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Connections

EOF

ADDRESSING THE NEEDS OF OUR STUDENTS & PLANTING THE SEEDS FOR A SECURE FUTURE.

EOF 50th Anniversary & Senior Achievement Awards



is celebrating a milestone anniversary. The program was established through the legislation in 1968 by former Governor Thomas Kean to assist first-generation college students to achieve academic success. **HAPPY 50TH ANNIVERSARY!**

The EOF Program at CCM had the joy of joining other EOF programs statewide to recognize their high achieving graduating seniors during the Office of The Secretary of Higher Education's – Senior Statewide Achievement Awards. The event took place on Friday, April 5, 2019 at Fairleigh Dickinson University. This award recognizes EOF scholars who have either graduated Fall 2018 and upcoming Spring and Summer 2019 graduates that meet the criteria of cumulative GPA's of 3.2 or higher. In addition, the program's Director selects one EOF scholar who signifies the spirit of EOF from an academic and social standpoint. This has to be a student who was very engaged, involved, and who made a difference in the program. This year, four of our EOF seniors were recognized for their accomplishments; three were in attendance.

This event allows our students to see the positive magnitude of the program across the state and how many

AWARDEE	CGPA	SENIOR AWARD CATEGORIES
Cesar Rubio	3.743	Outstanding Academic Achievement
Nicole Doucette	3.701	Outstanding Academic Achievement
Angel Espada	3.454	Academic Achievement
Keara Thomas	2.549	Outstanding Achievement

other EOF scholars maintain academic excellence at both two and four year institutions. The EOF team is truly proud of our students and we know they will continue to do great things.

Pamela Marcenaro, EdD, MBA
Dean of Learning Support & Opportunity Services



Dr. J. Pamela Marcenaro with Awardees: Keara Thomas, Cesar Rubio and Nicole Doucette

Senior Award Categories
Distinguished Scholar (4.0 CGPA)
Outstanding Academic Achievement (3.5-3.99 CGPA)
Academic Achievement (3.2-3.49 CGPA)
Outstanding Achievement (No GPA Requirement)*
 *1 Nominee per person

EOF Student Alliance

Advisor Edie Nelson

The EOF Alliance officers and other volunteers helped sell tickets at the 12th Annual Tricky Tray on Tuesday, April 2, 10AM-3PM in the SCC lobby, while also sharing information about EOF. In addition, alliance members wrapped gift baskets at their March 21st meeting. We had a banner year of donations from both private families and local businesses. Thank you everyone for your generosity!

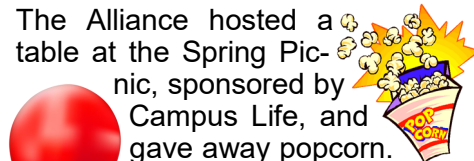


At the Alliance meeting of April 4th, officers kicked off their Haiti Drive to collect items for children in orphanages there. They are partnering with Dayspring ministries and a CCM student who brings donations to Haiti twice a year. EOF students that donate can get 1 hour of community service by bringing



the item into EOF office first, to document your donation. See list on Haiti flyer of needed items. Boxes are located by the SCC entry doors, Cohen Café and by the Cohen/De Mare entry doors. Please support this effort!

The Alliance hosted a table at the Spring Picnic, sponsored by Campus Life, and gave away popcorn. It's always a fun event! Free food, music, giveaways and many tables for CCM clubs. Students who participated received community service hours.



Lastly, sign-up soon for the Alliance's final meeting, the year-end Celebration Luncheon on Thursday, May 16, (the last day of the semester) being held at Forte's Italian Restaurant. (Right across Route 10 just before the Center Grove traf-



fic light on the west-bound side by Morris Tap & Grill). ALL EOF STUDENTS ARE INVITED! You don't need to be involved in the Alliance to attend. This is always a special time to celebrate the club's accomplishments and completion of another academic year. The AESNJ Leadership Award will be announced then too! There are Limited Seats- first come, first served.



Twenty Study Strategies for Finals Week! By Elizabeth Hoyt

Finals week can be the most stressful time for a student, whether in high school, college or graduate school. Ensure you're prepared for your exams with these study tips, which can help you conquer your finals. Follow this list as finals week approaches (the earlier you prep, the better) so you can ace your exams from start to finish:

1. Create your own study guide. While many teachers provide a study guide, creat-

ing your own can help you understand the material better. Outlining the important information you need to learn can be helpful, both in creation and to refer to during your studies.

2. Ask questions. Your professors are there to help! Ask them questions regarding the material and the exam so that you're prepared when exam time arrives.

3. Attend the review session. Review sessions offer vital information on exam format, what will be on the exam and key concepts you should be focusing your studies on.

4. Start early. If you always start ahead of schedule, you'll never be cramming the night before an exam. You'll almost always perform better in doing so!

5. Organize a group study session. It can be helpful to



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Strategies For Finals Week—Continued

Elizabeth Hoyt

study in groups – sometimes. Evaluate whether or not studying with others will be beneficial to the subject as well as your learning process.

6. Study things not on the study guide. Study guides aren't always comprehensive – they're just suggestions of the main concepts to learn. Use your study guide for its intended purpose: a guide. Be sure to fill in the blanks with related information.

7. Take breaks. You won't be able to memorize or comprehend all the material at once. Balance is key - ensure that you reward learning with break times to recharge and relax.

8. Stay well-rested. There's a lot to be said about a good night's sleep. Make sure you're **well-rested** so that you can be fully focused during your exams.

9. Create a study schedule - and follow it. Splitting the material into chunks you can actually achieve can be very beneficial. That way, you can keep track of what you've accomplished instead of looking at the big picture and getting overwhelmed.

10. Prioritize your study time. Some exams will be more difficult than others, some you may find easier to study for. Some may be worth more of your grade than others. Make sure to evaluate all of your exams to consider and determine all of the involved factors so you can study accordingly.

11. Study for the style of exam. If it's multiple choice, you'll need to know definitions and concepts. For essay exams, focus on your understanding

of all the concepts presented, with examples in mind.

12. Quiz yourself. If you think about and create actual exam questions, you will likely become more familiar with what you need to study and, in the meantime, familiarize yourself with the type of language that will be on the exam. Draft potential exam questions and quiz yourself so that you can set expectations of what you need to focus on.

13. Meet with your professor. Often times, meeting with an instructor, whether it's a professor, can give you helpful hints for what to study and ways to prepare for the exam.

14. Reorganize your notes. Evaluate and reorganize your notes into what's important, outlining important concepts, formulas dates and definitions so they're easy to understand.

15. Pace yourself. Make sure you stay focused and don't burn yourself out. A great way to do so is to pace yourself rather than opting for the dreaded all-nighter. You can easily pace yourself by following tips like starting early, creating a study schedule and taking breaks when necessary!

16. Teach classmates. Learning by teaching is a method that really works! If you work with a study buddy and explain concepts to one another, you're re-learning the material all over again. It's a great way to reinforce what you've learned and help someone in the meantime!

17. Revolve your focus. Switching up your subjects is a helpful way to learn everything for your exams while preventing

burnout on one topic. Make sure to switch it up *before* your eyes glaze over! That way, you can keep studying for longer periods of time while maintaining your focus.

18. Color code it. Create a system that allows you to color code material that's going to be on the exam by what's most important, less important, etc. This will help you focus on the most pertinent information and prioritize the material.

19. Visualize. If you're a visual learner, it can help to create mind maps or diagrams to visualize how the concepts you're learning relate to one another. This is especially beneficial when learning concepts that build upon the understanding of one another, like in science courses.

20. Make it fun. It's easier to focus if you adapt to studying by quizzing yourself, creating acronyms or rewarding yourself for a job well done. Create a game plan - literally - that allows you to accomplish tasks and be rewarded for each. For example, why not reward yourself with a piece of chocolate or a sip of your coffee after you've accomplished a new chapter or allow yourself five minutes of free time for every chunk of material you digest? You can even add in fun factors like power-ups every time you learn a new definition and lose a life, which means you add another definition to your list, when you get an answer wrong!

COUNSELOR'S CLIPBOARD

Important Dates

Get Tutoring If You Need It!
Bring Up Your Final Grade!

- 💡 If you are in *Basic Math, Basic Algebra, Writing Skills and Science courses*, you should be getting tutoring. **Watch for pre-finals Math review sessions!**
- 💡 CCM Tutoring Rewards Card must be submitted by *Thursday, May 16* to be considered for any reward.
- 💡 Did you complete your FAFSA? *It is critical to do it ASAP!*
- 💡 Did you register for Fall 2019?
- 💡 Check your student email daily for all the latest events and reminders! All communications from the college will be sent via the student email system.
- 💡 Change in address or phone number? Please let us know.
- 💡 Change in graduation date or major? Contact us.

“Education is the most powerful weapon which you can use to change the world.” ~ Nelson Mandela