

PRIMANNUM

HONOR SOCIETY

COMBATting FINAL EXAMS



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STUDY DAY

BY: CATHERINE MEDLOCK

If you happen to walk by the Stamp Student Union's Grand Ballroom on Reading Day from 10 a.m. to 4 p.m., you will see rows of tables topped with power strips, bagels, coffee, laptops and elbows of sleep deprived Primannum members. This is a scene from Study Day, an event exclusively for Primannum members with endless snacks and beverages, so members can get some healthy brain-food and prepare for finals in a peaceful study environment.



Primannum members enjoyed these snacks at Study Day last year. Officers updated and rotated the snacks and drinks as the day goes on.

Photo Source: 2013-2014 scrapbook

Libraries on campus tend to be crowded on Reading Day, so Primannum provides its members with a quiet place to focus. Last December, approximately 200 members attended the event. With so many members, officers have to be prepared with lots of snacks and drinks to keep everyone comfortable and relaxed.

"Study Day is our biggest event and usually has the best turn out," said Taylor Myers, VP of Event Planning. "It is really just a perk for Primannum members so they can ensure they have a quiet place to study for finals since McKeldin gets so crowded. We spend the most money on this event in order to rent the space and provide members a stress free environment with food and drinks."

Members will receive a point for going to the event, which is Saturday, December 13. What's not to like? You will receive a point, free food and beverages and a quiet place to study during a very hectic time on campus.

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10 1/2 TIPS TO SURVIVE FINALS

BY: ALEXA TSINTOLAS

1. START EARLY

You procrastinators know who you are! By starting early you can ensure that you devote enough time to review those essential formulas or write that final paper. Starting early also helps you figure out what you are struggling with sooner, which will give you more time to review that tough material or seek help.

2. STUDY BUDDIES

If you are able to teach a friend, then you really know your stuff. You can also learn from others too. Everybody wins!



Testudo's shiny bronze nose glistens, beckoning students to rub it for some good luck in front of McKeldin Library.

Credit: Krista Stucchio

Source: <https://unwindumd.wordpress.com/>

3. SLEEP

You may think that all-nighter will help, but all it does is cost you valuable sleep time. Sleep helps you retain what you learn, so missing out on a goodnight's rest can make studying more challenging. Also, review something you are having difficulty remembering before bed. You'll be more likely to remember it the next day.

4. FOOD & DRINK

Don't skip meals or drink too much coffee to maximize study time. Eating regular, balanced meals will help maintain the energy you need to study.

5. EXERCISE

Sitting around all day while studying isn't exactly healthy. Go for a walk or head to the gym! Your body and brain will thank you later.

6. SELF-TESTING

Making a list of what you already know helps you target what you need to review. Repeated self-testing ensures that you know the material.

7. ATTEND REVIEW SESSIONS

These can help you gauge how much you already know. They are also good opportunities to practice and ask questions.

8. TAKE PRACTICE EXAMS

Sometimes these end up being pretty similar to the real exam. Practice makes perfect.

9. BE CREATIVE

Write a song with those Spanish vocabulary words or create your own mnemonics. Who says studying can't be fun?

10. REWARD YOURSELF

Take study breaks! Watch a movie, treat yourself to your favorite snack, or hang out with some friends.

10 1/2. ATTEND PRIMANNUM STUDY DAY!

TEN HEALTHY STUDY SNACKS

Fruit salad
 Frozen grapes Greek yogurt
 Air-popped popcorn Pretzels
 Instant oatmeal String cheese
 Granola bars Almonds
 Raw vegetables

TOP FIVE BEST STUDY SPOTS

BY: ADAM HURWITZ

With finals around the corner and the semi-annual study binge looming, the university community is preparing to hunker down. But the key question that each student asks himself or herself is where to go to hide away and study? As supplied by the Primannum Officers, here are the Top 5 Study Spots:

5. VAN MUNCHING HALL

First we have Van Munching Hall. With its open classrooms and large whiteboards, there is no surprise this is the preferred place to study of Co-President Grace Zhang and one of the favorite places for the VP of Academic Affairs Siwon Seo.



Van Munching is home to many vacant classrooms perfect for studying.
Source: <http://www.rhsmith.umd.edu>

4. STARBUCKS

This happens to be the favorite study spot of VP of Communications Rachael Romano. Starbucks has plenty of tables to spread out on and, during finals, is usually pretty empty, giving you a great place to sit and study, as well as drink coffee and eat.



Rachael likes the Starbucks by Shoppers.
Source: <http://www.waymarking.com/>

3. 6TH FLOOR OF MCKELDIN LIBRARY

McKeldin is the most common building on campus for people to study. So, if you are planning on going there to study, expect a crowd.



McKeldin library sits at the end of the mall on campus.
Credit: Greg Dohler/The Gazette

However, as VP of Academic Affairs Siwon Seo points out, the 6th floor is the most secluded because people often stay lower down. This lets the top few floors stay fairly quiet and empty, giving you plenty of space to work with, in addition to access to the classrooms that are often unlocked on the 6th floor, which have computers, a projector and whiteboard.

2. HORNBAKE LIBRARY

While McKeldin Library is the most commonly occupied library on campus, Hornbake is another great option for a quiet place to study.



Hornbake is in Hornbake Plaza, which is in the heart of campus.
Source: <http://www.lib.umd.edu>

As VP of Academic Enrichment, Sara Kreshpanji, said, there are usually only a few people there, so the study carrels are much more likely to be available.

1. CSPAC LIBRARY

The CSPAC library is an oft forgotten library on campus. If you live on North Campus, CSPAC is an extremely convenient location to study. As VP of Event Planning Taylor Myers mentioned, it is also extremely quiet because so few people know to go. While they ask that you do not bring in food, you can really focus in there for a while. The fact that this library is so commonly overthought is why it is the best study spot on campus.



CSPAC is located on North Campus adjacent to Byrd Stadium.
Source: <http://cvs.umd.edu/visitors/attractions.html>

HONORABLE MENTION: YOUR ROOM.

My personal location of choice, in addition to the pick of Co-President Jessica Laurenzano, your own room is predictable. You know exactly what to expect: how quiet it will be, who else will be there, how much space you will have available. The only downside is that there is a much higher chance of distractions in your room. But wherever you choose to study, good luck on your finals, Primannum!

FINALS ARE OVER...NOW WHAT?

BY: SHALOM KEFLEZGHI

Finals are almost over, and the semester has come to an end! In addition to catching up on sleep this break, the following are some activities to revitalize and reward yourself for all your hard work and efforts. Winter break is the perfect time to catch up on all your favorite shows and lie in your PJ's all day, but take advantage of the break from school and stress, and get some things done that you typically do not have time for.

NEW YORK TIMES' BEST SELLERS LIST

Hope to Die by James Patterson
The Escape by David Baldacci
Gone Girl by Gillian Flynn
Gray Mountain by John Grisham
The Burning Room by Michael Connelly
Captivated by You by Sylvia Day
Revival by Stephen King
Big Little Lies by Liane Moriarty

READ A BOOK

Being productive may be the last thing on your mind, but reading for fun is far more pleasurable than having to retain all the information to prepare for a quiz. Thanks to e-Books, there are a variety of great reads you can take advantage of at affordable prices. Reading a new piece may give you something to talk about at the next gathering or even give you a new perspective on life.

SPA DAY

Having a spa day does not necessarily have to involve spending tremendous amounts of money at high-end salons; it can even be at your own home. Simply going out for a mani/pedi is not only good for your cuticles, but it is a great way to catch up with friends and family. There are also numerous DIY facemasks and can be made from natural ingredients you probably have lying around your house, which are even better for your skin. My personal favorite is the Indian Clay healing mask that can be found at whole foods for under \$10. YouTube is also a great resource for looking up facial masks, hair treatments and more.

IT IS NEVER TOO EARLY TO GET A HEAD START

Whether you are planning to intern this summer or find a job in your area, it is never too early to start looking, and winter is a good time to take advantage of the free time you have on your hands. Particularly for those hoping to gain an internship this summer, applying early and showing companies your interest will work in your favor. Winter break is a great time to update your resume and LinkedIn account and develop cover letters as well. Start your research for potential positions early before waiting until the last minute and applying the night before or even worse, missing a deadline.

DIY OATMEAL FACEMASK

Combine 1/2 cup hot water and 1/3 cup oatmeal. After the water and oatmeal have settled for two or three minutes, mix in 2 tablespoons plain yogurt, 2 tablespoons honey, and 1 small egg white. Apply a thin layer of the mask to your face, and let it sit for 10 to 15 minutes. Then rinse with warm water.

Source: Reader's Digest

Nonetheless, take advantage of every opportunity, rejuvenate and spend time with your loved ones over winter break.

Happy Holidays!

ALPHA LAMBDA DELTA NATIONAL LEADERSHIP WORKSHOP

BY: SANA HAIDER

From Oct. 24-26, our two co-presidents, Jessica Laurenzano and Grace Zhang, attended the 2014 National Leadership Workshop in Minneapolis, Minnesota. It was specifically for Alpha Lambda Delta, the national honor society apart from Phi Eta Sigma that the Primannum Honor Society represents. This conference was extremely exciting, interactive and full of novel ideas and enjoyable activities.

On Friday evening, Jullien Gordon, the keynote speaker, gave a talk called “The Other 4.0 That Really Matters in College and Life.” Grace explained his emphasis on how going through higher education does not guarantee getting hired after graduation. “The playing field is not equal, and we are competing globally for jobs that were more available for our parents,” Gordon said. We as students must also develop social and financial skills in addition to having good grades.

On Saturday, the participants broke into smaller groups to learn about topics like improving service projects and better utilizing social media for promotional purposes. Member retention was also an issue that arose because most members join the honor society as freshman. One solution was a point system, which Grace was surprised to find that not all chapters implemented. Jessica explained that other ideas included “pairing up veteran members with incoming freshman as a mentor, or handing out cookies with the honor society name written in icing during orientations.”

UMD has one of the largest chapters in the country with over 3,000 members. Grace stated that our budget is about \$15,000, whereas other chapters’ budgets

may be as low as \$100. Because of this, there may be future correspondence with Big 10 counterparts to share ideas to a larger general body.



This year was the 90th anniversary of Alpha Lambda Delta.
Source: <http://www.nationalald.org/>

On Saturday evening, there was an awards banquet and swing dancing. Our co-presidents spoke with Glenda Earwood, the Executive Director of the national office, from whom they each have received scholarships. “It was really great to get to talk to her, especially since this year they just created a scholarship in the name of Dr. Katherine Beardsley, our previous advisor,” Jessica said.

Throughout the conference, they met many executive board members from various universities. They were able to exchange ideas in engaging workshops. Apart from the conference, they explored Minneapolis, biked, saw the cherry on the spoon and even rode a roller coaster in the Mall of America!

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The Primannum Honor Society is a University of Maryland Honor Society that represents two national honor societies, Alpha Lambda Delta and Phi Eta Sigma. Both of these national honor societies recognize academic excellence during a student’s first year in college.