Preparing for Finals

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 you 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!**

- **Get your transcripts:** Whether it is to secure a summer internship or even a job, many places will ask you for your college transcripts. If you have moved far away from your alma mater, getting your transcripts can be a time consuming effort. So before you leave, make sure to head to your registrar’s office and grab a few copies of that transcript!

- **Get your recommendations:** 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. 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!

- **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 and cover letter.

- **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 and twitter, 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.

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*By Yasmin Tadjdeh, USA Today*
Athletes in Action

**CODE ED**
On Saturday, April 14th, men’s lacrosse dedicated their game to former lacrosse student-athlete, Edward Coombs who passed away this summer. SAAC promoted the game as Code Ed and sold 50/50 raffles with all proceeds going towards the Edward Coombs Scholarship Fund. Thank you to everyone who came out and supported Edward Coombs’ family and the men’s lacrosse program!

**Liberty Partnerships Program**
On March 28, student-athletes from football, men’s lacrosse and water polo spoke to middle school students apart of the Liberty Partnership Program. Participants took a tour of the college, got to have dinner in the Cabaret and also spoke with our student-athletes on how to balance school and athletics as a D1 athlete. They also learned about the importance of doing well academically in middle school so that they can reap the benefits when applying to colleges in high school.

**Upcoming Event-Zumba with LEAP**
On Wednesday, May 2nd in the McCann Arena at 6:30pm, LEAP will be hosting a finals Zumba session. After the session, healthy snacks will be provided to attendees. If you would like to attend, rsvp to LEAP’s chair, Kristina Danella, kdhoops50@aol.com.

**Networking Night with LEAP**
On Thursday April 19, 2012, LEAP held it’s first annual career speed networking event in the boathouse. Attendees were able to mingle with fellow female student-athletes from several sports while also networking with several professional women from within the Hudson Valley. The topics discussed included life after sports, networking, interviewing skills, managing expectations, the graduate school process and work/life balance. The professional women that were available came from several backgrounds which included education, coaching, non-profits, entrepreneurship and law. 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 from within the Hudson Valley. The topics discussed included life after sports, networking, interviewing skills, managing expectations, the graduate school process and work/life balance. The professional women that were available came from several backgrounds which included education, coaching, non-profits, entrepreneurship and law. With such a strong showing from our student-athletes, it was great to have a variety of topics while also introducing students to an amazing opportunity that could jumpstart their future career endeavors.

LEAP would personally like to thank all of those who attended. The event wouldn’t have been a success without all of you present. We hope to bring back the event next year and promise to make it bigger and better than this year’s. If you would like to get involved with LEAP, the final activity of the semester will occur on Wednesday May 2nd at 6:30pm in the McCann Arena. We will be hosting a Zumba session followed by healthy snacks and refreshments. Feel free to swing by and rsvp to kdhoops50@aol.com! If you would like more information on LEAP or would like to get involved next year, contact Cammie at cammie.jones@marist.edu. We are always looking for new faces!

**Study Hall /Academic Reminders**
- The week of April 29th will be the last week of mandated study hall. Make sure you finish strong and complete your hours. The Enhancement Center will be open during finals and can be of assistance to you as a study area. Hours are Monday-Friday: 8:30am-5pm
- Final Exam Period is from May 7th-May 11th. Make sure you know the date, time and location of your finals. You can find the Spring 2012 final exam schedule here: http://www.marist.edu/registrar/finals.html.
- Residential Halls close at 5pm on May 11th after the conclusion of final exams.