CALVIN — The Hekman Library
The Library Privy

News and Services of the Hekman Library – May 2005

E X A M   S T R E S S !

A study published in the March 2005 *Journal of Social & Clinical Psychology* reports that exams cause students to experience a decrease in healthy eating, physical activity, sleep, emotional control, budget control, and maintenance of home and self.

Wow! With proof like that in mind don't procrastinate. As you prepare for exam day, try some of these tips:

- schedule realistic days where you accomplish tasks one at a time

- avoid extra commitments, social activities, and invitations

- use realistic standards for yourself and be optimistic about your performance

- rehearse, discuss, and visualize the experience of your upcoming exam

- prepare for morning the evening before

Group Study Space reminder

The library has three group study rooms - 301, 306D, and 404. The rooms are unlocked and do not need to be reserved. A study group may ask a single user to leave. Please cooperate with each other

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Thinking about graduate school? Our print reference collection has resources to aide you in your selection of graduate programs:

Peterson's Graduate and Professional Programs (Ref L901 .P442) provides information on graduate programs offered in the United States, Canada, Mexico, Europe, and Africa. Peterson's also publishes guides for specific courses of graduate study.

The College Blue Book (Ref LA 226 .C685) has narrative descriptions of over 4,000 schools, including degrees offered by subject, scholarships, fellowships, grants, and loans, and distance learning programs.

Did you know only an estimated 5% of job openings are publicly advertised?

What about the other 95%?

Located on 2nd floor of Hekman Library the Career Resource Center offers *CareerSearch*, an on-line employment research tool which connects you with over 1.5 million potential employers! Visit today and see what you are missing!

Walk-in hours are Monday-Thursday 3pm- 4:30 pm

Need to know more about a potential employer? From the Hekman Library Home page go to:

Research Help→How to Find→Company Information

What happens when you cross a librarian and a lawyer? *You get all the information you want, but you can't understand it.*