

## Happy Birthday

- April 3      Maya Porter
- April 5      Morgan Rivers
- April 6      Joy Trahan
- April 7      Rebekah Clark
- Cheyenne Ware
- April 8      Teia Jones
- Tango Malone
- April 11     Precious Pridgeon
- April 15     Rhiannon Racca
- April 18     Ashley French
- Logan Webb
- April 20     Darielle Channel
- April 21     Dianna Fort
- T-Aira Kelly
- April 24     Rakeisha Brown
- Special Crawford
- Brooke Howard
- Alexis Moses
- April 26     Byron Stevens, Jr.
- April 27     Hannah Hughes
- Kiara Murphy
- ShaRhonda Zeno
- April 29     Jade Gaines

### Brain Foods to Eat Before Taking a Test

1. Nuts
2. Apples
3. Yogurt
4. Blueberries
5. Curry/Turmeric
6. Salmon
7. Pumpkin Seeds
8. Broccoli
9. Sage
10. Bone Broth
11. Dark Chocolate
12. Dark Leafy Greens
13. Eggs

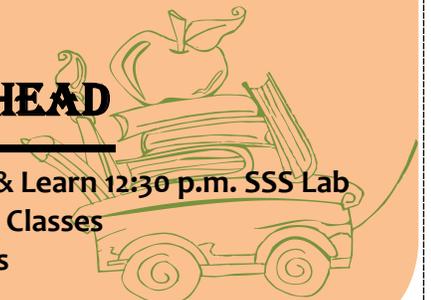
### Worst Foods to Eat Before Taking a Test

If you notice on the list above, there is not a single processed food, pill, or artificial ingredient. So far, man has not met the perfect of nature. We cannot figure out how it all works together to get something that nutritious in such a delicious package.

So, we say the worst brain food is anything packaged. If it is not in a package, it is not food, it's a food-product. It is a subtle difference, we can eat food-products, we just can't get nutrition out of them.

## **THE WEEK AHEAD**

- April 25** – SSS Lunch & Learn 12:30 p.m. SSS Lab
- April 28** – Last Day of Classes
- May 2-8** – Final Exams



## STUDY TIPS FOR FINALS WEEK

**BE THE EXPLAINER** - Explaining something to someone else is one of the best ways to determine what you have down cold, what you need to take a second look at.

### **HAVE A STUDY BUDDY? DON'T SPLIT THE WORK -**

Have a friend make a study sheet for the final exam separately, then get together after you both are done and review the topics together. That way you are less likely to miss something.

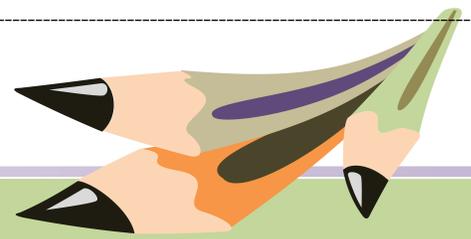
**TV OFF AND MUSIC ON** - Music can help you focus IF you pick the right songs. Forget brand new albums or your favorite songs that might break your concentration when you need to study. Instead, listen to music you already know all the words to, but don't feel compelled to sing along.

**CAN'T STOP SINGING? PUT EVERYTHING TO MUSIC!** - See if you can make up new lyrics to your favorite songs that incorporate the formulas or historical dates you have to memorize. Things are a lot easier to remember with a good beat.

**READ IT. WRITE IT. SAY IT.** - Go through your notes and pull out the key points by reading them, re-writing them, then saying them out loud. This method really helps some students commit facts to memory.

**GET SOME SLEEP** - During finals week, many campus libraries stay open 24 hours a day, and numerous students commiserate over the intensity of their last-minute cram sessions. Pulling an all-nighter, however, is one of the worst things that you can do. Fatigued brains do not retain information, nor do they recall it well. Adhering to a reasonable sleep schedule is the key to their effectiveness.

**STAY ACTIVE** - Exercise boosts blood flow to the brain, and sitting in one place for an extended period of time can lead to a tired, ill-supplied mind. You may not be able to squeeze in a full workout during finals week, but you do have time to go for a short walk or to do two sets of crunches or push-ups.



## 6 Tips to Beat Final Exam Stress

**1. Avoid Stressful People** - Stress actually is contagious. During exam week, resist the urge to have a study session with your super-tense friend, especially if she is complaining about all the work she has to do and breaking pencils all over the place. Her stress will only add to your stress.

**2. Eat Healthy and Exercise** - Skip the sugar, which will make you crash, and go for snacks like granola bars, healthy cereal or fruits and veggies to keep your blood sugar stable. If you're studying for a long period of time, eat some protein too. Also, try to get some form of exercise. Even a 10 minute walk will leave you calmer and more focused.

**3. Just Say NO!** - There will probably be a friend who needs to talk to you for hours about her life, or a keg party the night before your final, and if you say yes, you'll probably be tempted to blow off studying. Resist the urge. Say no to the distractions and be selfish for a day.

**4. Force Yourself to Take Breaks** - For every hour or so that you work, take a 10 - 15 minute break. Let yourself do whatever you want for those 10-15 mins, then start working again. This gives your brain a little rest and will help keep you more focused when you are actually doing work.

**5. Visualize it All Going Right** - Imagine yourself taking the test and feeling confident that you know all the information. Picture getting all of the answers right, and focus on how relaxed you feel. Then picture the A on your test paper. When you imagine a happy ending, that's often what happens, because you make the decisions that lead to it without even realizing.

**6. If You've Studied All You Can, Get Up Your Confidence** - You've prepared as much as you could, and now it's time to ace the test. The tip here is to do whatever works to convince yourself you are going to do really well. Again, I know this tip sounds a little crazy but you just have to try it for yourself.

HAVE YOU  
COMPLETED  
THE FAFSA?

*Don't  
wait!*

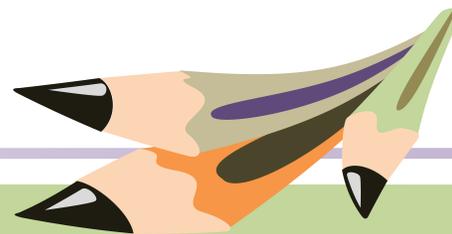
Contact your SSS advisor for assistance with completing your FAFSA. Remember, the early bird gets the worm. FAFSA priority deadline is May 1, 2016. The website is as follows: <https://fafsa.ed.gov/>

# PEER MENTORING

SSS is looking for peer mentors for the next academic year (2017-2018). If you are interested in mentoring some NSU freshmen and sophomores, please contact Mrs. Terri at 318-357-5901, [marshallt@nsula.edu](mailto:marshallt@nsula.edu), or come see her in room 241-B of Kyser Hall.

## Benefits of Mentoring

1. Enhance Resume
2. Develop leadership and management qualities
3. Increase your confidence and motivation
4. Recognition of your skills and experience
5. Benefit from making a difference in someone's life



## **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 20<sup>th</sup>.



**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 MAY 1ST.**

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

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