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Daily Nebraskan

Workshops ease test traumas

By Ann Rasmussen Daily Nebraskan Staff Reporter

It's 4 a.m. and you've been cramming for tomorrow's test for hours, yet you still feel totally unprepared.

This probably sounds familiar to most college students.

But simple daily reviews of notes and readings can be the key to preventing such cram sessions and make test taking easier, according to Carol Lotven, coordinator of the Educational Learning Center at UNL.

Speaking to students at a test taking workshop in Selleck Quadrangle, Lotven said reviewing is most effective if done before and tion, Lotven said, try to put the after each class, at the end of each day and at the end of the week.

Another good idea, Lotven said, is to put yourself in the professors' shoes and prepare practice test questions. Often, similar questions will appear on the tests.

question. It also is important to answer, she said. read all directions very carefully. she said.

if you have to guess. Answer the Sleep also is an important factor easiest ones first to build your in making sure you are at your confidence and to get them out of peak for each test. the way, she said.

you're absolutely sure it is in- Quadrangle: correct. Also, check for spelling and grammar errors.

Before answering an essay qus- 2:30 p.m., Friday at 10:30 a.m. question into your own words p.m., Oct. 19 at 1:30 p.m. and outline your thoughts. Take tion and conclude your answer a.m. with a brief summary.

Lotven said that when taking a p.m., Nov. 2 at 10:30 a.m. multiple choice test, read all of Cost is 50 cents; registration is Lotven recommended students first one is correct. If the answer up,

scan a test before beginning is not clear to you, try using the checking for the different types - process of elimination. If two or of questions, and deciding on an more choices seem to be correct, appropriate time budget for each always chose the most inclusive

Lotven said eating before a test can help to raise your blood sugar Answer all the questions, even level and pep you up for a test.

The learning center will have After you finish the test, Lotven workships at the following times said, proofread all of your answers on the following subjects at the and change your answer only if Multi-Purpose Room in Selleck

Test Anxiety, Thursday at

Studying Math, Oct. 18 at 1:30

 Writing College Papers, Oct. time to write a short introduc- 25 at 2:30 p.m., Oct. 26 at 10:30

Math Anxiety, Nov. 1 at 2:30

the choices, even if you think the required. Call 472-1481 to sign

UPC to evaluate Free University

By Stu Pospisil Daily Nebraskan Senior Reporter

which students can enroll in classes offered this fall Course then that's fantastic," Maxwell through Wednesday, will be eval- topics range from beginning auto said. uated later this year by the spon- mechanics and CPR training cil

assistant in the Campus Activi- dence hall rooms and apartties and Programs office, said the ments. evaluation is a result of declining interest in the program and is was, but in the last year has sta- costs and advertising expenses,

said. "It's not going to be whether students in school."

we disband it, but how we can improve it."

Maxwell said he expects about The Free University program, 100 students to sign up for the 15 they gained something from them, Mike Maxwell, a UPC graduate creative interior design for resi- said.

designed to improve the program. bilized, Maxwell said. "I think just he said. "At the end of the fall program, the change in the makeup and

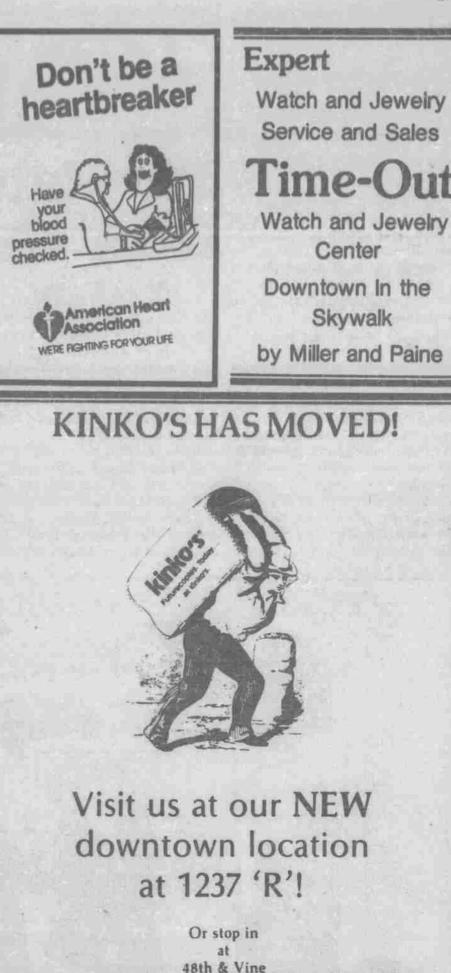
But, Maxwell said, the aim isn't quantity - but quality.

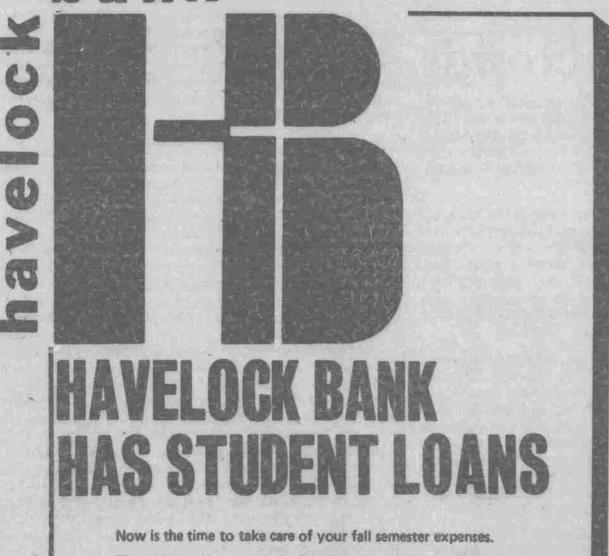
"If we have 50 enrolled and if

One hundred people may not soring University Program Coun- which are always popular, he sound like a lot, but class sizes are said - to East Asian cooking and limited in most courses, Maxwell

> Students are charged a nominal \$1 fee (\$2 if not a full-time Enrollment is lower than it once UNL student) to offset operating

The UPC has a sign-up booth in we'll evaluate it as well as those of the population has been a differ- the Nebraska Union's North Lobby the past few semesters," Maxwell ence. There's more non-traditional today and Wednesday from 10 a.m. to 2 p.m.





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