

# Mt. Sterling Campus Morehead State University

Clay Community Center / 3400 Indian Mound Drive / Mt. Sterling, KY 40353  
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VOLUME 2, ISSUE 3

LEARN MORE AT MSU!

## IMPORTANT DATES....

### March 1:

Last Day for  
reinstatement of  
Spring schedule

### March 9:

First half-semester  
classes end

### March 12:

Mid-term grades due  
to Registrar's Office.  
\*Last day to add a  
second half-semester  
class.

### March 19-23:

SPRING BREAK!

### March 29:

Last day to drop full-  
term class with "W".

## Two New Additions to Mt. Sterling



Jeannette Groeber  
Instructor/Facilitator  
BSW Program

Jeannette Groeber- (BSW, Eastern Ky. University; MSW, University of Kentucky) is MSU at Mt. Sterling's new Instructor/Facilitator of the BSW program. Jeannette has been a Certified School Social Worker for the past 13 years. Prior to that she practiced Social Work in various mental health and medical settings, including Hospice and Comprehensive Care. She has taught various social work classes and now serves as an advisor to the Social Work students in Mount Sterling. Jeannette lives in Mount Sterling with her husband Chris and two daughters.

A second addition to the staff at MSU at Mt. Sterling is Jamie Fraley, who is the new Nursing Lab Instructor for Morehead State University at Mt. Sterling's Clay Community Center. Jamie graduated in 1994 with an associate degree in nursing. She returned to school and completed her bachelors degree in nursing in 2005. She is currently attending the University of Kentucky for her masters degree in Adult Clinical Nurse Specialist. Jamie works full time in the emergency department at Mary Chiles Hospital. She has clinical experience in medical surgical, operating room, open heart surgery and recovery. She resides in Owingsville, Kentucky with husband of 12 years Danny, and their two children Darby 7, and Griffin 5. Office hours are Tuesday and Thursday 9am-2pm and Friday by appointment.



Jamie Fraley  
ADN Instructor

## Nursing Application Deadline-March 30th

The Associate Degree Nursing Program (ADNP) is a two-year program of study leading to an Associate of Applied Sciences (AAS) Degree with an area of concentration in nursing. The program combines general education studies with nursing theory and clinical education. The program is designed to prepare graduates for the role of the registered nurse. Graduates of the program are eligible to take the National Council Licensure Examination for Registered Nurses (NCLEX-RN).

In order to apply for the nursing program, you must have met the following criteria:

- » ACT composite of 19 or higher
- » 2.5 GPA or higher on all MSU coursework
- » A "C" or better on all pre-requisite courses, which include:  
BIOL 231, BIOL 232,  
ENG 100 & MATH 135.

Applicants may be conditionally admitted to the program pending successful completion of the pre-requisite courses required for admission. Preference will be given to students completing all pre-requisite courses by the end of the spring or fall semester prior to admission.



**Fall application:**

**Last Friday in March**

**Spring application:**

**Last Friday in October**

*Submit application packet to:*

*Department of Nursing*

*Academic Counseling Coordinator: Carla Aagaard*

*Reed Hall 219 Morehead State University*

*Morehead, KY 40351*

*Phone: (606) 783-2641*

*E-mail: Carla Aagaard at [c.aagaard@moreheadstate.edu](mailto:c.aagaard@moreheadstate.edu)*

## Advance Registration for Fall 2007 April 9-12



## Advising CHECKLIST...

- \* Check your online account to be sure you don't have any HOLDS!
- \* Meet with your advisor to go over your course selections.
- \* If you have a check-sheet online, register yourself using your secure online account.
- \* If you don't have an online check sheet, see Dr. Kenney or Mrs. McBride to register for your classes
- \* Double-check your schedule once you are registered to avoid any scheduling errors.

**DON'T  
DELAY!**

## New Secretary for Linda Thompson

Roselyn Lee Goodpaster is the former Rowner and dance instructor of Roselyn's Academy of Dance and Gymnastics. For 25 years, Roselyn taught dancing and gymnastics in Montgomery County as well as surrounding counties.



Roselyn Goodpaster

Roselyn is now working via a program supported by AARP (American Association for Retired Persons) as secretary to Linda Thompson, CEO Counselor for our service area. Roselyn is here three days a week and would be happy

to assist students who are needing to make an appointment to see Ms. Thompson about financial aid, or who have questions about the process of obtaining financial aid.

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I believe that education, physical confidence and coordination are among our greatest assets.

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Many of you who are long-time Montgomery County residents may already know Roselyn, so stop by Linda Thompson's office and say "hello" to Roselyn. Her smiling face will brighten your day.

## Need another class this semester?

Are you someone who has dropped a class or two this semester for whatever reason and need to add another class to be part or full time? MSU at Mt. Sterling is offering several second half semester classes that will begin March 12th and continue for the remainder of the semester. This semester's second half course offerings include:



◇ **PSY 154-097:** Introduction to Psychology, which meets on Saturdays from 8:30 am - 1:30 pm beginning March 17th.

◇ **EDGC 105-095:** Career Planning, which meets on Mondays & Wednesdays from 4:00 pm - 5:30 pm beginning March 12th.

◇ **MSU 400-095:** World of Work, which meets on Fridays from 3:00 pm - 5:00 pm beginning on March 16th.



◇ **MSU 399-095:** Manipulating Images, which meets on Saturdays from 9:00 am - 4:30 pm March 31st - April 28th.

If you are someone who wants to pick up a second half semester class, please see someone in the MSU offices to assist you.



# Mid-term Exams: Coping With The Pressure

*taken from the semester.com*



**D**o you get a lump in your throat when you think about your mid-term exams. MSU's midterm exam period is fast approaching and now is the time to prepare so that you can be most successful and be able to demonstrate what you have learned thus far in this semester. "Mid term" is a phrase that is used loosely to represent a short period of time occurring closer to the first day of classes than to finals with no specific calendar segment allotted for it. Some of your classes may require so many exams and papers that a "mid-term" never really happens. Other courses don't give any exams at all; they require written assignments only. Either way, mid-term exams can create so much undue stress and anxiety that an extra bit of planning and strategy is required for most college students to get through them successfully!

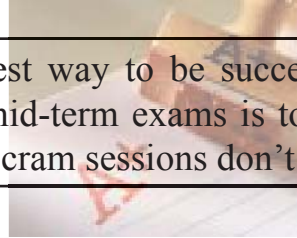
The simple fact that mid-terms are intended to monitor one's understanding of a subject mid-way through the term carries a heavy burden for most students. On one end, students who perform well on their mid-terms tend to then study with far less consistency for their final exams -- thus reducing their overall grade for the course. On the other end, students who perform poorly on a mid-term often become psychologically negative; viewing the rest of the semester as a hopeless void. Almost immediately upon receiving their mid-term grade, they're already looking at the course syllabus...trying to compute what their final grade will be if only they can score \_\_ on their final and \_\_\_ on other assignments. Also, students may use their mid-term grade to determine whether or not they will be able to pass the class. If that is not a possibility, then they still have time to drop the class before damage is done to their G.P.A.

**O**f course, the way to avoid becoming a victim of negative mid-term thinking is to work hard to do VERY WELL ON

your mid-semester exams. The mid-term is-- quite unavoidably-- at the center of the see-saw and as such-- it has the power to tip your semester grade in either direction. The best way to be successful on your mid-term exams is to plan in steps. Too many students only loosely understand their subject material and then attempt to learn it all on their own one week or even one

night before an exam. But this tactic hardly ever works! Reduce your anxiety of mid-terms and spend less time studying the

**The best way to be successful on your mid-term exams is to plan in steps...cram sessions don't work!**



week before.... Before each class pretend you are going to be taking a mid-term that covers whatever you learned in the previous class and study THAT material... and ONLY THAT MATERIAL the night before! If you approach each class as though you're going to be taking an exam on just a few topics, you'll do MUCH better when the real mid-term comes along and you'll have far less studying to do. In the long run, this tactic really takes less time than the infamous "night before cram session"-- and certainly produces less stress and anxiety. The "trick," however, is whether or not you can motivate yourself to do it!!!

## Have TEST ANXIETY? Don't Worry....There is help!

### Causes of test anxiety include:

- \* Lack of preparation as indicated by cramming the night before the exam.
- \* poor time management.
- \* failure to organize text information
- \* poor study habits.
- \* Worrying about the following:
  - past performance on exams.
  - how friends and other students are doing.
  - the negative consequences of failure.

### Physical Signs of Test Anxiety:

During an exam, as in any stressful situations, a student may experience any of the following bodily changes:

- \* perspiration
- \* sweaty palms
- \* headache
- \* upset stomach
- \* rapid heart beat
- \* tense muscles



### Effects of Test Anxiety:

- \* Nervousness: Having difficulty reading and understanding the questions on the exam paper
- \* Having difficulty organizing your thoughts
- \* Having difficulty retrieving key words and concepts when answering essay questions
- \* Doing poorly on an exam even though you know the material.

### How to Reduce Test Anxiety:

- \* Study and know the material well enough so that you can recall it even if you are under stress.
- \* Learn and practice good time management and avoid:
  - laziness
  - procrastination
  - day dreaming
- \* Build confidence by studying throughout the semester and avoid cramming the night before the exam.
- \* Learn to concentrate on the material you

are studying by:

- generating questions from your textbooks and lecture notes.
- focusing on key words, concepts and examples in your text books and lecture notes.
- making charts and outlines which organize the information in your notes and textbooks.
- \* Use relaxation techniques, for example, taking long deep breaths to relax the body and reduce stress.

### Finally, Confronting and Handling Test Anxiety

- \* Don't think about fear; just think about what you have to do.
- \* Stay relevant.
- \* Relax; you're in control. Take a slow, deep breath.
- \* You should expect some anxiety; it's a reminder not to panic and to relax and cope steadily with the situation.
- \* Tenseness can be an ally, a friend; it's a cue to cope.

**Above all else, take a DEEP breath and understand that fear is normal and you will survive!**

# WHAT IS TIME MANAGEMENT?????

by Jill E. McBride

**Time management is an important skill for college students because they typically need to juggle many different activities in a rather unstructured environment. Tips for college students include:**

**1. Use a weekly planner.** A weekly planner is a tool that you can use to find the best time for different types of activities. College students have a unique time management challenge in that portions of their schedule are fixed (classes) with lots of “free” time in between, while the rest is pretty much wide open.

As a student, time charts help you add some additional structure to your schedule based on the best times for different types of activities.

For example, you may find your peak times for mental concentration and studying, and schedule study blocks for your most difficult classes during these periods.

Additionally, time charts can also help you add more balance to your schedule. Some college students focus too much on studying, and not enough on other types of activities like sports, recreation, and social events. Download Achieve Planner (free for 30 days).

**2. Prioritize.** Over choice is a very common time management problem, but it is specially pronounced for college students since they have so many different activities to choose from.

That is why it is especially important for college students to be selective and prioritize how they want to spend their time.

College is a great time to experiment with new things. Having priorities will help you balance new experiences with focus for the things that really matter to you.

The best way to prioritize your time is to create a “to do” list, listing your tasks in the order of their importance. Start by writing down the tasks that face you, and if they are large, break them down into their smaller ones. If these still seem large, break them down again. Do this until you have listed everything that you have to do, and until tasks are will take no more than 1 - 2 hours to complete. Once you have done this, run through these jobs assigning priorities from A (very important) to F (unimportant). If too many tasks have a high priority, run through the list again and demote the less important ones. Once you have done this, rewrite the list in priority order. Use this list to help you determine what tasks need done immediately and which ones can be done later, thereby saving you time when faced with many tasks at once and you don't know where to start.

**3. Be careful with over-commitment** and attempting to

do too much. Trying to do too much at the same time can lead to excessive stress, pressure, and eventual burnout.

Remember that every time you take on something, you are automatically rejecting everything else you could have done with that time.

Learn why always saying “yes” and attempting too much are worst practices that could steal your valuable time.

**4. Write things down.** Why keep your memory full of small details, when you need it to remember the important things for your classes.

The habit of writing things down using an effective time management system will help you not only during your college years, but also when you go out and get your first job.

**5. So.....Analyze your life:**

- \* List your activities (club meetings, church, sports, practices, etc) that you have planned outside of school.
- \* What do you do for fun when you leave school (not including the above activities)?
- \* How do you stay organized? Do you keep planners, agendas calendars?
- \* What type of organizational tips would you offer other students? Do you have tips that help you? (Example: Do you schedule the easiest task for last? Or the hardest? Why?)
- \* Do you feel you have enough time or do you think your lack of time makes you feel stressed or overwhelmed? If you are feeling stressed from a lack of time, what techniques might be helpful?
- \* If you think of time as money, do you think you spend your time wisely? What are some changes that you might make?
- \* If someone gave you ten extra dollars today, how would you spend them? If someone gave you three extra hours today, how would you spend them?
- \* Are we ever guilty of freely giving away our time? Should we be so free with time and/or money? Ask students to think of ways that they “waste” time and/or money. Are there similarities and differences in the ways we spend or save our time and money?
- \* Should and can students “bank” time much like money? Is there an activity that the students would do if they could find time or money?

**6. Think Positively & Remember:**

*If you don't take the time to manage your time,*

**WHO WILL???????**