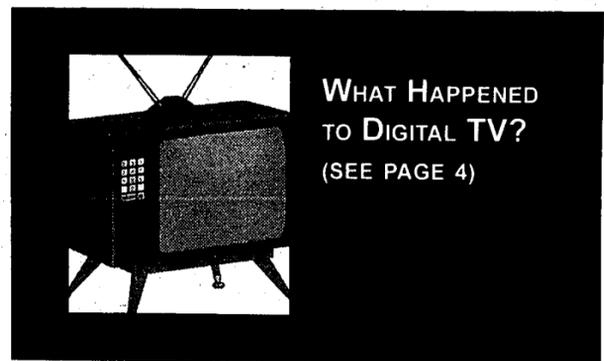


# the MEREDITH Herald



WHAT HAPPENED TO DIGITAL TV?  
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## GETTING BACK ON TRACK WITH STUDYING

Courtney Angers  
Staff Writer

No matter if you stayed in Raleigh and played in the snow and ice or if you were lucky enough to go to Florida, Panama, the Bahamas or some other exotic location, Spring Break was a wonderful chance to relax. Now, after a week of sunshine (or snow), it is time to get back into the rigor of academics because there are still about eight weeks left to the semester. In case Spring Break took too much of a toll and you simply can't remember how you managed to ace that test or paper, here are a few tips, courtesy of the Colleaguebound Network at collegebound.net, that will help you succeed in the last two months of the semester.

### 1) Move your seat to the front of the classroom.

Sitting up front will allow you to be more easily noticed by your professors and prevent you from falling asleep. Also, because you will be in your professor's direct line of sight, perhaps this will encourage you to participate more in class. We all need those participation points and being an active member of class actually helps you learn!

### 2) Read something from your assignments.

If you always read your assignments, more power to you. However, for those of us who don't have the inclination or the time to read all of the assigned work, reading something—anything—will help. There is nothing worse than sitting in class for an hour and twenty minutes and having no idea what is going on because that one homework assignment slipped by. Therefore, always read something. If you can, read it all. If you can't, try and skim all of the paragraphs, looking for headings and key words. If worst comes to worst, says K. Schwab on the Colleaguebound Network's website, "Google the topic listed on the syllabus and read something about it." Although Wikipedia may not give you the right answers, it can at least let you know that the French and Indian War was not between the French and the Indians.

### 3) Write stuff down.

When reading from a textbook or listening to a lecture, it is oh so easy to drift back to the sandy beaches of that first week of March. Although this daydream may momentarily erase the melancholy of CORE 100, it won't help when you are asked to recall the significant facts of that video on women empowerment. To keep you in the moment and focused on the lesson at hand, take notes. Even if you think you already know the material, writing information down will help you commit it to your memory and prompt you to think about the topic. Also, when it comes time to study for the test, having a written record of the material rather than a daydream of sandy beaches will be much more helpful.

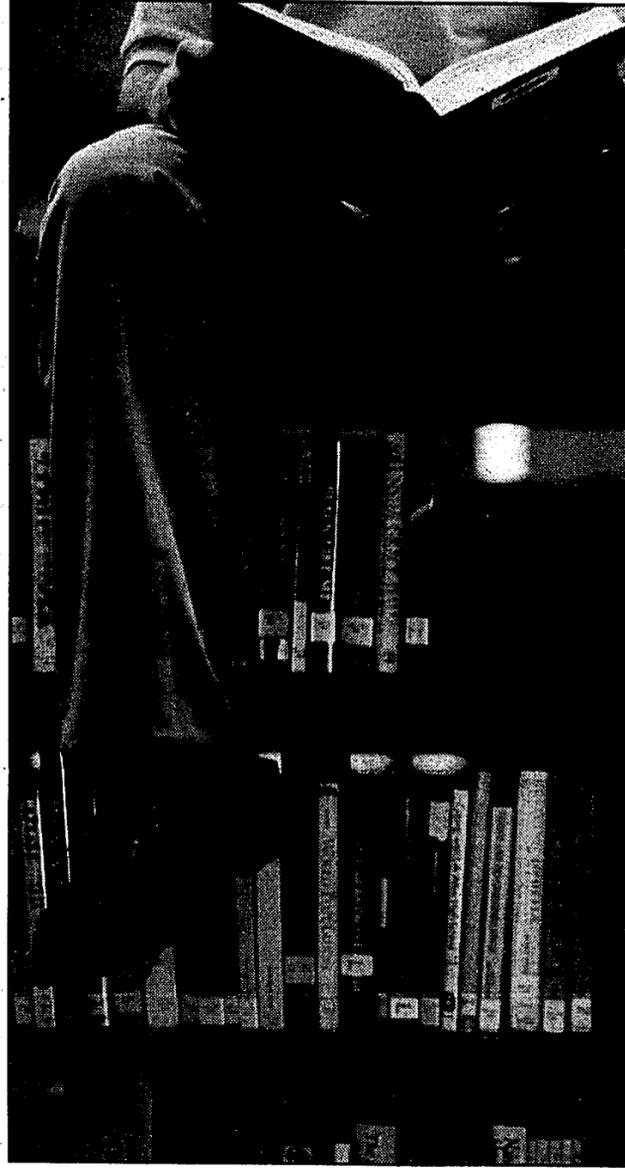


Photo Courtesy www.leeds.ac.uk

### 4) Find a way to focus.

Maybe you have every intention of keeping up your academics after Spring Break and you have more than enough energy to pour into your courses, but you simply can't focus on anything school related. Sure, you can spend countless hours thinking about the TV show that was on last night, the phone call you need to make to that boy at State later today and the new t-shirts that are on sale at Target. While all of these may provide fascinating entertainment, they are not going to help at all in academics. To help you stay focused on the academic side of college, find a place to study away from distractions, establish a routine for studying each day and study when you have the most energy. If you are a morning person, complete difficult assignments before lunch when your concentration level is at its highest. If you focus better at nighttime, save your heavier work for after dinner. No matter when you prefer to study, always be sure to get enough sleep. A sleep-deprived person has difficulty focusing on tasks regardless of the time of day or location.

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## Green Tip for the Week of March 11

Donate your used and unwanted clothing items to a local shelter or foundation.

During the 2008-09 academic year, Meredith College's campus theme is "Sustaining our Environment: Developing our Greenprint." To help the Meredith community make daily choices that are beneficial to the environment, Angels for the Environment have compiled a year's worth of tips for greener living. To view green tips from previous weeks, visit [www.meredith.edu/campus-theme/environmental-tips.htm](http://www.meredith.edu/campus-theme/environmental-tips.htm).

