

HAC Your College Life

Volume 1 (no.8)

Pro-Tips from the Higgins Academic Center (HAC)

May2016

Reflecting During the Home Stretch

Hopefully you've been able to try some new study strategies this term. Maybe you've tried time management tricks, brief regular study sessions, testing yourself, or more regular meetings with a tutor. Somethings have gone well, other things are likely still a challenge. Now that we're in the home stretch, intentionally think about what you'd do differently next year, and write it down in your planner for Monday, September 5 (first day of Fall term classes). Otherwise, you may not remember the lessons that you learned this term by the time fall rolls around.

Finals Tips

Do your best during final exam week. Here are some tips:

- Avoid cramming; study plenty in advance.
- Testing yourself is a very effective study strategy. Make your own study guides, write your own test questions, write practice essay answers, work practice problems, make and use flashcards.
- Plan to be well rested during finals week. Do not underestimate the high cost of sleep deprivation to your learning and recall.
- Avoid getting sick. Wash hands before eating, after restroom use, and after returning home from your day. Sneeze into your sleeve.

- Eat well. Protein is considered brain food – beans, cheese, meats, nuts, seeds, milk, and leafy greens. Also, drink water.
- Consider meditation. Plan for moments of quiet thinking and reflection. Your best thinking requires this time. For example, when you are stuck on a take-home essay, take a walk without headphones.



Did You Know?

- Only courses taken at RMC will count toward your GPA. If you need to raise your GPA, consider summer session coursework here.
- Over the summer, the HAC offices are moving to the library. The college is moving toward a "Learning Commons" model in the library. In September, look for us at McGraw-Page. Exciting times!

Upcoming HAC Events

Mon, 5/2, Writing Contest award winners will be announced via email.

Wed, 5/4, 5:50pm, *Finals Preparation Primer*, Haley 108

Tue, 5/10, 8-9:30, *Japanese (112) Review Session*, Haley 108

Thu, 5/12, 8-9:30, *Japanese (212) Review Session*, Haley 108