Congratulations to our 2014 Graduates!

Congratulations Graduates! As you begin your new journey as Jefferson College graduates, we know that you are going forth with the values that we have encouraged and hopefully inspired in you during your time with us. Please carry those values, along with your skills and experience, out into the communities we serve.

You are the proof of the Jefferson College Mission!
Good Luck!
See you at graduation!

By Dr. Nathaniel L. Bishop, President, Jefferson College of Health Sciences

Spotlight on Brittany Boothe

Brittany Boothe deserves the diploma she is about to receive. Throughout her time here at JCHS, Brittany has worked as a Campus Safety Student and as a work study student for Volunteer Services at Carilion Roanoke Memorial Hospital, in addition to caring for her family, and attending the Bachelor of Science Healthcare Management Program.

I know Brittany will be successful in her healthcare management career by the behavior she has displayed as a student and an employee. She is dedicated and responsible in her dealings with others. She is conscientious, discreet and respectful.

Congratulations Brittany!

Thanks for all you have done. You will be missed.

by Susan Booth, JCHS Physical Plant & Safety Officer

Save the Date!

Exam Week: April 28-May 5  Graduation: May 9  Orientation: May 19
**Tips for Handling Exam Stress**

By Gayle Clary, Educational Testing Center Coordinator

Did you know that test stress can be good? A little anxiety can actually motivate you to do your best. Too much anxiety, however, can slow you down. Check out the following key factors that will help you keep your test stress in line during finals, or anytime you test.

*Be prepared.* Good preparation is the most effective way to reduce test taking anxiety. Begin studying at least 7 days in advance and study a little each day.

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

*Arrive early.* Even if you are familiar with the test environment, arriving early allows you to relax a little beforehand.

*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, keeping your arms at your sides.

*Keep your perspective.* Each test is only one part of your grade, and it only demonstrates what you know on that particular day. It is not your last chance for success!  

**Good Luck!!**

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**Students!! Don’t forget to use Starfish to schedule your exams!**

*Instructions can be found on Blackboard under the JCHS Helpdesk or drop by the LWC or ETC for assistance.*

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**Happenings Around Campus!**

*Dr. Bishop meeting some of our new students at Accepted Student Day 2014*

*The Patrick Henry residents enjoyed some ice cream at Elm Wood Park as the semester is boiling down! They are excited for the summer ahead. By Katie Allen, Coordinator for Residential Life*

*Congratulations Kelly Berry! Finishing the Blue Ridge Half Marathon!*

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*The Library will begin Summer Hours Monday, May 6th: 8am—5pm Monday—Friday*

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The Paw Print is published monthly, September through May. Student contributions are highly encouraged! The deadline for submissions is the 25th of each month. Contact Gayle Clary at ghclary@jchs.edu for information.