By: Tannya Forcone

The most important things you learn in college are not dates, treaties, or formulas, or something that can be proven with empirical evidence or the dedicated use of the scientific method. The most important things you learn in college show up in your freshman year.

- Some people get great grades, but that doesn't necessarily make them successful. You can be an A student and not have the social skills or confidence to build on the education.

- Notes, note cards, books, and study guides are worthless if you don't use them. Once you've made them, you need to go through them.

- Potential coupled with internal motivation outweighs money, status, or external compulsion. Goals can be accomplished when there is a desire to succeed. If someone is being pushed by parents, friends, or the administration, they are not going to be as invested in the results. There must be spirit and heart to power ambition.

- It is okay if you do not have the answers. It is NOT okay to avoid asking questions. There is always someone else in the class that doesn't know either, and they are just as concerned about asking as you are. Have chutzpah and ask. Your classmates will be grateful rather than dismissive.

- Promises count. It does not matter if the promise is about something big or small. Being the person who does what they say they are going to do is more valuable than a renewable scholarship.

- Duty and honor are not just for the people in the military. Be the person in the group project that does his/her part and gets it in on time. Be the student who does
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the required reading and writes original papers. Do not fudge the edges of your work just because this class is “unimportant”. You are growing a reputation that will follow you into your professional life and even into your personal relationships.

• Don’t assume there is a later. The time between now and your next test can disappear quicker than you expect. Sometimes a schedule has to change and you are forced into dealing with something sooner than anticipated.

• There is no replacement for personal experience. Use every opportunity for internships, research, workshops, field school; whatever it takes to get your hands dirty in your field. Many people learn better from doing rather than just listening.

• Sit in a different seat. You class view and even world view may be improved with a different vantage point.

• Take risks. Missing opportunities due to fear is baggage that gets heavier the longer you carry it. The last place you want to be someday is looking back and wishing you had done something that you can’t do now because you have kids, a mortgage, or arthritis.

• Work ethic is more important than work experience. An employer can train someone to do any task, but no one can train a person to have the desire to do well and to be thorough.

• Never burn your bridges. Sometimes they smolder and reignite, and then they burn your options.

• Sharing notes and support gets you more than just the finite information, it cultivates good will and creates a connection that may be helpful later on.

• The world changes faster than you expect. The decisions you make for your major or future earning potential may not be as advantageous later. Consequently, develop those skills and talents that are universally useful, like work ethic.

• Shake off your problems and move on. You got a bad grade because you didn’t study for the test. Don’t cry and fuss and blame the professor. Accept the choices you made and recognize how you can do better next time.

• Happiness is priceless. When choosing your path in life do not narrow your view to only the financial or the practical. Fifty years is a long time to spend in a career or industry that you don’t like.

There are many things you will learn in college: facts and figures, social skills and networking opportunities. You will develop your own theories and thesis. Some of it will fade and some will just become obsolete. As Robert Fulghum illustrated in his 1988 book, All I Needed to Know I Learned in Kindergarten, the lessons that stick with you are the ones you learn first. Hmm, come to think of it, I wouldn’t mind milk and cookies everyday.
A wise man once said, “A goal without a plan is merely a dream.” College goals are a great way for students to stay focused and motivated. Goals allow students to prioritize the order in which they would like to achieve desired goals. A student’s goals can range from small to large, such as arriving early for at least two courses a semester to attending summer session to ensure early graduation. Perhaps the most important step is setting appropriate goals.

**Be Specific:**
The first step in achieving a desired goal is setting specific tasks that you would like to complete. You should be direct about what you would like to achieve. For example, instead of saying you would like to “do better in English Composition,” you could set a goal of “receiving a B+ in the course.” The goal does not have to be an academic one. In fact, goals can be anything from getting involved in a student organization to learning as much as possible prior to graduation.

**Be Reasonable:**
After your goal is determined, you have to look at it as something that is within reason. When setting a specific goal, you should be as realistic as possible. Setting realistic goals should allow you to spend more time thinking about what will allow academic and personal growth. Sometimes a goal may be realistic, but too much to handle at one time. If you find that you are struggling to achieve your goals, it may be beneficial to reconsider and focus on smaller goals that help your progress towards the larger goal. For example, if the goal is to get a B or higher in your math course, try setting smaller goals of getting at least a B on each quiz or turning in all of your assigned homework.

**Timelines Matter:**
The next step in setting goals is considering a realistic timeline. Setting goals within a timeframe will create a deadline which not only provides motivation to finish in time, but also serves as a template for future goals. Within the timeframe, you can devise a plan on how you can obtain your goals, using smaller goals as stepping stones if needed. You may also need to develop a strategy to assess your progress. Inevitably, something may happen that will throw a wrench in your plan. Frequently assessing your goal allows you to gauge any progress and you can amend the goal if necessary. This also allows students to learn how to adapt to change and not allow daily life matters to interfere with obtaining goals.

**Take Time to Celebrate:**
Along the path of obtaining the major goal, the student should reward himself or herself every time they obtain the mini-goal. After all, it is the completion of the smaller goals that allows us to achieve the major goals. Celebrating these smaller accomplishments may give you the boost needed to continue toward the larger goals.

When coming up with goals, it is important to realize that setting goals can be challenging even for the most ambitious and dedicated college student. Therefore, you should reflect on your own personal and intellectual strengths as well as your ability to analyze whether or not the desired goal is too challenging to be obtained during the academic year or the timeline you have set. The goals you set and how you achieve them are up to you. With that in mind, set your sights on what you want to achieve and go for it. As long as it is attainable, you should be able to reach any goal you set.
Games and Puzzles

Sudoku
Fill in the grid with digits in such a manner that every row, every column, every 3 x 3 box, and diagonals accommodate the digits 1-9, without repeating any.

Unscramble
Unscramble the following words that are related to OMD Peer Mentoring.

MNOTRE  SUNTTED
SRTPUOP  IPZS
GLAOS  OSUSERC
ELLPHFU  EVCERIS
RINEDF  ANKRO
EPRE  CCSUSES
DERLAE  RDVEISE
UTUELCR
Morgan LaVallee

Morgan LaVallee, an honors student and second-year Peer Mentor, will be graduating with a degree in English and a minor in Creative Writing in May 2014. Morgan will attend the NEOMFA Creative Writing program for fiction writing in the fall. After graduation, Morgan looks forward to continuing her education and one day hopes to publish a novel.

Kyla Collins

Kyla Collins, an honors student and Peer Mentor Leader, is completing her third year with OMD. She will be graduating in May 2014 with a degree in Fashion Merchandising and a minor in Professional Photography. After graduation, Kyla hopes to work as a buyer for clothing and accessories in Columbus.
Kayla Richardson

Kayla Richardson is a Peer Mentor Leader with the Office of Multicultural Development and has served the office for two years. Kayla will be graduating in August 2014 with a degree in Business Administration. She anticipates a job with Target after graduation with a position in management.

Matthew Hughes

Matthew Hughes is a Peer Mentor Leader who has been with OMD for two years. As an honors student in a special five year MS/BS Applied Mathematics Program, Matthew will be able to graduate in 2016 with his Masters Degree. With only two years left in the program, Matthew will officially be a graduate student next year (which is why he gets to be included in this!)
Tutoring
And E-Tutoring

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Bierce Library

Writing Commons

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• Bring two copies of what you have written and what is expected of the writing to the session.
• 30-minute sessions
• Call to ensure appointment availability
  (330) 972-6548

Hours
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Friday  10am-2pm

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• Ask questions
• Receive assistance, reassurance, and confidence
• Bring your books and classroom notes
• First-come, first-serve, walk-in basis
• Tutoring in: Basic Math I & II, Intermediate Algebra, College Algebra, Excursions, Technical Math, etc.

Hours
Monday-Thursday  10am-6pm
Friday  10am-2pm

Online Tutoring

Real People, Real Help Offered FREE for UA Students

Real-time tutors in:
Math (Basic-Calculus 3)  Chemistry
Accounting  Digital Literacy
Biology  Statistics

Need help with a paper?
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www.etutoring.org
Test Anxiety

By: Hallie Shorts

Even the most seasoned test takers experience test anxiety at some point during their college years. Nervousness is a normal response to an increase in adrenaline and can cause memory lapses which can hinder a test taker’s ability to do well on a test. Thankfully, there are some tricks any student can use to minimize their anxiety during preparation and completion of the exam.

To reduce your risk of becoming overwhelmed, it would be beneficial to space out your studying over a few days rather than cramming the night before the exam. However, if you are unable to dedicate a few days to studying, try reviewing your notes throughout the semester for around twenty minutes after each class; any amount of time that will fit in your schedule will help. Although studying may not be your favorite activity, maintaining a positive attitude can have a calming effect as well as increase your ability to remain content. The night prior to the test, you should avoid consuming large quantities of caffeine, alcohol, or sugar as these can further heighten your anxiety. Prior to the morning of the exam, you should prepare all materials needed to complete the exam such as pencils, pens, and your student ID. Early preparation can eliminate the added stress of searching for these items the morning of the test.

The morning of the exam is often when your anxiety peaks. You should take a brief moment to put your life into perspective and remind yourself that your entire future does not depend on one exam. It is equally important for you to take a moment to remind yourselves of your past successes as this will reassure you that you can tackle any obstacle on your path to success. You should also make an effort to arrive five or more minutes early for the exam. Early arrival not only allows you to adapt to the environment but also to choose a seat closest the front to eliminate any distraction from students who are arriving late or leaving. Once you have arrived, you should avoid reviewing your notes or talking about the test with other students. You should be confident in your preparation and ability to pass the exam.

Once the exam is handed out, you should be sure to read the directions slowly and carefully. Prior to answering the first question, you should skim through the exam so you have an idea about how to pace yourself. If applicable, you should write down any important formulas, facts, definitions, and/or keywords in the margins so that you do not worry about forgetting them. To reduce anxiety during the exam, it may be also be helpful if you chew on a piece of gum. You should also try to answer the questions you feel are easiest first as this will help build your confidence to answer the harder questions. If you discover that a question is too difficult and time consuming then skip the question for the time being. Once you have answered the rest of the exam questions, you can go back to complete the questions you skipped. Throughout the exam, you should also remind yourself that you do not have to get every question right to do well.

After the exam, you could reward yourself by taking a moment to relax regardless of how well or how poorly you think you may have done. You should use each exam experience to evaluate if you need additional academic skills such as study strategies, memory techniques, or time management. Keeping the new techniques in mind for each test will help you be more confident and lower your anxiety.

If you have implemented all of these strategies yet still experiencing extreme test anxiety, you may wish to try relaxation methods. Some students do yoga and Pilates to relax and relieve stress. If those don’t work, consider making an appointment with the Counseling Center to explore the source of your anxiety and potential coping strategies.
Financial Aid
Simmons Hall
277 East Buchtel Ave
Akron OH 44325-6211
Tel: 330-972-7032
1-800-621-3847
Fax: 330-972-7139
Email: finaid@uakron.edu
Web: www.uakron.edu/finaid/

**Hours**
**Fall & Spring**
Monday & Thursday 8am-5pm
Tuesday & Wednesday 8am-6pm
Friday 9am-5pm

**Summer**
Monday & Thursday 8am-4:30pm
Tuesday & Wednesday 8am-6pm
Friday 9am-4:30pm

Student Service Center
Simmons Hall Lobby
Akron, OH 44325-6219
Tel: 330-972-7272
Email: ssc@uakron.edu
Web: www.uakron.edu/ssc/

Counseling Center
Simmons Hall 306
Akron, OH 44325-4303
Phone: 330-972-7082

**Hours**
**Fall & Spring**
Monday-Friday 8am-5pm
Tuesday 8am-7pm

**Summer**
Monday-Friday 8am-4:30pm

Career Center
Student Union 211
Akron, OH 44325-4306
Tel: 330-972-7747
Email: career@uakron.edu
Web: www.uakron.edu/career/

**Hours**
Monday - Friday 8am-5pm
*Evening appointments available upon request

Student Recreation & Wellness Center
382 Carroll Street
Akron, OH 44325-6301
Tel: 330-972-5985
Email: srwc@uakron.edu
Web: www.uakron.edu/SRWS/

Office of Multicultural Development
Simmons Hall 124
Akron, OH 44325-1804
Tel: 330-972-8469
Fax: 330-972-6769
Email: omd@uakron.edu
Web: www.uakron.edu/OMD/

**Hours**
**Fall & Spring**
Monday - Friday 8am-5pm

**Summer**
Monday - Friday 8am-4:30pm

Zips Assistance Pantry
Simmons Hall 101
Check Website for times and dates
Web: www.uakron.edu/pantry/

Springboard
springboard.uakron.edu

Website Building
www.codeyear.com
www.w3schools.com

Course Help
ocw.mit.edu
www.apple.com/education/ipad/itunes-u/
smarthistory.khanacademy.org
owl.english.purdue.edu/owl/

Financial Aid
fafsa.ed.gov
studentaid.ed.gov
careerinfonet.org/scholarshipsearch/
www.fastweb.com
www.scholarships.com

Student Organizations
www.uakron.edu/studentlife/source/
orgsync.com/home

Additional Web Resources
www.ted.com
p2pu.org/en/
drive.google.com
prezi.com
www.dropbox.com
www.chegg.com

Thank You To Our Sponsors
Office of Student Employment
202 Simmons Hall
Anna Bahvala,
Assistant Director of
Student Employment
Phone: 330-972-7405
Email: bahvala@uakron.edu
Web: www.uakron.edu/studentemployment/

On-Campus
www.uakron.edu/student-employment/students/on-campus.dot

Off-Campus
www.uakron.edu/student-employment/students/off-campus.dot

Federal Work Study
*Must have been awarded
Federal Work Study
www.uakron.edu/student-employment/students/federal-work-study.dot

Also Check
OhioMeansJobs.com
www.akronymca.org
www.snapajob.com
www.careerbuilder.com
www.jobapplicationsonline.com
www.managerjobs.com
monster.com
simplyhired.com
www.sitteroptions.com

Spring 2014
April 11-April 12
April 12-April 13
April 16
May 4
May 5 - May 11
May 9 - May 11
May 13
May 18

UA’s Annual Black Male Summit
Relay For Life
OMD Movie Night
Final Day of Spring Classes
Final Exam Week
Commencement
Spring Semester Grades Due
Law School Commencement

Summer 2014
May 19 - June 8
May 26
June 9 - July 13
June 9 - August 3
July 4
July 14 - August 17
August 16
August 19
August 22- 24

Summer Intersession
Memorial Day (no classes)
Summer I
Summer II
Independence Day (no classes)
Summer III
Commencement
Summer Semester Grades Due
New Roo Weekend

Fall 2014
August 25
September 1
October 8
November 27 - November 30
December 7
December 8 - December 14
December 12 - December 13
December 14

Fall Classes Begin
Labor Day (no classes)
All Campus Career Fair
Thanksgiving Break
Final Day of Fall Classes
Final Exam Week
Commencement
Fall Semester Grades Due

Wal~Mart
3750 W. Market St.
Fairlawn, OH
330-668-1129
Ms. Autumn Frampton
Associate Director, Academic Support Services

Committee Advisors
Matt Hughes

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Tannya Forcone, Article Writer
Hallie Shorts, Article Writer