#### The Daily Tar Heel

#### STUDYING From Page 3

Other professors believe the trick is

Other professors believe the trick is not in the notes or practice exams but in the methods used to study. "Memorizing isolated dates and facts doesn't work well," said history Professor Jay Smith. "It is always better to synthesize. The more connecting you do, the better shape you will be in." Smith said to synthesize, a student must connect general themes and think

Smith said to synthesize, a student must connect general themes and think about "the big picture" – a method espe-cially helpful on essay exams, he said. Memory experts call the practice deep processing or elaborate rehearsal. Psychology Professor Ute Bayen said this method is more effective than emotions method is hore effective than repeating material without thinking about it. "The more you think about information, the deeper you process it," she said. "The deeper it is processed, the longer it is retained." Even if a student thinks he has a constant day.

concept down, Bayen said it is helpful inue studying it.

"There is some value to overlearn-ing," she said. "If you study something for a half hour and know it all, rehearse it again. It helps consolidate it

in your memory." Bayen also said that encoding information is an important part of memory

processing. She said the more encoding conditions overlap with retrieval conditions, the better a student does.

For example, Bayen said if a student studies in the same room the exam will be given in, he or she will do better. Though this is not always possible, mental reinstatement - or imagining the test-taking environment while study-ing – also can be successful, she said. "It is not the amount of information in the memory," she said. "The trick is

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Led by Dr.Ed Costello

in how to retrieve it once it is there." Practice exams and mental reinstate-ment might allow procrastinators to make the best use of a small amount of time, but some could still face other obstacles such as stress and anxiety. "If a student has waited this long, they are going to have a bard time no

"If a student has waited this long, they are going to have a hard time no matter what, especially if they are already prone to anxiety," said John Edgerly, a psychologist and director of the UNC Counseling and Psychological Service. Mental strains might be a procrasti-nator's worst nightmare, but Edgerly said there are ways to keep such feel-ings in check.

ings in check. "The more structured students can

make their study efforts, the better off they are going to be," he said. "This gives them a sense of control, and anxiety comes from losing this sense of control."

Edgerly also said it is important to stay healthy while trying to catch up. This includes maintaining a good diet and staying away from caffeine when studying in wee hours but also

means keeping up physical activity. "You should establish a routine with

exercise and time out proportionate to what the task is," he said. "Take charge

of as much life space as you can." For students who still feel they can not get a handle on things, CAPS offers an online stress management module and takes walk-ins for "urgent consultation."

As finals lurk in the future, some students forget the methods and guide lines while cramming and just look for the light at the end of the tunnel.

Senior Jennifer Cox said, "You just have to think about what you can do after the exam when everything is over and you get to take a break."

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# **From Page Three**

### **TEACHING PROGRAMS** From Page 3

state's public school system the best in the nation by 2010. The First in America Report gave the state a "B-" for quality of teachers and administrators. Charles Coble, UNC-system vice president for university-school pro-grams, said UNC-CH did well overall in the teacher advection rankings "The

in the teacher-education rankings. "The really good news about Chapel Hill is that students and the employers ranked the (teacher education) program very highly," Coble said.

But he said UNC-CH got low marks for effective use of technology and sup-port for beginning and lateral-entry teachers. Madeleine Grumet, dean of the

UNC-CH School of Education, said she wished the school had garnered a high-

### **N.C. VOTING** From Page 3

He stressed Basnight's desire for increased campaign finance regulation. "(Basnight) wants to slow down the money chase," Lamme said.

But some conservatives are less than enthusiastic about campaign finance reform.

John Hood, president of the John Locke Foundation, a Raleigh conserva-tive think tank, says such reforms are

unrar. He said the proposed reforms are an effort to control the amount of money raised by challengers to a political office. "Campaign finance reform is all too often nothing more than incumbent pro-tection reform," Hood said.

Lamme said another proposed change is the introduction of four-year

er rating. Grumet said the report's low rating for effective use of technology might be due to the low number of survey

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ARC DANCE

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sense of community. "I think Chapel Hill is a great town," he said. "I just felt like I ate my way through the Triangle." Although his home is in Washington, D.C., Tolchin still returns to Chapel Hill for yearly checkups and for reunions with his doctors and fellow successful through survivors each spring.

ansplant survivors each spring. Although he has scars from the oper

the to the row number of carte-responses. "The technology factor is weird because the technology rating came from a statement from employers and recent graduates," she said. "The results came from a survey that had a 29 per-cent return rate." Grumet said she is proud of the School of Education and while the report had good intentions, it was sub-

report had good intentions, it was sub-

"I think people have tried to do a good and fair job but this is not an exact sci-ence," she said. "A lot of these ratings are due to evaluations based on paragraphs we have written about our program."

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### terms for N.C. legislators.

"He believes such a change will allow folks to be elected and not have to turn around and immediately worry about re-election," Lamme said.

But Hood believes the consequences of increased term limits should be a con-

cern. "It is a horrible idea," he said. "With a term of two years, elected officials are kept on a short leash. That simply is not present with a four-year term."

But Basnight remains optimistic about the possibility of passing reform legislation as early as the next session

despite the opposition. "Anytime you have the governor, the speaker, and the president pro tem behind a proposal, it increases the odds of any bill."

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ation, Tolchin's life has re the his life w

"Im filled with an incredible sense of gratitude for the whole thing," he said. "I feel very close to those doctors, nurs-es and physical therapists – I have an immense gratitude for them."

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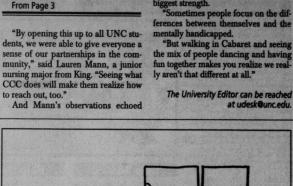
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what Chapman views as the event's biggest strength. "Sometimes people focus on the dif-



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