

Senate News

Happy Holidays!

By Ashley Sayre and Aaron Evans

Tis' the season Falcon family! As the end of the semester draws near, there are tons of activities going on around our wonderful campus!

Before we get into some of the great stuff ahead, here's a look at what your committees have been up to this month:

Casado Food Committee:

- Met with Sodexo Management on Thursday November 20th
- Sodexo hires new marketing intern to promote Casado events.
- Encourage students to apply for jobs at Sodexo.
- Casado food committee would like to see increased student participation and input so that Sodexo can better serve the student body.
- Next food committee meeting is January 29th at 4 PM in CCR.
- Check out friendsudinng.com for more information on what is happening in Casado.

Go Green Committee

- Winterization of the community garden with Residential Development.
- New recycle bins purchased for Smith Residence Hall.
- Picking up recycling in all buildings on campus.

Final Exam Schedule

Monday, Dec 8 Reading Day

Tuesday, Dec 9

8 a.m. Writing Classes Final

10 a.m. All 11 a.m. MWF

1 p.m. All 1 p.m. T and TH

3 p.m. All 3 p.m. classes

Wednesday, Dec 10

8 a.m. All 9 a.m. MWF

10 a.m. All 10, 10:30, 11, 11:30 a.m. and 12 pm T & TH

1 p.m. All 1 p.m. MWF

3 p.m. All 4 p.m. and 5 p.m. classes

Thursday, Dec 11

8 a.m. All 8 a.m. and 8:30 a.m. T and TH

10 a.m. All 10 a.m. MWF

1 p.m. All 2 p.m. MWF

3 p.m. All 2 p.m. and 2:30 p.m. T and TH

Friday, Dec 12

8 a.m. All 8 a.m. MWF

10 a.m. All 12 p.m. classes

ALL EVENING AND SATURDAY CLASSES will conduct their final exams on the last session of class during exam week. Evening classes meet as usual on Reading Day during exam week

Finishing Strong with Finals Study Tips

It is once again the holiday season here at Friends University. With the excitement of the changes in weather and fall courses coming to a close, there is only one thing left for us as Falcons to soar through: FINALS WEEK. For freshman, this is a new experience that can only be described as life changing, and for upper-classmen it is territory that is all too familiar. Finals week can be a stressful finish to the semester. However, the good news is that it doesn't have to be. When these end of semester tests are nearing, the Friends U campus provides great resources to put us in a position to enter our final exams relaxed and with confidence. For example, during finals week there is a late night breakfast in the Casado dining hall, where students can come in and get food and enjoy some chill time with friends while taking a break from studying. Another useful resource is the Super Study Sessions. The Writing and Academic Resource Center holds study sessions for specific final exams in early December. Look for the time slot that has your study session for finals. Schedules are posted in Davis room 109 and in residence halls. For those who are completely terrified about finals and need some assistance in addition to study groups and other campus resources, here are some tips that may be put to use!

1. Since where you study is important in maximizing the information you retain come test time, it is beneficial to study in places that have less traffic and are quiet. It also helps to swap study locations every once in a while to retain information better. Try the library or the writing center or maybe a quiet coffee shop off-campus.
2. For those of us that have more than one subject exam to study for, instead of spending all of your time on the same material, switch subjects to keep material fresh. Divide up sections by topic and alternate them. Spend half an hour on one subject and then rotate to another perhaps.
3. Study groups with students that are testing in the same subject as you also makes good use of the value in different perspectives of a specific subject matter. Grab three to five classmates and ask each other different questions on the course subject. This also improves understanding on your ability to remember information from a class.
4. Choosing the right foods and snacks are also very important come finals time. Lots of water and maybe the occasional cup of coffee are good for the mind. Water helps you stay properly hydrated and also help maintain a sufficient cognitive function for studying. Fruits like apples and blueberries are good for your memory as well, for they reduce the level of toxins in the bloodstream.
5. GET SLEEP. Though pulling an all-nighter studying the day before your final may seem attractive, sleep is a key critical resource in studying for tests. Cramming is not always the most effective method of study, and it also stresses you out. Get at least six to eight hours on a daily basis while studying and your finals exam grade could improve by A WHOLE LETTER GRADE.
6. Take breaks. Don't study yourself into a mental malfunction that causes you to go brain-dead. Pushing yourself to a breaking point will only falter the quality of your studying. During an hour long study period, give yourself a 10 minute break just to keep the mental juices flowing.
7. Testing yourself is another key studying resource. Practice tests for some professors may be available prior to exams, and if not, have a friend from class make one. It helps both of you get exposed to studying in a test style format.
8. Organization is key. Your time and resources are critical when it comes to studying for finals, so make sure all of your notes and materials are in order. Make sure you have a calendar or planner set for reminders. Even a phone alarm helps with organization.

These are just some helpful tips to assist you in having a successful week of final exams before the winter break. With diligent studying and plenty of rest, you can go into your exams ready to take on anything!

Studying tips retrieved from: <http://news.fiu.edu/2013/12/8-study-tips-that-will-help-you-overcome-finals-week/70573>

Senate Makes an Appearance during Faith and Learning

Friends University Student Senate introduced themselves during Faith and Learning on Tuesday, November 11, 2014. President of Senate, Haley Underhill, began by introducing herself then introduced the Director of Senate Relations, Nicole Ujita. Nicole gave a brief explanation to the students about what Senate does for the student body. Each senator was introduced along with the academic division they represent in hopes to inform students about what Senate does. Following Faith and Learning, the senators served coffee and cookies outside the auditorium. The goal for each senator was to meet students in their divisions and to inform them that Senate is here to help. Meeting students in the different divisions was a success.

Friends University Student Senators



Senators smile for a picture during a weekly meeting.

Left: Arin Neely (Business & Information Technology), Morgan Holick (Social & Behavioral Sciences), Andre' Reyes (Fine Arts), Nicole Ujita (Director of Senate Relations); Center: Haley Underhill (President of Senate) Right: Aaron Evans (Religion & Humanities), Ashley Sayre (Education) and Ryan Frier (Natural Science & Mathematics).



Public Forum

Students are welcome to give input and discuss issues with us at our weekly meetings, Tuesdays at 9:30 a.m. in the Casado Conference Room.

Contact your Senators to get involved!

Did You Know?

Attention! Did you know that all around campus there have been portable charging stations installed for your convenience? Friends University Information Technology department has installed many in locations such as Casado, the library, BTB and Davis. These make it possible for you to charge your phone or any other portable device on the go if you do not have access to another way of charging between classes or whatever the case may be. There are iPhone, Android cords, and many others. Don't forget to look for one next time your device is running low on battery!!



Tis' the Season!

Thanksgiving is over and Christmas is on its way! Make sure to join in on the holiday cheer with the kickoff of the season at the Ceremony of Lights! The Ceremony of Lights has been a tradition at Friends for many years. The Ceremony of Lights will take place December 3rd, 2014 at 5:30 PM inside of Davis. This is a great way to spark the excitement for the holiday season. A Christmas Story will be read, music will fill the air and the famous Davis clock tower lights will be turned on for the first time this year! After the Ceremony of Lights, the Ceremony of Giving reception will be held in lower level Casado with a hot cocoa bar! Come with join friends and family in making blankets, Christmas ornaments, dog toys for donation and fun! Don't miss this fun and eventful evening!

