

Midterms: 6 Ways to Study Smarter

Whether we like it or not, midterms are right around the corner. Before we can enjoy a week of freedom, we have to have a week of testing. Since it is inevitable, we might as well be as prepared as possible. Here are 6 tips to study smarter.

IN THIS ISSUE:

Rid Week	2
Co-Curricular	2
Dates to Know	3
No Bake Recipes	3
Did You Know?	4

1) **Attend Classes**: Don't make the mistake of cutting classes and trying to teach yourself from the text or by printing the online notes. Your professor adds to text ideas and highlights important information. It makes sense to go to class and find out what that important information is. You'll then be spending your study time reviewing what you need to know.

2) **Study Short and Often**: Your brain takes in information faster and retains it better if you don't try to overload it. Short study periods are more effective than long ones for two reasons: A) frequent repetition is the key to building your memory, and B) if you leave a long time between study periods, you may forget a good portion of the material you studied.

3) **Establish a Regular Study Area**: When you study in the same place every time, you become conditioned to study there. Your mind will automatically kick into gear, even when you don't feel like studying.

4) **Study Your Most Difficult Subjects First**: You're most alert when you first sit down to study, so that's when you'll be in the best shape to tackle the tough stuff. You'll also feel better getting the tough stuff out of the way and won't be tempted to spend all of your time on easier or favorite subjects.

5) **Review Your Notes Regularly**: Taking good notes is the first step; reviewing them regularly is the second. The best way to learn anything is to review the information often. When the time comes to be tested, you'll only have to review. You won't have to learn it all at one time.

6) **Reward Yourself**: When you complete one of the goals you set for yourself, give yourself a reward, like a snack, magazine or TV show.

This information was taken from the book Making Your Mark, by Lisa Fraser.





Rid Week

February 27-
March 3, 2006

Reducing Irresponsible Drinking Week

<p>Monday, 2/27</p> <p>2:00 pm Alcohol on the Home Front (LSC Ballroom B)</p> <p>5:30 pm Walk Across Texas Kickoff (Intramural Field 1)</p> <p>Tuesday, 2/28</p> <p>11:00 am-2:00 pm Alcohol Screenings (LSC 331)</p> <p>2:00 pm Chemistry of Alcohol (LSC 320)</p> <p>7:00 pm Play it SAFE! (Baseball Complex)</p>	<p>Wednesday, 3/1</p> <p>3:30 pm Alcohol Victims Panel (LSC 304)</p> <p>5:00 pm Don't Gamble with Alcohol (LSC Kat Klub)</p> <p>7:00 pm Take it to the Hoop (Johnson Coliseum)</p> <p>Thursday, 3/2</p> <p>10:00 am-4:00 pm Drunk Driving Simulator (LSC Atrium)</p> <p>5:00 pm Don't Gamble with Alcohol (LSC Kat Klub)</p> <p>6:00 pm Can you out-drink the Greeks? (Outside the HKC Expansion)</p> <p>Friday, 3/3</p> <p>4:00 pm Beer, Bones, and Pizza (HKC multipurpose room 2)</p>
---	---

For more information contact Michelle Lovering at:(936)294-4347. [View the Flyer](#)
RID Week is sponsored by the [Alcohol Abuse Initiative](#)

Co-Curricular Transcript

How much does the transcript cost?

The Co-Curricular Transcript is free of charge. The program is sponsored by Student Service Fees.

How do I get a copy of my Co-Curricular Transcript?

The official Co-Curricular Transcript is available for printing at any computer with internet access.

- 1) Go to [SamWeb](#)
- 2) Log-in
- 3) Under the 'Navigation menu' select student records
- 4) Click on Co-Curricular Transcript.
- 5) Select the 'New Entry Form' option and press 'Submit'
- 6) Follow the instructions for filling out the Entry and Validation form and press 'Submit'
- 7) A confirmation message should appear when the form is submitted
- 8) Your entry will be verified within 3-5 business days and will appear on your official Co-Curricular Transcript

Can I list all of my activities on my Co-Curricular Transcript?

Yes, you can list all of your activities as long as they were accomplished during your enrollment at Sam Houston State University.

The Co-Curricular Transcript is an official record of leadership accomplishments, student organization involvement, community service activities, and professional/educational development programs.

BENEFITS OF THE CO-CURRICULAR TRANSCRIPT:

- Recognizes "out of class" learning, development, and contributions.
- Supplements resume or application for employment.
- Enhances candidacy to graduate or professional school.



Dates to Know

March 1

Program Council, "Get a Clue: Spring Break Safety," LSC Mall Area, noon

March 1-9

The Art Department hosts "A Mysterious Clarity" in the Gaddis Geeslin Gallery, Art Building F

March 2

HAPPY BIRTHDAY GENERAL SAM!!
Bell Tower, noon

March 2

Sam Houston's March to the Grave, 10 am, behind Austin Hall



March 3

Last day to drop with a "Q"

March 3

Program Council & MISS, Dinner & a Movie: CRASH, LSC Rm. 320 6 pm

March 7

IMPACT Luncheon, LSC 320, noon

March 10

Residence halls close at 6 pm for Spring Break



March 13-17

Spring Break!

March 19

Residence halls reopen at 2 pm

March 22

Grassroots: Conversations on Leadership in a Diverse Community, Dr. Carol Parker, Associate Professor, Department of Educational Leadership and Counseling, Olson Auditorium, 5-6 pm

March 28

Program Council Dive-In Movie: *Open Water*. HKC Pool, TBA



March 29

Registration Begins: Sophomores

March 30

Registration Begins: Freshmen

March 31

Program Council Live in Concert: *Foreign Oren & More*, Austin Hall Grounds, 7 pm

For more calendar information, please see the [Academic Calendar](#), the [Student Services Calendar](#), or the [SAM Center Calendar](#).

No Bake Recipes for Residence Hall Living

Mini Pizzas



- * Toast 4 English muffins
- * Top with 1 can (8 oz.) tomato sauce, 1/2 teaspoon oregano, dash of garlic powder, and mozzarella cheese.
- * Cook uncovered 1 to 2 minutes in microwave.
- * Optional toppings: green pepper strips, pepperoni, slices of mushroom, grated parmesan, and chopped onion.

Pasta



- * Put 1 quart of hot tap water and 1/2 teaspoon of salt in a 2-quart casserole dish.
- * With the lid on, heat 10-12 minutes in microwave.
- * Add 4 oz. of pasta
- * Microwave 6-10 minutes, drain water from pasta.
- * Add a small jar of pasta sauce, stir and microwave 1-2 minutes

Don't forget to use the microwave in the residence hall lobbies!



first-year experience

Dr. Keri Rogers
Director, First-Year Experience &
Associate Dean
Sam Houston State University
Lee Drain Building, Suite 200
Box 2209
Huntsville, TX 77341
Phone: 936.294.3422
Fax: 936.294.1598
krogers@shsu.edu

We're on the web!
www.shsu.edu/fye

Writing Center

Monday-Thursday: 8 am-7 pm
Friday: 8 am-3 pm
Sunday: 2-7 pm
Farrington 111
936.294.3680
wctr@shsu.edu
www.shsu.edu/~wctr

Reading Center

Monday-Thursday: 8 am-7 pm
Friday: 8 am-3 pm
Sunday: 2-7 pm
Farrington 109
936.294.3114
rdg_www@shsu.edu
www.shsu.edu/~rdg_www

Math Help Lab

Monday -Thursday 8 am-4 pm
Friday: 8 am-1 pm
Farrington 104
936.294.1564
www.shsu.edu/~mth_www/helphours.htm



March 17, 1737

St. Patrick's Day 1st celebrated in U.S.A in Boston

MARCH 14, 2006



The Jewish Holiday Purim is celebrated by giving to neighbors and to the poor.

March 2, 1793

Sam Houston is born at Timber Ridge in the Shenandoah Valley



March, 1847



Sam Houston buys property in Huntsville to build his famous "Woodland" home



March Women's History Month
March 8 International Woman's Day



National Archives