Midterm Tips

Tips for a Successful Round of Midterms

- **Start Early:**
  Avoid last minute stress by getting ahead of the game.

- **Skim:**
  Don’t try and read every word of your 500 page textbook. Not only do you not have the time, but you’ll mostly likely succumb to mental fatigue as well. Pay attention to chapter headings, bolded words, footnotes and charts or tables.

- **Know What to Study:**
  Know exactly what will be on your exams. Don’t waste time or energy on information or skills that you don’t need to know.

- **Teamwork:**
  Studying in groups can keep you motivated and ensure you actually start to study. It is easy to get off track when studying in groups; make sure you are with classmates that will be focused. Teaching material to classmates can be a very effective learning tool.

- **Proper Study Environment:**
  Avoid crowded, noisy or distracting environments while studying. Try listening to Classical Music for Studying Pandora radio station. It is proven to help improve studying sessions.

- **Take Advantage of Resources:**
  Talk to your professor about the possibility of being assigned a tutor. Tutoring services are provided by Utica College free of charge to students.

- **Stay Healthy:**
  Eat well, stay active, get enough sleep and try to avoid stress as much as possible!

Utica College’s First Annual Sophomore Week

Photos show sophomore students celebrating Utica’s First Annual Sophomore Week. Sophomore Week was observed from September 7th to September 11th.

Safe Halloween Tips

Halloween is always a fun night with plenty of experiences. Follow these tips to stay safe!

- Always have a buddy
- Make sure your phone is fully charged and will make it through the night
- Keep some extra money for a cab as a backup plan
- Know your limits
- Don’t take drinks, food, or candy from strangers
- Never leave your belongings unattended
- Dress warmly if you plan on going out
- Trust your gut – if you feel uneasy, leave the situation
Avoiding the “Sophomore Slump”

Don’t let the “sophomore slump” get you down. Here is what it is, and how you can avoid it.

The “sophomore slump” refers to the tendency for a college student’s sophomore year to have a dramatic drop-off in terms of performance compared to the freshman year. Experts point to a number of different possibilities for a sophomore slump to happen. Some of these include:

- A trend in colleges showing sophomores receive less attention than freshman because the assumption that they should understand how to be successful by their second year
- The excitement of being in college ends for students
- Students may begin to feel frustrated or tired of college level schoolwork
- Sophomores are held more accountable for their academic success than college first-years
- Sophomore face academic struggles due to increased course load or trying to rebound from their first year.

It is important to remember that the sophomore slump is avoidable and not just an inevitable part of being a sophomore. Some tips to avoid getting stuck in the sophomore slump include:

- Choose classes that interest you
  - Meet with your advisor
- Become involved in a new club/activity
  - Stop by student activities for ideas
- Try counseling services
  - A counselor can help you manage stress
  - Remember being stressed is completely normal in college
- Take care of yourself
  - Eat well
  - Work out
  - Get enough sleep
- Take advantage of academic support
  - Sign up for a tutor
  - Meet with your professors
  - Reach out to your Academic Coaching Expert
- Get Involved in the Sophomore Year Experience (SYE)!
  - The Sophomore Year Experience, or SYE for short, is a program created by the Utica College Residence Life Department to address issues that affect the success of sophomore students. Some of the areas addressed by SYE include Academic development, career readiness and professional development, interpersonal development, intrapersonal development, and leadership development.
What Have We Been Up To?

Take a look at some of these pictures from our past events this semester!

Resident Assistants Marcel and Deena took a group of students to Pin-O-Rama for a fun evening of bowling!

Residents had the opportunity to take some photos with the SYE staff to celebrate International Day of Peace on Monday, September 21st!

Utica College’s sophomores caught the excitement on Thursday as the participated in the Homecoming Preview Party!
What’s Happening this Month?

Take a look at some of the awesome events we have planned for this month!

Wednesday, Oct 14th at 8:30 pm Study Abroad Panel
Thinking about studying abroad? Want to explore the world while getting an academic credit? Come hear about your studying abroad options and hear first-hand experiences from other students.

Monday, Oct 19th Sophomore Pride Day
Show off your Utica College Class of 2018 pride by wearing your special SYE t-shirt on different days throughout the semester. You might even win a prize if you are proud enough!

Monday, Oct 19th ASSOXINATION!
Your mission is to “Assoxinate” your assigned target by throwing a clean sock at him/her. But BEWARE! While you are trying to accomplish your mission, there will also be someone else try to “Assoxinate” You! Think you have what it takes? Look for more information on how to sign up!

Saturday, Oct 24th National Make a Difference Day
Help Utica College SYE leave its mark by working with us to make a difference in the Utica community!

Wednesday, October 28th at 9 pm The Quest Game Show
You don’t want to miss out on one of the greatest game shows we have to offer! Start preparing your team of 5 for this challenge!