



Student Success Center Newsletter

“Empowering students to succeed at Odessa College and beyond”

Hours of Operation

- **Monday**
8:00a.m — 9:30 p.m.
- **Tuesday**
8:00a.m — 9:30 p.m.
- **Wednesday**
8:00a.m — 9:30 p.m.
- **Thursday**
8:00a.m — 9:30 p.m.
- **Friday**
8:00 a.m.—5:00 p.m.
- **Saturday**
9:00 a.m.—12:00 p.m.
- **Sunday**
2:00p.m.—5:00 p.m.

Located on the First Floor of the LRC.

Inside this issue:

Test Anxiety	1
Leadership Lesson – Stress	1
Success Center Finals Review	2
Where to Look	2
This Weeks Reflection...	2
Leadership Quote	2
Upcoming Semester	2

Volume I, Issue II

May 2010

Test Anxiety

This guide is titled “Reducing Test Anxiety” and provides practical help for people who suffer from test anxiety.

Designed specifically for Texas Educator Certification test takers but useful to anyone who has to take tests, this guide reviews the major causes of test anxiety and offers practical advice for how to counter each one.

Recognizing the symptoms of test anxiety is the first

critical step, and this book helps you evaluate your own warning signs. From how to organize your study schedule to how to tune out distractions at the test center, these strategies will help you in your efforts to get the score you deserve!



Interested in reducing test anxiety? Check out this web site. This guide is put out by the Texas Education Agency for anyone who has to take tests.

http://www.texas.ets.org/assets/pdf/testanxiety_0607.pdf

You will learn about:

- Recognizing Test Anxiety
- How to Cope
- What You Need to Succeed

Leadership Lesson – Stress

Surefire Ways to Stay Stressed!

Yep, you read that right. For most students, this time of year can feel like a mixture of excitement, anticipation, anxiety, depression and panic, to name just a few. Combined these feelings can lead to a little stress.

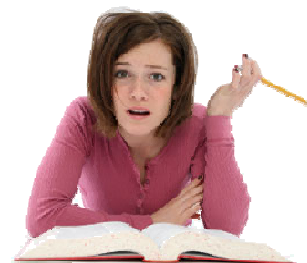
You have more than likely heard of all the ways to combat and manage stress. So, let’s take a different approach today.

Want to stay stressed? Just do this:

- Eat anything you want, at any time of day.

- Never, under any circumstances, exercise.
- Pull all-nighters on a regular basis.
- Personalize all criticism and constructive feedback received.
- Avoid all of these strange “new age” relaxation strategies.
- Break off friendships as soon as something doesn’t go your way.
- Study, study, and study some more...there is no time for fun.
- Make more promises than you can keep.
- Forget your sense of humor.
- Never ask for help.

- Become a workaholic.
- Procrastinate.
- Worry about things you can’t control.
- Go to bed really late.
- Forget the “good” and remember only the “bad”.
- Compare yourself to others.
- Avoid fresh air.
- Never take a break.



"Don't sweat
the small
stuff... and it's
all small stuff."

~ Richard Carlson



Finals Review Schedule

Monday:
History, Government, and
Economics
1pm-2pm
6pm-7pm

Wednesday:
English
1pm-2pm
6pm-7pm

Thursday:
Math
1pm-2pm
6pm-7pm

Upcoming Semester

Maymester:
Monday-Thursday
8am-5:30pm
(May 17th-June 2nd)

Summer I:
Monday-Thursday
8am-9pm
(June 7th-July 8th)

Success Center Finals Review

The Success Center is having Final Exam reviews for English, Math, and History courses (date and time given below). So come, bring your Syllabi as well as any and all work pertaining to your review and the SSC tutor will be there to answer any questions you may have. The reviews will be located in Success Center Group Study Room 121. Snack and refreshments will be available.

Where to Look

Career Planning Guide -
<http://careerplanning.about.com/>

Great career articles from a career coach -
www.the4realities.com



"I've gotten over my fear of tests, but now I seem to have developed studying anxiety."

This week's reflection....

One Minute Stress Buster

Everyone feels a little stress at times. Consider having this exercise in your "back pocket" when you need to relax and refocus.

- Find a quiet spot.
- Remain standing.
- Close your eyes.
- Take 10 deep breaths.
- Breathe in through your nose to a count of 10, and then out through your mouth to a count of eight.
- Listen to yourself breathe in, and breathe out.
- Try to visualize the color white.
- Take 10 more deep inhalations and exhalations, again listening to your own breathing.
- Roll your head all the way around very slowly, first to the right three times, then to the left three times.
- Take three more deep breaths, and then slowly open your eyes.

How are we doing?

"I appreciate the new and improved Student Success Center, the staff is very accommodating and the tutors helped save my math grade, keep the center going because it has certainly done justice on my behalf" ~Ryan Slaton

