



March 2008 Edition

SCHOLARSHIP STAR OF THE MONTH



LAURA ANSLEY

Of Sigma Psi

for always being proactive and prepared.

The Academia

THE GREEK SCHOLARSHIP CONNECTION

Procrastination is a vice with which everyone contends and only a few have learned to master. The gamut of students here at Case Western Reserve, because of their highly motivated and astute personalities, also have a disposition towards perfectionism; A quality that can be a blessing, but more often becomes a curse. Students striving for the impeccable academic transcript, the sublime gym-trained body, or even the unequaled social life find themselves struggling to keep up with the ever increasing responsibilities of life.

In order to overcome this shortcoming in work ethic, it's essential to pinpoint exactly why students procrastinate in the first place. Many students with perfectionist tendencies, whether they identify with them or not, expect so much from themselves that they put off their work, scared that they won't be able to meet their own outrageously high standards. For many students, this pressure is not internal, but instead the bar of excellence has been set by parents or friends. The students then function under the doctrine that it is better to give a perfunctory effort and believe that they could have done better had they just given it more time and energy, then to put a whole-hearted effort into finishing their work and receive only a mediocre grade. In this case, procrastination is but a symptom of the larger issues surrounding bright students who simply set unattainable and unreasonable goals for themselves. For these students, failure is a big fear, but most times that "failure" is distorted by what they see as "success." The perfect paper, the perfect body, or even the perfect social life is not attainable and once this is realized, students can enter into a task with reasonable expectations and lose the fear that causes them to put off their work.

Whether your excuse is time constraints caused by jobs and classes, underestimating or overestimating the time it will take to finish homework, substituting one important thing for something more important (doing laundry vs. studying for a test), or the most frequent being "I wrote my paper last time at the last minute and I got a good grade. I work best under pressure," procrastination comes natural and you've got to make a conscious decision to fight back. Here are some ways to put off procrastination instead: (1) Find a productive work environment. Get out of your dorm room and head to the library. Call a friend and get together with a study group. (2) Break down your project into smaller pieces that can be managed easier. Do this right when you get your assignment and then work on a section each day until the parts are completed. You don't need six hours of uninterrupted work to be productive; work when you find the time. (3) And finally, ask for help. Don't be afraid to go to someone if you don't know how to do a project, are struggling with your work ethic, or simply need to be held accountable for your academics. Take a few minutes to find out the reasons you procrastinate and with a bit of time and patience, you'll learn to master procrastination and put it off altogether.

FACULTY FORUM SPRING 2008 RECAP

By Chris Coy, G.C.E.C.

This semester's Faculty Forum, co-hosted by IFC, Panhel, and UCITE, discussed "How Should Student's Be Assessed?" The event's new location of Rockefeller 301 provided ample seating for the under-attended event. Moderator Jerold Goldberg and panelists Kat Courtney (Nursing), Mary Davis (Music), William Deal (Religious Studies), and Dawn Taylor (Biomedical Engineering) all spoke about their student assessment experiences.

Students posed questions to the faculty such as: How does your definition of plagiarism depend on your department? How do you try to incorporate real world applications into your courses? How do you include objectivity into evaluating a student's writing? How does a faculty member's tenure status affect their grading style? Much of the discussion focused on the difference between "student assessment" as opposed to "grading style." Both faculty and students were able to take away lessons from the event regarding student assessment and grading schemes.

Audience members participated very actively, with an involved discussion taking place. Panel members also balanced their participation well, as each faculty member frequently weighed in on the questions being posed. The discussion continued well after the scheduled program's ending.

Discussion topic suggestions for the future are always welcome. Contact Lisa Voigt (lmv4@cwru.edu) or Chris Coy (cgc8@cwru.edu) with comments, questions, or suggestions. Special thanks go to the Greek Life staff members, Mano Signham, the panel members and Provost Goldberg for a successful event.

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# STUDYING FOR MIDTERMS

By Jillian Wang, Alpha Chi Omega

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Studying for midterms may not be the most exciting thing in the world, but there are strategies to overcome and ace them at the same time. As I was preparing to open my vault of top secret midterm studying strategies, I came to a realization: people have different studying habits! Thus, I will share not only things that have helped me, but also the stories and strategies of the sisters of Alpha Chi Omega.

First and foremost, perhaps the best piece of advice for any student is that studying for midterms starts days and weeks before any exam. Preparation is key, and not falling behind is the way to play the game. As sister Crystal Zhou says, "Paying attention in class since day 1 is a really helpful thing to do, no matter how hard it sounds. But going to class ALWAYS helps me do better on tests!" In addition to attending classes, it is wise to review information following lectures. Keeping up with reading and seeking assistance through SI and tutor sessions (free through ESS) are also beneficial. The advantages that this preparative strategy has to cramming are a) less stress b) deeper learning c) better scores on exams d) a greater sense of achievement and e) elevated levels of happiness.

Moving on to studying directly for midterms- the first thing to find is a suitable place to study. Unfortunately, there is not one magical place; rather, each person must find their ideal location. Some find the library conducive to studying. "The most success I've had is actually leaving my room--and studying in the Kelvin Smith Library early in the morning before my classes and work," explains Svetlana Tkachenko. The library, however, is not for everyone. Kalina Kaschalk prefers a different environment: "I really don't care for libraries. They make me fall asleep, it's so peaceful. But I do like to study in a quiet spot in the [AXO] house." The take home message is to study where you feel comfortable studying. Do not be afraid to try out a new place. I will say, however, that the majority of people do not do well in environments where noise levels exceed 60 decibels, which is about the volume of a normal conversation.

So after going to class, preparing beforehand, and finding an ideal study habitat, it is time to address the actual methods of studying. For classes that are problem based, such as math or physics, it is essential to understand concepts and use of equations, but just as important to apply learned knowledge. This is the very method that Aubrey Knick-Koppenhofer executes. "I basically prepare for midterms or any big test through repeated practice. I make sure I have read all of the material and then I go through and practice." Although each person is different, learning by practice is rather universal, due to the nature of the human brain.

Studying, practicing, and repeating can also get monotonous and lose effectiveness. A good way to tackle this problem is to take Valbona Bushi's suggestion: "I usually get bored with doing one task longer than an hour so I break my studying and projects (papers, chapter readings) up." Do not be afraid to give yourself a few minutes of personal break time. In fact, this is oftentimes more efficient than studying for large durations of time. It helps maintain focus and gives your brain time to take in information. It is a shame that college students no longer get recess halfway through class.

One last bit of advice: studying can be fun! A task is only a task if you make it out to be one. Just look at exams as an exciting way to test and gauge what you have learned and retained. Studying for midterms does not have to be a strict and mentally torturous protocol. Kelsie Carson shares a unconventional method that works for her: "I make flash cards and say the answers in different voices. Pretty lame, but it helps me on my exams!" Lame? I think not. Any connections that can be made to the topic are ways of studying. Just remember, preparation and repetition are essential, but the ways of doing so are endless. Best of luck on future exams!

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## SIGN UP FOR HONOR ROLL ONLINE

By Jackie Staple, G.L.A.

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Honor Roll Online has established a relationship with JobBound to help connect students from smaller, prestigious [universities](#) like Case Western Reserve to large companies in order to give students broader career opportunities and give participating companies a larger network to choose the best candidates for open employment positions.

As a Greek community known to foster strong leadership and scholarly-minded individuals, Honor Roll has offered a Greek-focused presentation by the charismatic speaker/ President of JobBound, Brad Karsh, in exchange for the Case Greek community's participation in the Honor Roll service. Brad Karsh spoke at Greek III in the Spring 2007 semester about explaining Greek experiences on a resume and will discuss another Greek-focused, career-related topic at Greek III this spring if enough students register for JobBound.

To participate, all you need to do is submit your valid Case email address and password (1220) for Case at the registration screen at <http://www.honorrollonline.com/Enroll.aspx>. An activation email will be sent to your email address with further information so you can build a profile. By doing this, you will advertise yourself to and gain access to positions available at well-known [companies](#) such as General Mills, Allstate, Intel, and Susan G. Komen for the Cure.

There is **NO COST** for enrolling in Honor Roll, and email addresses will not be distributed or used for any purpose other than a login. Please encourage your friends and classmates, Greek and unaffiliated, and anyone with a valid Case email address who may be interested to sign up for this opportunity. If you have any questions or concerns, please explore the Honor Roll website and/ or email at [jcs34@case.edu](mailto:jcs34@case.edu).