



Insights

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Avoiding Stress During Finals Week!

Although the stress that comes along with finals week is in most cases inevitable, we can control how we handle and diffuse this stress to ensure we're on our A-game during this important week. Whether this is your first time taking college finals or you're a veteran, here are some important tips to implement to fight off the stress and keep your sanity.

By: Alle Engelman

Eat healthy. Avoid amping yourself up on caffeine. Do not drink coffee and Red Bulls like it's no one's business; these will only make you crash later on. Drink lots of water, and opt to eat quick snacks like granola bars or fruit instead of fast food. Feed your body fuel for success!

Exercise. Clear your mind by working out your finals week stress. Being active releases endorphins, which increase feelings of satisfaction and happiness! Not only will you feel much better after at least 30 minutes of activity, but you will also be refreshed and reenergized to get back into the study grind.

Sleep. This is not something we can sacrifice during finals week because we want an extra 2 hours of cramming for that final. Studies have shown that trying to function on little or no sleep only allows you to perform at 50-70 percent of your normal capacity. However, if you do find yourself sacrificing sleep, allow yourself a couple of power naps. A quick 20-30 minute nap has been shown to increase alertness and productivity, as well as reduce stress, as stated by the Ririan Project.

Avoid stressful people. Stress is contagious! If you know people whose own stress tends to give you anxiety, you may want to steer clear of their company during this extra demanding week. Try to maintain as calm an environment as possible during this time.

Take study breaks. For every two hours you study, it is vital to take a 15 to 20 minute break. Whether that's just allowing yourself time to facebook stalk, going to grab a bite to eat, or getting outside and being active for a little while, this time will allow you to clear your mind and refocus when you get back to the books. Attempting to study for 3 or more hours in one sitting will lead to reduced concentration and less retention than if you had taken only a small break in between two hour segments.

Finally, visualize success. Doubting yourself when it comes down to the wire before or during the test will only cause you to blank on answers you would otherwise know. Remain calm by practicing breathing techniques and reassuring yourself if you are experiencing test anxiety. If you have completed the necessary steps in preparation for your exams, you will do great! Believe it.



How To Do Your Best on College Exams

Submitted By: Ally Varner

Tips and Techniques

By the time you graduate from high school, you'll probably be a pro at taking tests — from standardized multiple-choice exams, to short-answer tests, to more intense essay questions. This experience will serve you well in college. Many of the test formats that you are used to are ones you'll see again and again.

The difference is that college-level tests cover more material — and deal with more complicated subjects. Use the rest of your time in high school to try out some test-taking techniques, below, that can help you in college.

Multiple Choice

Read instructions carefully to see if there can be more than one answer.

Cover the choices with your hand and answer the question in your head first; then check to see if your answer is one of the choices.

Eliminate answers you know aren't right.

Read all the choices before choosing your final answer.

Stick with your initial answer; generally, your first instinct is right (unless you've misread the question).

If you can't answer a question right away, come back to it later.

If there is no penalty for wrong answers, make educated guesses.

Use clues from questions you can answer to help you with questions you can't answer.

True or False

Remember that if any part of the statement is false, the answer is “false.”

Recognize that words such as “never,” “always” and “every” mean that the statement must be true all of the time. Statements with these kinds of words are often false.

Recognize that words such as “usually,” “sometimes” and “generally” mean that the statement can be true or false depending on the situation. Statements with these types of words are often true.

Essay

Read questions carefully to be sure you know exactly what they are asking. For example, if a question asks you to summarize, don't include every last detail.

Create an outline before you start writing and use it to organize your thoughts. If you don't have time to finish writing, you may get partial credit for the ideas that you have outlined.

If the question asks for facts, don't give your opinion.

Keep your introductions and conclusions brief. An effective method is to repeat part of the question in the topic sentence to show that you are answering exactly what is asked.

Write clearly and concisely. Provide just one main idea per paragraph and include details to support that idea.

Budget your time. If you have one hour to write two essays, don't spend more than 30 minutes on each.

Write neatly (or type accurately), so professors can read your answers.

Proofread your work.

Short Answer

Prepare for short-answer tests by using flash cards with definitions of key terms and phrases.

If you don't know an answer, make an educated guess. A partially correct answer can gain you more test points than leaving the question blank.

Respond with simple, concise sentences, not long flowery ones. Try to pack each sentence with important information.

Open Book

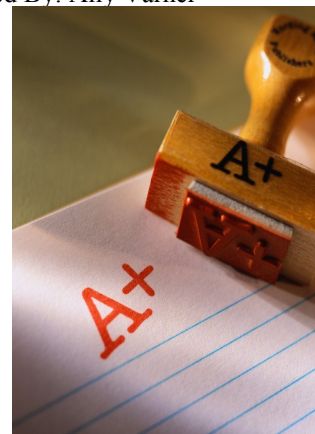
With open-book tests, it's all about preparation, especially organizing your resources.

Put tabs on important pages in the books you'll be using so you can find critical information quickly and easily during the test.

Know the layout and structure of your textbooks.

Number your class notes and create a coordinating table of contents for easy access on test day.

Create and bring a separate sheet containing formulas and other data you'll need.



Holiday Greetings Around the World!



United Kingdom: Merry Christmas!

Germany: Froehiliche Weihnachten!

Japan: Shinnen Omedeto!

Sweden: Glad Jul!

Netherlands: Zalig Kerstfeest!

Columbia: Felize Navidad!

India: Christmas ke Shubhashai!

Ireland: Nodlaig Nait Cugat!

Greece: Kala Christouyenna!

Poland: Wesolch Swiat!

Italy: Buon Natale!



Finding Your First Job After College

Submitted By: Michael Hoffman

Looking for your first job after college? The techniques and opportunities available to make your student job search after college manageable — and successful— are nearly limitless!

But where do you begin? These simple tips will start you down the path of finding the job you want - and learning how to get it.

1. Keep your resume up to date.

Make sure your resume has all the latest information, from your college activities to your major, and maybe even including your final college GPA. You might even prepare multiple resumes that cater to different positions or fields you're interested in.

While on your job search, it's helpful to keep up on the news and innovations in your industry. Make sure your recent college graduate resume reflects any new skills you've developed on your search. For example, if you're a computer programmer and learned a new language since graduation, mention it on your resume.

2. Check out career fairs.

Unlike sending a resume through the mail, job fairs put you in touch with recruiters face-to-face, allowing your personality to shine as well as giving you a chance to ask questions and discover jobs that match your abilities at several companies.

Your college or university might host job fairs that you may attend, even if you're looking for a job after college. In addition, many websites list job fairs in locations around the United States. Ask your college's career center for upcoming opportunities in your area.

3. Maintain your job network.

Keeping in touch with your job network is one of the most critical aspects to finding a job after college. Networking for jobs — whether they're your family, friends, professors, or past coworkers - can be the best way to hear about new opportunities after college that you might not see advertised on a job board.

Periodically update your contacts from college on your job search and introduce yourself to fellow job seekers. Staying connected with your job contacts after college will help them keep you in mind if they hear about an opportunity that might interest you, or when they meet someone in your desired field.

4. Consider an internship.

Internships offer valuable experience that grads are looking for after college, and can be a good introduction to the working world.

Full-time jobs can require some professional experience in the field, but internships cater to current students and recent graduates who are developing their skills after college. Although many internships are unpaid, some offer an hourly wage or a small stipend.

And having internships on your resume shows full-time employers that you have the abilities to succeed in a job after college. What's more, an internship could even help you get a full-time job within the same company.

5. Keep an open mind.

You might have a dream job in mind, but a successful search for a job after college depends on the ability to be flexible. Widen your search to other positions in the same field, or different jobs that require the same skill sets as the job you want.

Keeping your mind open to other possibilities gives you more options, as well as more practice on the job circuit. Interviewing for many jobs after college, rather than only your favorites, gives you more practice and preparation for future interviews.

Try contacting the head of a department, rather than just the head of human resources. You might have more luck using techniques in your job search after college that are out of your typical comfort zone.

6. Keep applying, and stay in touch.

A job search can be tiring, and it's tempting to slow down or give up. But remember: Every job you apply for after college is a completely new opportunity, and each experience helps you figure out what works for future applications.

Keep applying to a few jobs every day, and stay in touch with the contacts you have made over the course of your post-college job search. Staying positive and productive is one of the best ways to ensure that your job search after college is a successful one!

<http://www.universitylanguage.com/job-search/job-after-college/>

The Finals: Stress Less Fest



Monday, December 12, 2011

Tuesday, December 13, 2011

The Station

6:00 p.m.—Midnight

Marshmallow Dodgeball

Yoga

Board Games

Frozen T-Shirt Contest



Finger Painting

Massages

Zumba

**Free Snacks and
Hot Chocolate!**



STRENGTHSQUEST

Submitted By: Justin Ranney

Your career choice is one of the most important decisions you will make. StrengthsQuest can provide you with guidance and ideas for your career.

"The Chinese philosopher Confucius had it right 2,500 years ago: 'Choose a job you love, and you will never have to work a day in your life.'"

Imagine a job where you have the opportunity to do what you do best -- every day. What would that job look like for you? Who would you work with, where would you work, and what type of activities would you be doing?

Finding a job that is a good fit for your talents is a key part of the career exploration process. Gallup research has found that employees who have the opportunity to use their strengths are six times as likely to be engaged in their work and more than three times as likely to report having an excellent quality of life than employees who don't get to focus on what they do best.

Through StrengthsQuest, you'll gain insight into your areas of greatest potential: the things that you naturally do best. StrengthsQuest is not a career assessment and it won't tell you what job or career you should do. But it does provide valuable information about who you are and gives you clues to the type of work environment in which you are most likely to thrive.

As you start your career search be sure to come into the office to fully utilize our strengths quest program to help you evaluate career options. By finding out more about yourself we can help you to pick out career paths that best fit your field of study and natural strengths. We also work very closely with the Career Services Office and can help you to set up appointment with them to share what you have found and get searching for a career that fits your strengths and preferences.

Happy Holidays

From everyone at

Student Support Services!

