Wow. Can you believe it? I feel like it was not that long ago since I was writing about preparing for midterms. Now it is almost time to take finals. Here are a few tips to get you through your finals week:

- **Review your previous tests.** More often than not, final exams are cumulative or semi cumulative. It is very likely that your final exam will have questions like ones on previous tests or even the same questions. If your final exam is not cumulative, it is still in your best interest to review previous exams because concepts learned at the beginning will probably be built upon for concepts at the end.

- **Make a plan.** It is likely that right about now you are feeling some level of anxiety or stress. First, that is a totally fair and valid response, but don’t let that keep you from completing tasks. Make a plan for when to study, when to take breaks, when to eat, and when to call it a day. There is nothing wrong with going out for a couple of hours to spend time with friends. Just be sure you are also spending your time studying and focusing when it is time to hit the books.

- **Read your text book.** We are all told to do this at the beginning of the semester, but sometimes other responsibilities get in the way of sitting down and reading the book. Take the time now to read and learn extra information that was not in the lecture, but will probably be on the exam.

Continued on the back…

**FALL SENIOR HONORS PROJECT**
Kelly Waugh
Friday, December 13th
1:00 PM SGMH 1502

**AFFORDABLE CARE ACT (OBAMACARE): EXPLAINED!**

The Affordable Care Act (ACA) is a law and will go into effect January 1, 2013. Professor Roth is giving a seminar informing college student son how this new law will effect you.

Time/Date/Location: 4 P.M.-5 P.M./December 10th/ PLN-130
Find a quite place to work. It is easy to get distracted when studying; therefore it is important to take some time to study on your own in a quiet place. Study groups are great, but make sure your study group is studying verses socializing.

Fill out the study guide in advance. Some professors may give you a study guide and that is great! However, you do not simply get points for just filling it out. The study guide is literally a guideline for your studying. Use it as a rubric to check off what concepts you know and which ones you need to review again. Doing the study guide a night before your exam will not be as effective as filling out the study guide in advance and reviewing the topics over time.

Maintain sleeping patterns and good eating habits. The last thing you want is to get sick. Getting enough sleep and maintaining a balanced diet is important to keep your body healthy.

Finally do not be afraid to ask for help. You have two weeks left in the semester to make it count before finals week. If you have questions, ask them. It is in your best interest to take the time to ask the questions, before it is too late.

Good luck with the next two weeks of classes! Study hard, but also remember to take time to relax. I hope you find these tips helpful and good reminders. We wish you all the best and we know you can do it!