

**STUDYING**

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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 about "the big picture" — a method especially 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 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 concept down, Bayen said it is helpful to continue studying it.

"There is some value to overlearning," 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 studying — also can be successful, she said.

"It is not the amount of information in the memory," she said. "The trick is

in how to retrieve it once it is there."

Practice exams and mental reinstatement 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 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 procrastinator's worst nightmare, but Edgerly said there are ways to keep such feelings 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 guidelines 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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**TEACHING PROGRAMS**

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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 programs, said UNC-CH did well overall 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 support 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-

er rating.

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

Grumet said she is proud of the School of Education and while the report had good intentions, it was subjective.

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

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**N.C. VOTING**

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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 conservative think tank, says such reforms are unfair.

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 protection reform," Hood said.

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

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 concern.

"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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**STARHEEL**

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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 transplant survivors each spring.

Although he has scars from the oper-

ation, Tolchin's life has regained a sense of normalcy. With the operation and the experience behind him, Tolchin has gone on with his life with a great fondness for those that helped him draw new breath.

"I'm filled with an incredible sense of gratitude for the whole thing," he said. "I feel very close to those doctors, nurses and physical therapists — I have an immense gratitude for them."

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**ARC DANCE**

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"By opening this up to all UNC students, we were able to give everyone a sense of our partnerships in the community," said Lauren Mann, a junior nursing major from King. "Seeing what CCC does will make them realize how to reach out, too."

And Mann's observations echoed

what Chapman views as the event's biggest strength.

"Sometimes people focus on the differences between themselves and the mentally handicapped.

"But walking in Cabaret and seeing the mix of people dancing and having fun together makes you realize we really aren't that different at all."

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