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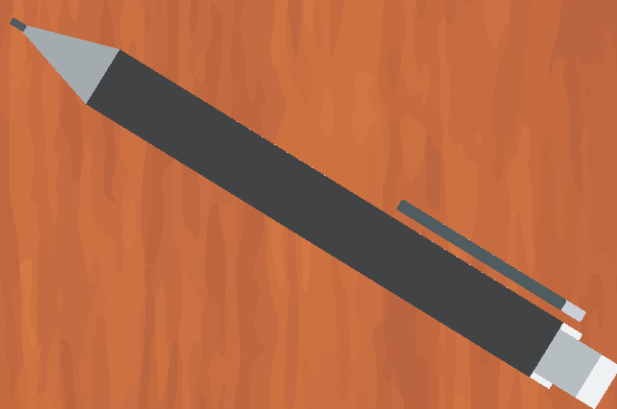
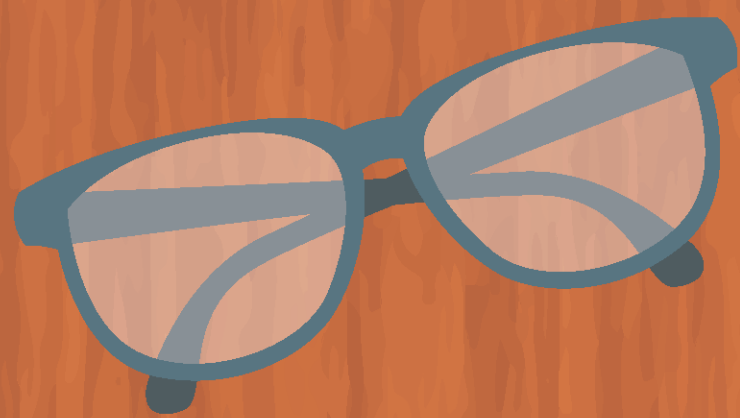
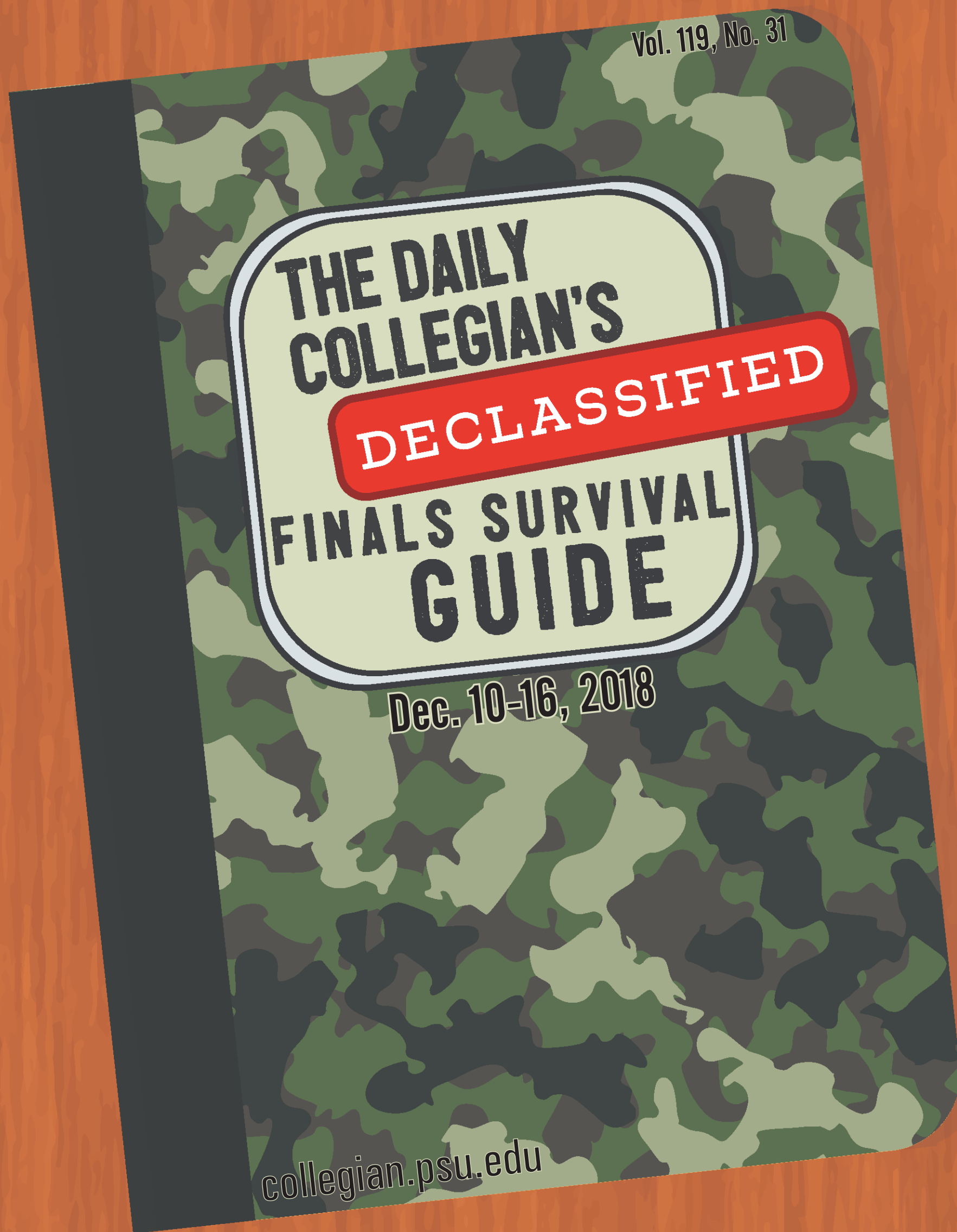
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# The psychology of stress before finals

By **Jordan Corley**  
FOR THE COLLEGIAN

Finals week can be a stressful time for students, worsened by inadequate coping techniques and pressure from both internal and external sources.

Jennifer Graham-Engeland, associate professor of Biobehavioral Health and the Director of the Stress & Health Lab, is currently researching the “effects of psychological stress and stress responses on physical health,” according to her research mission.

“There are many ways in which stress can manifest [and] impair health and well-being,” Graham-Engeland said via email. “A common phenomenon is negative mood (anxiety, sadness, anger), which when prolonged by rumination can lead to exacerbated physiological stress responses.”

Graham-Engeland recommended “moments of mindfulness” to help reduce stress in which the students removes themselves from a stressful situation and allows themselves some time to breathe. She provided an example of turning off a cell phone or computer.

The library provides opportunities for students to give their brain a break from studying with a variety of games and art activities. There are activity stations all throughout the Pattee and Paterno library, however, they are primarily located on the first floor of Paterno where coffee, hot chocolate and snacks are provided as well.

Megan Gilpin, the outreach coordinator for the library, said she provides games such as Connect Four, Operation, Jenga, puzzles and a Wii. She also said she sets up coloring for students, a mind-



Collegian file photo

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

fulness activity she called “art therapy.”

“[The students] come in looking all stressed out,” Gilpin said, “and when they leave they’re very thankful and you can tell that they’re happier. I think it makes a difference that [the students] feel like somebody cared enough to give them a break and a snack.”

These activities are available Saturday through Monday before finals week.

“Another common response to stress is to get less sleep and exercise,” Graham-Engeland said. “Sleep and exercise can promote more adaptive emotional and physiological responses to stress, making them a priority in busy times is a great idea when possible.”

Troy Steiner, a professor of Introduction to Wellbeing and Positive Psychology, agreed with Graham-Engeland and explained the findings of a new paper which

incentivized eight hours of sleep by rewarded bonus points to the students who completed the task.

Steiner said these students performed, on average, four points higher on their final exams than those who did not sleep at least eight hours per night.

He recommended students honestly evaluate how much sleep they have been getting when deciding whether or not to stay up late studying for an exam or go to sleep.

“There is a breaking point,” Steiner said, “and everybody is a little bit different, which is why everyone recommends eight hours, but there is a little variation.”

Steiner mentioned another, lesser known technique, which has recently been proven to reduce stress as well.

“There have been studies looking at the benefits of taking vitamin supplements and their

effects on stress, as well as probiotics,” Steiner said.

The studies showed that participants who received a vitamin supplement compared to those who received a placebo experienced less stress over one month. In another study, participants with a diagnosed stress disorder were targeted and they too experienced fewer stress symptoms.

In Steiner’s class, they discuss stress as it presents in different aspects of larger psychological concepts.

“We talk about the ramifications of stress and coping mechanisms in general,” Steiner said.

As a professor aware of the lasting negative impacts stress can have on students, Steiner follows a method of teaching he believes more professors should abide by.

“We as instructors shouldn’t be teaching students to pass a test,” Steiner said, “we should be teach-

ing them the information and then build the test to examine whether or not they learn what we think is the most pertinent information.”

To combat this, Steiner said he assigns a final project during finals week instead of an exam. For the project, he presents the students with multiple options for their final project; one of the choices is to create their own project.

He has found that the students who choose their own project typically put the most work into the project because they are genuinely interested in the class.

“[This] could be stressful,” Steiner said, “but it’s a positive type of stress because it’s a challenge that they enjoy.”

Around finals week, Steiner said he typically sees an increase in negative stress.

“I think the biggest stress I’ve noticed it that these finals are all coming at the exact same time.”

Steiner said there have been students that have come to him and explained the pressure and stress they were feeling around finals time.

“There is a big difference between the students who are describing these struggles because they want to impress or meet the standards of their parents and that’s always a little hard to listen to because here they’re young adults and they’re still trying to please their parents and part of college is learning to ... become autonomous.”

Steiner said he believes the students who are more autonomous generally perform better academically and, most importantly, are happier.

“They want to improve themselves for their own sake, not to meet some external standard,” Steiner said.



Collegian file photo

**A group of students** study together at the Kunkle Activities Center on Monday, Jan. 29. Karen Murphy, an education professor at Penn State, said the best way for students to maximize study time is to split it between studying alone and with a group.

## Professors discuss value of study groups

By **Shannon Harney**  
THE DAILY COLLEGIAN

In the midst of the end-of-semester mayhem, students must use their limited study time wisely. Deciding when, where and how to study can be just as important as how much students study.

Choosing to study in the HUB-Robeson Center instead of the library stacks, or at night instead of the morning, could impact someone’s GPA dramatically. Likewise, deciding to study alone or in a group could make a difference on finals performance.

The best way for students to maximize study time is to split it between studying alone and with a group, said Karen Murphy, an education professor at Penn State.

“Group discussion about a topic can help students acquire rich understandings of content and to challenge each other in ways not possible, or at least, not likely when studying alone,” Murphy said via email.

Studying alone can be very effective, she said, for students who need to remember a large amount of content.

Murphy said students should study on their own first to become familiar with the topic and assess what they understand about the content.

But, she said, only studying alone often leaves students with holes in their knowledge or misconceptions on topics they believe they know.

In groups, students often explain ideas and information to their classmates, which increases understanding, Murphy said.

However, if students study in groups without prior knowledge or understanding of the material, they often end up just listening to what their classmates are discussing, she said.

Students need to be honest with themselves about what study strategies work best for them, Christy Beck, an assistant teaching professor and supervisor at Dr. Edwin L. Herr Clinic, said. “What works for one person may not work for another.”

She said studying alone can increase focus and decrease distraction from others. But, it can lead to distraction from other things, such as social media.

In a group, students can share ideas and discuss topics, which

can aid in memory retention and recall, Beck said.

But, Beck said, study groups could potentially waste valuable study time if the group members lack drive and focus.

“If you are someone that gets easily distracted when left alone, study in a group to give yourself more accountability,” Beck said. “Studying can be stressful, so having peer support certainly has more advantages, but not if doing so is uncomfortable or more distracting to you.”

Josh Wede, an associate teaching professor of psychology at Penn State, said both studying alone and in a group can be effective if the right strategies are used. Studying alone can be beneficial because it allows a student to study whenever, instead of relying on someone else’s schedule, he said.

However, Wede said, many students use techniques that aren’t effective, like re-reading, highlighting and copying notes.

Wede said studying in groups is effective, but only under the right conditions, considering students often don’t know the best way to interact together.

Study groups that use tactics

like creating questions to quiz each other and teaching reciprocally can lead to higher performance relative to studying alone.

But, if the study group lacks a defined structure, students will often gravitate to the same ineffective study strategies that students use when studying alone.

“Or worse, the students in the study group find other things to talk about like friends, sports and gossip,” Wede said via email. “This is the downside to study groups — they can be a waste of time.”

Wede said the composition of the study group is also important.

“Group studying seems to be most effective when the groups are heterogeneous, comprising students with different abilities, backgrounds and knowledge,” he said.

“These differences between group members lead to different ways of thinking about the material and increased learning.”

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# Reduce stress with artistic expression

By Maddie Aiken  
THE DAILY COLLEGIAN

It's finals season, and the last thing on anyone's mind is crayons and construction paper.

However, between papers, books and study guides, artistic expression might just be the outlet students need to alleviate stress and find joy as Penn State approaches winter break.

Creating art has numerous benefits for an individual's mental health. Art provides the artist with a distraction from worries and allows him or her to think both creatively and analytically, according to Be Brain Fit — a blog-like website that writes about mental health based on scientific research.

In fact, the website referred to art as "meditation."

Artistic expression may prove to be even more valuable during times of high-stress, like finals week. According to Best Colleges, taking study breaks is key to retaining information and reducing stress while preparing for a test.

And because art is such a valuable expression of our humanity, it may prove to be an even more cathartic break as we enter the most stress-inducing week of the semester.

There are several simple and cheap ways students can take full advantage of art therapy — for both the art-savvy and those who claim they don't have an artistic bone in their body.

## Paint, paint and more paint

Whether you prefer acrylic or watercolors, painting is an excellent way to alleviate stress and express yourself creatively. A blank canvas or sheet of paper serves as an opportunity for an endless amount of colors and styles. You can paint literally anything — Old Main, your dog or a physical depiction of stress itself. There is something incredibly soothing



Courtney Taylor/Collegian

**Teeny Valentino (senior-psychology and communications)** contributes to the Woskob Family Gallery's community mural during Lion Bash on Allen St. on Wednesday, Aug. 29.

about mixing colors and creating something through brushstrokes.

**You'll need:** Paints, canvas or paper, paintbrushes and water.

## Express your mood through a collage

On campus, students are provided with four free newspapers — The New York Times, the Centre Daily Times, USA Today and, last but not least, The Daily Collegian. Grab a few newspapers and a pair of scissors, and (after reading the paper, of course) cut out any pictures or words you want to include in your collage. Glue the pictures, words and letters to an-

other piece of paper to tell a story or express your current mood.

**You'll need:** Newspapers or magazines, scissors, glue and paper.

## Decorate your door

Bring the holiday spirit to your hall and decorate your room door. The option to express festivity via your room door are endless. Construction paper, lights, pom-poms and wrapping paper are some of the many mediums you can use to channel your holiday cheer.

**You'll need:** Construction paper, lights, pom-poms, wrapping paper, tape and scissors.

## Go on a campus-wide photography spree

Most people today are equipped with a camera at all times, thanks to their phones. After cramming for hours upon hours, you'll likely feel fatigued and restless. Grab your jacket, shoes and camera, and take a walk around campus. Whenever you find something aesthetically pleasing — whether it be a plant or the downtown holiday decorations — snap a photo. You might just take an Instagram-worthy picture.

**You'll need:** A camera or phone.

## Doodle

Perhaps the easiest and cheapest way to be artistic, doodling allows the doodler to express themselves without much preparation. Whether you want to create a comic, color in an adult coloring book or spruce up your class notes, drawing is a great way to take your mind off stress this finals season.

**You'll need:** Paper and pens, crayons or pencils.

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# Eat the best foods for the best finals week

By Alyshia Hercules  
FOR THE COLLEGIAN

As finals approach, sometimes students lose track of what they're eating — if they even remember to eat at all.

The number of exams a student has to take during finals week varies. Between studying and actually taking final exams, the preparation process can be stressful for many students.

Dara Wheeler Ford, an assistant teaching professor in the College of Health and Human Development, said healthy eating is a major key for success during finals.

When taking tests, students rely on their brains to channel memory and understanding of exam materials. Further, Ford mentioned that the human brain cannot properly function without necessary fuels.

In order to fuel a successful finals week, Ford said it is critical that students maintain balanced nutrition.

"This means eating regular, balanced meals and snacks throughout the day," Ford said. "Meals and snacks should include whole-grain carbohydrates, lean proteins and healthy fats."

Although it may not seem crucial to some, Ford said the food a student consumes can make a difference in performance on final exams.

Abdelrahman Alzarooni has



Collegian file photo

**Students** enjoy a variety of food from different cultures during Penn State Lion Ambassadors' "Exhibition of Who We Are" held at the Hintz Alumni Center on Wednesday, March 28.

found himself eating less frequently during finals week.

"This is my first finals week here at Penn State, so I've been

a bit stressed out with studying and finals prep," Alzarooni (freshman-engineering) said. "I've found myself eating more

fast food like Subway because I don't have much time to spare."

According to Ford, skipping meals and only running on coffee

"This means eating regular, balanced meals and snacks throughout the day. Meals and snacks should include whole-grain carbohydrates, lean proteins and healthy fats."

**Dara Wheeler Ford**  
Assistant Teaching Professor  
in the College of Health and Human Development

or energy drinks will prevent you from reaching your peak performance during finals.

Abigail Brauer still tries to eat regularly throughout the stress of finals.

"I try to eat normally during finals just to avoid making myself sick, however I do eat a bit later in the day because I'm studying so much," Brauer (junior-biology) said. "I also drink coffee more because I need the extra energy during the day."

Further, Ford recommends students choose foods like oatmeal, fruit, toast with nut butter, yogurt with granola and eggs for the best finals results, instead of surviving off of chips.

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A “Supermoon” rises over Beaver Stadium on Monday evening, Nov. 14, 2016. Professors advise that in the days leading up to an exam, students should try to get seven to eight hours of sleep every night.

# The night before: What you should do

By Varshini Chellapilla  
THE DAILY COLLEGIAN

Finals week is probably the most dreaded event in any college student’s life. The smell of coffee seems to be constantly in the air; the campus is filled with more books and screens than students, and everyone feels like they’ve got the jitters.

Some students have only two finals, spread out during the week with ample time to prepare, while others have seven finals with two on the same day. No matter where you lie, the night before the exam is crucial.

It can either ease your mind or push you down a textbook wormhole. Here’s how to make sure it’s the first option:

- Reviewing material
- The night before the final is not the time to learn new material. Instead, here are a few methods to help you review the material you already know.
- Light review: Spend about an hour or two going through the material you already know while focusing on the more difficult areas. Try to summarize as much as you know on a piece of paper. Use flashcards to go through important definitions and formulas. Read the outline or syllabus once again to make sure you haven’t missed anything. You can also take this time to rewrite your notes and remember the material.
- Cheat sheet: “Cheat sheets,” whether you are instructed to carry them into your exam or not, are a super helpful way of summarizing everything on the syl-

labus. Make sure to jot down all the vital words, formulas, laws or character points that you may need to help jog your memory in the middle of the exam. Do not cram the paper with information, either. Only write down what is important.

- Practice exams: Some (super cool) professors like to provide a sample of the final exam. For the ones who don’t, practice exams or quizzes can be found on department websites and other websites like Quizlet. If you can’t find any for your subject, look for someone who can quiz you on the necessary material, and if all else fails, quiz yourself while standing in front of a mirror.
- Night Routine
- So, you’ve revised your materials, and you know everything that you need to for your big day. What’s next?
- Pack your bag: Believe it or not, simple actions like packing a bag can help ease your mind. The routine is almost mindless — pack the books for the exam, sharpen your pencils, count your pens, drop in a granola bar, fill up your water bottle — and extremely useful.
- Packing the day before ensures that no material is forgotten and you’re all set to take the exam the next day with everything you need. You don’t want to be running across campus for a blue book 10 minutes before your exam.
- Talk to Someone: Have a conversation with someone, no matter how long; just to pull yourself out of the stressful mindset you might be in. Talking to someone,

like your parents or siblings, can help put your own worries in perspective. Additionally, knowing that other people are facing similar problems makes it easier to solve your own. Grab a meal with a friend or video chat with someone from across campus to talk about your stress levels and count down the days to Friday.

- Dinner: Don’t skip dinner because of nerves. Make sure to have a full healthy meal the night before the exam. Also, remember that coffee does not count as dinner. Too much caffeine can increase your adrenaline levels and decrease your ability to focus. Instead, switch coffee and energy drinks for water.
- Sleep: In the days leading up to your exam, try to get seven hours of sleep every night. While pulling all-nighters has become a normalized habit in the lives of the average student, they often hinder performance — instead of helping. Short-term memory, ability to focus, and attention to detail during the exam are harmed due to less sleep.
- If you have trouble sleeping, try taking a shower or massaging your shoulders. Both help relieve any tension that may be in your body.
- No Technology: Try not to use your phone, log onto Instagram or watch YouTube videos the night before the exam. Technology awakens your brain and makes it harder for you to fall asleep, let alone get a fully rested night’s sleep.

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MY VIEW | CHELSEA KUN

Motivate friends  
during finals week

By Chelsea Kun  
THE DAILY COLLEGIAN



Last Sunday night, I had to do two assignments, both of which were due the next day. One was a rough draft and one was a speech, and I knew these two big assignments would either make or break my grade since it is the end of the semester. I stayed up until 5 a.m. that night so I could complete them.

While I was crying and chugging copious amounts of coffee that night, I began to beat myself up about my failure to complete these assignments in advance.

“Why do I keep procrastinating?” I asked myself. “Why can’t I just get it done in advance? Why am I like this?”

I was running on three hours of sleep that day. I sat in the HUB half asleep that morning, stress eating and listening to my best friend talk about how stressed she was over her exams and assignment.

All I could say to her was, “Me too.”

“I can’t do this anymore,” she said.

“Girl, I understand,” I said. “I’m dropping out of school.”

“Let’s do it.”

Looking back on that conversation, I was trying to support my friend by relating to her failures. In reality, that is not support. We’re just tearing each other down without realizing it because we’re making it seem like failure is the only option at this point.

Last week, I got an A on my astronomy exam, which I was extremely happy about since that was our last exam before the final. My professor put into Canvas some grade predictions based on our current score on the exam. He said if I completely skipped the final, I would have a C in the class — that sounded tempting.

Then he said I need a 56 percent on the final to get a B- in the class, and a 96 on the final to get an A-. In reality, I should have been really proud of myself that was doing so well in the class that even if I got a ridiculously low score on the final, I would still be fine. Instead, I felt that gave me an opportunity to not try hard.

I texted my friend who has the same professor as me, and I said, “If he thinks I’m getting a 96 on this final...”

Then she sent me back, “You can do it! We’ll study together and look over all the midterms. We’re going to kill it!”

When she said that, it made me feel good to know someone believed in me when I didn’t believe in myself. This made me rethink my entire attitude about the final, and I started to believe that maybe I can study hard over the course of

Many people do not realize it, but just a few words can make or break a person’s finals week mood.

A few words of encouragement to your friends can completely change someone’s attitude.

a few days, try the best I can and do as well as I did on the last exam.

I looked back on the conversation I had with my best friend about dropping out of school, and I wonder maybe if I had given her some words of encouragement, she would have taken a more positive attitude.

Finals week is a time where people have many exams and assignments due all over a short period of time. This abundant amount of work can cause students to feel emotional, stressed and doubtful of themselves. A support system is the most important thing during this vulnerable time.

It can be hard to raise your friends up when you’re feeling just as terrible as they are, but reassuring them that they’re going to be okay may even help your way of thinking. Although you may not realize it, it only takes a few words to either raise someone up or tear them down.

My friend from astronomy told me I could do it, and those words changed my attitude. If she had said she completely agrees and she’s going to fail the final too, then that would have caused my negative attitude to remain. Perhaps I would have put minimal effort into that final and failed it.

When I had that conversation with my best friend about dropping out of school, if I would have told her, “Don’t drop out of school. You are going to get your work done and pass your finals,” then maybe that would have changed her attitude.

When I was completing my assignments at 5 a.m., I was tearing myself down for procrastinating. When looking at it in a different way, I did do the wrong thing by procrastinating, but at least I got it done.

Not only should you encourage your friends to keep a positive attitude, but remind yourself that you can do it. Having to balance several assignments is never going to be easy, but success isn’t achieved when things are easy. Take a few seconds to remind your friends they are going to succeed as long as they believe in themselves.

Most of all, remind yourself there is always a rainbow after the rain.

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Resources

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Penn State Crisis Text Line:  
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MY VIEW | NICOLE ROGOSKY

# Overwhelmed? How to make it bearable

Finals week is a time college students all across the country dread. It can sometimes feel like the end of the world when everyone is trying to cram hours and hours of information into their heads for multiple exams. And that doesn't even mention the projects on top of essays on top of assignments that come along with the stress of actual finals exams. All this work seems like a lot of handle. However, there are ways to manage the stress. Here are some tips and tricks to get through finals week.

**Study Ahead**

It might seem unnecessary to study a week or even two weeks in advance for an upcoming exam but studying before the night before an exam proves to be beneficial. Looking over material little by little every night before an exam improves retention and memory of information. Studying in small quantities also makes the task of studying not so overwhelming. Cramming information in one or two nights of studying creates

more stress and a sense of urgency. Planning ahead or creating a study schedule can help tackle the stress of finals week little by little.

**Sleep > Study**

Cramming the night before an exam or right before an exam starts is what most students wind up doing. Most nights students must choose to study or do homework over getting a good night's rest. A study conducted by a professor at UCLA proves that you shouldn't do it: The study concludes that choosing to study over sleep is actually counterproductive and is more likely to impede learning abilities. Getting the recommended amount of sleep is an important part of preparing for finals. An article by Southern New Hampshire University states that people 18 years or older should be getting a minimum of seven hours of sleep or more. The article states that meeting the minimum sleep requirement can overall improve concentration, focus and test taking the next day.

Think about that next time you decide to pull an all-nighter.

**Study with Classmates**

Studying with a classmate or a friend can help cover more material and improve problem-solving skills. Make plans with a friends or ask a classmate to study for an upcoming exam. To prepare for upcoming questions on an exam, create questions of your own on the course material. Quiz each other with the questions and see who can answer the most. If confused or unsure of some of the material, jot down questions and see if a classmate or a friend can help. Or create a study group to help prepare for finals — the more the merrier. Together, create one large study guide in order to break down the material or quiz each other on sample questions.

**Talk to a professor or TA**

Talking to a professor or a teaching assistant can give helpful insight as to what to study. If course material seems

confusing or in need of another explanation, stop in during a professor or a TA's office hours. Ask a professor or TA the best ways to study for the final. If office hours interfere with other classes, email a professor to see if they are available for a meeting outside of office hours.

**Put. Away. The. Phone.**

Putting your phone to the side can improve focus when studying for finals. Devoting an hour or two of time away from texting and social media apps can help with efficient studying. Another way to improve studying is to unplug before bedtime. The same article from Southern New Hampshire University states that disconnecting from phone, computer and TV improves the quality of sleep. The article suggests turning off electronics before getting into bed in order for the body to register that it's bedtime.

**Set "Me Time"**

The stress of constantly studying and preparing for finals

All this work seems like a lot of handle. However, there are ways to manage the stress.

weeks is a heavy burden to carry. Weeks before finals are often devoted heavy loads of studying and school assignments. Sometimes, it's nice to sit back and enjoy a night in with Netflix or hanging out with friends. Create a schedule around "me-time," which includes an hour or so of relaxing, self-care or being around loved ones. Do things to help de-stress such as: spend an hour before bed catching up on a show, devote time to creating a good skin-care routine or grab lunch after class with a friend.

To email reporter: [ner5161@psu.edu](mailto:ner5161@psu.edu). Follow her on Twitter at [@NicoleRogosky](https://twitter.com/NicoleRogosky).



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PAID MRI RESEARCH Opportunity for Individuals with multiple sclerosis (MS) between 18-65 yo. Not depressed. Able to undergo MRI. Contact: [depression.imaging.study@gmail.com](mailto:depression.imaging.study@gmail.com)

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	8			3			6
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6				4			5
				6			9
		2				4	5
			2		3	7	

Bigar's Stars

By JACQUELINE BIGAR

Monday, Dec. 10, 2018

[www.jacquelinebigar.com](http://www.jacquelinebigar.com)

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**ARIES (March 21-April 19)**  
★★★★ You express your ideas with clarity and power. Others respond accordingly. If one of these ideas takes off, you will need to take the lead. By the afternoon, you might have mixed feelings about committing to any additional responsibilities. Tonight: Make time for a special friend.  
**TAURUS (April 20-May 20)**  
★★★★ Your gift of being able to look at the big picture marks your work and your relationships. As of late, you clearly want to go off on your own. After a morning of excellent communication and research, you decide to surrender to this urge. Tonight: Have a good time wherever you are.  
**GEMINI (May 21-June 20)**  
★★★★ Your serious mode is impressive. Those around you have confidence in you and your follow-through. You do best in one-on-one conversations. Later in the day, kick back and review a certain decision. You will see an alternate path. Tonight: You are capable of nearly anything.  
**CANCER (June 21-July 22)**  
★★★★ Your energy might be focused on someone else right now. In the near future, you'll want to shift your focus to your own needs and to what must be done. Get as many of your gifts in the mail as you possibly can. Tonight: Let a close friend know what is on your mind.

**LEO (July 23-Aug. 22)**  
★★★★ You will be on top of your game for the next few days. Right now, you need as much rest as possible. Greet some quiet moments as great times to write out cards or do whatever knocks your socks off. Remain more sensitive to alternatives than you have been. Tonight: Lie low.  
**VIRGO (Aug. 23-Sept. 22)**  
★★★★ You'll want to be more involved in a group project. You seem to have been holding in your anger for a while. As a result, you easily could be triggered. At a certain point, you can't exercise away hostility or dismiss hurt feelings. Tonight: Where the crowds are.  
**LIBRA (Sept. 23-Oct. 22)**  
★★★★ Be willing to take a stand, but make it OK for someone else to take center stage. You have a lot on your plate, especially with a situation that surrounds a child. Stay centered on your long-term goals, even if you don't feel as if they are possible right now. Tonight: Till the wee hours.  
**SCORPIO (Oct. 23-Nov. 21)**  
★★★★ Keep reaching out for more of what you want. Detach from immediate problems and see if you can handle them with a different approach. Try to imagine what it would be like to be the other parties in the situation; you will be more accepting as a result. Tonight: Follow the music.

**SAGITTARIUS (Nov. 22-Dec. 21)**  
★★★★ You ask for what you want, and you are likely to get just that. You might be too focused on a certain outcome and inadvertently keep pushing. Finances are involved. Do not get uptight or resistant. Continue looking for a solution. Tonight: Get together with a fun friend.  
**CAPRICORN (Dec. 22-Jan. 19)**  
★★★★ Honor a decision you made a while ago. You tend to acknowledge your choices, but rarely seem to honor them. Reach out to someone who is instrumental to your personal life. You might want to buy this person a card or a token of affection. Tonight: Head home early.  
**AQUARIUS (Jan. 20-Feb. 18)**  
★★★★ You could be on top of your game, and you'll use that energy for both work and fun. Communication is instrumental and could crack open a door for you to get a glimpse of how someone you care about views life. Tonight: The only sin you can commit is to be alone.  
**PISCES (Feb. 19-March 20)**  
★★★★ Focus on your goals. Because of a meeting or a discussion with several friends, you could be tempted to head in a different direction. Your sense of limitation sometimes holds you back. Do not allow that to happen today. Join a friend on a fun adventure. Tonight: Get a good night's sleep.

**YOUR BIRTHDAY MESSAGE:**

This year you open up to many new ideas. When dealing with finances, you feel comfortable with tried-and-true thinking.

If you are single, you alternate between a need for stability and a desire for freedom. Unless you are willing to accept someone who connects better with one side of you, you will find that making a match is challenging. If you are attached, your sweetie will find you interesting and quirky. Expand your life to involve your partner more frequently.

AQUARIUS can talk you into nearly anything.

Crossword

Across

Down

1	Porker	14	Nestling hawk	27	Fuss	40	Track event
4	Free-for-all	15	Artistic movement	28	Eagle's nest	41	Put in order
8	Slander	16	Most clever	29	Gather on the surface, chemically	42	Driver's license, e.g.
11	Make an explosive sound	17	Heavenly body	30	Most contemptible	43	Dermatologist's concerns
14	Jacuzzi	18	Make an explosive sound	31	Some are green	44	Common sandpiper
15	Allege	19	1982 World Cup site	32	Burlesque bit	45	Manila envelope feature
20	Graceful bird	21	Permissible	33	Strike back	46	Debonair
23	Porker	22	Fuss	34	"Wait a ___!"	47	Common refrigerant
24	Nestling hawk	23	Eagle's nest	35	Rundown	48	Offshoot
25	Free-for-all	24	Gather on the surface, chemically	36	Troop group	49	Friend in war
26	Slander	25	Most contemptible	37	Kind of life	50	Baseball stat
27	Artistic movement	26	Some are green	38	Pouches	51	Varnish ingredient
28	Most clever	27	Burlesque bit	39	Nourished		
29	Heavenly body	28	Pontiac model once	40	Spiny lizard-like reptile		
30	Make an explosive sound	29	Kind of cuisine	41	Make lace		
31	Jacuzzi	30	Strike back	42	Autobahn		
32	Allege	31	"Wait a ___!"	43	Vendors		
33	1982 World Cup site	32	Rundown	44	Impassioned		
34	Graceful bird	33	Troop group	45	Hit the big time		
35	Permissible	34	Kind of life	46	Gdansk locale		
36	Fuss	35	Pouches	47	Got gray		
37	Eagle's nest	36	Nourished	48	Penny pinchers		
38	Gather on the surface, chemically	37	Spiny lizard-like reptile	49	Big Apple inits.		
39	Most contemptible						
40	Some are green						
41	Burlesque bit						
42	Pontiac model once						
43	Kind of cuisine						
44	Strike back						
45	"Wait a ___!"						
46	Rundown						
47	Troop group						
48	Kind of life						
49	Pouches						
50	Nourished						
51	Spiny lizard-like reptile						
52	Make lace						
53	Autobahn						
54	Vendors						
55	Impassioned						
56	Hit the big time						
57	Gdansk locale						
58	Got gray						
59	Penny pinchers						
60	Big Apple inits.						

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WORD SEARCH

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Archeology	H	T	P	Y	R	C	S	L	P	R	G	S	D	I	R	G	W	P
Ancient	L	V	R	O	T	A	R	U	C	N	C	N	G	D	D	O	R	H
Archeology	E	S	Q	W	F	P	X	T	O	I	T	V	I	U	X	E	E	S
Artifacts	W	R	C	V	I	O	C	S	E	O	Y	L	K	D	H	S	L	N
Bones	O	M	T	R	S	T	S	N	M	G	B	T	I	N	I	I	I	I
Career	R	S	R	O	E	T	C	B	B	W	O	U	S	D	V	U	C	U
Coin	T	K	E	E	L	E	P	L	D	Q	L	T	R	B	U	A	F	R
Crypt	W	E	A	A	F	R	N	T	C	U	O	X	N	S	E	S	E	L
Curator	W	L	S	I	R	Y	G	G	O	R	E	R	Y	O	S	E	T	S
Dust	A	E	U	V	U	T	G	N	I	B	H	L	H	H	R	X	V	R
Excavate	B	T	R	M	S	D	I	C	B	P	C	L	S	A	Q	C	Y	X
Fossil	F	O	E	N	K	Q	A	F	A	A	R	O	C	L	P	A	C	H
Funding	K	N	N	C	S	T	O	N	A	G	A	M	F	W	M	V	C	K
Grants	Z	B	G	E	O	S	C	G	R	C	S	Y	V	U	F	A	I	E
Grid	L	V	J	N	S	I	A	A	I	J	T	D	E	I	N	T	C	B
Museum	F	M	J	I	E	K	N	V	K	E	Q	S	D	J	Y	E	C	S
Pottery	M	S	L	N	Z	T	K	S	X	D	U	U	E	Y	X	F	P	Z
Prehistoric	T	Q	T	L	S	Q	C	J	T	M	Y	I	S	H	O	V	E	L
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Screen																		
Shovel																		
Sift																		
Skeleton																		
Tomb																		
Treasure																		
Trowel																		

Kakuro (Cross Sums)

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.

		12	7	22		16	13	8		
16					24					
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3					17					

Answers [bit.ly/1CBcyRi](http://bit.ly/1CBcyRi)

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Aabha Vora/Collegian

Students roll a ball of snow for a snowball fort on Old Main lawn on Wednesday, Feb. 7.

# Looking past finals: Plans for the break

By Adam Beards  
FOR THE COLLEGIAN

Finals week is here — a reality that has led some students to an abundance of anxieties and academic angst.

Part of what can makes finals week taxing for students is knowing that final exams, papers, presentations and more can hold significant weight on a student’s final grade.

Jenifer Au relates, noting the pressure she said she feels to perform to her best ability over finals week.

“If you mess them up, it will affect the whole semester, no matter how much work you did,” Au (senior-wildlife and fisheries sciences) said.

Further compounding the stress for some students is the often major amount of time exam preparation requires.

Fengkai Zheng has four engineering finals to prepare for, a task which he estimates will require over 60 hours of preparation.

“All of my time is used for exams,” Zheng (junior – environmental engineering) said. “It’s a crazy two weeks, every semester.”

His personal strategy is to perform group work with friends, saying that it helps to keep him motivated and learning. Zheng often reserves a room for group work for up to three hours a day.

When Zheng is done with finals he plans to play DotA — or “Defense of the Ancients,” a multiplayer online computer video game that focuses on combat — while listening to “noisy” rap music.

Like many students, Melissa Mercado said she feels her energy waning from dedicating large amounts of time to preparing for her finals.

“I just want to rest,” Mercado (senior – telecommunications) said, taking a sip from her Starbucks Coffee.

Mercado has four finals and a project to contend with before winter break.

Though finals week has yet to begin, she said she is already thinking about what she wants to do once her academic obligations are finished for the semester.

“I’ll drink Mimosas and watch The Office,” Mercado said.

Nolan Fulton also has plans to unwind once he is done with his academic endeavors, which include multiple papers and four finals.

Fulton (freshman – biomedical engineering) has to deal with the additional time commitment of

commuting from Bellefonte.

“I’ll go out with my friends and party,” Fulton said.

Other students, like Saruul Dangaasuren, seem accustomed to the stress of exam preparation.

Dangaasuren (junior-energy engineering) grew up in Russia, where “exams were everything.” She said that in Russian schools, it is not uncommon to have busy finals week conditions at least three times in one semester.

Dangaasuren has four finals next week in electrical engineering 211, energy and mineral engineering 301, chemistry 210 and economics 102. Though she said she is struggling, she’s also used to intense study schedules.

“I like to be busy,” Dangaasuren said. “I grew up like that.”

As to what she’ll do over Christmas break, Dangaasuren plans to spend most of her time with visiting family in Chicago, Illinois.

Marcus Repella has two lab reports to write and two finals to prepare for, but said he already finds himself thinking of the holidays.

When Repella (senior – biochemistry) has finished his finals, he wants to lay in bed “wearing Christmas pajamas, drinking hot cocoa and watching Christmas movies.”

Many students, like Connor Deardorff, are focusing on studying effectively for the remaining time that’s left in the semester, despite potentially dwindling motivation now that break is nearing and people are getting into the holiday season.

Deardorff (junior – computer science) has four exams to prepare for but said he is not stressed due to preparing ahead of time.

“I actually make an effort to learn the material,” Deardorff said.

Though Deardorff’s last final is on Friday, he already has a plan in mind to celebrate.

“I’m thinking for dinner I’ll go to the Corner Room and have one of their burgers, the MOS burger,” Deardorff said.

Whether students head home or elsewhere for holiday break, final exams technically end Dec. 14, and it can be hard not to think of festivities to come.

“At this point it’s really about getting into the grind of studying. Know what will be on the final and study that,” Deardorff said. “Remember, we’re here to learn.”

# Students share ideas for a better week of final exams

By Erin Hogge  
FOR THE COLLEGIAN

Final exams are fast approaching. Therefore, many students’ stress levels are through the roof this week.

In order to destress those in study mode, students sound off on what Penn State could incorporate into its scheduled activities throughout finals week.

To Samantha Beltram, it would make sense to set aside more places around campus specifically for students to be able to complete assignments or relax in the midst of exam stress.

“In the library or upstairs in the HUB, they should have one section just for people studying so it’s really quiet,” Beltram (sophomore-telecommunications) said. “[In the HUB] it’s really loud and there’s nowhere else to go.”

While the library does currently have “quiet” sections, Beltram thinks there should be more heavily enforced restrictions on noise levels come time for final exams. As for the HUB-Robeson Center, there are no rules pertaining to noise — meaning students studying in the HUB could have to deal with peers who are constantly chattering and bustling around.

Bethany DeRose said the university should host more events in the weeks leading up to final exams and during the week of, as well, to allow students more opportunities to rid themselves of excess nerves.

“I do like that they cancel classes the last week [of the semester] because that makes it a lot less stressful,” DeRose (freshman-secondary education and physics) said.

“But I think they could probably offer more activities to do during the week or offer places that people could

go and have a study session there. I feel like it’d be a good idea if they could dedicate a room for different classes to go study in.”

Although she’s not sure the institution could make it happen, Pragnya Prabakaran said she would be thrilled if there was an earlier end to the regular semester so she could have additional time to prepare for all of her exams.

“[The lack of time to study before finals week] is the biggest thing for me because I have a lot of projects right now but then I have final exams immediately right after these classes are over,” Prabakaran (senior-mathematics) said.

Daniel Rivera, a graduate assistant, said the most important thing to consider when creating events geared toward destressing and studying for finals week is the signage to make sure students know about what’s happening.

He mentioned that the HUB and Pattee and Paterno Library would be “super helpful” places to advertise events, if events aren’t being advertised there already, since the buildings receive so much traffic from students and faculty.

“I’ve seen a lot of advertising in the library in the past for de-stressing events, but it’s always been hidden in the corners,” Rivera said. “Because they reconstructed the Starbucks there, there’s more of an open space, but it’s always been a little bit incognito. There should be big signs and maybe even people standing next to them saying, ‘Hey, come over here to de-stress.’”

As far as activities go, Rivera had a few ideas.

“I feel like people like bouncing on trampolines — that would be sweet,” Rivera said. “Puppies. People love puppies during finals week. The thing that could facilitate [those activities] is [advertising].”



Courtney Taylor/Collegian

Nick Donaghy (senior-information sciences and technology) prepares coffee using the pour over method in Stuckeman Family Building on Monday, April 9.

# Need a boost? Here are the best options with caffeine

By Grace Vocalina  
FOR THE COLLEGIAN

As finals season rapidly approaches, staying up late to cram for exams and burning the midnight oil has arrived for most students. Students swarming the library and struggling to find a quiet place to work in while some stay in their rooms with notes sprawled across their desks.

This is the time when the phrase “college kids run on caffeine” becomes the truest. As the desperate need to stay awake is dreadfully upon us, the need for caffeine becomes more desirable nonetheless.

Due to caffeine being declared a stimulant and just as addicting as drugs, caffeine can be used to help keep the brain active and aware for extensive periods of time until it ultimately “crashes” after running on the stimulant for a certain amount of time.

Most people have caffeine through energy drinks, but the main source of caffeine for most people is through coffee or tea. Here are some of the most caffeinated drinks someone can find within their local coffee shop, convenience stores, or grocery stores.

## Starbucks Classic Caffe Mocha

This drink certainly packs a punch of caffeine, according to the website caffeine informer. This mocha cold drink has 510 milligrams (mg) of caffeine in a 48 fluid ounce bottle. This drink comes in several flavors such as Vanilla, Caramel, Dulce de Leche, and Mocha. It can be found in convenience stores, grocery stores, and in the front refrigerator of Starbucks if one was to go to the coffee shop.

## 10 Hour Energy Shot

An energy shot can be just as effective as spending money on a coffee. This small yet powerful liquid is smaller, but still contains 422 mg of caffeine, according to

the website Caffeine Informer. Although effective, these little capsules of caffeine can have not the best taste to them. As well as before buying, there is clear notice that there are high levels of caffeine within the drink that may put someone’s intake of caffeine at risk. These 1.93 fluid ounce bottles can be found only on Amazon in a pack of 12 for around \$36.

## Starbucks Grande Coffee

This classic go-to at Starbucks is an easy hot drink that makes your body warm and your mind aware. This drink, varying on size, can contain as little as 180 mg (short size), and up to 415 mg of caffeine (venti size), according to the website Caffeine Informer. This drink can be ordered at any Starbucks, and can be made cold as well.

## Spike Energy Drink

If someone wants a little bit more than a shot of energy and hate the taste of coffee, than energy drinks are a perfect fit. Energy drinks can be larger in size, and still provide a good amount of caffeine. Spike has 350 mg of caffeine in a 16 fluid ounce can, according to the website Caffeine Informer. This drink can be bought at wellness shops and online as well.

## Dunkin’ Donuts Iced Coffee

If one does not want to spend several more dollars at Starbucks yet still want a good iced coffee, Dunkin’ Donuts can solve those worries. This coffee is a couple dollars cheaper compared to the typical grande iced coffee at Starbucks, but still delivers with a significant amount of caffeine. This coffee has 297 mg of caffeine in a 24 fluid ounce cup, according to their website, and can be found in store or grocery stores.

These drinks are not only easily attainable, but also are worth the price someone is paying for.

# CONGRATS GRADS

You did it!

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**career corner**

Penn State Student Affairs | Career Services

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