

THE GREEN WAY

Growing your college career at Columbia State



IN THIS ISSUE

Student Spotlight

Beating Test Anxiety

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Student Spotlight: Jackson Harris

BY MADDIE UNGER

I am proud to introduce you to our first "Student Spotlight" feature! This month's featured student is Jackson Harris, a Biology student here at Columbia State.

Q: What year student are you and what is your major?

A: I am currently attending my 3rd semester at Columbia State. The first time around my major was business and now I have changed it to biology.

Q: Why did you choose biology as your major?

A: Biology means the study of life. I chose this as my major because I find the classes far more interesting and valuable to me than the business classes.

Q: What are your long-term career goals?

A: I hope to go on to complete my bachelors in micro biology and eventually a master program of nuerobiology. I have always thought

the brain was interesting, as inner space is an unexplored frontier. My career goal is to work with other professionals on research and development. I figured I could go to school to learn about the business aspect and hire people that understand the science or I can understand the science and get assistance with the business. I decided on the latter.

Q: Do you have any hobbies?

A: My favorite hobby is music. Out of anything I do, writing songs gives me the most satisfaction. Jiu jitsu is also a hobby I have loved since I was little. I train everyday throughout the week and visit other schools on weekends. I try to perform with music at least once a week and compete in jiu jitsu once a month. I also enjoy reading and drawing.

Want to read more about Jackson's experiences with jiu jitsu? Read his article by scanning the below QR code! Can you find it on the page?

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Beating Test Anxiety

BY MELISSA E. FEBBRORIELLO

Test taking can make anyone nervous! Luckily, there are some things we can do to help ourselves to reduce our apprehension and anxiety.

Study in a similar space to where you will take your test, maybe even in the same classroom when empty. Sit at a desk or a table to study. Take a sample test with the same time limit you will have in class. Studying this way will help ease anxiety the day of the test because it will feel familiar, making it easy for your brain to recall information.

It is better to get a good night's rest the day before the test rather than staying up late to study. Too little sleep can increase nervousness and affect the way we cope under stressful circumstances. Adequate sleep allows you to remain calm.

Make sure to eat a nutritious breakfast or lunch (or even a snack) before your test. We are often drawn to sugary foods because they give us a jolt of energy, but they end up causing us to crash after that sugar spike. You might think caffeine will help you, but it can absolutely increase your anxiety and jitters.

Get to the classroom early. You want to prepare ahead and get to your test taking site a little early. Rushing around will only increase your worry and stress.

The Counseling Center is here to help you! We have essential oil blends that can help reduce tension, guided imagery meditations for test taking/anxiety reduction, and other tips. Contact us at 931-540-2572 or mfebbrioriello@ColumbiaState.edu to make an appointment with a Licensed Clinical Social Worker.

