Exam Week Survival Guide

Finals Week is quickly approaching! Use the tips below to prepare yourself for your best academic performance.

1. Plan your week. Make a calendar of your exam times and locations, study times and additional responsibilities. Check your final exam times at southeastern.edu/admin/rec_reg/exam_sch/

2. Avoid the all-night study session. While extended hours will be available at the Sims Memorial Library, studying for short increments with frequent breaks is best for memory retention. (Library Finals Week Hours: Sunday 2 PM–1 AM, Monday thru Wednesday 7:30 AM–1 AM, Thursday 7:30 AM–11 PM, Friday 7:30 AM–12:30 PM).

3. Exercise for your brain! Sitting for long periods of time leads to exhaustion. During your study breaks, take a walk and get fresh air, this will increase blood flow to your brain and make you feel better.

4. Mix up your studying. We lose focus by only studying one subject for long lengths of time. Studies show that by alternating between subjects for shorter periods (1-2 hours), we retain more information.

5. Nourish your body! Eat balanced meals which include fruits and vegetables. Quick meals made of mostly carbs will quickly leave you without energy. Keep sources of protein nearby to provide longer boosts of energy. Choose healthy snacks – nuts, fruit, protein bars, etc.

6. Sequester your Social Media. Either disable your accounts or actively limit the time you devote to social media. If you are unable to completely ignore social media, only allow yourself to check it once per day. Social media can waste precious study time and rarely takes “just a second.”

Additional Academic Resources

Center for Student Excellence: southeastern.edu/acad_research/programs/cse/
Math Drop-In Tutoring: southeastern.edu/acad_research/depts/math/
Sims Memorial Library: southeastern.edu/library
Southeastern Writing Center: southeastern.edu/acad_research/programs/writing_center/


Questions about our guest policy, pet policy, or resident responsibilities? Refer to the 2015 Resident Guidebook available on your Housing.
Resident Assistant Staff Spotlight—Graduating RAs!

**Aaron Johnson**  
St. Tammany Hall RA,  
Political Science

Favorite Southeastern experience/memory?  
"Student Government Association. It opened many doors of leadership and opportunity for me."

What is next?  
"I'm proud to say that I'll be continuing my pursuit of higher education by getting my master's degree in history."

Are you decorating your graduation cap?  
"I'm not sure yet. We'll see on graduation day!"

Using one word, how would you describe Southeastern?  
"Magnificent!"

One choice along your collegiate journey you are glad you made?  
"Joining University Housing as a Resident Assistant. Best decision I've made in a long time."

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**Sashank Suri**  
Livingston Hall RA,  
Supply Chain Management

Favorite Southeastern experience/memory?  
"Starting a new management role and seeing the results of my hard work."

Advice for new Lions:  
"Southeastern is a very close-knit university. If you work hard and are good to people around you, there are people who will go out of their way to help you. You have a lot of opportunities that can be explored and be turned into success stories."

What is next?  
"Job hunting."

Are you decorating your graduation cap?  
"No, I am not that artistic."

Using one word, how would you describe Southeastern?  
"Challenging."

One choice along your collegiate journey you are glad you made?  
"One choice I am glad to have made is focusing on my GPA. I have tried to maintain a high GPA which will not only help me in building a good career but has also let me live in my favorite Residence Hall."

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**Shakyra Cooper**  
Livingston Hall RA  
Kinesiology

Favorite Southeastern experience/memory?  
"Spending time with some of the Resident Assistants during Halloween."

Advice for new Lions:  
"Enjoy yourself. But stay on top of your class work!"

What is next?  
"Working full time and studying for the GRE."

Are you decorating your graduation cap?  
"I want to, but I'm not sure how yet."

Using one word, how would you describe Southeastern?  
"Memorable!"

One choice along your collegiate journey you are glad you made?  
"I'm so glad I became a Resident Assistant!"

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**Keiwine Warren**  
Taylor Hall RA,  
Accounting

Favorite Southeastern experience/memory?  
"Graduation... completing my degree!"

Advice for new Lions:  
"Come back to take more undergraduate classes so I can obtain 150 hours in order to sit for the CPA exam."

What is next?  
"Working full time and studying for the GRE."

Are you decorating your graduation cap?  
"No plans to decorate my cap."

Using one word, how would you describe Southeastern?  
"Challenging."

One choice along your collegiate journey you are glad you made?  
"Becoming a RA because it gave me awesome opportunities."

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**Southeastern FOOD Pantry**

The Food Pantry will be open during the winter break while the university is closed. Operating hours will be on Tuesdays from 9:00am - 12:00pm from December 15th - January 12th. Regular hours of Tuesdays 9:00am - 12:00pm and Wednesdays 1:30pm - 4:30pm will resume on January 19th.

**Study Hall At Alumni!**

Date: Monday, December 7  
Time: 8:00 am - 4:30 pm  
Place: Alumni Center Banquet Hall  
Coffee and snacks available  
Pizza for lunch!

**Dining Reminders**

1. Don't forget to sign up for your meal plan for Spring 2016.
2. Customer Appreciation Week (11/30-12/04) $6.50 lunch in the Mane Dish all week long.
3. Late Night Breakfast in the Mane Dish 12/08 9pm-11pm - free for meal plan holders, $6.75 for non meal plan holders, Cub Cash & Lagniappe are accepted, NO buddy passes are accepted.
Chicken Roll-Ups

- 2 corn tortillas
- 2 tbsp. refried beans
- 2 tbsp. grated cheddar cheese
- 2-3 tbsp. finely chopped cooked chicken
- 1 tomato, sliced
- 1/2 avocado, peeled, pitted and cut into strips

Put each tortilla on a microwaveable plate. Spread the beans over the tortillas and sprinkle with cheese. Microwave for 15 seconds, until cheese is melted. Let cool. Arrange chicken, tomato, and avocado on top. Roll up and cut into small pieces. Wrap in foil for a bagged lunch.

RESIDENCE HALL RECIPES

Dates to Remember

- December 7-11: Finals Week
- December 8: 9 PM—11 PM Late Night Breakfast
- December 11: Final day to check out of your room if not returning for Spring.
- December 12: Graduation
- December 18: 10 AM: University Closes for two weeks of winter break
- January 4: University and halls open
- January 8: Fee Payment Deadline
- January 13: First Day of Spring Courses

Rental Book Return Reminder

The deadline to return rental textbooks without a fine is Monday, December 14, 2015 at 6:00pm.

You may refer to LEONET->Self Service->View Book History to review a complete list of books checked out to your account and return deadlines. Check out southeastern.edu/textbookrental to get complete details on deadlines, extended hours, and other information.