Seek the Help You Need

Need support in any of your classes? There are many different resources on campus that you can utilize to assist you in achieving the grades you want.

Have a specific course you are struggling in? Sign up for a Peer Tutor who will meet with you on a weekly basis to provide support throughout the semester. You can sign up for a Peer Tutor on the Academic Success Center’s webpage here.

Having difficulty balancing your workload and managing your time? Stop by the Academic Success Center in the Campus Center to speak to an Academic Success Specialist. The main goal of the Academic Success Center is to support your academic goals and be there as a resource along the way so please stop in! Learn more about the services the Academic Success Center offers here.

Need help writing an essay? Stop by the Writing Center in Herman 107 to set up an appointment with one of the tutors. To learn more, check out the Reading & Writing Program’s webpage here.

In Progress Grades

As we approach the half way point of the semester, Professors will begin to submit In Progress grades. In Progress grades will be posted on March 10, 2017. These In Progress grades are not a final grade nor will be on your transcript, but they are helpful to gauge your performance in the class. Once your In Progress grades are posted, reflect on if they are where you have set your academic goals at for the semester. If you are unhappy with your In Progress grades, this is your chance to reach out to the professor to identify your areas of weakness in the class so moving forward you can improve. This is also a great opportunity to connect with your Faculty Advisor and reflect on your semester.
You’ll do the bulk of your studying in the weeks and days leading up to your midterm exam. But there are also some smart things you can do the day of your test to ensure that you do your very best.

The Night Before

- Get your zzz's. Don’t cram into the early hours of the morning. A good night’s sleep will leave you with a sharper mind. We’ve heard this relaxation tip works well: Lie down and tense, then relax, the muscles of your body starting with your feet and slowly working up to your head. By the time you finish, you’ll feel calm and ready for a restful night of sleep.

- Pack a bag. Gather up all the gear you’re going to need to take your midterm—your graphing calculator and sharpened pencils for calculus, looseleaf paper and pens (check that they work!) for your English essay test, and any other necessary supplies. Make sure you pack extra writing utensils and paper and even back-up batteries for your calculator just in case. Knowing you have everything you might possibly need will make you feel confident during your midterm exam.

Morning of your Midterm

- Breakfast is key. Brain-boosting meals like yogurt mixed with granola and blueberries or scrambled eggs and a glass of orange juice will give you energy and you won’t be distracted during your test by a growling stomach. Be careful not to eat a heavy meal. It could make you groggy and zap your focus.

- Get comfy. Wear loose clothing, use the bathroom before the test starts, and bring a bottle of water, if allowed. That way you’ll be able to keep your distractions to a minimum once the midterm begins.

- Last minute review. While we don’t recommend cramming before a test, it is a good idea to look over your study packet or notes in the hour or so before the midterm starts. A quick scan of dates or definitions will ensure that the material is still fresh in your mind as you head into the exam.

Once the Test Begins

- Slow down. Take your time over the directions and make sure you are clear on what you’re being asked to do. You don’t want to lose points for defining a biology term instead of giving an example just because you read the directions too fast. Likewise, read every question carefully. Don’t assume it’s the same math problem from your homework or the last quiz.

- Remember to manage your time. If you don’t know the answer to a question, skip it and save it for later. You can go back to your skipped questions once you’re done answering the ones you do know.

- Outline your essays. If you’re asked to write an essay on your midterm, take a moment to consider what you want your essay to say before you start writing. Jot down some of your key points if you can—your test will read better and you won’t waste time crossing things out. Then take a deep breath to clear your head and begin.

- Stay the whole time. If you’ve just finished the last question with time to spare, take the opportunity to double-check your math or re-read your written answers. You might even recall a new detail and pick up some additional points!

Located on the second floor of the St. Germain Campus Center, the Career Development Center is your resource for summer jobs, internships, major and career information, and planning your next step after Western New England University.

Specialized Career Counselors help you direct your interests and identify the resources, experience, and connections you need for success!

Click the links below for more information and to schedule an appointment to meet with your Career Counselor.

Andrea St. James, Director, Career Development, andrea.stjames@wne.edu, (413) 782-1775

Maria Cokotis, College of Business, maria.cokotis@wne.edu, (413) 782-1547

Loris Epps, College of Engineering, loris.epps@wne.edu, (413) 782-1563

Joanna Miles, College of Arts & Sciences, joanna.miles@wne.edu, (413) 782-1520

Joe Van Allen, College of Arts & Sciences, joseph.vanallen@wne.edu, (413) 782-1564

Karen Kakley, Employer Outreach, karen.kakley@wne.edu, (413) 782-1297

Kristen McClintock, Career Development Assistant, kristen.mcclintock@wne.edu, (413) 782-1560

Christine Young, Resource Coordinator, christine.young@wne.edu, (413) 796-2225
9 Ways to Beat Midterm Mania

Are you in the throes of Midterm Mania? You’re not alone! It may feel like the stakes are high, but midterms don’t have to be stressful. Here’s a roundup of study strategies that will help you prepare for test day.

1. **Speak up.** Your teachers should your very first stop when getting ready for midterms. Make sure you’re asking the right questions to get the information you need about the exam. Here’s a quick list of questions you should confirm for each class:
   - Will the teacher be providing a review packet or holding an in-class review session? Will there be after-school opportunities for more review?
   - Will the midterm test material from the whole year so far or just the most recent material?
   - What is the format of the exam?
   - How many points is the exam worth?
   - What study suggestions does your teacher have?
   - Does your teacher have specific suggestions for upping your grade like turning in extra credit, rewriting a paper, or getting a tutor?

2. **Make a study schedule.** We know it feels as though you’re doing nothing but studying. But you can actually spend less time studying for midterms if you make a plan. Once you know what’s going to be on the exam, make a list of what topics or question types you need to cover and when you’re going to cover them. Make sure you study a little each night from now until the midterm.

3. **Ready to study?** Start with your notes and tests. While you’re at it, gather up any handouts or worksheets. If your midterm exam covers material from the whole year, then your previous tests will help you see what your teacher thinks is important. (Plus, you can learn from your past test mistakes). If the quality of your notes is less than stellar, vow to change your ways!

4. **Form a study group.** If your note taking skills really are subpar, it’s a great idea to partner up with a classmate who has got this skill down. In exchange, offer to help transfer his or her notes to flash cards or to take on another part of a group project. Study groups can also help you study more efficiently—dividing and conquering a chapter outline, for example, can help all of you prepare.

5. **Understand each class is different.** Practice problems may work for geometry, but what’s your strategy going to be for English? A tutor can help you find the best study method for each course you’re taking.

6. **Mix it up.** If you’re beginning to get sick of your own handwriting, try asking a friend to quiz you in biology, putting history dates to music, or recording yourself practicing your French.

7. **Change the scenery.** Breaks are essential to retain what you’ve learned and keep your focus. No matter how hard you’re working be sure to take some time to grab a snack from the kitchen or go for a quick run. It also helps to switch up your study space when reviewing for exams. Try studying in the public library, at a coffee shop, or at a study buddy’s house for a change.

8. **Don’t skimp on sleep.** You might be tempted to pull an all-nighter, but a good night’s sleep is key to your success. Start a healthy sleep routine in the weeks leading up to your exam, so you can reap the benefits of a fresh mind on test day.

9. **Stay positive.** Test anxiety is real. A smart plan, focused studying, and a calm morning are your best plan of attack.

Use your time on campus wisely! Go to the library on breaks from class; add an extra hour to the beginning or end of your time on campus.

If working at home, rearrange your room! Put your desk on the opposite side of the room from your bed.

Big, loud, or active family? Let them know when your work time is. Try listening to music to drown out any outside noise. This works when you’re on campus too.

Set specific and realistic goals for yourself during the semester and for each of your courses.

Even on the toughest days...or weeks...think about at least 3 good things that happened.

Take a break from all the schoolwork! You know yourself best, so when you feel yourself becoming...
Commuter Appreciation Day!

Join the Golden Bear Commuter Council for FREE water bottle* and beverage!
Thursday, March 9
12:30 p.m.
Campus Center

Any questions? Contact ryan.brault@wne.edu

*limited to the first 200 students