WINDING DOWN: THE END IS NEAR...
Taken from, “Getting It All Done—Strategies for Finals”

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 year:

- 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
  o music
  o breaks—every 30 minutes
  o walk
  o avoid negative talk
  o 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 heartbeat, 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…

Matthew Tembo, renowned musician and founder of the Sing our Song Festival, Lusaka, Zambia, presentation on music and African spirituality, April 9th

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 12th

Chill Fest…food, fun, and games, April 25th
On April 25th, 2015, the Black Student Union hosted their end of semester social where they personally invited all organizations on campus to come out, network, enjoy free food, and listen to music.

Taste of Africa, food, fun, and conversation, April 30th

Black Faculty and Staff Alumni Association End of Semester Meeting, Center for Black Studies, April 30th

Congrats to:
Dr. Gyant on receiving the Wilma B. Stricklin Award for Enhancing the Climate on Campus for Women April 19th
Dr. Coates, SPS Certificate of Recognition, April 14th
The 26th Annual

Black Graduation Recognition Ceremony

Sunday, May 3 at 3:00
Carl Sandburg Auditorium
*Reception immediately followed in the Regency Room

Photos of the celebration will appear in the May calendar.
CBS STAFF

PICTURED ABOVE – CENTER FOR BLACK STUDIES STAFF [LEFT TO RIGHT]: Mr. Derrick Smith, Community Outreach Coordinator; Dr. LaVerne Gyant, Director; Dr. Joy Coates, Associate Director; and Ms. Regina Curry, S-Plan Coordinator (not pictured, Don Bramlett, Graduation Specialist)

Crystal Slaughter is the new Office Support Specialist for the Center for Black Studies. Crystal, her husband and three daughters moved to DeKalb from Chicago in November of 2006. Crystal has been employed in many areas, Catholic Charities Administrative Assistant, Emergency Foster Care. Administrative Assistant Church home in Chicago (House of Rhema Praise & Worship Center), Education (para-professional), Government Purchasing (Cook County Clerk), Medical Transcriptionist Humana - Michael Reese Hospital (University of Chicago Hospitals) OB Gyne Coordinator. She has also worked as a Para-Professional (teaching assistant) for the DeKalb School District from August 2008 to June 2011.

Crystal’s last position was in the Scholarship Department. Crystal served on the SAEM Special Events Committee and is now a member of the Black Faculty and Staff Association Committee. Retention is very important to Crystal. She has a very legitimate passion to assist and connect students with various scholarships resources and employment opportunities. Crystal has a daughter who is an alum of NIU (May 2014). Crystal is determined to help students find funding, which will aid students retention and enrollment here at NIU. She seeks to help make students obtain the degree they so richly desire and make their NIU experience a great one!

Stop by the Center and welcome Crystal to the family.