

Seven Steps to Prepare for Your Math Final Exam

By Shelley Smith

Ideally, you should start studying at least 10 days before your final. Longer time might be necessary if you have had several areas that you struggled with during the semester.

1) ORGANIZE: gather up all exams, homework and class notes.

2) FIND PROBLEM AREAS: look through each exam and write down all problems that you didn't get the

majority of credit on.

3) FOCUS ON PROBLEM AREAS: rework class examples and homework for these problems, get tutoring or go to the teacher's office for help.

4) REVIEW OF ENTIRE SEMESTER: write down all exam questions without solutions on a few sheets of paper, read over all exam solutions, and glance through class notes

and read what you don't remember off the top of your head.

5) TEST YOURSELF: retake the exams from the questions you copied.

6) CONCENTRATED STUDY: rework examples from class notes and redo homework problems like the ones you missed in Step 5.

7) FINALIZE: look through all exams, solutions and class notes again.

Extra, Extra!

Be sure to "Like" us on Facebook (Highland SSS), follow us on Twitter (sss@highlandcc.edu), and follow us on Pinterest (Highland Community College) for updates and birthday announcements!

May 2014 Events

May 1-SSS Grant Aid Applications Due

May 2-SSS Cultural Event

May 5-Admissions Rep, Missouri Western State University, CT Lobby, 9am-12pm

May 13-16-FINALS WEEK!!

May 16-Graduation, 7pm

May Birthdays

May 5-Brandon Peters

May 6-Sami Bery and Claire Turpin

May 10-Diana Pratt

May 13-Jenna Stillwell

May 16-Erin Clary

May 18-Tosha Pennington, Carissa Sinclair, Chasity Sinclair, and Ashley Torres

May 21-Amanda Alford and Ryann Bowser

May 26-Brandon Glover

May 31-Michael Capps

Congratulations to all graduating SSS members. We are proud of you and wish you luck in your future endeavors!

Choosing the Right Food When Studying for Finals

By Audrey Denton

As you are thinking about studying for your finals, here is some food for thought; some foods have been shown to improve brain function and encourage focus and clarity.

I found an article which listed out 13 Brain Superfoods, which I thought would be fun to share with you all as we are closing in on finals week.

Walnuts are chock-full of alpha linoleic acid which helps blood flow and delivering oxygen to the brain.

Olive Oil and avocados are a great source of monosaturated fats which have been shown to slow brain aging.

Berries- blueberries and strawberries have been shown to slow the decline in memory and focus.

Sardines and salmon are a good source of Omega-3 fatty acids which lower the risk of dementia.

Coffee includes a mild stimulant that improves mental acuity.

Spinach is rich in the antioxidant lutein which helps protect against cognitive decline.

Dark Chocolate contains antioxidants and caffeine which helps with mental acuity much like coffee.

Water can help en-

sure you don't become dehydrated, which will affect your cognitive function.

Wheat Germ is a good source of choline which can help in boosting your memory.

Beets are a good source of naturally occurring nitrates which help with blood flow.

Garlic may help stave off some forms of brain cancer.

Good luck on your finals and congratulations to all those who are graduating!

Source: http://www.huffingtonpost.com/2012/09/18/brain-food-superfoods_n_1895328.html

Top Ten Stress Relief Tips for Finals Week-Or Any Time

By Kim Bechtold

10. *Declutter!* Organize notes, study sheets and space.

9. *Listen to music* - Close your eyes for a few minutes and listen to a couple of your favorite tunes.

8. *Lay off the sugar* - substitute water for soda - and fruits,

veggies, and salty snacks instead of sugary ones.

7. *Stretch!* Take a break every now and then to stand up and shake it out.

6. *Comfort food!* Take a break from studying and make dinner with your roommates or friends.

5. *Relax and take a break with a movie* or chat with a good group of friends.

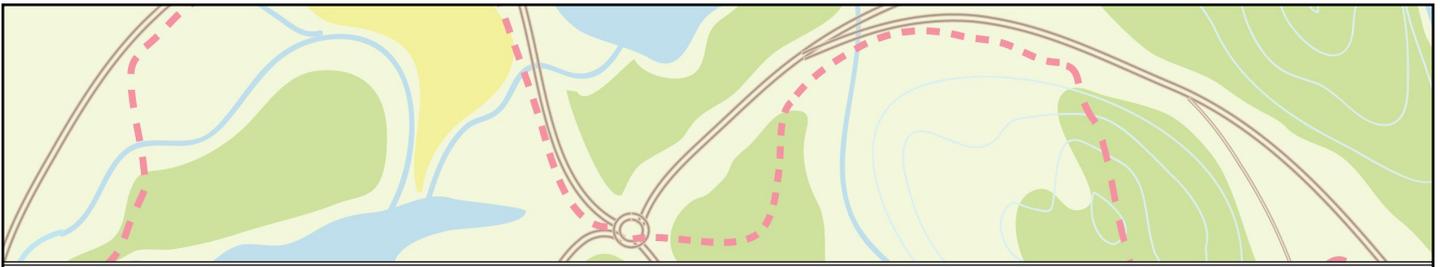
4. *Take a walk* around campus. Fresh air will give you a boost for the next study session.

3. *Plan a spa night, pamper*

yourself and relax!

2. Yoga or other exercise will clear your mind and keep you healthy!

1. *Take a Power Nap!* - Studies show that a 20 minute nap in the afternoon will help you throughout the day.



SSS Students, Staff Travel to St. Joseph Missouri for Cultural Activity

By Andrea Keller

On Thursday, April 24th, the SSS program ventured to St. Joseph, Missouri for a cultural day. The day began with a tour of the award-winning Glore Psychiatric Museum, which was the original State Lunatic Asylum that opened in 1874. The museum provided a 130-year history of the state hospital in addition to centuries of mental health treatments and practices. The Glore Psychiatric Museum is recognized

as “One of the 50 most unusual museums in the country” and has been mentioned in national publications and television programs. Admission to Glore also included access to the Black Archives and the St. Joseph Museum.

After the museum visit, students and staff dined on fine Mediterranean cuisine from Gyro Paradise. Hummus, cous-cous, gyro meat, baba ghanoush, grape

leaves and Greek salad were amongst the items available to sample.

The Remington Nature Center was the final stop of the day. The self-guided tour included a myriad of plants and animal replicas indigenous to the northwest Missouri area. Rocks, fossils, pottery and Civil War exhibits were also on display. The Center also provided a historical view of the city of St. Joseph during the Pony Express era.



ABOVE: Rey Quinones-Valez puts on a lab coat at the Glore Psychiatric Museum in St. Joseph, Missouri in the autopsy lab. Students were able to wear the lab coat and pretend to be doing an autopsy on a mannequin to take photos.

BELOW: The 2013-2014 SSS members and staff enjoying lunch at Gyro Paradise in St. Joseph, Missouri where they were served Greek cuisine.



ABOVE: SSS members and staff studying the displays at the Remington Nature Center in St. Joseph, Missouri. The students participated in a scavenger hunt for prizes.

ATTENTION SSS MEMBERS: Be sure to see your advisor to enroll in your fall 2014 semester classes before you leave campus for summer break!



“Working Out” Your Creative Writing Muscles to Improve the Final Result

By Randa Arnett

Last week I read an interesting idea related to improving one's writing skills. The book, *Writing Doesn't Have to be Lonely*, by Lawrence Weinstein, presented several suggestions about organizing, proofreading, and other steps in the writing process, but the illustration that I liked most compared writing to working out at a gym. Weinstein's point was that a person does not build up muscle strength or stamina by going to the gym and having someone else lift the weights or run on the treadmill

for him. Just as toning muscles and improving one's physique is an individual, gradual process, so improving writing skills is also a process. The 'workout sessions' for a writer may occur at the resource center or at the library with a friend/tutor, but in order to improve one's skills, the actual work must be done by the writer himself. Revising can be tedious, but having someone else make corrections on your paper is much like asking someone else to take a couple laps

around the gym for you while you sit on the bench sipping your Dasani. Asking someone else to read your paper and make suggestions can be very helpful and give you a clearer sense of how well you have conveyed your intended point. However, after the feedback, you must be the one to re-think, re-write, revise, if you want to see those writing muscles beef up. So, grab the weights, do the reps, feel the burn – know that if you keep working out, your skills will improve.

Second Spring Cultural Event Takes Students, Staff to White Cloud Kansas

By Andrea Keller

The HCC Student Support Services program provided a cultural trip on Friday, May 2nd to the White Cloud flea market. Students feasted on Indian tacos before touring the Ma Hush Kah Museum, which just re-opened after having been closed for several years. Erected in 1871-1872, the building served as a school to elementary and high school students for many years. The Museum now houses White Cloud artifacts and memorabilia. The Ma Hush Kah

Museum is listed on the National Register of Historic Places. Next, participants wandered around the flea market visiting with vendors and looking for treasures. The final stop of the day was Four-State Lookout, which provides a spectacular view of Kansas, Missouri, Nebraska and Iowa and overlooks the Missouri River. This landmark was named to the 8 Wonders of Kansas-Geography.



ABOVE: SSS members and staff at the Four-State Lookout in White Cloud, Kansas. Pictured are: L-R Brandon Nichols, Megan Voyles, Erin Clary, Katy Jeter, Kayla Harden, Shelley Smith, Kristi Blevins, Audrey Denton, Kim Bechtold, and Randa Arnett. Front: Jerricus Funderburke. Photo by Andrea Keller



ABOVE: SSS students and staff toured the Ma Hush Kah Museum in White Cloud, Kansas. (Photo courtesy of White Cloud Kansas Flea Market Facebook page)



ABOVE: Great weather, food, shopping, and site seeing was enjoyed by SSS students and staff at the annual spring White Cloud flea market in White Cloud, Kansas.

“Every great dream beings with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”-Harriet Tubman

Have a safe and happy summer break. We'll see you all next year!