



Counseling Services News

Vance-Granville CC

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Get Ready for Final Exams

Final exams are fast approaching. Here are some basic suggestions for test taking strategies to help you do your best on your exams.

- First, prepare for the exam:
- Avoid cramming at the last minute
- Review throughout the semester
- Review for exams with classmates

Sleep well the night before an exam
(Sleep helps you manage stress, remember what you have learned, and recall what you have learned for an exam. Adults need 7-9 hours of sleep daily.)

Avoid caffeine, alcohol, and drugs

Ask your instructor as much as possible about the exam:

- Find out if the test is multiple choice, T/F, essay, etc.
- Follow the exam study guide or review sheet
- Create an exam study guide or review sheet if you need one.

Check out our power point presentations on test anxiety and study skills at:

www.vgcc.edu/CounselingServices/index.cfm

Avoid Stressing Out

With final exams, the holiday season, work, family, and all of life's responsibilities, it is helpful to avoid stress as much as possible before stress starts affecting your health and the choices you make. Stress, and how you react to it, can affect your health, grades, work, your interpersonal relationships, and your happiness. It is vital to maintain routines and keep a positive attitude. To manage or avoid stress:

- Get enough sleep (regularly)
- Exercise regularly, even just a brisk walk can help
- Avoid alcohol and drugs
- If you have a busy schedule, make time for fun
- Work your mind: reading, puzzles, brain games, learn something new, etc.
- Try to relax: meditation, guided imagery, yoga, etc.
- Talk it out: share your feelings with your spouse, good friend, colleague, pastor, or counselor

Counseling Services Are Available At VGCC:

Main Campus	South Campus
(252) 738-3234	(919) 528-4737 ext. 3518
Franklin Campus	
(919) 496-1567 ext. 3603	

College and Career Planning

It is never too soon to start planning for your future! The sites below will help you plan for college and careers. Explore careers and learn about job descriptions, salaries, job outlook, education requirements, etc. Search North Carolina Colleges and Universities to learn about programs of study, course requirements, tuition, and more. Learn about yourself by completing interest inventories, work values assessments, exploring career clusters, etc.

College Foundation of North Carolina:

www.cfnc.org

North Carolina Career Resource Network

www.soicc.state.nc.us/soicc/

O*Net Online

www.onetonline.org

Important Dates!

Last Day to Withdraw With a WP	11-14
Early Registration	11-14 to 11-17
Thanksgiving Holiday No Classes	11-24 & 11-25
Spring Registration	11-28 to 12-1
Last Day to Withdraw With a WF	12-8
Final Exams	12-12 to 12-14
Last Day to Pay Tuition in Person	12-15
Last Day to Pay Tuition Online	12-30

