GREETINGS INTERNATIONAL OWLS

Summer is almost here! Our ISSS team would like to wish you good luck with your finals and congratulate those who are graduating next week! Congratulations and good luck!

GREATEST APPRECIATION

Recognizing the importance of academic success in sports, Florida Atlantic University’s Schmidt Family Complex for Academic and Athletic Excellence recently took a major step closer to completion by announcing a $5 million gift from Bobby and Barbara Campbell to name the Bobby and Barbara Campbell Academic Success Center within the Complex. This generosity marks the latest gift in a successful fundraising campaign that secured more than $28 million for the complex in just 16 months. The donation is the first time the Campbells have given to FAU Athletics and it enables FAU to begin the project’s engineering and architectural design process.

In addition to the $5 million gift, the Campbells have supported the annual Keeping Memories Alive Walk, benefitting the Louis and Anne Green Memory & Wellness Center at the FAU Christine E. Lynn College of Nursing, through donations and a large team of walkers for the past five years.

“On behalf of our student-athletes, coaches and staff we thank Bobby and Barbara Campbell for this transformative gift,” said Pat Chun, vice president and director of athletics at FAU. “Their generosity will allow us the opportunity to impact current and future student-athletes. The legacy of this gift will be lasting.”

FAU Athletics competes in 19 NCAA sports, and cheer and dance. The Owls’ 29,419-seat football stadium opened in October 2011. In September, the stadium’s field was named in honor of legendary coach and “father of FAU football” Howard Schnellenberger.

The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education.  
-Martin Luther Kind, Jr.
PROGRAMS & ACADEMIC ACTIVITIES

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<tr>
<th>Date</th>
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<tr>
<td>April 29</td>
<td>7:00 p.m. – 9:00 p.m.</td>
<td>Dance we Dance (Performance)</td>
<td>University Theatre</td>
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<td>April 30</td>
<td>7:00 p.m. – 9:00 p.m.</td>
<td>Theatre Lab Making Musicals</td>
<td>Parliament Hall</td>
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<td>May 3</td>
<td>5:30 p.m. – 6:30 p.m.</td>
<td>Yoga Classes</td>
<td>College of Nursing</td>
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<td>Tuesday</td>
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<td>115 – Nursing Yoga Studio</td>
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<td>May 5 and 6</td>
<td>9:00 a.m. – 7:30 p.m.</td>
<td>Spring 2016 Commencement</td>
<td>Carole and Barry Kaye Auditorium Orchestra Seating</td>
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For more information on upcoming events please visit: [http://www.fau.edu/isss/workshops/index.php](http://www.fau.edu/isss/workshops/index.php)

DATES TO REMEMBER

International Student & Scholars Services Summer Orientation, Thursday May 12th 9:00 a.m. - 12:00 p.m.

ANNOUNCEMENTS

International Student Scholar Services no longer accepts emailed documents. For instructions on how to submit your documents electronically please visit:

[http://www.fau.edu/isss/New_Student_Documents.php](http://www.fau.edu/isss/New_Student_Documents.php)
Scientifically, the Best Ways to Prepare For Final Exams

Finals week can be a stressful time for all students—I know it is for me. So, knowing how to properly prepare for finals is the key to avoiding stress and acing every single one of your exams. Of course, all students would love to relax by receiving massages or by the healing power of dogs before finals (I sure would!).

But, we all know this isn’t really possible. There needs to be a uniform way to assess our performance as students and it has to happen at some point (hence, “finals”). So how else can we lower stress and know that we’re on the right track to excel in each course? Well, here are some proven methods that will have you focused and better prepared for final exams.

1. Say NO to cramming: Study in intervals! Studying in 20-50 minute increments and giving your-self 5-10 minutes in between is more beneficial than cramming. Distributing learning over time typically benefits long-term retention more than a short period.

2. Say YES to cardio: Science says that just 20 minutes of cardio can improve your memory. Whether you’re dancing, jogging or busting a sweat by walking, exercise will increase your energy level and reduce the effects of stress. Very important!

3. Eat superfoods/antioxidants: Everybody knows you should eat breakfast the day of a big test. Research suggests that high-carb, high-fiber, slow-digesting foods like oatmeal are best (oatmeal is more fulfilling than cereal). But what you eat a week in advance matters, too. When 16 college students were tested on attention and thinking speed, then fed a five-day high-fat, low-carb diet heavy on meat, eggs, cheese and cream and tested again, their performance declined. The students who ate a balanced diet that included fruit and vegetables, however, held steady, says Cameron Holloway, a senior clinical researcher at the University of Oxford.

4. Alternate study spots: Shake up your finals routine! Spending all night in the library can be draining. According to the New York Times, simply alternating the room where a person studies improves retention. In an experiment, psychologists found that college students who studied a list of 40 vocabulary words in two different rooms — one windowless and cluttered, the other modern, with a view on a courtyard — did far better on a test than students who studied the words twice, in the same room. Why? Supposedly, the brain makes subtle associations between what it is studying and the background sensations it has at the time. Try alternating your study spots between the library, a study room, and a quiet coffee house.
5. Time management: Cramming causes anxiety, which lowers your ability to retain information. By creating a balanced study plan and schedule, you will be able to study each subject in its entirety and ultimately boost your test performance.

6. Avoid the all-nighter: Almost every college student pulls an all-nighter, but it is a bad idea. Based on a 2008 study by Pamela Thacher, Associate Professor of Psychology at St. Lawrence University, all-nighters impair reasoning and memory for as long as four days. As a result, you will receive lower grades. But that’s not all; you would then be forced to wake up earlier than expected—and that’s bad too. According to Dan Taylor, director of a sleep-and-health-research lab at the University of North Texas, this will interfere with rapid-eye movement (REM), which aids memory. So, get a good night’s sleep and expect to perform better on tests. (Quick tip: Review the toughest material right before going to bed the night before the test. It makes it easier to recall the material later, adds Taylor!)

Good luck!

International Student Scholar Services

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