2013 NEW JERSEY HIGHER EDUCATION ACHIEVEMENT AWARDS! Congratulations!

Yearly, the New Jersey Higher Education and EOF Central offices recognize graduating seniors across the state that have excelled academically and truly embody the “spirit” of the EOF program. This year’s EOF County College of Morris award recipients are a wonderful group of seniors who have worked hard, maintained their focus and have one goal in mind to complete their Associate degree. Our award honorees are:

**Outstanding Academic Achievement Award**
- David Mejia, Sominin Mosaku & Brendan Ferris (No Photo) maintained a cumulative GPA range of 3.5 – 4.0.

**Academic Achievement Award**
- Nicole Barrett & Victoria Bronson maintained a cumulative GPA range of 3.20 – 3.49.

**Outstanding Achievement Award,** Edward Akaezuwa for leadership, involvement, and major contributions to the EOF program.

These students have been very active and maximized all of our academic support services available to them; they’ve also participated in various EOF events, workshops and community service opportunities. All of this while juggling family and work responsibilities outside of college. The New Jersey Higher Education and EOF Central offices know all of the extra hard work and challenges our students face today, but they also know that their successes are to be recognized and celebrated!

The state recognized all award recipients across all EOF programs on March 8, 2013, but we were unable to attend due to inclement weather. We will be honoring these seniors and many others students during our annual Awards Dinner & Recognition Celebration on Thursday, April 25th at 6:00 PM. We are very much looking forward to this special event; it is the culmination of the entire academic year and a time to celebrate and recognize our students, staff, alumni and administrator’s hard work and contributions to the Educational Opportunity Fund at County College of Morris.

Pamela Marcenaro
Director, Educational Opportunity Fund

President Abraham Lincoln
At any given point in time, most college students are stressed about something; it's just part of going to school. While having stress in your life is normal and often unavoidable, being stressed is something you can control. Follow these ten tips to learn how to keep your stress in check and how to relax when it gets to be too much.

Here's How:

1. **Most Importantly: Don't Stress About Being Stressed.** This may seem ridiculous at first, but it is listed first for a reason: when you're feeling stressed, you feel like you're on edge and everything is barely being held together. Don't beat yourself up too badly about it! It's all normal, and the best way to handle stress is to not get more stressed about . . . being stressed. If you're stressed out, admit it and figure out how to handle it. Focusing on it will only make things seem worse.

2. **Get Some Sleep.** Similar to your sleep habits, your eating habits may have gone by the wayside when you started school. Think about what -- and when -- you've eaten over the past few days. You may think your stress is psychological, but you could also be feeling physical stress (and the "Freshman 15") if you're not fueling your body appropriately. Go eat something balanced and healthy: fruits and veggies, whole grains, protein.

3. **Get Some Food.** You may think that if you don't have the time to sleep and eat properly, you definitely don't have the time to exercise. Fair enough, but if you're feeling stressed, it may be that you need to squeeze it in somehow. Exercise doesn't necessarily have to involve a 2-hour, exhausting workout at the campus gym. It can mean a relaxing, 30-minute walk while listening to your favorite music. In fact, in a little over an hour, you can 1) walk 15 minutes to your favorite off-campus restaurant, 2) eat a quick and healthy meal, 3) walk back, and 4) take a power nap. Imagine how much better you'll feel!

4. **Get Some Quiet Time.** Take one moment and think: when was the last time you had some quality, quiet time alone? Personal space for students in college rarely exists. Finding a few moments of peace and quiet - with no cell phone, or crowds - might be just what you need. Stepping out from the crazy college environment for a few minutes can do wonders for reducing your stress.

5. **Get Some Social Time.** Have you been working on that English paper for 3 days straight? Can you even see what you're writing anymore for your Chemistry lab? You could be stressed because you're being too focused on getting things done. Don't forget that your brain is like a muscle, and even it needs a break every once in a while! Take a break and see a movie. Grab some friends and go out dancing. Having a social life is an important part of your college experience, so don't be afraid to keep it in the picture when you're stressed. It could be when you need it most!
HOW TO REDUCE STRESS WHILE IN COLLEGE—CONT.

a step back and focus on yourself for a little while, especially if you are stressed and your academics are at risk. After all, how can you keep helping others if you're not even in a state to help yourself? Figure out which things are causing you the most stress and how you can take a step back from each. And then, most importantly, take that step.

9. Get a Little Help. It can be hard to ask for help, and unless your friends are psychic, they may not know how stressed out you are. Most college students are going through the same things at the same time, so don't feel silly if you need to just vent for 30 minutes over coffee with a friend. It may help you process out what you need to do, and help you realize that the things you are so stressed about are actually pretty manageable. If you're afraid of dumping too much on a friend, most colleges have counseling centers specifically for their students. Don't be afraid to make an appointment if you think it will help.

10. Get Some Perspective. College life can be overwhelming. You want to hang out with your friends, join clubs, explore off campus, and be involved in the campus newspaper. It can sometimes feel like there aren't enough hours in the day . . . because there aren't. There's only so much any person can handle, but you need to remember the reason why you're in school: academics. No matter how exciting your co-curricular life can be, you won't be able to enjoy any of it if you don't pass your classes. Make sure to keep your eye on the prize and then head out and change the world!

EOF STUDENT ALLIANCE

The EOF students ran a bake sale on March 5 to raise funds for their Spring initiative to put together Easter Baskets for St. Peter's Village in Denville. For the very short time they were able to staff the table, they still made $27.00. The funds raised went towards shower caddies and some other needed items to make the Baskets for this orphanage.

Students gathered on March 26 to sort, count and wrap 14 shower caddies filled with equal amounts of the donated items from the campus-wide drive for socks, chap sticks, batteries, pencils, Easter candy, toiletries and more.

Four Alliance leaders, Devon Smith, Marco Garcia, Ashaloy Wilson and Nicole Barrett, delivered the beautiful wrapped Easter ‘baskets’ to St. Peter's on March 28. The Director and staff were very surprised at the lovely bounty of goodies for their boys, and they sent a very appreciative letter to EOF, thanking our students for their very diligent efforts to provide the orphans a brighter holiday.

UPCOMING SPRING WORKSHOPS

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<tr>
<td>Wednesday, April 17th 9:30 AM—12:30 PM</td>
<td>Spring Job Fair (Dress for an interview &amp; bring resume)</td>
<td>Student Community Center Davidson Rooms</td>
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<tr>
<td>Thursday, April 18th 2:00 PM—3:00 PM</td>
<td>EOF Student Alliance Meeting/Wrap Baskets</td>
<td>EOF Office—Cohen Hall Room CH 211</td>
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Maria Solines, Fernando Barrios & Marco Garcia

St. Peter’s staff member, Nicole Barrett, Devon Smith, Ashaloy Wilson, Marco Garcia and Saint Pt.’s staff member

Maria Solines, Fernando Barrios & Marco Garcia
UPCOMING COMMUNITY SERVICE OPS.

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| Tuesday, April 23th 10:00 AM—2:00 PM | Health Fair  
(Sign up in Health Office) | Student Community Center Davidson Rooms |
| Thursday, April 25th 10:00 AM—3:00 PM & 5:00 PM—8:00 PM | Tricky Tray & EOF Awards Dinner | Student Community Center Lobby & Davidson Rooms |

EXAM TIPS FORM STUDENTS & PROFESSORS

Exams value your memories and your skills and ability to understand what you are studying. They make you prepare beforehand and review topics you do not know. They also force you to be specific and focused, as time is limited in most exams.

**Final exams are scheduled for the week of May 7th—13th.** Please observe the following tips to get yourself ready:

- Start studying early and make sure you have covered all sections outlined on your syllabus.
- Attend academic review sessions scheduled by professors or by the Tutoring Center.
- Organize all your notes in an orderly fashion for fast referencing and utilize your textbook CD.
- Make a timetable for the period you are studying, and take breaks.
- Work together. For example, form a small study group.
- Review all the materials at least once after your main study session.
- Think up a few questions you might be asked on your exam, and try answering them.
- Have an efficient amount of sleep before the exam day.
- Allow yourself time for relaxation and thinking.
- Use strategies like deep breathing to overcome panic.
- Visualize yourself in positive and relaxing situations when starting your exam.
- Keep cool and calculated—don’t worry if you can’t answer the first question, calmly go onto the next. It will come to you later!

COUNSELOR’S CLIPBOARD

- **Wednesday, April 17th**—Spring Job Fair, 9:30 AM—12:30 PM, Student Community Center, Davidson Rooms. Bring your resume and dress for an interview.
- **Thursday, April 18th**—EOF Student Alliance, Meeting/Wrap Baskets, 2:00 PM—3:00 PM, EOF Office, Room: CH 211.
- **Thursday, April 25th**—Tricky Tray, 10:00 AM—3:00 PM & 5:00 PM—6:00 PM, Student Community Center.
- **Thursday, April 25th**—EOF Awards Dinner, 6:00 PM, Student Community Center, Davidson Room. RSVP by Friday, April 19th!!
- **Thursday, May 2nd**—Forte Italian Restaurant, 12:15 PM. Sign up in EOF. Limited Seating!
- Get tutoring if you need it! Bring up your final grade.
- EOF needs your Tutoring, Community Service and Workshop documentation by May 13th!!