Before anyone can actually enjoy Spring Break, one must face the facts that midterm exams must be conquered first before the fun begins. Although, this can make things a little more stressful and hectic, below are some ways to make life bearable and organized.

1. **Utilize your professors**—Discuss with them what you can expect on the test. See if you can get any hints as well as preparation tips.

2. **Know what's on the exam**—Write down the date, find out the format of the test and know what chapters you should study, along with topics. This will make preparing for the test less stressful and lead to a game plan.

3. **Have a study schedule**—Plan out daily when you will study along with your practice time, class, naps and anything else that is important in your life. It’s best to have a balanced schedule that allows you to stay energized and study efficiently.

4. **Study with others**—This can be tricky if you have a lot of friends or teammates in a class because it can lead to possible distractions. Try to study with students who are serious about doing well and will not make a study session into a study party. You can also get a tutor through the Enhancement Center.

5. **Manage your time**—This is easier said than done, especially as a college student-athlete. The key to doing well on your midterms is to get an adequate amount of sleep, eat right, and have all your notes, handouts and books organized and ready to be used. Have a plan and follow it!

**RED FOX CHALLENGE UPDATE!**

**TOP 3 MALE TEAMS:**
1) Football (690 points)
2) Lacrosse (415 points)
3) Track & Field (275 points)

**TOP 3 FEMALE TEAMS:**
1) Softball (1,190 points)
2) Basketball (500 points)
3) Track & Field (340 points)

To submit Red Fox Challenge Forms, you can retrieve the PURPLE form from Dasha Cherkasov in The Center for Student-Athlete Enhancement or grab one after hours from the magazine rack outside our office. Service projects must be submitted no later than 30 days after event attended!

For more info, contact Dasha.cherkasov@marist.edu
The Center for Student-Athlete Enhancement welcomes our new Office Assistant Sandy Beauvais to our department. If you’re in McCann, make sure you swing by to say hello and welcome her to the athletic family. Below are some fun, get to know you facts about Sandy!

Hometown – Amsterdam, NY

Undergraduate – SUNY Potsdam – BA – Computer Science

Master’s Degree – Syracuse University – MS – Computer Science

Background – Worked as a computer programmer at IBM for 16 years before becoming a full time Mom. Returned to work part-time when children got older.

Favorite Color – pink
Favorite Food – dark chocolate

Experience at Student Athlete Enhancement Center–
It’s a really great group of caring people working in the Student Athlete Center. I’m now an empty nester who loves seeing all the student athletes come in every day. I miss having my own kids around, stop on by and say hi.

Prom Dress Drive
LEAP is still collecting formal and prom dresses for their spring service project. All dresses will be donated to local high school students for the prom season. Drop offs can occur till Mid-March, in Cammie’s office. If you have any further questions, please email Cammie at cammie.jones@marist.edu!

Special Olympics Tournament
On Saturday, March 29th, we will be hosting the Marist College Special Olympics Tournament. We will need as many volunteers as possible that day to assist with the basketball, powerlifting and swimming events. Be on the lookout for more information in the next few weeks.

Girl Scouts Sports Sampler
On Friday, March 28, several women’s sports along with L.E.A.P. will be hosting over 100 girl scouts for a fun-filled Friday night sports sampler. Girl Scouts will be able to participate in six sports and earn a badge. Look for more details from your coaches and our office in the upcoming weeks! We will need everyone’s support.

Service Updates: Hagan Elementary and Heart Walk

Hagan Great and Project Mobile-Once a month for the entire Spring 2014 semester, members of football, men’s soccer, women’s soccer and volleyball, will work with local 4th and 5th graders at Hagan Elementary. Student-athlete volunteers first assist with any homework the students are working on for the day and then the students participate in an extracurricular activity such as learning a new sport or game. Recently, members of women’s soccer and volleyball attended the kick off event for Hagan Great USA!

Marist Heart Walk-On February 19th, 2014, members of men’s and women’s crew, men’s and women’s soccer, men’s and women’s track and men’s lacrosse participated in The Marist College Heart Walk. We are proud and thankful for your support and the even President Murray was impressed by the large turnout of student-athletes. All proceeds were given to the Dutchess/Ulster American Heart Association Walk. Thank you to all the student-athletes that participated and supported this important cause!
**Student-Athletes of the Month**

**MAJOR: PSYCHOLOGY**  
**POSITION:**  
**YEAR:** Senior  
**HOMETOWN:**  
Nicole has transformed into the ideal student-athlete. She was in the Academic Success Program and has become one of the most academically improved student-athletes. She is organized, diligent, and eager to succeed. Her strong work ethic and high motivation to do well helped her make great strides in the classroom. A Psychology major, Nicole earned Deans List honors for the Fall 2013 semester. Nicole made an immediate impact on the softball team, being named 2013 MAAC Rookie of the Year. Nicole is involved with numerous community service projects. She has been a regular volunteer at the Vassar Warner Senior Home in Poughkeepsie. Nicole and her teammates also run Poughkeepsie Girls Little League Clinics at Our Lady of Lordes High School. She is also an annual participant in fundraising for the Amanda McPherson Foundation and breast cancer awareness. Nicole demonstrates a great deal of integrity in all aspects of her life and wants to excel in everything she does; in the classroom, on the softball field, as a teammate/friend, and as a volunteer impacting the community. Nicole fully represents what it means to be a student-athlete at Marist College.

**MAJOR: BUSINESS**  
**POSITION:**  
**YEAR: Senior**  
**HOMETOWN:**  
Jay has great leadership qualities and serves as a positive role model to his teammates and his community. He has demonstrated growth as a student-athlete on and off the court. As a Business major, Jay has maintained a cumulative GPA above a 3.0 since Fall 2010. He was named to the MAAC All-Academic Team for the 2011-12 and 2012-2013 seasons. Jay also gives back to the Poughkeepsie community. He has been an active volunteer with in the Stay in to Win Program, created by the National Association of Basketball Coaches. Jay and his teammates joined together with Poughkeepsie Middle School teachers and administrators to motivate and encourage students, particularly those at risk of dropping out, to stay in school to graduation. Jay meets with his small group on a monthly basis and communicates the value of effective decision-making skills and the impact that academic, career, and personal decisions made now will have on their future. Jay and his teammates were also involved in an adoption from the Friends of Jaclyn Organization in November 2013. By putting forth extra effort in the classroom and community in addition to his rigorous academic and competition schedules, Jay is definitely on the road to success and will certainly achieve enormous accomplishments after graduation.

**Study Hall /Academic Reminders**

The last day for dropping courses without penalty of WF grade is Friday, April 4th before 5pm.

Spring Recess is March 16-23. 4 hours of study hall will be required the week of the 24th. The center is closed for Study Hall on Sunday, March 23.

Easter Break is from April 18 to April 20. No evening classes on April 17. The Enhancement Center will be closed on Sunday, March 20 and Monday, April 21. Only 2 hours of study hall will be required the week of April 21st.

Assessment Day is Tuesday, April 8th. The Enhancement Center will be closed and 4 hours will be required the week of April 7th.

Save the Date: The Center for Student-Athlete Enhancement’s Spring