DOES THE THOUGHT OF FINALS WEEK KEEP YOU UP AT NIGHT?

Test preparation to reduce anxiety:

- Approach the exam with confidence:
- Use whatever strategies you can to personalize success: visualization, logic, talking to yourself, practice, team work, journaling, etc.
  View the exam as an opportunity to show how much you've studied and to receive a reward for the studying you've done
- Be prepared! Learn your material thoroughly and organize what materials you will need for the test. Use a checklist.
- Choose a comfortable location for taking the test with good lighting and minimal distractions
- Allow yourself plenty of time, especially to do things you need to do before the test and still get there a little early
- Avoid thinking you need to cram just before
- Strive for a relaxed state of concentration
- Avoid speaking with any fellow students who have not prepared, who express negativity, who will distract your preparation

If you find yourself tensing and getting anxious during the test

- Relax! You are in control.
  Take slow, deep breaths
- Don't think about the fear
  Pause: think about the next step and keep on task, step by step
- Use positive reinforcement for yourself:
  Acknowledge that you have done, and are doing, your best
- Expect some anxiety
  It's a reminder that you want to do your best and can provide energy
  Just keep it manageable
- Realize that anxiety can be a "habit"
  and that it takes practice to use it as a tool to succeed


UPCOMING IMPORTANT DATES

-November 24th-26th
  Thanksgiving Holiday
-November 29th
  Last Day to Drop Class with 'W' or Change to an Audit
-December 7th - Reading Day
-December 8th, 9th, 10th, 13th & 14th - Finals Week
-December 18th - Graduation

NEXT SEMESTER:
-Workshops, Tutoring, and Much More!

CONTACT INFORMATION:

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Get to Know Our Staff:

Jaime Martin: Director of Student Support Services
Jaime Martin is a long standing member of the Tech Community and an avid advocate for students. She graduated from Arkansas Tech with a Bachelor of Arts in History and Political Science and a Master of Science in College Student Personnel. Jaime worked with Student Services for over 3 years, working with the Spirit Squads and as the Coordinator of Orientation. She also worked for 2 years in the Academic Affairs office.

Fun Facts about Jaime: Jaime is very competitive. She is an avid sports fan and loves going to football, basketball, and baseball games. Jaime and her husband also spend time volunteering at local animal shelters.

Jennifer McGill: Student Support Services Advisor
Jennifer McGill is an Arkansas Tech alumni as well, having graduated with a Bachelor of Arts in Speech Communication and a Master of Science in College Student Personnel. She is thrilled to be a part of the Tech Community again, and is enthusiastic about the opportunity that Student Support Services is going to offer to students.

Fun Facts about Jennifer: Jennifer is a musician; she plays the keys and is also a vocalist. Jennifer and her husband also love to dabble in photography; portraits, nature, and all types. If you want to know Jennifer’s number one favorite thing, talk to her about Christmas!

Lori Wineland: Student Support Services Advisor
Lori Wineland has been a part of the Arkansas Tech Community as a staff member for 8 years. She worked in the Financial Aid Office as a Financial Aid Analyst, using that role to help students in many ways. Lori graduated with a Bachelor of Science double degree in Business Administration and Economics & Finance and a Master of Science in College Student Personnel.

Fun Facts about Lori: Lori has won several art competitions. Lori also is a movie buff and enjoys a variety of movies. Lori’s husband is a Public Safety officer here on Tech Campus.