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## THE GRAND FINALE

### Relax: It'll all be over soon

**By Katie Kurylo**  
Rocket Contributor

Imagine a place where time seems to fly by faster than the speed of light. A place where a human being can survive on two hours of sleep and an energy drink. A place where textbooks and notes become your whole world.

Welcome to finals week.

So maybe finals aren't quite that serious, but with finals week coming up quickly, many students are already buckling down to get those extra study hours.

Sleeping and regular meals are bypassed to allow for extra time to read those last pages of textbooks. Some, although not recommended, may even forget showering. But some students have found a way to balance the studying and might truly steer clear of the finals zone.

Joe Yarzebinski, 18, a freshman physics and pre-engineering major, said that his secret to stress-free success is to break the study sessions down.

"I'll study on average about four to five hours a day," Yarzebinski said. "Chopping your study sessions down to manageable pieces makes them easier to swallow. It also allows your brain to completely absorb the information you've taken in."

Comprehensive finals, finals that take information from the entire semester, are the usual fare for the end of the semester tests.

While most students groan when they hear the word "comprehensive," Yarzebinski can see the value in them.

"It really depends on the type of class," Yarzebinski said. "For example, my Java class has been comprehensive since day one."

Elyssa McLean, 20, a sophomore English major, said that sometimes, comprehensive finals are applicable.

"In certain subjects, like math or science, a comprehensive final would make more sense," McLean said. "Most of the things you learn in those classes build on each other so it just fits."

Sometimes, a student may have a class

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### Students not only ones stressed during finals

**By Alyssa McCormick**  
Rocket Contributor

All good things must come to an end. Another end to a semester and school year—both of whose ends are rapidly approaching—are bringing with them a little something known as finals week.

Although college students' feelings about finals often include wanting to pull their hair out and run screaming from campus, how do the professors feel about this week? After all, they're the ones who often have to grade the finals.

According to Jace Condravy, an English professor, students are not the only ones who have to put in extra hours during finals week. She said professors also find themselves working harder to get everything accomplished.

"Finals week is more hectic for me because my workload from both students and university committees tends to increase as final papers and projects and reports are likely to be due during that week," Condravy said.

She said some professors, including herself, find that giving projects and papers are a better way to assess everything the students have learned throughout the semester than actual final exams.

"I do not give my students a final," Condravy said. "Instead, they are presenting projects that draw upon what they have learned all semester plus some additional individual research. Final projects are important assessments which should be demonstrating to both professors and students if the learning outcomes of the course have been met."

Some professors also find that giving

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## snacking smart

*Eating right during finals could help to boost energy, grades*

**By Liz Glazier**  
Rocket Contributor

The awful F word.

Finals.

Endless hours in the library, countless cups of coffee and last minute cram-sessions are among the many issues that students deal with during this hectic week. But one thing that students may

never think twice about during finals is food.

Take a minute and acknowledge what your eating habits were like during last semester's finals week. Did you eat more? Less? Did you eat more random meals here and there in place of your normal dining times?

If you answered yes to these questions, you're not alone. Many other students are not on their normal eating routines during this busy week.

"I sometimes eat more during finals week because I have more time and I'm not in class as much as normal," said Nathan Blakeley, a junior exercise science major. "And people stay up late (during finals), so I'm assuming that most people drink more caffeinated drinks and eat more."

Jackie Bence, a 20-year-old sophomore resort tourism management major agreed that her eating habits usually change during

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PHOTO ILLUSTRATION BY NATE DAYMUT/THE ROCKET

### Today's study atmosphere different from past

**By Jessica Rupell**  
Rocket Assistant Focus Editor

Shelby Foote, the late novelist and historian of the Civil War, once said, "A university is just a group of buildings gathered around a library."

With finals week approaching, perhaps this quote is even truer.

But while most people stereotypically think that a library is a quiet area, where there is little talking and noses in books, times have changed.

"Libraries are different today," said Philip Tramdack, the director of library services at SRU. "Today, they come with different expectations, and break the stereotype of what a library is."

Tramdack, who has been working in a library setting since 1966, said he has seen how libraries changed gradually over the years.

"When Bailey Library opened in 1972, there were pictures of people sitting individually with books in front of them," Tramdack said. "Now there are groups of people talking, eating, huddled around computers and maybe even sleeping."

Tramdack said that years ago, none of these things took place and that the library wasn't built to accommodate the kinds of activities that it's used for today.

But he said that this doesn't stop students from using the facilities, and that they actually get complaints about the library not being open later than 2 a.m. on weekdays and Sunday nights and after 5 p.m. on Fridays and Saturdays.

"We're already open about 103 hours a week," Tramdack said. "That's how long libraries at research institutions such as Ohio State, Carnegie Mellon and Pitt are open. I believe we're the only state school that's open that much."

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