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DAILY COLLEGIAN

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FINALS WEEK

SUMMER
IS
COMING



MY VIEW | ERIN HOGGE

To cram or not to cram? You’re better off sleeping

It’s midnight. Your final is tomorrow at noon. That gives you exactly 12 hours to study for your exam.

You’re sitting in the stacks, haphazardly analyzing your class notes from the entire semester, wondering how you could know so little about the subject matter seeing as you practically transcribed each lecture.

You decide to pull an all-nighter, not stopping for a break until you’ve memorized everything in your notebook. That’s where you’ve gone wrong.

Pulling an all-nighter is never a good idea, regardless of how much you think you can learn in one sleepless night.

There are too many tidbits of information to remember for big tests of knowledge like final exams to be able to focus on the material for hours on end.

Additionally, pulling an all-nighter can negatively affect your health in a myriad of ways.

The National Sleep Foundation said foregoing sleep all night can lead to forgetfulness, weight gain, moodiness, high blood pressure and a disoriented circadian rhythm.

Why would you risk your basic health to possibly remember a



Collegian Creative

few facts you will forget right after your exam?

Plus, imagine how horrible you’ll feel the next day. You’ll wake up, presumably in a groggy state, and look forward to a nap all day, which you probably won’t be able to take with your busy schedule.

Because you won’t be able to

snooze, you’ll grow agitated, and no one appreciates grumpy comments – especially when everyone is struggling during finals week.

The average amount of sleep varies depending on the specific person, but typically you should get a full eight hours of sleep, seemingly one for every second

of your attention span.

You’ll be better off sleeping for those eight hours rather than studying, because let’s get real: you’re going to get distracted during that time period.

When pulling an all-nighter, you’ll likely have your smartphone and laptop with you, meaning the distractions are

endless. From friends texting you to that last episode you want to watch on Netflix, there is too much going on in one night to be able to work hard for the entire time.

The average human attention span is eight seconds, according to a 2015 study conducted by Microsoft.

Think about that: eight seconds. How can you possibly concentrate for hours on end when you’re bound to lose focus after less than 10 seconds?

The simple answer? You can’t. And you shouldn’t try to.

It’s much better to plan out how long you may need to study for a single exam before beginning the arduous and wasteful process of pulling an all-nighter.

And even though just one night of staying awake to study won’t kill you, it’s easy to fall into habitual behavior, so it’s best to avoid it altogether.

To make a long story short, don’t cram for your final exams by depriving yourself of needed sleep. Catch some z’s instead.

Erin Hogge is a freshman majoring in print/digital journalism and is The Daily Collegian’s news social media editor. Her email is egh5129@psu.edu.

The nine best places to take grad photos

By Ashley Hayford
FOR THE COLLEGIAN

The weather is getting nicer and graduation regalia is selling out fast. It’s graduation season, but don’t forget to have a photo-shoot or two before packing up and moving on into the real world.

The best photo opportunities may seem obvious, but don’t miss out on some hidden gems.

Old Main

When someone thinks of Penn State, they think of Old Main. It’s a historical landmark that has been on campus since 1836.

You can’t say you’ve graduated from Penn State if you haven’t taken a photo in front of Old Main wearing your cap and gown.

Lion Shrine

Visiting the iconic Nittany Lion Shrine is a must when taking

graduation photos. Whether it be standing beside it or sitting on it, take creative photos with the lion while you’re still a student.

The Pennsylvania State University sign

Be prideful and make family and friends aware of your alma mater. So that when an employer asks where you attended university just throw them your photo and say, “THE Pennsylvania State University.”

Beaver Stadium

While you’ve taken the trek to the opposite side of campus, take a photo in front of the famous Beaver Stadium.

Reminisce on Grant Haley’s game-winning touchdown that came after Marcus Allen’s blocked field goal against Ohio State in 2016, or maybe shed a

tear over the fourth-and-5 play call this past year.

Either way, just remind everyone you went to Penn State during the era of Saquon Barkley and Trace McSorley.

In front of your college

Taking a photo in front of your college is a must when taking graduation photos.

Even if you don’t think your building is necessarily visually pleasing, you put in four years of hard work to get a degree there. Be proud of your college.

Allen Street Gates

During the spring, the Allen Street Gates are surrounded by flowers in full bloom.

This spring, the purple and yellow flowers will compliment you in your cap and gown while earning you likes and comments on your photos. Maybe if you’re lucky, you’ll get a preacher or protester in the background.

Library

Whether or not you actually studied in the library (or just indulged in Starbucks), you can’t deny that the lawn outside of Pattee and Paterno Library is scenic. Throw your cap on the steps of the library to show all of your relatives how many hours you spent there and how much money you spent at Starbucks.

West Residential Halls

Right beside the Pattee and Paterno Library, West’s courtyard provides the perfect aesthetic background.

Visit collegian.psu.edu to read the full story.

TV shows to binge

By Cassandra Kidwell
THE DAILY COLLEGIAN

Whether you are stuck in State College with an exam at the end of the week, or have multiple finals and are need of procrastination, there is a multitude of great shows available to watch.

On streaming services like Netflix, Hulu, or HBO, here are some shows to use as a brain cool-off — or hours of procrastination.

‘Brooklyn Nine-Nine’

This comedic show can be a change up for those ‘Office’ and ‘Parks and Recreation’ lovers. After a while, these shows may get old to watch, so Brooklyn Nine-Nine can offer new characters to invest in with a similar dry-humor style.

‘The Act’

This show is for those who like interesting, semi-horrifying storylines. It is a Hulu original that describes the true story of Gypsy Blanchard and her overprotective mother, Dee Dee. This storyline focuses on the murder of the mother, Dee Dee, who passed her daughter off as having leukemia, asthma and muscular dystrophy for much of her entire life.

‘New Girl’

After recently wrapping up its seventh and final season, New Girl is a great show for those sitcom lovers. The show features a hilarious friend group that took in a new roommate, Jessica Day, who recently went through a bad breakup.

‘Black Mirror’

Some may think this classic Netflix original is scary, but the great thing about Black Mirror is that you can pick individual episodes to watch as there is no running storyline.

‘Our Planet’

The new eight part Netflix show not only shows so many beautiful elements of Earth, but also educates watchers on the dramatic changes the world has seen.

Featuring different landscapes of Earth in each episode, watchers can choose their favorite scene from ‘Deserts,’ ‘Forests,’ ‘Frozen Worlds’ and more. This is perfect for those who love to watch nature documentaries or simply want to give a new genre of show a try.

‘Game of Thrones’

It’s never too late to join the ‘Game of Thrones’ hype, but just be careful of spoilers as this is the final season and Twitter is certainly loving ‘Game of Thrones’ gossip.

‘Ozark’

Netflix lists this as one of their “Binge-worthy Crime TV shows.” This show covers the story of Marty Byrde, who works as a financial planner. He brings his family to a summer resort community in the Ozarks, as Marty pays the consequences of running a money laundering scheme.

‘Disenchantment’

This is one of Netflix’s original animated shows that does not get enough credit. The show is perfect for a good laugh, or animated show to distract from finals stress. With the same creator as ‘The Simpsons’ and ‘Futurama,’ the character style of those shows is definitely incorporated into this series.

Hopefully if you doesn’t have a Netflix or Hulu account, a friend or family member does have one to share.

Happy streaming and good luck on finals – don’t procrastinate too much!



Eric Firestone/Collegian

The Penn State Nittany Lion Shrine on Feb. 2, 2018.

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Cramming the right way this finals season

By Lesley Cosme
FOR THE COLLEGIAN

Hello, welcome.

If you're reading this it means you've come to that point in the semester where you've realized that one class — or classes — that you've spent your time texting, tweeting or Snapchatting during is coming to an end, and your final is approaching.

Do you remember when every night you told yourself you were going to review the notes on your own, because it was the professor's fault that you couldn't understand the lecture?

Well, now you're realizing your final is next week and you have no idea who the current prime minister of India is and what the state of its current economy is like.

Fear not, I have some advice that you don't need to be omnipotent to give. Freaking out is not an option.

Yes, you've felt organized your entire semester, and yes, it is oh-so important that you get a B on this final to maintain your GPA for your scholarship, but the quickest

way to fail is to start freaking out about all the possible outcomes, and shutdown at the last minute.

And if I've learned anything about test anxiety, it's that if your body senses you're working too hard, it will shut down and give you a break (meaning you'll get sick).

Now, who wants to end the semester on a horrible note, and by your last exam have mono, no clean laundry and a horrible attitude about how you're going to fail at everything you do? Not you.

When it comes to tests, it's all about the actual time you put into it, not just thinking about how stressed you are.

Get out that planner you never use, and if you never bought one because you know yourself and you knew deep down you would never use it, get a piece of paper and plan your week. Have two finals on the same day or in the same week? Plan ahead.

Split up your days with study times for each class and create a checklist, this way it will be bugging you to check it off. Put it somewhere you'll always look —

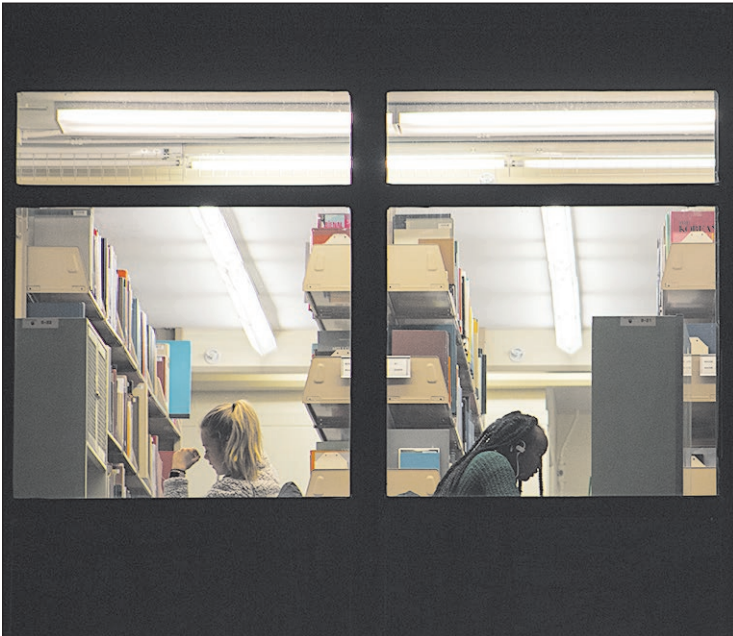
that way, if you don't do it, you'll know who to blame.

Let's say you have an exam Tuesday and another one Wednesday, and it's currently Thursday (but we don't count today because it's the premiere of Avengers 'Endgame' and obviously you aren't going to be doing anything else).

So, if you start studying Friday, plan to make your review guide and study Friday, Saturday, Sunday, Monday and Tuesday morning for that exam that's on Tuesday. Study a couple hours each day, taking leisurely breaks so you don't go insane.

For the exam on Wednesday, plan on studying Saturday, Sunday, Monday, Tuesday and Wednesday morning. If you have multiple exams on one day, take the day to study, but split it in between those classes evenly.

It might not sound like much, but trust me, keeping yourself accountable so you don't fall behind is the only way you can succeed. No one else is accountable for the work you do — good or bad — but you.



John Stinely/Collegian

Students study for final exams in the stacks of the Pattee Library on Wednesday, Dec. 5, 2018.

Seven underrated places to study

By Madigan Lubold
FOR THE COLLEGIAN

It can be very challenging to be productive, especially toward the end of each semester. Here is a guide for the best places around Penn State to maximize study time.

Some of the most hidden or forgotten spaces to study are the HUB library, the stacks in Paterno Library, Pollock Testing Center Lab, the Westgate Building, Webster's Bookstore Cafe, the Biobehavioral Health Building and the new Chemical Engineering Building.

The HUB library is a small library on the west wing of the HUB-Robeson Center, which has many desks and a printer for students to use.

The stacks in Paterno Library are small rooms, filled with books and private desks.

If you need access to computers and printers, the Pollock Testing Center Lab is another useful space to do work in. All of these options are good places for individuals who need a quiet environment to study in.

For students who live in West Halls or want to make the hike to the Westgate Building, this is a great option. With lots of natu-

ral light coming in from the huge windows, Westgate is a beautiful place to study.

There's also a smaller version of an Au Bon Pain at this building, which sells food and coffee to help keep you going.

One of the best places to study is downtown — Webster's Bookstore Cafe. Students can go there to get work done, meet up with friends, eat and browse their huge collection of books and vinyl records.

Although this place is more noisy and lively than conventional study rooms, it is still one of the most productive spots to do work in.

Two of the more modern buildings — the Biobehavioral Health Building and the new Chemical Engineering Building — are excellent areas for cram nights.

The Biobehavioral Health Building has lots of seating outside and inside, both looking out on the HUB Lawn. The newest building to Penn State is the Chemical Engineering Building. There are endless tables and couches to sit at, many with a view of campus.

There are countless places at Penn State to work and study. These are just some of the best spots to go if needing a change of scenery will encourage a more productive day.



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STUDENT ATHLETE STRUGGLES

Penn State’s athletes aren’t immune to the sleepless nights and headaches that come with finals week

By David Pollak
THE DAILY COLLEGIAN

Everyone’s worst nightmare is coming upon us.

For the next handful of days, zombies will take over our campus. No, it’s not the apocalypse, but rather something much worse.

Finals week.

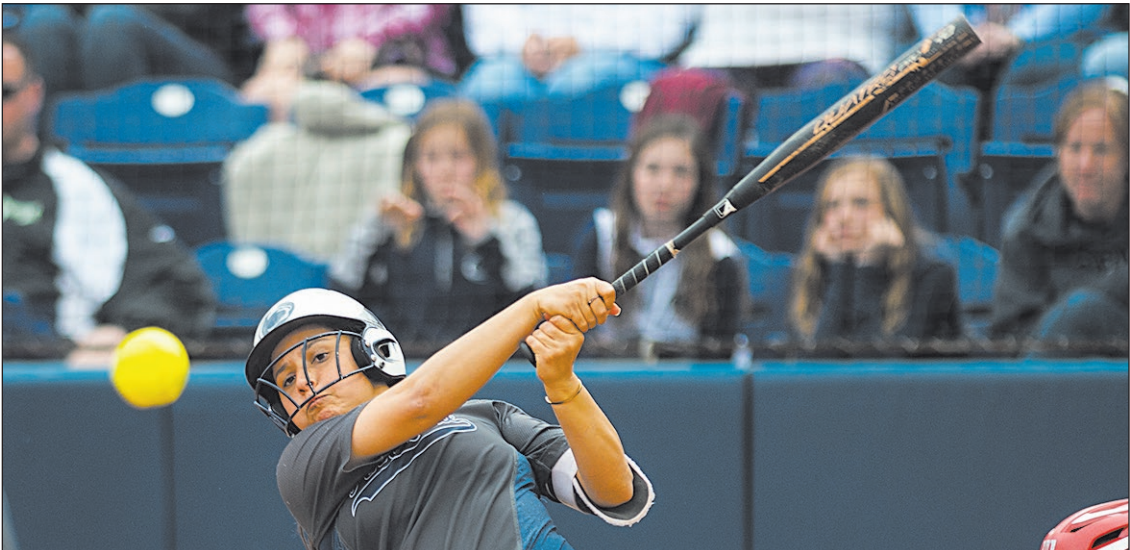
It’s an affliction not even Penn State athletes can avoid.

Softball’s Delaney Elling and Madison Shaffer battle the same struggles as every other student-athletes across the country.

Maintaining the balance of going to class, mandatory study hours, long practices and mid-week games thrown into the mix can be an endless struggle.

“It’s definitely hard, but I think it just comes down to being disciplined,” Shaffer, a senior pitcher said.

“Softball is a priority, school is a priority and other things have to take the backseat. You just kind of



Lindsey Shuey/Collegian

Catcher Haley Vallejos (22) hits the ball during Penn State’s game with Wisconsin at Beard Field on Saturday, March 30. Penn State lost 3-2.

have to do it, unfortunately.”

Delaney Elling, who is in her third season as an infielder with the Nittany Lions, personally feels that the week before

finals is harder than finals week itself.

“You still have classes, softball and there’s some finals this week while you prepare for next week,” Elling said.

“It’s all about the planning. We have some girls who are already studying for tests on Thursday [during finals]. Next week is so much easier because there is no classes, so you can spend the day studying, spend four hours at softball and then can go back to studying.”

The softball team lucked out this season with no mid-week games during finals.

However, they do have a series against Indiana that starts on Friday during finals week, but it doesn’t start until 6 p.m. and makes their schedule a little less hectic.

Elling has experienced the challenges of having to travel during finals and compares that to the luxury of being able to stay home on this occasion.

“At least we are home during finals week because when we are away, that’s even worse,” Elling said.

“You have to take them all

earlier or really work with your professors.”

Coach Amanda Lehotak doesn’t let those struggles go unnoticed either and sees first-hand

the impact of the cumbersome finals week.

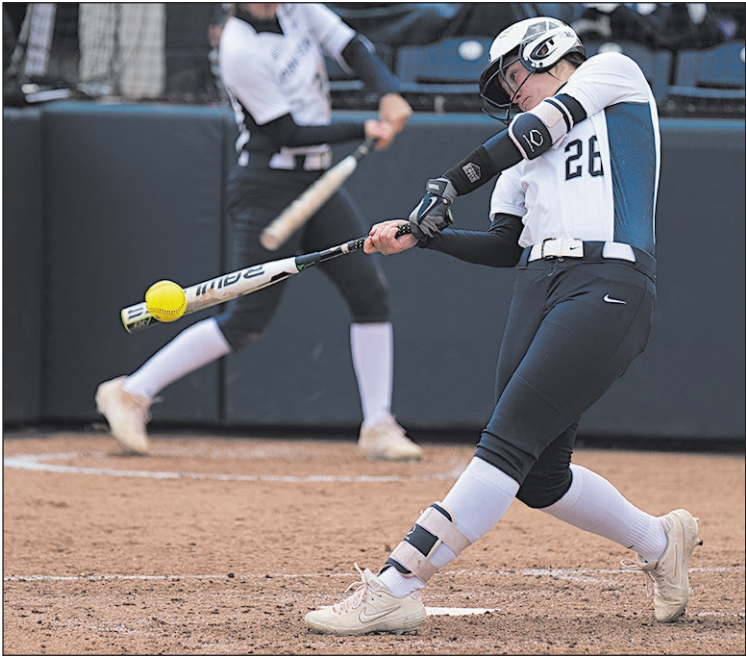
In fact, Lehotak has been impressed with this year’s squad in terms of academics — especially considering the bevy of challenging majors her players are studying.

“I think every team is different, but I think this team is the most balanced team that I’ve ever had in that regard. This team has been really proactive and working ahead. We have some brutal majors on our team that I think that no matter what the kid does it’s not going to matter,” Lehotak said.

“When you’re an engineer, business, pre-med it’s going to kick your butt and the biggest thing is that we encourage them to sleep.”

So don’t worry, you’re not the only one stressing out about finals. Your fellow student-athletes are just as stressed as you are.

To email reporter: dbp5295@psu.edu. Follow him on Twitter at [@david_pollak097](https://twitter.com/david_pollak097).



Noah Riffe/Collegian

Delaney Elling (26) hits the ball during Penn State’s game against Wisconsin on Sunday, March 31 at Beard Field. The Nittany Lions lost 12-3.

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Across

1 Horrible

6 New Mexico Indian

10 Mine entrance

14 Poker play

15 Level

16 Channel marker

17 “That’s a ____”

18 Dead-end jobs

19 Musty

20 Cheer for a banderillero

21 TV’s “American ____”

23 Sign of life

24 Prefix with colonial

25 Savory jelly

28 Seaman

32 Military maneuvers

36 Proclamation

37 Long stories

39 “Platoon” setting

40 Pier

41 Past its prime

42 Medal recipient

43 Annoy

44 Kind of room

45 Station

46 Responds

48 Shock

50 Sword handles

52 Sensitive subject, to some

53 Transparent

56 Picture card

58 It’s a gift

61 Veg out

62 Surrounded by

64 Adhesive

66 Basilica part

67 Hand-cdown history

68 Moscow money

69 Bucks

70 Plenty

71 Pigeons

Down

1 Jason’s ship

2 Sing the blues

3 Nicholson flick, “____ Easy Pieces”

4 Finish, with “up”

5 Permissive

6 Zilch

7 Throat dangler

8 Fishing aid

9 Social connections

10 Shanghai

11 Twofold

12 Charged particles

13 Young ‘un

22 Female rabbit

23 Photos

24 Notch

26 They make you stand tall

27 Tempo

28 The press

29 Embellish

30 Springfield and Nelson

31 Take back to the lab

33 Bungling

34 Burnett of TV

35 Walloped, old-style

38 Dance step

41 Ride the waves

42 At this point

44 Equipment

45 Stiletto

47 Type of ship

49 Browning work?

51 Go around

53 Dressed

54 Easy gait

55 “If all ____ fails ...”

57 March time

58 Much of Mongolia

59 Wheel connector

60 Parting words

62 Completely

63 Jersey call

65 Place

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PUBLIC NOTICE OF SCHEDULED MEETINGS The Board of Trustees of The Pennsylvania State University hereby gives legal notice of meetings to be held at University Park on May 2-3, 2019. Meetings for the committees will be held on Thursday, May 2, from 1:00 p.m. until 5:30 p.m. The complete listing of times and locations is available at: <https://www.trustees.psu.edu/agenda/scheduleMay2019.html>. On Friday, May 3, a Trustee Conference and/or Privileged Executive Session for the Board of Trustees will be held in Room 207 of the Penn Stater Conference Center Hotel from 8:30 a.m. to 12:30 p.m. During this time, the Board will receive expressions of public views in accordance with the Standing Orders, at a time to be determined. Beginning at 1:00 p.m. on Friday, May 3, the Board will meet in Dean's Hall, of the Penn Stater Hotel and Conference Center. The meeting is open to the public and available via live stream at wpsu.org/trustees. Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact (814) 865-2521 in advance of your participation

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The rules are easy to learn: A number above the diagonal line in a black square is the sum of the white squares to the right of it. A number below the diagonal line is the sum of the white squares in the sequence below it. You may only use the digits 1 to 9, and a digit may be used only once in any sequence.

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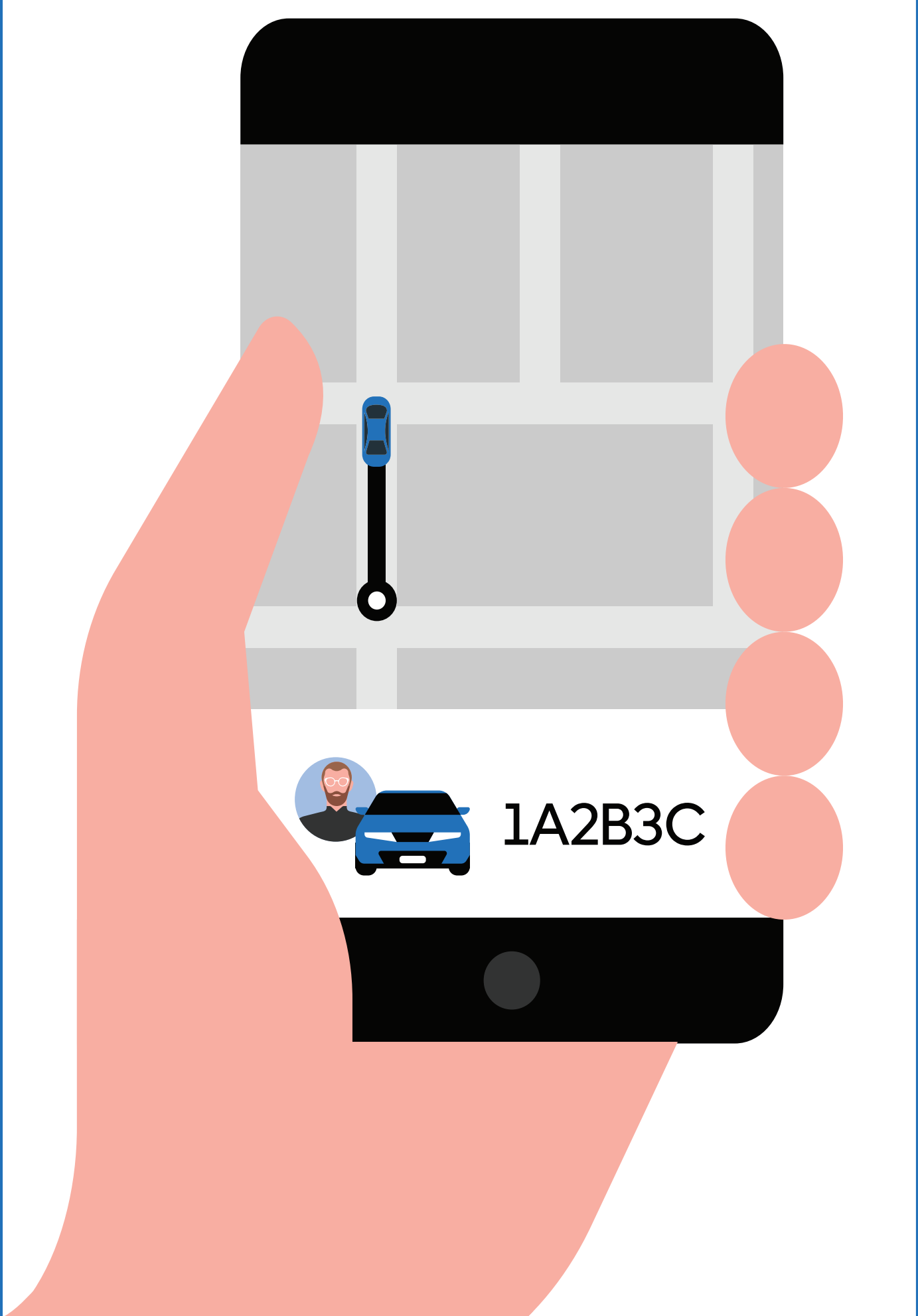
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2. Car make & model
3. Driver photo
4. Have driver confirm your name



The ideal music to listen to while studying

By Alyshia Hercules
THE DAILY COLLEGIAN

When studying for finals, it is important to find the most effective ways to study, regardless of what those turn out to be.

Whether it's music, podcasts or simple white noise, it's not quite common to find someone with earbuds in while trying to study or finish a last-minute homework assignment.

But even though listening to "Mr. Brightside" on repeat might get you pumped up for your finals, it might not be the most effective method.

According to Study.com, students who listen to music with lyrics while completing reading and writing tasks tend to be less efficient and don't absorb as much of the information they were studying.

Music without lyrics — such as instrumentals to jazz songs or classical music tracks — serve as sufficient background noise.

After a 1993 study done by Frances Rauscher, Gordon Shaw and Catherine Ky, the "Mozart Effect" theory was popularized.

The "Mozart Effect" theory states that listening to Mozart's music while doing tasks like studying or homework, can raise your IQ and enhance brain power.

While this theory has been dis-

pelled in recent years and it has been proven that Mozart's music can't raise your IQ, it can possibly help with focusing, which is still an important benefit.

Some Penn State students have begun to adopt this theory and really taking it to hear

"I often like to listen to music with no words, like jazz music or classical music because it's less distracting while I'm studying," Chloe Scott (senior-Chinese) said.

Daniel Yi felt similarly about listening to music with no words in terms of what makes studying easier.

"When I'm listening to music with words, it becomes a lot easier for me to get distracted.

When you're listening to music with words your brain may end up focusing more on following along with the lyrics to the song," Yi (junior-psychology) said.

"When studying I think listening to nature sounds helps with studying, it's calming and doesn't require you to focus on it. It's also not very distracting either," Meghna Choudhary (senior-advertising) said.

An app available on for download on both iPhone and Android phones, called "Calm" offers a variety of stress reduction techniques.

It also provides relaxing sounds of nature, which could help with



Collegian File Photo

Kaylie Niehls (sophomore-kinesiology) studies at the HUB-Robeson Center on Wednesday, Jan. 10, 2018.

studying. Other apps similar to the "Calm" app can be found on the App Store and Google Play Store as well.

"I like to listen to country music while studying or overall any calm music that doesn't require you to pay attention to it," Harlee Shirvan (freshman-psychology) said.

"Also listening to white noise

while studying can also be really helpful and relaxing."

Khalid Alkhatib can study using multiple forms of music depending on what's being studied.

"When I'm studying things that need to be memorized, I listen to a lot of instrumental music, just so the words won't distract me. When I'm studying for math

I can listen to rap or pop music," Alkhatib (senior-electrical engineering) said.

Whether listening to instrumentals, sounds of nature, or your favorite songs to study, stay focused and study on, Penn Staters.

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MY VIEW | BECKY MARCINKO

The ideal music to get you pumped for finals

Being stuck inside studying when the weather is finally nice may not be ideal, but music is pretty great.

So, here is a foolproof list of pre-final pump-up jams to listen to before the big exams that guarantee a passing score.

"I'll Make a Man Out of You" from Mulan

Nothing is more helpful when entering an exam than acting like it is time to get down to business and "defeat the Huns."

Listening to this song will make it easy to attack an exam with the same strength of a raging fire and make you feel super confident going into your exam.

"Formation" by Beyonce

Aside from my fellow Spotify users finally rejoicing the availability of "Lemonade" two years after its release, some of the songs on the album also serve as perfect pre-exam motivation.

This song will be motivational in ensuring sufficient preparation for the exam, because always stay gracious, best revenge is your paper.

"Non-Stop" from Hamilton

I have consistently found Hamilton to be my favorite music to study to, or to listen to before taking an exam.

If Hamilton wrote the other 51, then I can take this exam.

"Independent Women, Pt. 1" by Destiny's Child

I think that even men can enjoy this song and gather inspiration from it. It's a fun song that carries a great message.

"Mr. Brightside" by The Killers

My reasoning is that if this song gets everyone excited at parties at Penn State, then it will have the same effect while listening to it before taking a final.

After all, if it can get Beaver Stadium and the Bryce Jordan Center hyped for football games and THON, it's a lock to help while studying.

"Successful" by Ariana Grande

If Ariana Grande tells me that I am successful while I'm listening to this song, then it must be true and always will be.

"Diva" by Beyonce

This is the third song that features Beyonce, but I can't help it and won't apologize for it.

Beyonce provides some of the most motivational music of all-time and just looking at her success is enough to push students to study harder and longer than ever before.

"Not Afraid" by Eminem

Try listening to this song while entering the Forum Building after a sleepless night of cramming for the last exam of the

semester and hopefully the message will carry over to excellent results.

"Don't Stop Me Now" by Queen

This is one of my favorite songs to get pumped up for a workout at the gym, so it should definitely have the same effect during an exam.

"Break My Stride" by Matthew Wilder

Listening to this and pretending to be in an 80s movie definitely helps with passing exams — especially if pretending to be the stereotypical nerd character in said movie is part of the process.

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