

“Discovery Exchange at Columbus State”

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"The doer alone
learneth."

-- Friedrich
Willhelm
Nietzsche

BY

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The Discovery Exchange located at the corner of Cleveland and Mt. Vernon Avenue is your college bookstore and so much more. Inside our doors you'll find the new Café & Barista, Copy Center, and our On-the-Go Convenience Store. You'll also find many products in addition to books including a selection of gifts, apparel, flowers, art & office supplies, electronics, Swan dry cleaning, Revol cell phones, software, and Dell computers & accessories.

The Café & Barista is a coffee bar and café that serves made-to-order lattes, mochas, and other tea and coffee drinks, served hot, frozen, or on ice. The café also boasts a selection of fresh fruit, bagels, pastries, soups, salads, and sandwiches, many of which will satisfy the palettes of our health-conscious and vegan patrons.

The Copy Center is here to offer all you need in the way of office services solutions including faxing, lamination, document binding, First Class Postage, Airborne/DHL Shipping, courier services, scanning, money orders, graphic design, and graduation announcements.

The On-the-Go Convenience Store offers a wide variety of items to make your everyday life a little easier by offering many grab and go items including Deli Express sandwiches, snacks, candy, fountain drinks, nachos & cheese, frozen treats, Folger's Coffee and much more.

The Discovery Exchange is open Monday-Thursday 7:00 am – 9:00 pm, Friday 7:00 am – 6:00 pm, and Saturday 8:00 am – 2:00 pm. The DX also offers a convenient walk-up window service along Mt. Vernon Avenue for both the Copy Center and the On-the-Go Convenience Store.

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Please contact the DX at 614-287-2427 or <http://bookstore.csc.edu> for more information.

Bring this article to the Café DX & Barista and receive half off one regular size mocha or latte. Good thru March 31.

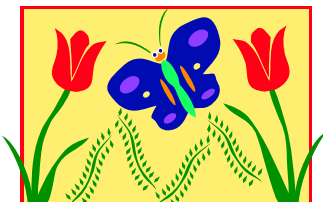


SPRING QUARTER IMPORTANT DATES

March 26 - June 9, 2007

Spring Quarter Fees Due.....	March 21
Full Quarter Classes Begin.....	March 26
Easter Sunday—Campus Closed.....	April 8
Registration Begins for Summer Quarter.....	April 23
In-Service Day- Offices Closed—No Day Classes.....	April 27
Last Day to remove Incompletes from Winter Quarter, 2007.....	May 5
Memorial Day —Campus Closed.....	May 28
Last day to drop full quarter classes.....	May 29
Graduation Ceremony	June 8
Spring Quarter 2007 Ends.....	June 9

Spring Fling



Thursday, May 17th

11:30 a.m.—1:30 p.m.

Outside on the Commons

Campus Clubs & Organizations, Food and Games.

Join the Fun!!



"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I have lived through this horror. I can take the next thing that comes along." . . . You must do the thing you think you cannot do. "

-Eleanor Roosevelt

Do You Have Test Anxiety?

By Laura Huston-Hoburg, Counselor
Columbus State Community College

Many students, especially those who have been away from a classroom for a few years experience test anxiety. You have plenty of company, but that certainly does not help reduce your test anxiety. You know the symptoms...butterflies in the stomach, tension in the neck, sweaty palms, and that dreaded experience of “my mind just went blank”! Students who return to education tend to be serious about their academics, (which is a good thing), however this sometimes results in perfectionism that (if taken too far) results in anxiety that is detrimental. Some degree of anxiety can motivate an individual to study well and prepare thoroughly for a test, but too much anxiety can cause a student’s thoughts to lose focus. If energy is focused inward on feelings of anxiety, it prevents the focus of thoughts outward on the test questions. A balance of the right amount of anxiety and an ability to focus on the test may take some practice to achieve. If you have reinforced the notion that you are not a good test taker for a long time, it will take some time to unlearn. Many students have been told somewhere in their educational past that they are not good at taking tests...or perhaps that they are not good at, more specifically, a subject like math.

It is common for students with test anxiety to feel that test situations are out of their control. Preparation for a test is something you can control, so this may be a good place to start improving...if you haven’t already. Many students that I meet with in the Counseling and Advising Services Office are already preparing well. They are reviewing frequently, communicating with their instructor, finding out what to expect on the test, forming study groups, and maybe even preparing practice tests as a form of review.

There are several strategies for managing test anxiety. If you have reinforced the notion that you cannot take tests well, then you need to somehow reinforce the idea that you can relax about tests. This will take practice, and will not happen overnight. Practice the following strategies and see what works best for you:

1. Positive Self-Talk. Many students who experience test anxiety tend to give themselves negative messages. If you tell yourself things like “I know I am going to flunk this test like I did the last one,” or “I have never been good at taking tests,” then consider trying to replace negative self-talk messages with positive ones. Some more positive messages might be “I have studied well, and now I just need to do the best that I can” or “Worrying will not help now, so I need to try to relax and focus on the test.” You may want to write you positive messages on index cards and put them on your mirror at home, on your visor in your car, or on your backpack..

2. Deep Breathing. Focusing on your breathing can help you to calm your body, which can help you to think more clearly, and therefore focus better on test items. There are many ways to practice deep breathing from very simple techniques, to progressive relaxation which focuses on relaxing different parts of your body, to meditation, yoga and la maze techniques. A simple technique is to inhale deeply to a count of 6 and then exhale slowly to another count of 6, and repeat.

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Using this technique every time you study, as well as before (and during) each test will reinforce relaxation and test taking. (Some students say that they do not have time to stop during a test to breathe, but taking a minute to breathe deeply may calm you enough to “let go” of that question that you are spending too much time on, and allow you to focus better on the test).

3. Visualization. Especially for those who are visual learners, picturing something positive while deep breathing can assist with reinforcing relaxation. Some prefer to picture a calming scene like an ocean with rolling waves. Some find that picturing themselves being a successful test taker in their actual test location can help to reinforce the idea that they can do well on tests.

4. Simulate the Test Situation. Another technique is to try to simulate the test situation as much as possible to practice test taking. You could create a practice test similar to one you might be given, and then actually go to the classroom where you have the class (if you can find a time when it is empty). Sit in your usual seat, do some deep breathing, and then proceed to complete the practice test, using those positive messages, and stopping to breath and relax as needed. If you can get yourself to relax in a simulated test situation, you may find that it will work during the real thing!

Note that in some situations, test anxiety may be one type of anxiety that is a symptom of a more generalized anxiety in a student’s life. If a student is anxious due to other issues like stressful relationships, substance abuse, divorce, illness, financial difficulties, then perhaps dealing with these issues (through counseling, budgeting assistance, etc.) might help relieve test anxiety.



Resources available at Columbus State to help you manage your test anxiety include:

1. **Talk with Your Instructors.** Make them aware of your test anxiety, ask them for suggestions, and also ask what to expect on tests. Check your syllabus for each class to find out when your instructor may have office hours.
2. **Peer Tutoring in Aquinas Hall** Room 241 may help you to understand the material more thoroughly and build confidence in your ability to do well on tests.
3. **More Detailed Test Anxiety Handouts** are available in Advising and Counseling Services, Aquinas 116 (287-5023).
4. **Web Workshops.** Available on Columbus State’s web site (<http://csc.edu/Counseling/workshops.htm>)
5. **Meet with a Counselor or Psychologist** in the Advising and Counseling Services, Aquinas 116. Call (614) 287-2668 for an appointment.

Please seek out these resources if you think you are experiencing test anxiety! There are ways to feel better about taking tests!

Scholarships Available through Columbus State's Financial Aid Office

Check the following website in late March:

[Http://csc.edu/docs/FinAid/types.htm#scholarships](http://csc.edu/docs/FinAid/types.htm#scholarships)

YOU could be eligible for a scholarship, depending on the criteria for the scholarship. Eligibility varies for each scholarship program. In general, these scholarships are based on criteria including, but not limited to, field of study, financial need, credit hours earned, and academic and individual achievement. Students may apply for these scholarships by completing the Application for Development Foundation Scholarships available in the Financial Aid Office in Rhodes Hall. Application forms can also be downloaded from the above site. Scholarship applications are available in the spring for the next autumn quarter. For more information, contact Suzanne Von Ahn, Scholarship Coordinator in the Financial Aid Office at (614) 287-2652, svonahn@csc.edu.



HELPFUL WEBSITES



www.actionforchildren.org—Resource for choosing childcare, parenting classes, etc.

www.adultstudentcenter.com - The Adult Student Center, your resource for information and guidance on returning to college.

www.back2college.com - Articles featuring adult learners, forums for adult learners and also resources and scholarship information.

www.centerfornewdirections.org—New Directions Career Center provides career resources and tips.

www.collegeboard.com—Includes information on planning for college, finding a college, Financial Aid and scholarships.

www.csc.edu - Columbus State Community College (application, registration, fee payment, catalog, financial aid, academic advising directory, adult learner link, etc.).

www.fafsa.ed.gov - Internet access for filing FAFSA (Free Application for Federal Student Aid).

www.fastweb.com— A comprehensive resource for local scholarships and college-specific scholarships.

<http://ohioline.osu.edu/lines/fami.html>— Site by OSU College of Food, Agriculture and Environmental Sciences. Offers a variety of family information including childcare, aging, child development, stress, etc.

<http://www.studygs.net>—Information on study skills, test taking, research, and how to study specifically math and science.

COLUMBUS STATE COMMUNITY COLLEGE

"We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us."

-Marcel Proust

The **Adult Learner Connection** is a creation of Counseling and Advising Services / Laura Huston-Hoburg, Counselor at Columbus State Community College. For more information please call 287-5023, or stop by Aquinas Hall, room 116.