Test Anxiety: A Thing of the Past?

by Gayle Clary

Sometimes test anxiety can be good. For example, it can motivate you to do your best and keep you alert. Anxiety may keep you studying until you achieve the grade you want.

However, too much anxiety can slow you down and may prevent you from demonstrating what you know. In times like that, anxiety can be the worst feeling. As such, here are five key factors that can help you reduce your test anxiety:

1. **Be prepared.** Good preparation is the most effective way to reduce test-taking anxiety. As such, begin studying in advance and study a little each day.

2. **Get plenty of sleep.** Research demonstrates at least 6 hours of sleep are needed to keep your memory in top form.

3. **Arrive early.** Though you may already be familiar with the ETC, not being late allows you to relax a little beforehand.

4. **Practice relaxing.** If you become anxious before or during your test, take a few moments to practice relaxation techniques. One way is to take slow, deep breaths, arms at your sides.

5. **Keep perspective.** Each test is only one part of your grade—it’s not your last chance for success or fulfillment.

When all else fails, use good testing strategies:

- Read directions slowly—twice.
- Start with the easiest, least time-consuming questions, then move to the more challenging, time-intensive questions.
- Write formulas down before you begin, while they’re fresh in your mind; outline essay questions before you write the first sentence.
- For multiple-choice questions, be especially aware of answers with absolutes such as “always,” “never,” “every,” “none,” “all,” or “only.”
- For true/false questions, remember that if any part of the question is false, the answer is false.

For more testing help, contact Gayle Clary in the ETC or at ghclary@jchs.edu

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**LibGuides & Chat Assistance: Two New Library Resources**

by Carole Porter

JCHS Library is proud to announce its two newest online resource, LibGuides and Chat Assistance!

LibGuides are online subject guides compiled by your friendly librarians to provide research assistance and subject-specific resources to aid your studies and help make writing papers a little easier. Visit http://libguides.jchs.edu to see what your librarians have created so far!

We already have more LibGuides in the works, so please check back often!

The JCHS Library is also offering online reference assistance via chat. If you have questions, but are unable to visit the reference desk, a librarian will now be available through chat from 8am-5pm and 7pm-9pm Monday through Thursday and from 8am-5pm on Friday.

To use the chat service to get answers now, visit our “Ask a Librarian” webpage at http://www.jchs.edu/page.php/prmID/615

For more information about either of these new services or to suggest a topic for a LibGuide, contact Carole Porter, web services librarian, at 985-8485 (88485) or cporter@jchs.edu.
The Paw Print Gets a Makeover

by Rase McCray

With 2012 in full swing, The Paw Print is getting a new look. Sleeker, thinner, and a little greener, each new issue of The Paw Print will now be only one page, back and front.

We in the Student Affairs department hope that this new design will better suit the JCHS student body. We know that you’re on the go with full course loads—and busy, busy, busy! In response to your feedback, we’ve created a Paw Print that can be read in one sitting, or even as you walk to class. We hope the new format will help you stay better connected to what’s going on.

However, there’s no need to worry that the shorter issues will deprive the JCHS community of good stories. For all of you avid readers, a new Paw Print issue will be published 12 times a year, generally on the first of each month. This publication cycle will help this newsletter stay timely and interesting. It will also give students more opportunities to contribute.

If you’d like to submit an article to the Paw Print, please contact Emily Moore (ehmoore@jchs.edu) or Rase McCray (rrmccray@jchs.edu).

The Challenge of Life

by Kelly Berry

You may meet challenges and say that they are difficult to overcome—but you can overcome any challenges that you face. Here is what I say all the time, “Never give up.” Keep this in mind when you are studying for tests and having a stressful semester.

For example, I have learning disabilities and speech barriers that I have had to overcome in my life. The doctors told my parents that I was not supposed to walk or talk. Through public school, I was told that I was not going to college and would not succeed in college if I went.

In spite of all that, I graduated from Virginia Western Community College in December of 2011 with a degree in Exercise Science and Personal Training. Now, I am here at Jefferson College of Health Sciences, where I am working on my Bachelor’s of Science in Health and Exercise Science. I have met challenges my whole life and have overcome them.

There is no challenge too difficult or too great for any of us to overcome.

“In this world, everything is difficult, but everything is possible. Therefore, whenever you face difficulties, know there are possibilities in all you seek.”

Want to live in the Patrick Henry?

Student Affairs is now accepting housing applications for the Fall 2012-Spring 2013 academic year.

Current students residing in the Patrick Henry must submit Residence Life Contracts no later than April 2nd at 5pm for guaranteed accommodation in the Patrick Henry. (Contracts will continue to be accepted after the April 2nd deadline.)

Questions? Contact Jennifer Martin, Coordinator of Residence Life, at jamartin4@jchs.edu.

The Academic Skills Workshop!

Thursdays 12:00 - 12:50 pm

3/22 | Avoiding Plagiarism
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