Preparing for Finals

Whether you are ready or not, finals are coming to town! Below are a few tips to help make finals a success!

1. **Have a game plan:** Be aware of the date, time and location of the exam. Is it a cumulative or non-cumulative exam? This will affect how you prepare and study.

2. **Gather your work:** Organize notes, gather old exams, slides and anything else that can assist you with studying for each of your class exams.

3. **Review your notes:** Have a study schedule for when you will focus on each class and how you will tackle the notes from throughout the semester.

4. **Attend review sessions:** Check to see if your professor will provide a review session over the semester. This gives you the opportunity to ask questions on anything you still may have concerns about with the course.

5. **Find a study group:** They are not for everyone but if you thrive with sharing notes and ideas with others then try to find a study group within your class that will focus on the test and help your prepare for your final.

6. **Reward yourself:** Give yourself a break with a reward. For instance, every two hours you study, you can treat yourself to 20 minutes of Facebook, exercise, a walk or even a call to a friend.

7. **Eat and sleep well:** Your brain and body needs to be prepared and well-rested in order for you to do well on your exams. A healthy mind equals healthy grades.

8. **Do your best:** Above all else, remember that if you have prepared efficiently for your finals then you have to trust in your abilities and focus on doing well. **Good Luck!**

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**Seniors: Five things you should do before graduating!**

*By Yasmin Tadjdeh, USA Today*

**Get your transcripts:**

Whether it is to secure a summer internship or even a job, many places will ask you for your college transcripts. Even a few years down the line you may be asked to provide them to your future employer. If you have moved far away from your alma mater, getting your transcripts can be a time consuming effort; going through your registrar and then waiting for them to come in through snail mail can eat up valuable time. So before you leave, make sure to head to your registrar’s office and grab a few copies of that transcript!

**The all important recommendation:**

Before you can even get an interview with many employers you sometimes have to submit a letter of recommendation. While this could be from a past employer, sometimes you are required to have a previous professor vouch for you. Don’t wait until an application deadline to ask for this recommendation – do it now while your professor still knows how great you are. And while you are with your professor, make sure to cultivate your relationship. When you graduate don’t just become a former student, keep up a friendship with them. Send them an email, go for coffee. You never know, they might be able to help you get a job.

**Turn in your keys and pay those fines:**

No one wants to go to graduation and find that their diploma is being withheld because they didn’t pay a fine. Make sure you have paid your library fees and turned in your keys. Double and triple check that you don’t have any academic holds on your file that could prevent you from getting that coveted diploma! Believe me, this happens more often than you think.

**Visit your career center:**

Whether you have a job secured or not post-graduation, it can’t hurt to check out your career services department. It’s their job to help you become a more attractive candidate while job hunting and they are more than happy to critique your resume.

**Utilize social media:**

One of the best things you can do while in college is brand yourself and have a strong online presence. Whether is it through Twitter, Facebook or LinkedIn you need to be visible online. Many employers post jobs on LinkedIn, giving you a heads up. Besides that, you can join university-specific groups and network with fellow students and alum. Don’t wait a few years after you graduate to connect with your classmates.

**Did we miss anything? What are you doing to get ready for graduation day?**
Shout out to Caylin Moore, QB on the football team for receiving a Fulbright Award. Caylin was accepted to the US/UK Summer Institute at Bristol University in England. Go Caylin!

**Girl Scouts Sports Clinic** - On Friday, March 28th, over 100 girl scouts from throughout the Hudson Valley visited Marist College to participate in L.E.A.P.’s annual Girl Scouts Sports Clinic. Enthusiastic student-athletes from volleyball, water polo, track & field, crew, lacrosse, tennis and basketball showed that Marist spirit at the event. Girl Scout attendees were able to participate in seven sports and learn the basics of being active and safe in a fun and welcoming environment.

**Special Olympics** — On Saturday, March 29th, student-athletes from football, men’s and women’s soccer, and men’s and women’s basketball participated in the Marist College Special Olympics Section II Basketball, Power Lifting and Aquatics Sectional.

Special Olympics works toward providing lifelong sports experience for its participants. As an organization, it continues to shape itself according to the changing developmental needs of its athletes as they transition through childhood, adolescence and adulthood. Marist athletes have been fortunate to be able to assist with the Special Olympics’ mission.

**White Ribbon Campaign** - On Wednesday, April 23rd, The Student-Athlete Enhancement Center and heart1/the purplethread sponsored Marist College’s 3rd Annual White Ribbon Campaign. White Ribbon Campaign is the world’s largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity. The Marist community walked around campus to raise awareness of domestic violence and promote healthy love relationships. The event ended with a Flash Mob dance in the name of ending violence against women!

**Student Athlete Career Fair** - On Monday, April 14th, The Center for Student-Athlete Enhancement along with Athlete Connections presented the first Student-Athlete Career Fair in the Cabaret. The event provided student-athletes an opportunity to network with local, regional and national companies as well as the opportunity to connect with business professionals regarding full-time positions, internships, and/or mentorships. Student-athletes were able to create networking contacts and establish relationships that can lead to limitless opportunities in the future.

**Networking Night with L.E.A.P.** - On Thursday, April 10, L.E.A.P. held its third annual career speed networking night in the Cornell Boathouse. Female student-athletes were able to mingle and network with several professional women from the Hudson Valley. The topics discussed included: resume building, how to prepare for an interview, business & branding, transitioning from college athlete to real world, how to do it all (Athlete/Student/Community Service), self identity in the real world, work/life balance, and how to use a criminal justice or psychology degree. With such a strong showing from our student-athletes, it was great to have a variety of topics while also introducing students to amazing professional women who could influence their future career endeavors.
The week of May 5th will be the last week of mandated study hall. Make sure you finish strong and complete your hours. The last day of study hall is May 8th. The Enhancement Center will be open during finals and can be used as a study area. Hours are Monday - Friday 8:30 am - 9 pm.

Make up Registration for Fall term - May 6th (7:30 am - 11:59 pm) & May 7th (7:30 am - 5 pm). The next time you can register and/or add/drop will be the first week of class in the Fall.

May 9th - Last day to submit the Red Fox Challenge form, last day to get your paper proofread (iLearn or inperson), and last day for review sessions and math drop-in tutoring.

Final Exam Period is from May 12th - May 16th. Make sure you know the date, time and location of your finals. You can find the Spring 2014 final exam schedule at http://www.marist.edu/registrar finals.html

Residential Halls close at 5 pm on May 16th for underclassmen after the conclusion of final exams.

Alyssa Zahka
MAJOR: Biology
POSITION: Softball -Utility
YEAR: Senior
HOMETOWN: Lexington, MA

Alyssa is known for her teamwork, leadership and the positive example that she sets for others. A starter for the Red Foxes since day one, Alyssa leaves the program with a mark in Marist’s record book: strong freshman and sophomore campaigns placed her in one all-time category for runs (74-10th). In single-season categories, she is ranked twice in runs scored (40-4th, 2012) and (34-9th, 2011), as well as in hits (55-8th, 2012), doubles (12-9th, 2012) and at bats (168-6th, 2012). The senior captain showed great teamwork, passion, and dedication by leading her team to the 2013 MAAC Championship. Alyssa was named to the MAAC All-Academic Team in 2012 and 2013. Alyssa clearly demonstrates her effort and excellence in academics with a 3.498 GPA as a Biology major and a Psychology minor. Alyssa has also been an active member of the Marist community serving on LEAP in 2011 and coming up with the name for the program. Alyssa is also a member of the LGSA (Lesbian Gay Straight Alliance) and a member of the Marist College Booster Club. She has participated in numerous community service projects: Softball clinics, Hagan Elementary School visits, Vassar Warner Senior Home in Poughkeepsie, and Upward Bound Shadow Day. She is also very supportive of her fellow student-athletes and can be seen cheering at various sporting events. Overall, Alyssa is the definition of team player and has exhibited good sportsmanship and leadership at all times.

Mark Stellwag
MAJOR: Business - Finance
POSITION: Soccer - Back
YEAR: Junior
HOMETOWN: Newburgh, NY

Mark has demonstrated excellence both on the field and in the classroom. He is a dedicated soccer player and student. After transferring from the University of Scranton, Mark has been a key member of Marist’s defensive unit. Respected highly by his teammates and coaches, he was chosen to be captain for the 2014 season. Academically, he has a 3.74 cumulative GPA and made the Dean’s List in Fall 2012 and 2013. He was also named to the 2013 MAAC All-Academic Team. He has the ability to balance academics and athletics, and be successful in both areas due to his dedication and focus. Mark is also a member of the Beta Gamma Sigma, an honor society serving business programs accredited by AACSB International - The Association to Advance Collegiate Schools of Business. Mark is a huge advocate of community service. Last year he volunteered at a local elementary school where he assisted with extracurricular activities and homework help. Mark participated in the Heart Association Walk, Autism Awareness Walk, Special Olympics, White Ribbon Campaign, and Liberty Partnership Program where he spoke to kids about doing well in school. He believes that student-athletes have a responsibility as privileged individuals to give back and return the favor to the community. He is a true role model to all. Mark has gained wisdom and experience during his short time at Marist and is always willing to help out not only his teammates but also his fellow peers and other student-athletes.

Academic Deadlines / Study Hall Schedule

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Need Help? Contact Staff Below!

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