At this point in the semester, you may be both excited for the summer break to begin AND worried about fitting in all your work before you run out of time.

Here are a few general tips to consider as you approach your remaining coursework:

### End of the Semester Tips to Consider:

1. **Don’t Panic!**: Easier said than done. You may feel overwhelmed. Consider breathing exercises to help relax, take mini-breaks and do something you enjoy, and talk to others about your fears (talking and sharing similar concerns goes a long way!).

2. **Stay Positive!**: This can really make a difference. Be conscious of negative things you may be telling yourself. Practice telling yourself positive things!

3. **Use What Works!**: You have learned a lot this semester about what study skills and habits work best for you. Utilize that information! Play to your strengths!

4. **Make a Plan!**: Don’t passively let your work get the best of you. Find out everything you have left, anticipate how much time each task will take, and verify when ALL your assignments are due. Then make a proactive, detailed plan of attack!

5. **Talk to Your Professors!**: One of your best resources for help. I can’t emphasize this enough!

6. **Utilize Campus Resources!**: Writing Center, Speech Center, Research Help Sessions, study tables, etc. Successful students take advantages of these!

7. **Write Down Goals!**: How do you want to finish the semester for each class? Each Assignment? Be specific. Be realistic. Keep your goals where you can see them!
Guest Column: Academic Counselor DimiTRiOs Jason Stalides

Memory Enhancement Tips: Creating Habits and Environments

What is memory and how do you enhance it? Simply stated, the human memory allows you to store, retain, and recall information. To do well on exams, recalling information is, of course, important, but steps you take to retain information is just as, if not more, important.

While there are some memory techniques and tricks you can learn and utilize — such as recognizing patterns, making associations, using mnemonics, etc. — there are no short cuts. The key to enhancing your memory is to create habits and environments that allow you increase your ability to remember.

Frequent review of material covered in your classes is a key habit. It helps you to keep the concepts covered fresh, and it greatly reduces your likelihood of forgetting. It is also important to review as soon as possible after class—in only twelve hours, you will already have forgotten well over fifty percent of the information covered.

Active review is also important and can tremendously increases your ability to recall information later. Read your texts actively with a pen. Listen actively in class by taking notes, asking questions, and contributing to discussions. Study actively by utilizing self-quizzing, teaching what you learned to others, and reciting information out loud.

Also be sure your study environment is distraction free. Turn off your cell. Stay away from you computer and T.V. Find a quiet, comfortable place on campus where you won’t feel obligated to talk to friends or pressured to do something else. It is not selfish to prioritize yourself. If you really want to be there and help your friends, you will be in a much better position to do so if you help yourself first!

Jedi Mind Trick: You WILL Go to the Speech Center!

Visit the Speech Center for help with a presentation for any class (not just speech classes). Sessions are by appointment during the hours below.

Contact Adam Jones for an appointment:
adam.jones@mail.ic.edu
217-245-3729

⇒ Mondays: 12-6
⇒ Tuesdays: 11-8
⇒ Wednesdays: 10a.m.-2p.m. & 2:30-8 p.m.
⇒ Thursdays: 11-6
⇒ Fridays: 11-2

Research Writing Help Sessions: Only TWO Left!

Come see what all the buzz is about! Stop by anytime during the available hours for help with any research or writing assignment! Counts as TRiO Workshop or Tutor Credit!

Remaining Sessions:
• Tuesday, May 1st: 9-11 a.m. in the Baxter 102 computer lab
• Tuesday, May 1st: 4-6 p.m. in the Baxter 102 computer lab