

The TRiO Scoop!

The TRiO Student Support Services Newsletter



Stay Motivated—Midterm Grades Are Not The End Of The World

Midterm grades were published at noon on Friday, October 12. For many students, this was the first real indicator of how well they were doing in a class. Some of these students got a nasty shock when they saw a grade that was well below their expectation. The following is an article written by two "seasoned" graduate students from Marquette University on how to remain motivated, even when you receive a bad midterm grade.

All of us were counting down the days until midterm grades were up, logging onto Check-Marq (their version of UCan-Web) every 10 minutes just to see if a professor posted a grade. I had several professors tell me not to worry about midterms, telling me they weren't "completely definitive." This did not ease any of my fears.

If you're feeling a little overwhelmed because of your midterm grades, don't worry. There is still ample time to be

the best student you can be if you follow these steps.

1. Take a deep breath.

While these grades are important, don't throw in the towel now if your grades are worse than you expected. There's still time to get your grades up.

2. Talk to professors.

Go to their office hours. You can get individual attention and they can tell you where you are struggling and where you could use improvement. Ask for advice on studying tips and time management.

3. Set goals.

Figure out how many more assignments, papers and tests you have before the end of the semester. If there are any classes in which you are particularly struggling, focus extra attention on studying for those.

4. Prioritize.

While hanging with friends and going to every club meeting is a lot of fun, you're here to learn.

Before you head out to an optional meeting or to a movie night with friends, make sure you have finished all your work. Getting it out of the way will decrease your stress level at the end of the semester. But, don't rush through homework to do fun things. Quality over quantity.

5. Drop classes only as a last resort.

I would never recommend dropping a course so late in the semester, but if you really feel you cannot fully commit to it at this time, it may be best to focus on other classes and come back to complete this course when you can focus better.

There is also one more thing that you can do at SUNY Canton. If your poor grade is in Math, Intro to Chemistry, or Introduction to Information Technology, make an appointment with Mark Millward. He can help you improve that grade too!

Stress Reduction Kit



Directions:
 1. Place kit on FIRM surface.
 2. Follow directions in circle of kit.
 3. Repeat step 2 as necessary, or until unconscious.
 4. If unconscious, cease stress reduction activity.

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Test Anxiety

Ever suffered from sweating, shaking, rapid heart beat, dry mouth, fainting or even nausea just before taking a test? Then you may be suffering from a condition called test anxiety. It is more common than you may think.

In this article, Mark Millward suggests some ways that you can help reduce the stress caused by test taking

Test anxiety is actually a type of performance anxiety — a feeling someone might have in a situation in which performance really counts or when the pressure's on to do well. There are many ways in which you can combat this form of stress.

- Be well prepared for any test, as it is the best way to reduce anxiety.
- Space out your studying over a few days or weeks, not a few

hours just before the exam.

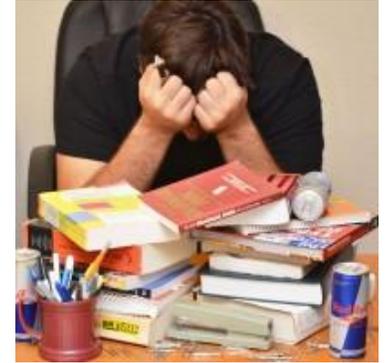
- Continually review class notes as soon as you can after a lecture, as it will help you to better retain the information.
- Always try to maintain a positive attitude while you study. You can do this!

Keeping body and mind in an optimum state will also help you to stay calm in an exam.

- Exercising helps to reduce stress. Every student automatically is a member of the Roo's House Fitness Center. **USE IT!!**
- Get a good night's sleep before the test. Most sleep experts recommend that most people need between 7 and 9 hours of sleep every night.
- **DO NOT CRAM!** Cramming leads to the confusion of facts you

have already learned. If you cram, you will be unable to connect new facts to prior learning. This is a skill that is essential to adding new material to your long-term memory. Cramming does not allow time for the brain to process the information and make critical connections in concepts.

- Eat a good meal before the exam, but do not overeat, as your body will focus on digesting the food, making you sleepy. The American School Counselor Association reports that foods such as eggs, cereal and whole-wheat toast can energize your brain to help you think more clearly and focus for longer periods. Whole grains have fiber to help you stay full, and adding protein will boost energy.



Test-Taking Techniques—Part One, Multiple Choice Exams

For those of you who have taken TRiO's Freshman Seminar course, you may recall Mark Millward giving a PowerPoint presentation on taking tests, where he gave away some test-taking techniques that will help you do well in exams.

In part one of a three-part series, SCODP! sat down with Mark to discover the secrets to test success. In the first article, Mark talks about what some consider to be the easiest of the tests that professors offer, multiple choice.

"Have a strategy on how you are going to answer the questions," says Mark. "Look to answer the easiest questions first. Just because #1 is the first question you see, does not mean you have to answer it first."

It seems that answering the easiest questions allows your brain to start focusing better. This, in turn, pro-

motes the transfer of information from long-term to short-term memory, a function vital for test taking.

"Plan ahead," continues Mark. "If you have 30 questions to answer in 50 minutes, give yourself just over a minute to answer each question. This will allow you to check your answers at the end of the test, which is something that many students rarely do."

Mark left his biggest recommendation to last...**GUESSING!**

"Always guess when there is no penalty or you can eliminate options. Never guess if you are penalized or if you have no basis for your choice."

Students are often surprised that Mark suggests this method, as most feel that they should know the answer to every question on the test if they have studied correctly.

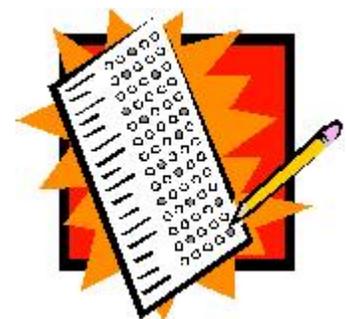
However, there is some method to Mark's madness.

"By using hints from questions to which you know the answers, it may actually help you to guess answers to those questions of which you are unsure. If there is no penalty for a wrong answer, what have you got to lose."

Finally, Mark talked about changing your answers if you reread them and think that you have one that is wrong.

"Never second guess yourself" advises Mark. "Only change your first answers when you are **sure** of the correction, or other cues in the test prompt you to change."

Sound advice indeed. Many students think that multiple choice exams are easy. It looks like they may be harder than you think!



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Taking Notes—An Essential Part of Any Lecture

SCDOOP! recently sat down with TRiD Academic Counselor, Sheila Peo, to talk about the Cornell Note-Taking System, one of the most effective note-taking formats.

Sheila pointed out, that format provided the perfect opportunity for following through with the “5 Rs” of note taking:

Record: During the lecture, record as many meaningful fact and ideas as you

can.

Reduce: As soon as possible after the lecture, summarize these facts and ideas concisely.

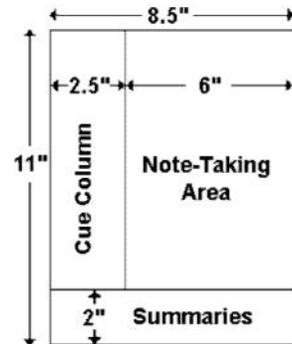
Recite: Talk over the facts and ideas of the lecture as full as you can in your own words. Then, verify what you said with your notes.

Reflect: Draw out opinions from your notes and use them as a starting point

for your own reflections on the material.

Review: Spend at least 10 minutes every week in quick review of all your notes.

You can use these notes to try to stretch your thinking and imagination – it will definitely make you a better critical thinker. Good advice, Sheila!



Honor Societies – Why Join Them?

An honor society recognizes academic excellence, leadership, and a dedication to study in an area of academia, campus or professional leadership.

While in college, students who excel both in the classroom and on campus, may have the opportunity to join an honor society. Being asked to join an honor society can lead to more opportunities in the form of scholarships and professional networking that can help students in finding jobs after college or applying to graduate school.

There are many honor societies available on campus. The two most common honor societies that TRiD students join are Phi Theta Kappa International Honor Society and Chi Alpha Epsilon National Honor Society. Curriculum-specific honor societies are also available on campus.

Students are typically invited to join an honor society. Eligibility is based on high academic achievement, such as an outstanding GPA. Students who are eligible to join Phi Theta Kappa this semester

should have received a letter inviting them to join in early October. Students who are eligible for Chi Alpha Epsilon, will receive notice during the Spring 2013 semester.

If you have questions regarding Phi Theta Kappa or Chi Alpha Epsilon, see your Academic Counselor. If you have questions regarding a curriculum-specific honor society, please see your Academic Advisor or Academic Counselor.



Pre-Scheduling Ahoy!!

It's almost that time, to begin scheduling your classes for the Spring 2013 semester. Pre-scheduling week is Monday, October 29 to Friday, November 2, 2012.

The master schedule will be available on UCanWeb beginning Monday, October 29. Schedule an appointment **EARLY** in the week with your advisor to schedule your classes.

Once you receive your registration code from your advisor, bring that code to Brenda Miller. She will keep a photocopy of the code so that if you misplace it before the start of Spring classes, you will be able to get a copy.

Make the most out of your pre-scheduling appointment by coming prepared with a copy of your completed pre-scheduling form, the College Catalog, which can be found at <http://www.canton.edu/catalog/catalog.pdf>, and any questions and/or concerns that you may have.

Copies of the pre-scheduling form are available from your Academic Counselor.

If you need help with the pre-scheduling process, such as preparing to meet with your Advisor and/or scheduling the days/times of the classes you have chosen with your Advisor, please see Brenda.

		THIRD QUARTER Feb. 1 to April 2				FOURTH QUARTER April 7 to June 5			
		MON	TUE	WED	THUR	MON	TUE	WED	THUR
FIRST YEAR	BIOL	Math	Physics	Chem	Gen Ed	Math	Gen Ed	Gen Ed	Gen Ed
	ENGL	Math	Physics	Chem	Gen Ed	Math	Gen Ed	Gen Ed	Gen Ed
	WASH	Math	Physics	Chem	Gen Ed	Math	Gen Ed	Gen Ed	Gen Ed
	WASH	Math	Physics	Chem	Gen Ed	Math	Gen Ed	Gen Ed	Gen Ed
	WASH	Math	Physics	Chem	Gen Ed	Math	Gen Ed	Gen Ed	Gen Ed
SECOND YEAR	BIOL	Math	Physics	Chem	Gen Ed	Math	Gen Ed	Gen Ed	Gen Ed
	ENGL	Math	Physics	Chem	Gen Ed	Math	Gen Ed	Gen Ed	Gen Ed
	WASH	Math	Physics	Chem	Gen Ed	Math	Gen Ed	Gen Ed	Gen Ed
	WASH	Math	Physics	Chem	Gen Ed	Math	Gen Ed	Gen Ed	Gen Ed
	WASH	Math	Physics	Chem	Gen Ed	Math	Gen Ed	Gen Ed	Gen Ed

Important Semester Dates

October 12 (Noon)	Midterm Grades Available for Students Online
October 29 to November 2	Pre-scheduling for Spring 2013
November 12	Last Day to Withdraw Without Academic Penalty
November 19 to November 25	Thanksgiving Recess - No Classes Residence Halls Close at 5 p.m. on Friday November 16 and Reopen at 3 p.m. on Sunday, Nov 25
December 3	Instruction Ends
December 4 to December 8	Final Exam Week
December 8 (noon)	Residence Halls Close - Students are expected to vacate residence halls 24 hrs. after completing their last final exam.
December 11 (9 a.m.)	Final Grade Entry Completed by Faculty Online
December 12 (Noon)	Final Grades Available for Students Online
December 14	Semester Ends



Brenda Miller

Director & Senior Academic Counselor

TRiO Student Support Services

CC 235C

315-386-7406

millerb@canton.edu

Mark Millward

Assistant Director & Academic Specialist

TRiO Student Support Services

CC 233

315-379-7381

millwardm@canton.edu

Sheila Peo

Academic Counselor
TRiO Student Support Services

CC 233B

315-386-7676

peos@canton.edu



TRiO Student Support Services – What Is It?

Who are we?

TRiO is a federally-funded grant program which provides enhanced academic assistance to eligible students.

The aim of the TRiO program is to retain its participants and have many continue toward a baccalaureate degree.

Who is eligible?

Eligibility is based upon federal guidelines. Those who are first-generation college students, or who meet specific income and/or documented disability requirements, are eligible.

What do they do?

TRiO provides a variety of support services, including intensive assistance in math, writing, study skills, time management and academic counseling. TRiO participants take a 15 week, 1 credit hour course (BASK 060: Freshman Seminar) which covers all of this in greater detail.

Go to http://www.canton.edu/academic_support_services/trio.html for more information

All returning students **must** complete a Semester Update form online at: http://www.canton.edu/academic_support_services/update.html

Note: All services, resources and information within is applicable and available to current TRiO SSS participants only