Dear Student-Athletes,

The Center for Student-Athlete Enhancement Staff would like to wish everyone a happy and safe holiday season. We also would like you to take out the time and focus on the meaning of the season. We all have so much to be thankful for this year and it’s important that we don’t forget about our communities who have supported us throughout our journeys of life. This special edition focuses on student-athletes at Marist College who have given back to the community that has given them so much, the Hudson River Valley. In this edition you will read about Women’s Soccer raising funds for breast cancer awareness, several athletic teams supporting Hunger Awareness Month and Women’s Crew teaching elementary students the importance of anti-bullying. We hope that this edition gets you motivated to help your community whether it be Marist, the Dutchess County or even your community back home. Best of luck with completing this semester strong, safe travels and don’t forget to be a leader and support your communities any way you can!

Sincerely,

Student-Athlete Enhancement Staff

On October 23, 2010, the Marist Women’s Soccer team participated in a pivotal MAAC conference match against Siena at Tenney Stadium. There was excitement and electricity in the air for the game but a lot of the enthusiasm was going towards not only the rivaled match but the cause being supported that night. October 23 represented a night of honoring breast cancer survivors and partnering with Miles of Hope, a breast cancer awareness foundation in the Hudson River Valley. All of the women on the soccer roster played an important role in coordinating the breast cancer awareness game which was heralded by Senior Daniella Burns. From coordinating Miles of Hope to support their cause to decorating the stadium, the student-athletes put in a relentless effort. Instead of worrying about having all their energy reserved for their competitor, these young ladies were concerned about the survivors who would attend the game, finding pink roses to honor participants and if the stadium represented an atmosphere not only for the field of play but one of honoring their community. Their hard work paid off tremendously. The team raised $850 in donations, clinched a MAAC tournament berth and had 1600 fans from surrounding area. Even more, Marist student-athletes and coaches showed their support by attending the game, volunteering and collecting donations. All proceeds and donations collected, benefited the Miles of Hope foundation.

Overall, it was an exhilarating experience for all involved and in the end, a lesson was learned that if one supports their community, the community will do likewise!
How to function during Final Exams! View the list of ways you can prepare!
1. Start early
   Preparation for exams should begin before the day of an exam. Start a week or two in advance.

2. Organize
   Gather your notes, study guides, quizzes and old exams. Know when and where your exam will take place.

3. Outline
   Once you know what to study, outline textbook and class notes by making summaries of each topic covered.

4. Make flashcards
   Write down info from your outlines and notes. This is a helpful technique that makes studying portable.

5. Get help
   Marist offers several academic help for finals. For info on academic resources, please visit the Enhancement Center or the Academic Learning Center.

6. Sleep
   You need at least 7 hours of sleep a night. Sleep-deprivation does not assist in remembering information for tests. Get rest!

7. Stay Calm
   Remember to breathe during the exam and be confident in your preparation.

8. Don’t rush
   Do not panic at the exam! Tests can seem overwhelming but remember to breathe and if you don’t know the answer, leave it blank, come back and answer it at the end.

9. Relax post-exam
   Worrying about your score after the exam, will not change the results. Stay focused and begin preparing for the next exam. You must keep a healthy mindset during finals!

---

2010 Hunger Walk

The month of November represents a lot of things for college students. Thanksgiving break is approaching, classes are beginning to wind down and dreams of winter break are slowly becoming a reality. Here at Marist College, November also means Hunger Awareness Month. For 14 years, Marist College has marked November as Hunger Awareness Month. The month starts with the annual Walk/Run Against Hunger, which was attended by about 650 students, on November 3, and ended on November 16 with a petition drive that is expected to raise more than $1,000. Hunger Awareness Month is meant to raise awareness in the Marist College community about those living in need and to raise money to alleviate that need. Money and goods collected during the month of November for this cause are distributed on local, national, and international levels. Recently, several student-athletes kept the tradition of supporting the Hunger Awareness Run/Walk on November 3rd, 2010. Over half of men’s and women’s teams, including their coaches, walked and donated to the cause. For all involved, it was a great opportunity to show solidarity and support for the Marist community once again. The Hunger Walk is definitely a tradition that will continue to be supported by our athletic department!

Recess Rodeo at Hagan Elementary

Anti-bullying has been a crucial topic in the news media and in the hallways of schools, colleges and universities across America. With the recent deaths of six young men who were bullied because of their sexuality, several schools, including Marist College, have partaken in anti-bullying efforts. The Marist community was encouraged to wear purple ribbons for Purple Day, Wednesday, October 20, 2010. Purple Day was a national program that honored and remembered recent victims. Furthermore, President Dennis Murray recently sent a memo to the Marist community, reminding students that, “Everyone has the right to be respected as an individual and treated with dignity.”

Members of Women’s Crew decided to take Dennis Murray’s message and assist with anti-bullying efforts locally at Hagan Elementary School in Spackenkill. On October 29, 2010, the team participated in Hagan’s Recess Rodeo, which included seminars on leadership, anti-bullying and self-acceptance. Women’s Crew spoke to the students about bullying, ways to stand up for yourself and also anti-bullying strategies. According to Women’s Crew Team Captain, Megan Mahoney, “The students were quite receptive to our talk and everyone involved enjoyed themselves” Recess Rodeo is another prime example of how Marist student-athletes are making a difference in our local schools and encouraging students to be future leaders.

Study Hall / Academic Reminders

Enhancement Center Hours:
- There will be no study hall during finals week
- Enhancement Center hours during finals week are Monday-Friday, 8:30am-5pm

Final Exam Schedule: The full version of the Final Exam Schedule is now on the Web. This includes the Slot times, room placement for courses that meet out of the standard time and College Writing I & II.

The Schedule can be found at http://www.marist.edu/registrar/finals.html. You can also find this information by going onto the Marist home page, click on Current Students and scroll down on the left side of the page to Registrar. The Final Exam Schedule is the first item under Registrar.