Upcoming Events & Programs

Please mark your calendar for the following upcoming events.

November 1    PASS Activity Sheet Due
November 16    Getting on Track Session
November 22-26 Thanksgiving Break
December 3     Classes End
December 4-5    Study/Reading Day
December 6-10  Final Exams/PASS Activity Sheet Due

Prepare, Relax and Think Positive!

Happy Holidays from COSAM ODMA

The College of Science and Mathematics Office of Diversity and Multicultural Affairs (COSAM ODMA) staff would like to say Happy Holidays and have a great winter break. Good luck on studying for finals. We hope this newsletter will help in giving you some study tips for final exams. We look forward to seeing you in the spring.

War Eagle!!!

Office of Diversity Staff

Office of Diversity and Multicultural Affairs

315 Roosevelt Concourse
235 Science Center Classrooms
Auburn University, AL 36849

We're on the Web! See us at:
www.auburn.edu/cosam/diversity

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Final Exam “Battle Plan”

It's time to start organizing your resources for the final "Big Push" of the semester. This effort will probably mean making some important decisions about how to divide your time and energy to achieve maximum success.

The suggested steps are:
1. Figure out what your present situation is in each class.
2. Estimate what catch-up work and new work needs to be done between now and the final exams. Also estimate how much time will be needed to review for each exam.
3. Learn all you can about what to expect on your final exams.
4. Rank your courses according to importance and decide on a realistic final grade goal for each course.
5. Estimate how many study hours are available to you and divide them among your courses according to your priorities.
6. Adjust your grade-goals, if necessary, to fit the realities of how much study time is available.

Not everyone needs to follow such a detailed plan, but this approach is ESPECIALLY RECOMMENDED IF YOU'VE HAD TROUBLE ORGANIZING YOURSELF IN THE PAST.

This method also may help if you have a heavy load of final exams, final papers, etc.
Exam Studying Tips

Use the F-O-C-U-S method, make it a habit!
- Focus: focus on the syllabus and study guide.
- Open: open your text and your notes daily and become familiar with the content.
- Condense: condense notes to form study sheets.
- Understand: review material you are unsure of.
- Study: study in a quiet place with a partner or in a group and quiz one another.

Memory Strategies
- Organize – List facts in chronological order using colors and numbers.
- Learn Actively – Don’t sit. Move around and form a mental picture.
- Draw diagrams, charts or cartoons. All pictures are a memory enhancer.
- Stay Healthy – Studies show proper diet and exercise can increase memory by 20 percent.
- Recite – Reciting is THREE TIMES more effective than reading.
- Review – Reviewing notes the same day increases your chances of recall by over 70 percent.

What To Do Before an Exam
- Talk with successful, calm and confident friends.
- Get adequate sleep the day before the exam.
- Don’t Cram! Review and condense your notes.
- Visit a health center and get adequate sleep.
- Stay Healthy – Proper nutrition, adequate sleep and exercise will help you do your best.
- Recite – Reciting is THREE TIMES more effective than reading.
- Review – Reviewing notes the same day increases your chances of recall by over 70 percent.

Intelligent Guessing*
- True/False – If you’re unsure select “True.”
- Multiple Choice – Eliminate extreme answers with words such as always, never, all, none, etc.
- In-between answers, with words such as often, seldom and probably, are usually a good choice.
- If you see a strange answer that seems out of place it’s probably not the right choice.
- If two answers are completely opposite, usually one is correct.
- If a part of a statement is false the whole answer is false.
- *Follow rules only if you are unsure of the answer!

L.E.A.D. Presentation

COSAM’s Office of Diversity and Multicultural Affairs participated in “Explore Your Possibilities…College Major Exploration Tours” session on Nov. 17, 2010 in the Auburn University Student Center. The presentation included general information about college, what to expect while attending, and why COSAM is a great option. The presentation expressed an interest in Biological Sciences and Biomedical Sciences, Pre-Medicine, and Pre-Dentistry options. We discussed COSAM Quick Facts, Scholarships, and the COSAM Office of Diversity. This discussion included information about Summer Bridge, Workshops for Excellence Tutoring, PASS Peer Mentoring, and COSAM majors. Many of the students had previously attended COSAM’s 2010 Minority High School Visitation Day. The presentation was a success with 10 students at the round-table discussion.

Mobile Minority Reception

COSAM’s Office of Diversity and Multicultural Affairs went to Five Rivers in Spanish Fort, Ala. on Nov. 18, 2010. The Auburn University Mobile Minority Reception brought together many outstanding students interested in sciences and mathematics. Total prospective students attendance with interest in COSAM was 15.

Organizations Spotlight

AU Rhythm Dance Team
The purpose of AU Rhythm is to serve as a hip hop performance group and a community service outreach team in Auburn and the surrounding areas. http://www.auburn.edu/aurhythym

Black Graduate and Professional Student Association
This is an academic and professional organization of young, emerging scholars. The mission is to advance the scholarly activity of black students and to improve the status of African Americans in higher education by systematically identifying and addressing their needs and concerns. http://www.auburn.edu/student_info/bgpsa/

Auburn University Microbiology Club
The Microbiology Club helps to inform students about the microbiology major, and provides a community forum for students to learn about career opportunities and the latest news in microbiology. http://gump.auburn.edu/AUMicroClub/