Congratulations! You are down to the last 15 days of the first semester of your sophomore year! This time of year can get really busy with papers, final exams, and the anticipation of winter break. Schedule some time for yourself in the hectic weeks ahead. Take time to dance, sing, read a book, paint, hike, work out, or whatever makes you happy and release your stress every day. Tell us how you release your stress on Facebook, and you could win an ODU gift pack from Sophomore Success!

Do you study better in a group setting?
Find a study group online today:
http://uc.odu.edu/taa/studyoncampus.shtml

Do you prefer a tutor instead of a group?
The Peer Educator Program is a tutoring resource for students who want to improve their grades and their understanding of a particular subject area.
Knowledgeable and willing to help you with over 40 courses, the peer educators provide one-on-one tutoring. All you have to do is call, email or stop by the Student Success Center. For more information click here.

Sophomores and faculty from the Batten College of Engineering and Technology enjoying lunch and conversations.

Liz Boyd – Coordinator of Second-Year Programs, beboyd@odu.edu
The Sophomore Success Program is a collaborative effort between Student Transition and Family Programs and Academic Enhancement.
Commencement Volunteers Needed!
Do you wonder what Commencement will be like? Volunteers are needed for the December 15 ceremony. Come get a behind-the-scenes look at what you’ll experience in a couple years. Click here for more information and to register.

A Few Seconds
Second Woman to Run for President of the U.S.: Shirley Chisholm (1972)
Second Biggest U.S. Snowstorm of All Time: The Buffalo Blizzard of 1977
Second James Bond Movie: From Russia with Love
Second New Year’s Eve ball drop in Times Square: 1908

How to Conquer Test Anxiety

Before the test:
• Prepare thoroughly—The worst anxiety is typically experienced by students that are unprepared.
• Talk to professors—They know the material the best. Get your questions answered before the test.
• Find study partners—Your best friend might not be the best study partner. Meet people in your classes and meet often to study material together.
• Regular exercise—Exercise can help to keep anxiety down in all areas of your life.

During the test:
• Choose your seat wisely—Find the best one available. Choose a seat in an area of the classroom with minimal distractions and make sure you are comfortable there.
• Listen carefully to instructions—You don’t want to lose points for not following directions. Listen to instructions and read through the exam carefully.
• Start with items you are most confident about—Answer the questions you know first. Come back to the questions you aren’t sure about.
• Take your time—There are no rewards for finishing first. Use the entire exam time if needed, just make sure to pace yourself. You don’t want to run out of time.
• Deep breathing—Use relaxation techniques throughout the exam. Take deep breaths and stay focused on the task at hand.
• Positive thoughts—Picture the exam handed back to you with a big “A” on it and how that will make you feel. You can do it!

Important January dates:

Residence Halls Reopen
Sunday, January 13 at 10 a.m.

Spring Classes Begin
Saturday, January 12

Tuition and Housing Payments Due
Monday, January 14
(No classes & offices closed; residence halls & apartments open)

Martin Luther King Holiday
Monday, January 21

Share Your Monarch Pride—Apply to be a Preview Counselor
◊ Meet new people
◊ Lead and mentor
◊ Receive summer housing and $8.50 per hour

More information and online applications can be found here.
Applications are due by 5 p.m. on January 22, 2013

Student Engagement & Enrollment Services
Student Transition and Family Programs
Student Success Center, Suite 1006
757-683-7099
www.odu.edu/preview

Find us on Facebook: ODU Sophomore Success