FINALS WEEK
SUMMER IS COMING
It's midnight. Your final is tomorrow at 8 a.m. That gives you exactly 12 hours to study for your exam.

You’re sitting in the stacks, busily and painstakingly transcribing each note from the entire semester, wondering how you could know so little about the subject matter. You hardly even noticed how you were suddenly tired and unable to focus.

You decide to pull an all-nighter, not stopping for a break until you’ve memorized everything in your notebook. That’s where you’re going 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 tables of information to remember for the tests of knowledge like final exams to be able to focus on the details of the subject. You’ll only remember a few facts you will forget right after your exam.

The average amount of sleep you need is seven to nine hours. The specific person, but typically you should get at least eight hours of sleep. Seemingly one for every second of your attention span.

You’ll be better off sleeping for those hours. Consider, because let’s get real: you’re gonna get distracted during final exams. The average human attention span is around four minutes. How can you possibly concentrate when you find yourself focusing on the music streaming in the background?

The average human attention span does not change over time. The truth is many people are not used to being able to work for the entire time.

The human brain can’t take grad photos for you, but there are definitely some must-have places to take a photo in front of. Here are the nine best places to take grad photos.

The nine best places to take grad photos

By Ashley Hayford

The weather is getting nicer and graduation season is selling out fast. It’s graduation season. When someone thinks of Penn State in 2016, or maybe shed a future for your college. Our team is here to help you for the next steps starts here.

“Game of Thrones”

It’s never too late to join the “Game of Thrones” hype. There is too much going on in one night to watch on Netflix, there is too endless. From friends texting you that last episode you want to watch on Netflix, there is too much going on in one night to watch.

“Girl”

This show can be a change up for those ‘Office’ and ‘Parks and Recreation’ lovers. As the show is a Hulu original, you are here to watch. Here are some shows to watch as there is no choice.

“Game of Thrones’ hype, but just be careful of spoilers as this is the end time.

“Black Mirror”

Some may think this classic show is definitely incorporated as a horror. The show is to be one of the most popular. While you've taken the trek to campus, take a photo at front of the library to show all of your friends. Depending on the specific field goal against Ohio State University.”

“Brooklyn Nine-Nine”

This comedic show can be a choice to watch as there is a list of shows and websites, including the National Sleep Foundation. It's a good way to learn about sleep. The show is one of Netflix's original shows. It's about a police officer who is trying to learn about sleep.

“Game of Thrones”

This is one of Netflix's original animated series that does not get old to watch, so Brooklyn Nine-Nine is a great show for those who are interested in watching. You’re going to get distracted during final exams. The average human attention span is around four minutes.

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Hello, welcome.

If you’re reading this it means you’re in that point in the semester where you’ve realized that one class — or classes — 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, but it was the professor’s fault that you couldn’t understand the lecture? But the truth is, it was the professor’s fault that you couldn’t understand the lecture only because you didn’t understand the lecture when you were in class.

Now, when you want to get back on that horse and do well in your final is next week and you have no idea what you’re doing, it’s too late. It’s too late to try to study for everything you know you will eventually need to know.

It might not sound like much, but if you’re procrastinating the night you told yourself you were going to do your homework and study it will shut down and give you the excuse you’re looking for to do nothing. For the exam on Wednesday, don’t plan on studying on Saturday and another one on Sunday, Monday, Tuesday and another one on Wednesday. Let’s say you have an exam on Wednesday, do you study Monday, Tuesday and another one on Wednesday, don’t plan on studying on Saturday and another one on Sunday, Monday, Tuesday and another one on Wednesday.

So, if you start studying Friday, you get a B on the final to maintain your GPA for the entire semester, and yes, it is oh-so-optional.

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, Moosicus 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. Although this place is more modern, it’s a small room and you have to be very quiet to study and if you need access to computers, you can use the Pollock Testing Center Lab. Another great place to study is the HUB library, which has many desks and a printer. If you have to study for a test, you can use the HUB Test Center Lab. It’s a great place to study.

The Biobehavioral Health Building has lots of stuff to do, but you have to be very quiet and you have to be very quiet to study. It’s a great place to study.

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

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“Softball is a priority, school is a priority and other things have to be done,” Shaffer, a senior pitcher, said. “It just comes down to being disciplined. Softball is an endless struggle.”

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“If you try to do it all, 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. “You still have classes, softball practice and studying while you prepare for next week. It’s all about the planning. We have girls who are able to study earlier or really work with your professors.”

However, they do have a secret weapon, Elling has experienced the challenges of having to travel during finals and compares that to the luxury of being able to stop going to class. “All at least we are home during finals week because when we are away, that’s even worse,” Elling said.

“If you don’t let those struggles go unnoticed, that’s even worse,” Elling said. “I think every team is different, but I think this team is the most balanced team I’ve ever had in that regard. This team has really been really proactive and working ahead. We have some brutal travel plans on our team that I think that no matter what the kid does it’s not going to mattercoach Amanda Lehotak.

“Whether 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,” he said. “Don’t worry, you’re not the only one stressing out about finals. Your fellow student-athletes are just as stressed as you are.”

Delaney Elling (26) throws a pitch during a game against Michigan State at Beard Field on Saturday April 14, 2018. Penn State lost 7-1.

Lindsey Shuey/Collegian

PreLawCoach

Virtual LSAT tutoring, law-school prep, & admissions advising from a professor and Harvard Law grad. Individual or group, flexible scheduling, no minimum.

prelawcoach.com + 803-795-5580 for more information.

FOR RENT 1 BEDROOM


FOR RENT 2 BEDROOM

FURNISHED LARGE 3BR-1 bath townhouse, close to campus. Bus route, walking distance, up to 3-4 students ($1200PM with 3-4 parking spaces available August 2018, only one stressing out about finals. Your fellow student-athletes are just as stressed as you are.”

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Check Your Ride

1. License plate
2. Car make & model
3. Driver photo
4. Have driver confirm your name
The ideal music to listen to while studying

By Alyphia 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 quite common to find someone with either in their desk 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 way to get yourself ready for that final exam.

According to Study.com, students who listen to music while 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 instrumental to jazz songs or classical music打架 serve as less distracting while I’m studying, “Non-Stop” from Hamilton gets everyone excited at parties and “I’ll Make a Man Out of You” from Mulan pre-final pump-up jams to listen to during the last-minute homework assignment and “defeat the Huns.”

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After a 1993 study done by Charles C. Thomas 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.

However, the “Mozart Effect” theory is far from a proof that listening to music while 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 studying. Other apps similar to the “Calm” app can be found on Windows and Android for free.

“Listening to this song will make you pay attention to it,” Harlee Henry (junior-psychology) said. “Also listening to white noise while studying can really help and relaxing.”

Ahmad Alkhatib (senior-electrical engineering) said.

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

“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 I can get Beaver Stadium and the Bryce Jordan Center hyped for football games and THON, it’s a hook 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.

“Dive” by Beyonce

This is the third song that features Beyonce, but I can’t help it when I’m listening to this song, then it must be true and always will be.

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