This time of the year is ALWAYS so stressful...Here’s some timely tips from a workshop Edward Heard, PsyD., Career Services, presented at the Center for Black Studies last semester:

- Know that your ups and downs during this period are both normal
- Own your situation—frame it, visualize it, have reasonable expectations, engage in positive self-talk
- Assess your needs—strategies, time management, strength, weaknesses
- Make choices as to which courses and assignments need the most attention
- 25/75 Rule –25% organize your study info/75% test yourself by recalling, relating, writing down, studying material
- Study weak areas—intense study; review strong areas—what you know well
- Moderate your stress: relax, renew, and integrate—build rewards into your study
  - music
  - breaks—every 30 minutes
  - walk
  - avoid negative talk
  - exercise

It’s easy to let the stress of finals overwhelm you, but use these tips to stay sharp. And don’t forget to get enough sleep, set alarms, eat breakfast and lunch, and if possible get to exams early. Best advice—if you don’t study hard; study well—Good luck on your finals!!!

WORDS OF WISDOM...

My daddy wanted me to be a farmer...but I subscribed to a different kind of teaching and learning in my bones and in my spirit.
John Henrik Clarke

Believe me, the reward is not so great without the struggle. Wilma Rudolph

Presumption should never make us neglect that which appears easy to us, nor despair make us lose courage at the sight of difficulties.
Benjamin Banneker

I didn’t have anybody, really, no foundation in life, so I had to make my own way. Always, from the start. I had to go out in the world and become strong, to discover my mission in life.
Tina Turner

There is no better than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time. Malcolm X

The only people who never tumble are those who never mount the high wire. This is your moment. Own it. Oprah Winfrey
WHAT YOU MISSED...

19th Annual African American Leadership Conference Teen Summit
“Stand for Something or Fall For Anything: The Time is Now!”
April 4th

John Henrik Clarke Honor Society
Induction Ceremony (3.0+ GPA) April 6th

ChillFest, food, fun, and games, April 19th
Taste of Africa, food, fun, and conversation, April 25th

Professional Girls Rock! End of Semester Celebration sponsored by African American Women Faculty and Saff Organization (AAWFSO), April 30th

BLACK HISTORY MINOR
The following courses have been added to the fall calendar and count as electives:

  HIST 353: Women in African History – Djata T, Th 14:00-15:15, Still Gym 304
  HIST 355: History of Black American Music – Djata T, TH 15:30-16:45, DU 424
The 25th Annual
Black Graduation Recognition Ceremony
Sunday, May 4 at 3:00, Duke Ellington Ballroom