The College of Science and Mathematics, Office of Diversity and Multicultural Affairs office 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 you give you some study tips for final exams. We look forward to seeing you in the spring.

War Eagle!!!

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Preparing, Relax and Think Positive!
Final Exams Dec. 5-9

College of Sciences and Mathematics, Office of Diversity and Multicultural Affairs

Please mark your calendar for the following upcoming events.

November 1
PASS Activity Sheet Due
Montgomery Minority Recruitment Reception
November 4
High School Counselors' Orientation
November 7
Notasulga Student Visit
November 9
Lunch 'N' Lunch "Test Anxiety"
November 21-25
Thanksgiving Break
December 2
Classes End
December 3-4
Study/Reading Day
December 5-9
Final Exams/PASS Activity Sheet Due

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Dream of Becoming a Physician Presentation

Dr. Hattie Myles from the University of South Alabama visited the College of Sciences and Mathematics on Nov. 3, 2011. The presentation included learning more about making your dream of becoming a physician a reality. Dr. Myles provided insight into the road to medical school as a minority student. She discussed options such as the Biomedical Enrichment and Recruitment (BEAR) Program (renamed the Diversity Recruitment and Enrichment for Admission into Medicine [DREAM] Program) at the University of South Alabama. This program provides students with the opportunity to complete two consecutive summers prior to junior and senior years and gain acceptance into medical school at the University of South Alabama or the University of Alabama at Birmingham. Two notable Summer Bridge Alums participated in the BEAR Program, Dr. TaShawna Thomas-Stokes and Dr. Regan Robinson Young. Students engaged in a question answer session after the presentation and networked over refreshments in SCC 239. For more information on the DREAM program, contact Emily Alford at emilyalford@usouthal.edu.

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We're on the Web! See us at:
www.auburn.edu/cosam/diversity
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 mental picture.
• 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.
• Check if other exams are on file and review them.
• Review all quizzes – this is essential.
• Use old exams as review.

Reciting is THREE TIMES more effective in acquiring information. The first step in the acquisition of wisdom is silence, the second listening; the third memory, the fourth practice, the fifth teaching others.
Solomon Ibn Gabriol

The greatest results in life are usually attained by simple means and the exercise of ordinary qualities. These may for the most part be summed in these two: common-sense and perseverance.
Owen Feltham

Lunch ‘N’ Learn “Test Anxiety”
A Lunch ‘N’ Learn Session about Test Anxiety was held on Nov. 9, 2011. Eddrina Miller facilitated the session and looked at what causes test anxiety as well as steps you can take to manage and control it.

Tips for Reducing Test Anxiety
• Reduce study materials to: outlines, note cards, or a few key study pages.
• Over-learn the material.
• Do a quick review just before bed to let your subconscious aid in long-term memory.
• Get to the classroom early so you can sit where you want.
• Avoid people who add to your stress.
• Look over the questions to familiarize yourself with the test.
• If you get stuck or start feeling anxious, take a mini-break to refresh yourself: get a drink of water and stretch.
• Don’t panic when you don’t know an answer. Eliminate options you know are incorrect and then make an educated guess.
• If you have time, review your answers. Don’t change an answer unless you are sure your second answer is correct.
• Use positive self-talk and have a positive attitude toward the test.
• Reward yourself after the test for completing it and don’t dwell on potential mistakes.

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/aurhythm

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/