Best of Luck!!
by Ryan Baldwin

From all of us in the Academic Resource Center, best of luck on your final exams and assignments. As the semester comes to a close and we prepare for all the Spring semester has to offer we hope you find the tips and information in this newsletter helpful. In this issue our RT’s have prepared notes on how to effectively study, the importance of taking breaks, manage your time and included a fun sudoku puzzle as well!

If you are looking for more resources on how to study effectively and do well on your exams please refer to our website: http://www.montclair.edu/residential-education/campus-living/academic-resource-center/

Have a safe and happy holiday season and enjoy your winter break. =)

Color By Numbers!
Take a few minutes to relax and let your brain refresh from all that studying!!

-Did You Know: Biology-
-Study Groups-
-Sudoku-
-Tips for Taking Breaks-
-Time Management-

1. Green
2. Orange
3. Red
4. Blue
5. Brown
6. Yellow
7. Purple
8. Black
Group Study Techniques
by Amna Adam

Group study is composed of a small group of people who commit to gather on regular basis to discuss a shared field of interest (e.g. Course material), address concerns with regard to the material and seek clarification from one another. I will be providing basic tips for conducting a successful group study session:

- The group should not be larger than five members and should meet at least once a week for at least 1 hour.
- Group member should commit to attending every session and complete preparative requirements prior to meeting.
- Read the materials and take effective notes
- Complete end of the chapter problems
- Divide up the chapters so that a subgroup of two will sum marize the key points of a chapter
- Each Session should have a facilitator whose responsibility is keep the group on track and on target. Group members should also be mindful of the purpose of the meeting: “You are there to study”

Sprague Library provides study rooms to accommodate for up to six members in the upper level of the library building. You are also free to come into the ARC.

For detailed study tips and strategies visit:


Importance of Study Breaks
by Karla Sanchez

As finals time approaches, it is evident that the most, if not all, of us will be studying while holed up in our dorms, the library, University Hall and wherever we can find a quiet place to concentrate. We will be full of caffeine, shoving our faces in our books and computers for what may seem like eternity. What most of us aren’t aware of, however, is the importance of getting our faces out of our books and taking study breaks. Study breaks are just as crucial as the act of studying itself for a variety of reasons. First off, stepping away from your work allows you to consolidate information that your brain takes in within a certain amount of time. This allows you to process and retain information much better. It also allows you to challenge your brain to remember what you were previously studying before you took your study break. Another benefit from taking study breaks is that you allow your brain to attack problems using a different “mental set”. Essentially, your brain is allowed to approach information from a different angle. If you sit and think about a problem for 3 hours straight, the chances of you being able to see and understand the whole problem is probably slim. If you allow yourself to walk away, your brain can come back to the problem and see what you might have missed the first time you looked at the problem. For these reasons, and many more, we can see how taking 10-15 minutes to step away from our studying can be so beneficial to our overall productivity during a stressful time.
SUDOKU
by Dan Talasnik

A sudoku puzzle consists of a 9 x 9—square grid subdivided into nine 3 x 3 boxes. Some of the squares contain numbers. The object is to fill in the remaining squares so that every column, row, and 3 x 3 box contains each of the numbers 1 through 9 exactly once. Keep in mind, solving a sudoku puzzle involves pure logic, so no guesswork is necessary. Here is a medium-level sudoku puzzle. See if you can test your logic skills and solve the entire puzzle:

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2  1  7
|     | 7  2  3
| 9  7 8 |
|       | 4  1
| 3  6 7 8 |
| 5  8 1 2 |
| 2  9 3 8 5 |
| 4  3 8 2 5 4 |
| 7  2 1 6 |
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Time Management
by Valentin Torres

As college students we have many things going on such as class, work, and extracurricular activities. Therefore, using your time efficiently is very important if you want to. Everything starts with good planning, so you need a calendar or planner to set up your daily tasks or activities. Furthermore, you need to identify the most important tasks each day and list them from most to least important. Be aware of the deadlines for projects, ask in advance for the deadlines if you can and break your assignments and projects into smaller tasks to stay on top of everything. After planning and managing your time correctly, you will see the results and accomplishments.

Benefits of planning:
- You’ll have a productive day
- You’ll have less stressful day
- You’ll have time to relax
- You’ll have more time for fun
- You’ll reach your goals!!

Did You Know: Biology Edition
by Kaba Tandjigora

Biology is an important scientific field; it is a broad field that deals with the study of life and everything related to it. Biology is divided into several subcategories including cellular biology, biochemistry, physiology, evolutionary biology etc. Understanding biology whether in the cellular level or physiological level is beneficial to humanity. Biologists made incredible discoveries such as finding cure for certain diseases, ways in maintaining one’s body needs, maintaining a sustainable environment, finding out about the paternity of a child and much more. we constantly interact with biology in our daily live whether we realize it or not. One example is the use of water. Our body is made up of 70% water, as we urinate or sweat, we lose some of the water. In order for the body to function normally we must establish the balance by drinking water. To protect ourselves from bacteria or microorganisms, we make use of water by taking shower, washing. Another example is the intake of food which involves a biological process. The foods we consume go through a process known as metabolism in which the body breaks down food to get energy and discards wastes. Understanding biology is a path to understanding life.