

AUMNIBUS

Chronicling the Campus Community and Beyond Since 1971

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Warhawk Issue - 8

Don't Stress

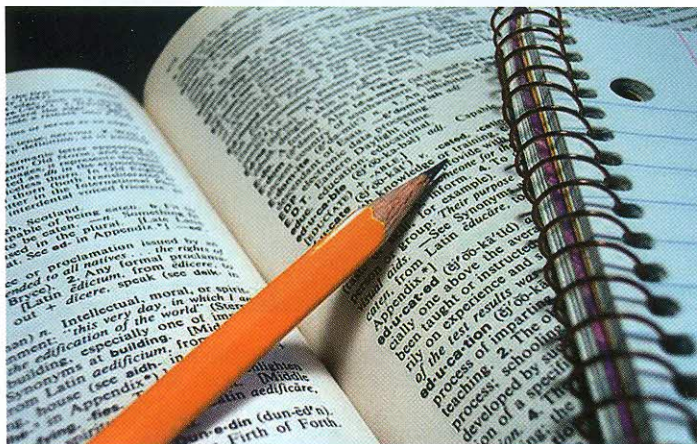
Jade Curtis

Over the next week or so, many of you will be hitting those dreaded books for final exams. Instead of stressing yourself out, here are a few tips that can help you manage those finals without the need of excess caffeine.

Organize a Calendar. In this calendar, you should not only put the time periods of your final exams, but also the hours you will dedicate towards studying for each subject. Managing your time is an effective way to study efficiently.

Get enough sleep. Even though pulling an all-nighter might seem like a good idea, it can be risky. Exhausted students are less likely to do well on exams than those who are well rested and more relaxed.

Exercise and Eat Healthy. Exercise and good nutrition can help control your stress levels, keep your blood pressure low, and raise your energy levels. Each of these factors will help you study more effectively. So why not visit the Wellness Center?



Form a Study Group. You and your study partners can help each other with problems and concepts. You can also compare notes and review quizzes and test material together.

Take breaks. It is just as important to take breaks as it is to study. Taking short breaks, such as a 10-minute break for every 50 minutes studied, can help you stay focused and relaxed.

Review tests, quizzes and homework assignments. Many final exams include some of the same questions from activities you have already done within the class; therefore, it is important to review this material for the final exam.

New Club on Campus!

Anne Stanford

Tired of the stress of school work and not being able to have much fun? Feel like you are not socially involved enough? Auburn University Montgomery's Department of Communications and Dramatic Arts has the answer. The COMM Club is the new club on campus for any student at AUM who has an interest in communications or journalism. The COMM Club's purpose is to get students involved with communications, other communications majors, and give students an idea of what the major of communications is like. Students would be able to contribute to Warhawk Weekly, a 28-minute news segment club members broadcast biweekly. "Warhawk Weekly consists of news, lifestyle, sports, health, politics and whatever interests the AUM community", says Matt Estes, AUMnibus webmaster and club coordinator. Students use the COMM computer lab to broadcast a two-minute video, which is shared with the Frazier United Methodist Church

