

First-Year Student

Publication of The Retention Office

Issue 4



End of Semester Wrap-Up

I know it may be hard to believe, but your first semester of college is rapidly coming to an end. In just a little over a week, you will be taking your finals and wrapping up your papers and projects. You then will be on break until January 7th. Yes, you will have close to a month off from school.

This issue will help prepare you for your upcoming finals. I will provide you with tips that have been taken from professors and students over the years. These tips will be your recipe for success during finals' week.

Also in this issue, we will discuss some of the challenges you may face as you are on your first college break from school.

Finally, if you have not yet registered for the spring semester, there is still time to do so. If you have a hold on your account that is preventing you from registering and you have questions in regards to it, please do not hesitate to contact me.



You can always reach me by calling 614.236.6694

Happy Holidays! -Brad

Preparing for Finals

Do not wait until finals week to start studying - start now and plan out your studying.

Avoid all night study sessions. “Cramming” for an exam is not a good way to ensure you can recall information later.

Schedule your time so that you can study a few hours a day. The earlier you start studying the more confident you will feel for the exam.

Find a place to study where you will have minimum distractions.

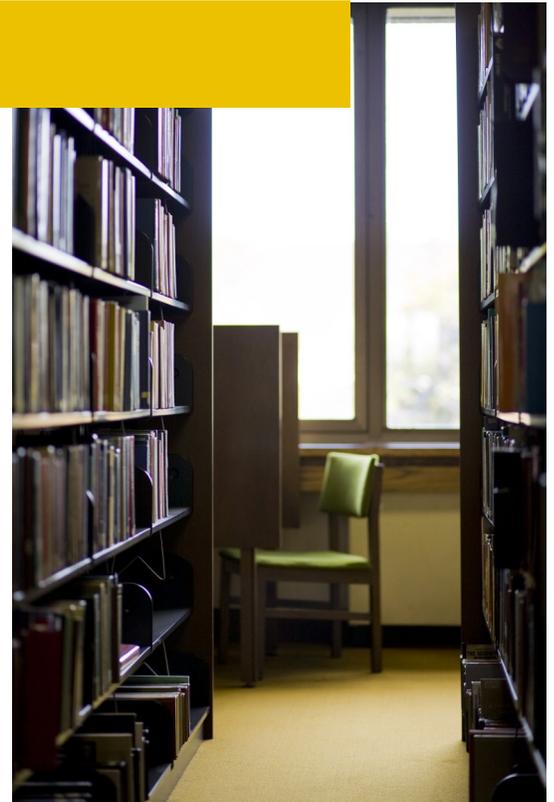
Do not re-read the textbook. Review your notes, highlighting, chapter summaries, or a friend’s notes.

Try not to end significant relationships over the next couple weeks This can affect your ability to focus.

Keep in touch with family and friends who are supportive of you. You will need their help to get through the next couple of weeks.

Eat wholesome foods that will give you energy throughout the next couple of weeks. Do not take an exam on an empty stomach - your brain will thank you.

As mentioned earlier, these tips are taken from professors and current students who want to see you succeed. Please let me know if I can be of any help over the next couple of weeks. Feel free to call me at 6694, or by email at retention@capital.edu.



Surviving the Winter Break

Both students and parents look forward to college breaks. The time you've spent away from family has brought new opportunities for growth and change for everyone. But the reality of this reunion could possibly fail to meet everyone's expectations if you are not careful. Here are a few tips that can help you over break:

- 1) **The first few days of break will probably be spent catching up on sleep. Let your parent's know how tired you are so they don't worry that you are sleeping so much.**
- 2) **Don't come home expecting to be treated like a guest. You will be expected to assume normal family duties. (doing dishes, shoveling snow, running errands, etc.). Discuss expectations early in the break.**
- 3) **Take responsibility for the types of things you've been handling in college (doctor's appointments, laundry, finances, etc.). You want to be treated like an adult and with respect. This is one way to do it.**
- 4) **Curfews during break may be an explosive topic. You'll probably have to set new ground rules and expectations. Engage in a straightforward discussion with your parents about your curfew, and be willing to compromise.**

After a couple of weeks, you may start to feel bored by being home. Your old friends from high school may have lost their appeal. Realize that you are living in a culture that is very different than your friends who stayed home or who are going to another college. If you begin to feel that you have more in common with college friends, you may experience feelings of loneliness and separation. Don't compare your new friends with your old friends from high school. They're not necessarily better. They're just different. If you are attending college and some of your old friends aren't, don't overwhelm them with details about college life. The friendship can survive if you focus on common interests.

Happy Holidays!

Enjoy your break. Remember, that the first day of classes for the spring semester is Monday, January 7, 2013!

Please make note that the University will be closed for break starting on December 19th, and will open again on January 3rd.

