

## Happy Birthday

April 5	Morgan Rivers
April 6	Joy Trahan
April 7	Leanny Munoz
April 8	Teia Jones
April 9	Nigel Allen
April 10	Lanaisha Dugas
April 11	Elizabeth Buccola
	Briana Craige
	Dominique Ellison
	Precious Pridgeon
	YaCuria Reed
April 18	Ashley French
April 19	Shawn Fox
April 20	Danelle Channel
	Darielle Channel
April 24	Rakeisha Brown
	Brooke Howard
	Alexis Moses
April 25	Jardin Barthelemy
April 27	Kiara Murphy
	ShaRhonda Zeno
April 29	Jade Gaines
April 30	Deanna Bourgeois
	Magen Hegger

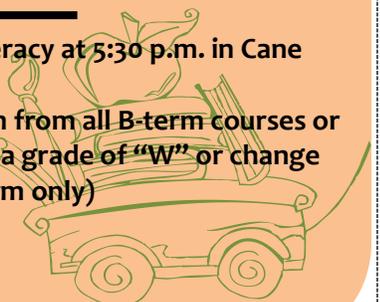
### Relaxation Techniques to Zap Stress Fast

- 1. Get Moving** - You don't have to run in order to get a runner's high. All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress.
- 2. Crank Up the Tunes** - Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety.
- 3. Decompress** - Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension. Place the ball between your back and the wall. Lean into the ball, and hold gentle pressure for up to 15 seconds. Then move the ball to another spot, and apply pressure.
- 4. Meditate** - A few minutes of practice per day can help ease anxiety. It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.
- 5. Tune In to Your Body** - Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.
- 6. Breathe Deeply** - Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

### THE WEEK AHEAD

April 6 – SSS Financial Literacy at 5:30 p.m. in Cane River Room

April 8 - Final day to resign from all B-term courses or drop B-term courses with a grade of "W" or change from credit to audit (B-term only)



## STUDY TIPS FOR FINALS WEEK

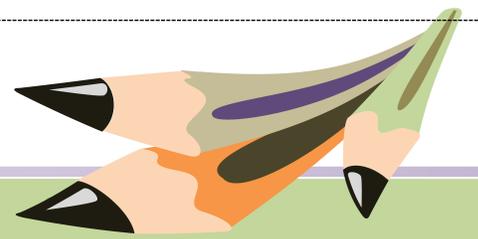
**LOCATION MATTERS** - Where you study is important in maximizing how much information you retain. Studying in places that have less noise and people traffic – the upper floors of the library or a quiet coffee shop/tea lounge will result in more effective study time and improve your ability to recall information that you went over during that time. Swapping study locations every once in a while has proved to help students retain information better.

**SWITCH SUBJECTS** - Instead of spending hours upon hours with your head buried in the same material, it's important to try and switch things up. Dividing time between a few related topics rather than spending time on just one subject can keep you focused and help you remember information better.

**FORM STUDY GROUPS** - Studying with several people – three to five motivated and committed group members – from your classes and studying together can be a powerful asset. You will get valuable perspectives on the subject matter that you may overlook while studying alone and you'll be encouraged to explain your thoughts and ideas out loud within the group, which improves your understanding and ability to remember information in the process.

**SNACK SMART** - Choosing the right foods and snacks can help fuel your studying time. Instead of energy drinks, drink plenty of water – and the occasional cup of coffee – while studying to help you stay hydrated and maintain a high level of cognitive function and energy. Eat plenty of fruits like blueberries and apples, which reduce the level of toxins in your bloodstream and improve memory function.

**TAKE BREAKS** - After a while of non-stop studying, you begin to lose focus and the quality of your studying begins to falter. Give yourself a few minutes to stand up, stretch, go for a walk... take some time to pause and take a deep breath so you improve your focus and productivity.



**SLEEP WELL** - It's tempting to pull an all-nighter in an attempt to cram as much information as possible into your head before a test, but rest is probably one of the most critical resources to study well and test well. Sacrificing a good night's sleep could actually do more harm than good when preparing for an exam. Aim to get at least 6 to 8 hours of sleep on a regular basis, which will relieve stress, increase alertness during classes and improve focus when studying.

**TEST YOURSELF** - One way to prepare for tests is by taking tests. Taking practice tests will help you relearn the information you've already learned while enhancing your understanding of the subject matter you're studying. Testing yourself is the best way to determine how much you really understand what you're studying. In study groups, have other members of your group write up questions based on the material.

**GET ORGANIZED** - Managing your time and resources is critical when it comes to studying effectively. Make sure you have all your notes and materials on hand and ready to go, because having to constantly fish around your dorm or backpack for your notes only wastes valuable time you might not have.



## 6 Tips on Finding an Internship

### 1. Start as early as possible in gaining career experience

Don't wait until your junior or senior year in college to find a career-relevant internship. Here's what you can do along the way in order to land that dream internship/job:

1. Start joining clubs.
2. Get work or leadership experience.
3. Network with industry players.

Start doing all of this as early as your freshman year. By starting early:

1. You'll have more opportunities to try lots of different internships.
2. You'll be more likely to get accepted for an internship program.

### 2. Clean up your resume and tailor your cover letter

To get noticed by an intern hiring manager, your resume must be pristine! Make sure:

1. No grammatical errors steal the show.
2. You resume is short, sweet, and simple (no more than 1 page long).
3. Input some creative flair, if your profession allows (like graphic design).

Always write a cover letter in addition to submitting your resume.

Tailor your cover letter with details on what makes you a good fit and why you chose this company for an internship.

### 3. Start looking about 5 months in advance

This means if you're looking for a summer internship, start looking in January. Although some companies start hiring toward the beginning of the summer, many start earlier and will stop taking applications as early as February-March. No matter the season, starting early also allows you more time to find the perfect internship for your field.

### 4. Where can you find internships?

When looking for awesome internships, it's important to think outside the box. Use some creativity during your search:

1. Check out your school's career or internship page.
2. Chat with professors to see if any of their connections are looking for interns.
3. Ask your parents or family friends for introductions to companies you're interested in.
4. Internship websites, like [InternMatch](#), [BostInno's Internship Hub](#), and [YouTern](#) constantly update with new opportunities.
5. If you have a specific company in mind, visit their career section to learn more about opportunities there.

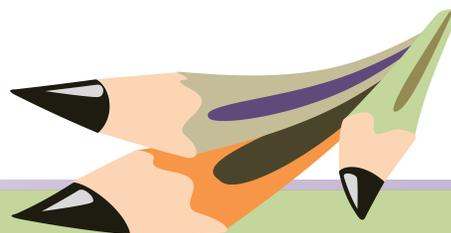
Also remember to apply to as many places as possible. If you count on one employer to give you an offer and that falls through, you're stuck. It's always best to have options.

### 5. Don't get tunnel vision when applying – just get the experience

Don't restrict yourself to internships or companies that are well known. If you're open-minded about where you look for opportunities, great experience will follow. For example, interning with a small, local radio station might not be as glamorous as interning with a big network TV channel, but the hands-on experience you'll gain will be invaluable. And having that experience on your resume, early in your college career, may lead to a bigger internship down the line.

### 6. You won't always get your dream internship, but don't let that stop you

If you miss out on an internship with your dream company, don't let that stop you from re-applying in the future. Getting denied from a company you love should only encourage you to try even harder to land the gig next time. In your next round, evaluate why you were denied and work to improve your chances. That could mean taking on more leadership roles at school, diversifying your course experience, or networking with the right people.



HAVE YOU  
COMPLETED  
THE FAFSA?

*Don't  
wait!*

Contact your SSS advisor for assistance with completing your FAFSA. Remember, the early bird gets the worm. FAFSA priority deadline is May 1, 2016.

Event	Date	Venue
Classes Resume	Monday, April 4 @ 8:00 a.m.	
SSS Financial Literacy	Wednesday, April 6 @ 5:30 p.m.	Cane River Room in Student Union
Final Day to Resign from all B-term courses or drop B-term courses with a "W"	Friday, April 8	
SSS Stress Management Workshop	Wednesday, April 13 3:00 p.m. – 5:00 p.m.	President's Room in Student Union
SSS Movie Night	Tuesday, April 19 @ 5:00 p.m.	President's Room in Student Union
Lunch with your SSS Advisor	Wednesday, April 20 11:30 a.m. – 1:00p.m.	Iberville Dining Hall
Last Day of Classes	Friday, April 29	
Final Examinations	Friday Evening – Friday April 29 – May 6	

# APRIL FOOLS' DAY APRIL 1

## Last Minute April Fool's Day Pranks

- Glue Coins (Or Anything Valuable) To The Ground
- Put Masking Tape Over Computer Mouse's Sensor
- Set Someone's Clocks Ahead A Few Hours
- Saran-Wrap The Toilet Seat
- Put A Friend's House Up For Sale
- Mess With Someone's Toothbrush
- Put On A Ridiculous Fake Tattoo And Say It's Real
- Paint a bar of soap with clear nail polish and let it dry. Put the non-sudsing soap in the shower or bath and wait for the questions to begin.
- Place small pieces of clear tape over the sensors on the television and gaming console remotes.

\*\*Remember, April Fool's Day is all fun and games so **do not** do anything dangerous or anything that could get you in serious trouble.



## GOT NEWS?

If you've got news you'd like to share with the NSU SSS community, please send it to us at [trioss@nsula.edu](mailto:trioss@nsula.edu). A picture may enhance your story, so feel free to include that also. The deadline for all submissions for the next month's issue is always the 20th.



**We want to know what our SSS students are doing this summer. If you want to give us the 411 so we can publish it in our next newsletter, please email Ms. Danielle @ [conded@nsula.edu](mailto:conded@nsula.edu). If you want your photo taken, indicate in the email which day/time you will be available to come by the office. LET US HEAR FROM YOU BY APRIL 15TH.**

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**We're on the Web!**  
See us at:  
<http://studentsupportservices.nsula.edu/>

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