



BACHELOR OF LIBERAL STUDIES

News Flash 1.0

Spring 2013

University of Mary Washington



Study Systematically



It is very easy to be overwhelmed by the amount of information you may be held accountable to learn for an exam. This can seem especially intimidating if you are older and do not trust your ability to recall facts and remember procedures

as you once did. The good news, though, is that science has proven over and over again that the human brain is capable of much more than we often give it credit. If you study just a little bit every day and review thoroughly, you should be well-equipped to handle anything the professor asks of you. I suggest reviewing your notes right after you leave class to simply tie up some loose ends and remind yourself of the details you may have glossed over class. Limit this review time to 15 minutes at the most. Then carve out some time the following day to review it again. Believe it or not, while you sleep, your memories from the day are consolidated during REM sleep. That means that when you review it again the next day, you will remember it better than you did the first day! Utilizing this trick with every class you take will help you learn consistently over time so that exam week will not be crunch time.

Manage Test Stress

You might have been studying every day all semester, but that first exam can be scary if you do not know what to expect. But do not allow yourself to stress out so much that you cannot show how much you have learned! If you freeze, your grade will inevitably suffer! So take some precautions by getting to be early, thinking positive, and breathing deeply any time you feel your anxiety levels rising. If this is a more serious problem area for you, be sure to check out my article on [How to Conquer Test Stress](#). It is filled with tips on achieving academic success!

Use Your Experience



One of the best advantages you have as a non-traditional student is your life experience. Use this to get an edge by incorporating your unique viewpoint into class discussions and creative projects. It might or might not be the most "educated" viewpoint, but any real life situation adds depth and character to the classroom experience. There really is no substitute for first-hand accounts in connecting theory to real life. However, you should be careful not to dominate the conversation, which could be perceived by younger peers as you trying to suck up to the professor. But you shouldn't be afraid to offer relevant comments when the discussion offers an appropriate time for your input.

Besides offering depth and variety to the classroom, your experience will also help you in personally learning the theories and information covered in class. How? Many of the concepts covered in class you will be able to relate to your own experiences. The more you can relate to real life events, the better chance you will have of understanding the concept. In this instance, all you are doing is taking a word or idea you are learning in class and using it to "name" an episode of your life. This method of learning will help you to remember the lesson better than anyone else in class!

Appointments

In an effort to ensure you are able to meet with me in a timely manner, we will continue using the appointment management system, Starfish. Starfish can be accessed through EagleNet. Blocks of times in which appointments can be made are indicated on my calendar in Starfish. You may make an appointment for as little as fifteen minutes for quick questions or as long as an hour for more complicated issues such as transfer equivalencies, senior checks, and special majors. Make sure to request the appropriate meeting duration so that we will not need to reschedule. It will be very helpful if you indicate the purpose of the meeting so that I can do any preparatory work that may be needed. You can make appointments with me up until 10 p.m. the day prior to your request. You must bring a hard copy of your Degree Evaluation and transcript to your meeting.



Friendly Reminder

If you begin to have difficulties with classes or juggling the demands of class, work, and family life please make an appointment to see me so that we can come up with some strategies to help keep your experience at Mary Washington as positive and productive as possible. Early intervention and asking for help is the key to success.

