

THE ORANGE AND BLUE

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We hope your fall semester has gone well! This issue provides you with great tips about final exams from the 2011 Camp War Eagle Counselors. Additionally, the Counselors provide advice on being home for the holidays.

Good luck on your finals, and have a wonderful holiday break!



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FINAL EXAM TIPS

The 2011 Camp War Eagle Counselors were asked to provide you with any advice or tips on taking finals exams. Check out these tips as you prepare for finals. Remember - these tips may not work for everyone. Find what works for you, and good luck studying!

What tips or advice do you have for studying and preparing for finals?

Make sure you know exactly what your professors are planning to test you on for the finals, whether they put it on the syllabus, mentioned it in class, or even if you need to personally email them. Some finals may be cumulative of the whole semester, some may only be the material since the last test. The more you understand about the final, the better you can balance your studying.

Brad from Phenix City, Alabama

Organization is key. Make sure you have all of your notes, old tests, handouts, etc. before beginning to study to ensure you have everything you need to know covered.

Suzanne from Eufaula, Alabama

Start Early! Go ahead and get organized. The last thing you want to be doing is stressing over not having notes or missing tests and quizzes.

Rebekah from Mobile, Alabama

Don't go for the marathon, stay-up-all-night cram session. We get a couple of days off from classes during finals because professors want you to **USE THE ENTIRE TIME STUDYING!** Trust me, take a little bit at a time. Don't overload yourself on one class. Pace yourself, and it will help out in the long run.

Jordan from Mandeville, Louisiana

As crazy as it sounds, finals are actually kind of fun (only kind of though). It's nice for once to have one thing you are working for (whatever your next final is) and that is all you have to worry about. I remember living on campus freshman year, walking up and down the halls and everyone was in sweatpants and glasses, and it was obvious everyone was doing the exact same thing you were. It was nice to know you were all in the same boat. On that note, take advantage of all of your time. During finals if you have a break, it can be tempting to not study in those off days. It is crucial to utilize every second of your time. I know it's crazy, but if you are free from tests the week before finals, it's not a bad idea to start looking over material. You are only making it easier on yourself when the time comes. Again, make the most of your time. You will be so much less stressed if you spread your studying out throughout a week instead of cramming for 15 straight hours. It is impossible to retain everything in that time frame. In short, formulate a schedule/game plan and start studying early!

Taylor from Pulaski, Tennessee

The two best methods of studying that I have found are to simply write your notes over and over. When you're writing, you have to pay attention more than simply staring at words on a page. I have also found that it is very helpful to talk through all of your notes with someone else in your class. You may **THINK** you understand something, but you find out quickly what you don't really know if you can't explain it. Also, you and your friend can explain stuff different ways to people, and that's usually helpful too!

Kate from Hickory, North Carolina



Finals Tips Continued

How did you prepare for finals?

Find time to study alone and to study in groups. Both can be really helpful in learning the material. I always start by going through all of the stuff I need to know for the test alone so I have a good grasp on the material, then I like to work with a group so we can discuss topics and get some different points of view. Also, other people might have understood certain things better, have more helpful information, etc. But don't ever rely on group studying alone! They won't be there to help you on the test so it's important you can go over the material alone too.

Brad from Phenix City, Alabama

I make notecards and do any study guides that my teachers give me. I also have a weird habit of sleeping on my notes and books the night before a test. My mom used to tell me that you'll absorb the information while you sleep. I'm not sure if it really works, but I'm scared to stop.

Kimberly from Birmingham, Alabama

I always prepare by gathering all the materials I plan on studying with ahead of time. I get my note cards, organize my material, get highlighters and different colored pens, and of course, prepare my study music.

Suzanne from Eufaula, Alabama

How did you prepare for a cumulative final?

For cumulative finals its best if you can find out what percentage of material will be from old tests and what will be covered from material not yet tested on.

Suzanne from Eufaula, Alabama

Cumulative finals are a lot more difficult to study for because not only are the finals covering information from an entire semester, but they are also something a freshman is experiencing for the first time. Unlike high school you usually do not receive a study guide or a guideline for what material is on the test. In studying for a cumulative final much like the way you would study for a marathon you will be quite prepared. Study far in advance starting at small intervals and then gradually review in bigger intervals when the exam is near. Be sure to get lots of rest, just like one needs rest when training for a marathon, you also need rest so that your brain can recover. Finally, unlike the way you can sometimes get by in "pulling an overnigher" for an exam - you cannot with a final as you may have five all in the same week. By making a schedule and pacing yourself, you can do well on a cumulative final.

Sarah Catherine from Dothan, Alabama

I spend the most time studying any new subject matter that I haven't been tested on. Once I think I knew the new material, I go back through the tests I have taken that year and pay careful attention to the questions that I missed, as well as making sure I knew all of the other questions.

Kate from Hickory, North Carolina



Finals Tips Continued

What did you do to relieve the stress of finals?

Take study breaks! Schedule in time to have dinner with friends or watch a movie. You and your brain could use the down time...I promise. Just don't go overboard and forget to study all together.

Kimberly from Birmingham, Alabama

Keeping an exercise routine everyday during finals weeks helps me to reduce my stress as well as helps me maintain my energy levels throughout the week. The last thing you want to do is to get sick from the lack of sleep and spreading yourself too thin. Make sure to use your time wisely and get your sleep so you can work and take tests to the best of your ability for the best grades possible.

Rebekah from Mobile, Alabama

If I make a master schedule of exactly what class and chapters I need to study on a specific day, I can see all the work ahead and plan accordingly. It eliminates worrying about the future as I just focus on the studying I have for today.

Sarah Catherine from Dothan, Alabama

Movie breaks! I'll study for a couple of hours for one course and then take time to watch a funny or scary or action-packed movie before I start studying for the next few hours. Those movie breaks help to get my mind off of Chemistry or World Lit or whatever I've been studying for--it's like a mini-detox for my brain!

Jordan from Mandeville, Louisiana

**Check out this website for the
final exam schedule:**

**[http://www.auburn.edu/
administration/registrar/calendars/
exam_schedule_fall_2011.pdf](http://www.auburn.edu/administration/registrar/calendars/exam_schedule_fall_2011.pdf)**

GOING HOME FOR THE HOLIDAYS

Going home for the holidays in December will be an **adjustment** for you and your family members. You've been off on your own at Auburn for four months now and have been coming and going as you please. The CWE Counselors offer up some valuable advice and tips on surviving life back at home.

Pack like you are going on a long trip, you will not need to bring everything with you from college. But make sure you are prepared for whatever it is you plan to do at home.

Remember that your parents may not be use to all the freedom you have back at Auburn. They may try to set a **curfew** for you or tell you that you need to wake up earlier or whatever it may be. They might not necessarily know the way your daily routine operates at Auburn. Give them time to get used to the new, grown-up you. They are adjusting, just like you have been for the past semester!

It is definitely an adjustment no matter what your home situation is. When you go home, your family expects you to get right back in the groove of how things were when you lived there. Most of the time, this isn't a very big adjustment. However, don't forget you're not at college anymore. Your parents may want you in at a certain time, or even give you a bedtime again. The biggest thing is not to get an **attitude** that is "I'm in college now, I don't have to do this stupid stuff anymore." Your family loves you very much, and they have definitely missed you (whether

you realize it or not). Try and be respectful and enjoy your time at home!

Your first stay back home may be hard for you to decide how to spend your time. You may want to see old friends but remember that your **family** is important too. Your family will want to see you as much as they can, they may not be willing to let you spend all your time with your old friends. You should be understanding of this and make plans ahead of time and do things that you have made commitments too. Also remember that most of your friends are seeing their families for the first time in a while too and may not always be available to hang out whenever you want to.

Another transition is your relationship with **friends from home**. There is a chance you haven't seen a lot of these people since you have come to college. Things will probably be different, but you will have a lot of catching up to do. Get excited and listen to all of their college stories too (they have had an entire semester of adventures just like you, so don't take all the spotlight).

Another reality is that you will probably **grow apart** from some of your friends from home, and that is just part of growing up. The moral of the story is to have a great trip home. See your family, give your brother or sister a hard time for old time sake, and go hangout with your friends and swap stories. It will be a good change from the hustle and bustle of finals week!

Your **grades** will most likely come up in a discussion with your family while you are home. Kimberly from Birmingham shared this, "I keep my parents updated about my grades throughout the year so there are no surprises. By doing that, they very rarely ask what my final grades are. I usually tell them out of **respect**. If I know that I slacked and messed up, I just admit to it. Making excuses doesn't help anyone." Additionally, Suzanne from Eufaula wrote, "The most important thing I have learned about grades and your parents is to be honest. Hiding your grades will only make the situation worst. Explaining your grades to your parents may help them understand why you did not do as well. Your parents are more likely to be willing to help you find ways to get help with your grades for next semester. Like looking into tutoring or taking an evaluation test on finding a different approach to studying in college that suits you better."

All in all, **communication** is the key when you go home for the holidays. Accept the fact that you are no longer completely on your own, and be prepared for your family to still have similar rules for you that you had in high school. Try to find a happy medium.



SPRING 2012 CALENDAR

Monday, January 9:
Classes Begin

Monday, January 16:
Martin L. King, Jr. Holiday

Monday, January 30:
15th Class Day
(Last day to withdraw from a course with no grade assignment)

Tuesday, February 28:
Mid Semester
(Last day to withdraw from a course with no grade penalty)

Monday, March 12 -
Friday, March 16:
Spring Break

Wednesday, April 25:
Classes End

Thursday, April 26 -
Friday, April 27:
Study/Reading Days

Monday, April 30-
Friday, May 4:
Final Exams

QUESTIONS?

Please contact the First Year Experience Office in 189 Foy Hall.

334.844.4501

www.auburn.edu/fye