



ANNOUNCING THE 2008 FDEA SERVICE PROJECT HELP US HELP THEM!

This year's community service project is hosted by Palm Beach Community College.

Recipients are students from Highland Elementary School, a local elementary school that is noted for having the highest population of homeless students in Palm Beach County.

These students are rarely prepared with even the basic school supplies, so teachers try to keep school supplies on hand.

All supplies collected at the conference will be delivered to Highlands Elementary School for the 2008-2009 school year.

Thanks for helping!



Watch for School Supply Sales!

Then please bring any of the supplies listed below to the FDEA Conference in October.

Desperately needed items include:

- Small backpacks
- Pencils
- Pocket folders
- Erasers
- Crayons
- Notebook paper

THE ADDISON WESLEY LONGMAN AWARD

The winner of this year's Addison Wesley Longman Award is Luz Adriana Rivera. Liz is a student at Palm Beach Community College. In her essay, she writes about a book that has helped her achieve success in college.

~Tammy Cherry

The books are one of the most powerful resources to learn because they have provided me the information about the

subjects that I have been interested in a specific time. Each one of the books I have read has taught me many things, such as my personal growth and my relationship with everybody around me. My major interest now is being academically successful because one of my short goals is to get my AA in Business administration degree in the USA. As a result, I have been enrolled at Palm Beach Community College since January 2007

being a successful student in my EAP English classes. However, my Guide to College Success by John W. Santrock and James S. Halonen, Fifth Edition, has been a great tool not just in my Strategy for College Success SLS class but in the classes that I took in this past spring. My Guide to College Success has taught me many interesting and important things.

First all that I learned from my

Guide to College Success was how to become a good manager being more productive, reducing the stress, improving my self-esteem and establishing important career skills. For instance, using a planner tool that may be paper-and-pencil, electronic planners, and smart cell phones help me manage my time more effectively. Furthermore, being a good manager avoids the

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**FOCUS ON STUDENT SUCCESS:
2008 FDEA Scholarship Award Winners (continued)**

Student Success Essay Contest

The student success essay contest winner this year is Betsy Unger. Betsy is a student at Palm Beach Community College. Her essay was chosen because of its vivid, compelling prose. This is her entry.

~Tammy Cherry

Must it be called a Test?

Your palms begin to sweat. Your stomach churns. You convince yourself you will not do well on this test. You have TEST ANXIETY! Being nervous about a test is a natural thing. One often wonders if they studied hard enough, did they study the information that will be asked, or will they draw a complete mental blank. Test anxiety in a small amount can be beneficial. It can inspire a student to work harder to pass an exam. However, in more extreme instances, a student may "freeze up" and, subsequently, what he or she feared most,

failure, is the outcome.

There are many techniques that can be employed to relieve some of this anxiety, and, as a Supplemental Instruction Leader for Preparatory Algebra II, I have often suggested to students ways in which they can feel more prepared and less distressed before an exam. Some tactics include avoiding "cramming" the night before, taking a deep breath before a test, reading through the entire test before beginning, skipping the more difficult problems and returning to them later, and rechecking your work and answers at least once before submitting the test. Sadly, there are students who are not helped by these activities, and fail regardless of their efforts.

Although testing a student's knowledge and comprehension of material is paramount to the furtherance of their education, one wonders if

there might be an alternative form of assessment. In my supplemental instruction sessions, I have witnessed students who work hard, study constantly and seem to have a grasp of the concepts on which they will be tested. Yet, they take the exam and fail. The question then comes to bear, would the situation improve for these students, if the concept of "test" were different? Would the absence of the label "test" remove some of the anxiety from students, allowing them to relax and be more successful? Would "that which we call a rose, by any other name smell as sweet"? Would a test by any other name be less intimidating? I do not have the answer to these questions. I found no documentation of research in which students were tested without the label "test". However, I think it is something worth investigating further.



The Addison Wesley Longman Award (continued)

procrastination habit that can take many forms: ignoring the task, hoping it will go away, underestimating the work involved in the task or overestimating the ability and resources, spending endless hours on computer games and surfing the Internet, deceiving yourself that a mediocre or bad performance is acceptable, and becoming paralyzed when having to choose between two alternatives.

The second benefit that I found in my Guide to College Success was identifying keys to enhance my study skills, such as where to study. For example, a private, quiet, well lit, and comfortable temperature. Also, determine a specific schedule to study using the weekly planner, but it is very important to review the notes right after class. Moreover, plan what to study using the daily and weekly calendar.

Being a good time manager and enhancing study skills are two of the subjects that the amazing Guide to College Success included. I had the opportunity to learn and improve my skills and I will continue using my book during the development of my classes and also in my daily life because I think it is a great resource and anybody can take advantage of that treasure.

~Luz Adriana Rivera