CHILL OUT, DON’T STRESS OUT. YOUR BEST WAY TO PREP FOR SUCCESS

You went to class, completed homework, and studied. You arrived at the exam confident about the material. But if you have test anxiety, a type of performance anxiety, taking the test is the most difficult part of the equation. Lehigh’s Center for Academic Success says test anxiety is huge around finals—students sometimes feel like there is too much riding on the exams or they feel overwhelmed by everything that they have to accomplish. Some students, who tie their self-worth to the outcome of a test, may have a fear of failure. Others may have a negative mindset based on past experiences or problems that can influence performance on tests. Whatever the cause, here are 7 tips for managing test anxiety.

1. Be Prepared: Develop good study habits. Study at least one or two weeks before the exam, in smaller increments of time and over a few days (instead of pulling an all-nighter). Try to simulate exam conditions by working through a practice test, following the same time constraints.

2. Develop Good Test-Taking Skills: Read the directions carefully, answer questions you know first and then return to the more difficult ones. Outline essays before you begin to write.

3. Stay Healthy: Get enough sleep, eat right, exercise, and allow for personal time. If you are exhausted, physically or emotionally, it will be more difficult for you to handle stress and anxiety. Reach out to Lehigh’s dietician, Carrie Gerencer (e00913@lehigh.edu) for individual nutrition counseling.

4. Stay Focused: Concentrate on the test, not other students during your exams. Try not to talk to others about the subject material before taking the exam.

5. Practice Relaxation and Mindfulness Techniques: If you feel stressed during the exam, take deep, slow breaths and consciously relax your muscles, one at a time. This can invigorate your body and will allow you to better focus on the exam.

6. Maintain A Positive Attitude: Creating a system of rewards and reasonable expectations for studying can help to produce effective studying habits. There is no benefit to negative thinking.

7. Get Help: Still feeling stressed, overwhelmed and unable to concentrate? Contact Counseling and Psychological Services or the Center for Academic Success, two offices specifically dedicated to helping you succeed.

POP QUIZ: How Much Do You Know About Spreading Germs?

1. What’s the germiest thing in your house?
   A) Kitchen sponge
   B) Toilet seat
   C) Dog bowl

2. How fast do germs travel when you sneeze?
   A) 10 mph
   B) 50 mph
   C) 100 mph

3. Your cell phone has more germs than a toilet seat.
   A) True
   B) False

4. Don’t have a tissue? The best place to cough or sneeze is your:
   A) Hands
   B) Friend’s face
   C) Elbow

5. antibacterial sanitizer is the best weapon against germs.
   A) True
   B) False

6. How long does it take to wash your hands correctly?
   A) 10 seconds
   B) 20 seconds
   C) 30 seconds

Answers: 1.) A 2.) C 3.) A 4.) C 5.) B 6.) B

FIGHT THE FLU AND DON’T SPREAD GERMS

Lehigh university reported more preventable illnesses such as sinus infections, strep throat, and bronchitis than the national Reference Group (NCHA, Spr ’16). In addition, 21% of Lehigh students reported a cold, flu, or sore throat negatively affected their academic performance in 2016. Simple acts such as getting your flu shot; washing hands often with soap and water (or an alcohol-based hand sanitizer if soap and water are not available), covering your mouth with a tissue when you cough or sneeze; and not sharing cups, utensils or makeup with other students can protect you and those around you. These preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.

Feeling Techno-stressed?

Is your computer on the fritz during finals? Getting a new computer over winter break that needs to be readied or configured for the spring semester? The Library and Technology Services (LTS) staff are available to help seven days a week!

Stop by the LTS Help Desk in EWFM Library.
Call the Help Desk at 610.758.HELP
Chat at lehigh.edu/chat
Email helpdesk@lehigh.edu
Text 610-616-5910

BE MINDFUL AND BREATHE DEEPLY

The TRAC Fellows have a few stretches you can do in the library to take a quick study break, improve your focus, and wake you up - just don’t forget to keep breathing!

Twist pose: sitting up straight in your chair, turn to your left, placing your left hand on the back of the chair to deepen the twist. Hold for 5-8 breaths and switch sides.

Ankle to knee pose: sitting up straight in your chair, place your left foot on your right knee, letting the left knee drop. Lean forward pressing your left forearm on your left leg to deepen the stretch. Hold for 5-8 breaths and switch sides.

Forward fold: stand up straight and lean forward to touch your toes. Let the full weight of your head drop, and relax your neck and shoulders. This helps increase blood flow to your brain and wakes you up!

Party Safely this Holiday Season

If your holiday celebration includes consuming alcohol, LUPD urges you to please drink responsibly. Plan ahead and designate a driver before drinking. Convince drinkers to give up their keys or use Uber for a safe trip home. Each year, about 1,400 PA drivers under age 21 are involved in alcohol-related crashes. Have fun, be safe.

World AIDS Day, December 1st

HIV can be contracted by anyone. Know your status. Get tested. Contact the Health & Wellness Center for more information on free and confidential HIV testing.

Source: www.adaa.org

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