

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 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.

Lotven recommended students

scan a test before beginning checking for the different types of questions, and deciding on an appropriate time budget for each question. It also is important to read all directions very carefully, she said.

Answer all the questions, even if you have to guess. Answer the easiest ones first to build your confidence and to get them out of the way, she said.

After you finish the test, Lotven said, proofread all of your answers and change your answer only if you're absolutely sure it is incorrect. Also, check for spelling and grammar errors.

Before answering an essay question, Lotven said, try to put the question into your own words and outline your thoughts. Take time to write a short introduction and conclude your answer with a brief summary.

Lotven said that when taking a multiple choice test, read all of the choices, even if you think the first one is correct. If the answer

is not clear to you, try using the process of elimination. If two or more choices seem to be correct, always chose the most inclusive answer, she said.

Lotven said eating before a test can help to raise your blood sugar level and pep you up for a test. Sleep also is an important factor in making sure you are at your peak for each test.

The learning center will have workshops at the following times on the following subjects at the Multi-Purpose Room in Selleck Quadrangle:

- Test Anxiety, Thursday at 2:30 p.m., Friday at 10:30 a.m.
- Studying Math, Oct. 18 at 1:30 p.m., Oct. 19 at 1:30 p.m.
- Writing College Papers, Oct. 25 at 2:30 p.m., Oct. 26 at 10:30 a.m.
- Math Anxiety, Nov. 1 at 2:30 p.m., Nov. 2 at 10:30 a.m.

Cost is 50 cents; registration is required. Call 472-1481 to sign up.

UPC to evaluate Free University

By Stu Pospisil
Daily Nebraskan Senior Reporter

The Free University program, which students can enroll in through Wednesday, will be evaluated later this year by the sponsoring University Program Council.

Mike Maxwell, a UPC graduate assistant in the Campus Activities and Programs office, said the evaluation is a result of declining interest in the program and is designed to improve the program.

"At the end of the fall program, we'll evaluate it as well as those of the past few semesters," Maxwell said. "It's not going to be whether

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

Maxwell said he expects about 100 students to sign up for the 15 classes offered this fall. Course topics range from beginning auto mechanics and CPR training — which are always popular, he said — to East Asian cooking and creative interior design for residence hall rooms and apartments.

Enrollment is lower than it once was, but in the last year has stabilized, Maxwell said. "I think just the change in the makeup and the population has been a difference. There's more non-traditional students in school."

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

"If we have 50 enrolled and if they gained something from them, then that's fantastic," Maxwell said.

One hundred people may not sound like a lot, but class sizes are limited in most courses, Maxwell said.

Students are charged a nominal \$1 fee (\$2 if not a full-time UNL student) to offset operating costs and advertising expenses, he said.

The UPC has a sign-up booth in the Nebraska Union's North Lobby today and Wednesday from 10 a.m. to 2 p.m.

Don't be a heartbreaker



Have your blood pressure checked.

American Heart Association
WE'RE FIGHTING FOR YOUR LIFE

Expert
Watch and Jewelry Service and Sales

Time-Out
Watch and Jewelry Center

Downtown In the Skywalk
by Miller and Paine

KINKO'S HAS MOVED!



Visit us at our **NEW** downtown location at 1237 'R'!

Or stop in at 48th & Vine

havelock bank



HAVELOCK BANK HAS STUDENT LOANS

Now is the time to take care of your fall semester expenses. The sooner you see us, the less time you have to spend worrying about finances.

Our friendly staff is available Monday through Saturday to serve you at either location. Convenient drive-ins open at 7:30 a.m. daily for all your regular transactions. Inside, or by mail, we can process your student loan quickly and conveniently. Ideal for any situation or location.

When you need a student loan, remember Havelock Bank!

Member FDIC

467-1161

70th & Adams

JOSTEN'S

White Lustrium RINGS

\$20 OFF



YOUR CHOICE OF ANY JOSTENS WHITE LUSTRIUM RING FOR ONLY **\$30** A MONTH IN 4 MONTHLY PAYMENTS

See Your Jostens Representative About Jostens Easy Payment Plans

TODAY!
10:30 AM — 1:30 PM

Open Monday-Friday, 9-5:30, Saturday, 9-5:30

NEBRASKA BOOKSTORE
1237 & R Streets in Lincoln Center 476-0111

Jostens is the Official Awards Supplier of the 1984 Olympic Games