

ANNOUNCING – A NEW DATABASE!



CQ Weekly reports on the work of the U.S. Congress. The CQ news team reports on virtually *every* act of Congress, delivering nonpartisan news and analysis. Each issue gives readers in-depth reports on issues currently before Congress and on the horizon, plus a complete wrap-up of the previous week's news (status of bills, behind the scenes maneuvering, committee and floor activity, debates, and roll-call votes).

Searching for your Mission in Life?

Live your calling : a practical guide to finding and fulfilling your mission in life
 BV4740 .B736 2005 Ministry Resource Center

The book, "Live Your Calling: A Practical Guide to Finding and Fulfilling Your Mission in Life," has helped countless people to understand their giftedness and what God is calling them to do with their lives. Blaine Smith (author, pastor, and ministry director) says that Live Your Calling provides "...a superb road map for understanding your potential, finding God's will, and investing your life productively for Christ.

The path : creating your mission statement for work and for life
 BV4740 .J66 1996 Ministry Resource Center

The author, Laurie Beth Jones, will take you through a step-by-step guide with exercises to help you write your own mission statement. Her expert knowledge will aide you in writing a clear mission statement in a matters of hours.

EXAM STRESS!

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
- eat cookies!**

Need a Study Break?



May 5-15 from 8:00 PM- 10PM you will find treats for your enjoy. Coffee



and cookies are provided to you by the librarians to
help you stay awake while you study!