director of the Bennett College Division of Humanities, will speak on her travels as a W.K. Kellogg Fellow in Central and South America, Africa, and Europe. She will illustrate her lecture with a slide presentation in the Annie Merner Pfeiffer Chapel at Bennett. Discussion with the audience will follow.

3:30 p.m.

Dr. William Dargan, music scholar from St. Augustine's, will lecture on the works of African-American composer William Grant Still (1859-1978). The lecture will be accompanied by selections by the St. Augustine's Faculty Trio. Discussion with the audience will follow.

Friday, January 28

7:30 p.m.

Ms. Vita Jones, Adjunct Professor of Textile Clothing Design, will lecture on clothing and status in West African societies in the Little Theater of the Annie Merner Pfeiffer Chapel. Local children will model authentic costumes.