



Division of Student Development &
Enrollment Services
Campus Life

December 2003
Volume 4, Issue 1

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Consistent with its vision and mission, Multicultural Academic & Support Services (MASS) will prepare students to work successfully at UCF. MASS is committed to providing an accessible and supportive environment which enables students to realize their full potential. *The MASS 411* will promote academic development, personal growth, career education and opportunities to connect you to the University and the Orlando community.

Multicultural Academic & Support Services
Millican Hall, Room 145
(407) 823-2716
<http://www.mass.sdes.ucf.edu>

The MASS 411

Dealing with Test Anxiety

Before the test:

Be prepared! Learn your material thoroughly.

A program of exercise is said to sharpen the mind.

Get a good night's sleep the night before the exam.

Approach the exam with confidence: View the exam as an opportunity to show how much you've studied and to receive a reward for the studying you've done.

Don't go to the exam with an empty stomach. Fresh fruits and vegetables are often recommended to reduce stress. Stressful foods can include processed foods, artificial foods, junk foods, pork, red meat, sugar, white flour products, chips and similar snack foods, foods containing preservatives or heavy spices.

Take a small snack, or some other nourishment to help take your mind off of your anxiety. Avoid high sugar content (candy) which may aggravate your condition.

Allow yourself plenty of time, especially to do things you need to do before the test and still get there a little early.

Relax just before the exam.

Don't try to do a last minute review.



During the test:

Read the directions carefully.

Budget your test taking time.

Change positions to help you relax.

If you go blank, skip the question and go on.

If you're taking an essay test and you go blank on the whole test, pick a question and start writing. It may trigger the answer in your mind.

Don't panic when students start handing in their papers. There's no reward for being the first done.

* * * * *

Check out local centers and resources in your school for assistance!

If you are aware that you have a problem with test anxiety, be sure your teacher or instructor knows before any testing begins (and not the hour before!). There may be other options to evaluate your knowledge or performance within the subject matter. ♦

Joe Landsberger

A hundred cartloads of anxiety will not pay an ounce of debt

Italian proverb

Dear MASS Knight:

As the Fall 2003 semester comes to an end, we encourage you to utilize the various resources that can assist you with preparing for finals:

- **University Writing Center**, Mod 608, (407) 823-2197
- **Math Lab**, MAP 113, (407) 823-3489
- **Minority Engineering & Computer Science Lab**, ENGR 281, (407) 823-3466
- **Student Academic Resource Center**, PH 115, (407) 823-5130

Speak with your instructors to understand what you will need to accomplish in order to achieve a passing grade of "C", if necessary, in your courses.

If you find yourself on academic probation (cumulative GPA* below 2.0) at the end of the Fall 2003 semester, please be proactive and contact the MASS office to:

- Learn about SLS 1501, "Strategies For Success," which is designed to assist you in achieving your academic goals
- Review your Spring 2004 schedule
- Discuss academic options available
- Seek career advisement



Have a safe holiday and GOOD LUCK with finals!!! ♦

Timeline: Your First Year 2003-2004



December

- **Register** for Spring Semester classes.
- Consider taking a **First Year Seminar**, especially if you were unable to fit one in during the fall.
- **Plan your time wisely** so that you are fresh and well-prepared for your exams.
- **Contact your advisor** and let him/her know how your first semester went.
- Visit **SARC for tutoring and SI assistance. Final Review Sessions for classes offered during the Fall Tutoring Schedule will be available 12/1-12/11. Call for details.** Open 24 hours during Finals, 12/8-12/12.

FINAL EXAM PERIOD:

December 6 – 12, 2003

RESIDENCE HALL CLOSE (noon):

December 13, 2003

GRADES AVAILABLE (9:00 a.m.):

December 18, 2003

**UCF GPA Calculator*

<http://sarc.sdes.ucf.edu/gpacalculator.html>

This Month's Events

Wednesday, December 3, 2003
11:00 a.m. – 1:00 p.m.

Millican Hall

"Cookie Day" presented by Student Financial Assistance, Registrar's, Student Accounts & Cashiers. Live Music from the UCF Music Department

Visit Millican Hall and join the administration for holiday cookies.

Wednesday, December 3, 2003
4:00 – 5:00 p.m., Student Union, Room 218C

Getting Ready for Finals – *It's all about organization, scheduling and goals.*

For more information call SARC at (407) 823-5130.

First Year Advising Offices

Every incoming Freshman is assigned a professional first year academic advisor in one of the four offices listed below. These advisors also collaborate with the University's colleges and schools and link students to advisors in various academic programs. Assignment of an academic advising office will be based on the specialized services of each program and the student's particular needs. Although you have been assigned to an advisor, you are not limited to seeking help there.

Academic Services for Student-Athletes (ASSA) - WDSC 123 (407) 823-5895

Student Academic Resource Center (SARC) - PH 113 (407) 823-5130

First Year Advising and Exploration (FYAE) – PH 116 (407) 823-3789

Multicultural Academic and Support Services (MASS) – MH 145 (407) 823-2716

Student Life 101

Dream. Study. Join an Organization...of Your Choice. Share Your Toys. Be Kind to Your Roommate. Hug Your Grandparents. Open Your Eyes. Respect Yourself...and Others. Be Aware of Wonder. Sing in the Shower. Imagine the Possibilities. Chase Rainbows. Get Involved. Think Twice. Relieve Stress. Play Fair. Value Friendship. Dance. Take Responsibility. Enjoy Life. Send E-mail. Take Naps. Volunteer. Relax. Share Care Packages. Send Mail. Eat Lunch with a Professor. Think. Walk Barefoot. Trade T-shirts. Laugh...Loudly. Walk in the Gardens. Exercise Your Options. Make Responsible Choices. Eat Cookie Dough. Be Honorable. Take Pride. Watch Cartoons. Make UCF Your Home. Explore the Arts. Be Thoughtful. Write Letters. Lock Your Door. Take a Journey. Hold Hands. Embrace Life. Smile Often. Pray. Appreciate Courage...in Yourself...in Others. Create Happiness. Buy a Friend a Cup of Coffee. Visit Wackadoo's. See

a Play. Listen. Chill. Lighten Up. Cut Yourself a Break. Be Safe. Experience Freedom. Call Home. Play in the Rain. Get Real. Be Tolerant. Women—Take Self Defense. Get a Clue. Discover. Open Your Mind. Find Your Joy. Kiss. Expend Energy. Disagree. Show Excitement. Toast Marshmallows. Say Please. Be a Friend. Seek Challenges. Enlighten Yourself. Be Passionate. Live in the Present. Learn. Ask For Help. Watch Movies. Strive For Excellence, Not Perfection. Trust Your Instincts. Go To Class. Set Goals for Yourself. Play. Stand Up for Others. Party Smart. Show Compassion. Read. Listen to Music. Vote. Exercise. Say Thank You. Lend a Hand. Appreciate Honesty. Make Time for Fun. Whistle. Reflect. Hope. Give Compliments. Play Catch. Spread Love. Believe.

Adapted from Division of Student Life Poster, Wake Forest University

Things To Do

African American Student Union Caribbean Students' Association



General Meetings: Every other Wednesday
Next Meeting: January 14, 2004 @ 3:00 p.m.
 Have a nice Winter Break!
 Email: aasu1969@pegasus.cc.ucf.edu
 Website: <http://pegasus.cc.ucf.edu/~aasu1969>

General Meetings: Every other Wednesday @ 4:00 p.m.
 Email: csasite@pegasus.cc.ucf.edu
 Website: <http://ucf.edu/~csasite>

Movie Night
 December 5, 2003
 Details: Alyson Moo Young at: chinyiamcn88@cs.com

Hispanic American Student Association

Ritmo Latino



General Meetings: Every Tuesday at 4:00 p.m.
 Student Union, Room 218C
 Email: hasa@pegasus.cc.ucf.edu
 Website: <http://pegasus.cc.ucf.edu/~hasa>

Details: <http://www.latin-rhythm.org>
Casino Rueda Practice
Wednesdays, 7:00 p.m. – 9:00 p.m.
 &
Casino Rueda/Salsa/Merengue/Bachata
Saturdays, 7:00 p.m. – 10:00 p.m.
 Pegasus Landing, Phase III Clubhouse

UCF GOSPEL CHOIR

Weekly Rehearsals: Mondays & Thursdays at 7:00 p.m.
VAB, Room 147

"ETC."

ABC

ABC looks at Native American legends in this lavish, four-hour miniseries
"Dreamkeeper" (Check local stations for air time)
December 28-29, 2003

SEPS

The Student Escort Patrol Service is on-call in the evening to provide a safe escort around campus by request at: (407) 823-2424. Crime victims can call *Victims Services* at (407) 823-2425, for counseling and support.

The Elements

General Meetings next semester: Mondays at 4:00 p.m.
Place: TBA
Email: elements@pegasus.cc.ucf.edu
Website: <http://pegasus.cc.ucf.edu/~elements>

Bowling
Saturday, December 6, 2003, 7:00 p.m.
Boardwalk Bowl, (Meet at VAB parking lot at 6:30 p.m.)

The Minority Programs in Education (MPIE) Scholarship deadline has been extended to **December 15, 2003**. To download an application, please visit their website at: <http://pegasus.cc.ucf.edu/~mpie>

Want to share information about an event? Contact the MASS Office at mss@mail.ucf.edu or (407) 823-2716, to be included in our next monthly issue.

SCHOLARSHIP WEB SITES

Bell Labs Fellowships for Under-represented minorities
<http://www.bell-labs.com/fellowships>

Gates Millennium Scholarships (major)
<http://www.gmsp.org/nominationmaterials/read.dbm?ID=12>

Microsoft Scholarship Program
<http://www.microsoft.com/college/scholarships/minority.asp>

Xerox Scholarships for Students
<http://www2.xerox.com>

Scholarships for Study in Paralegal Studies
<http://www.paralegals.org>

Black Alliance for Educational Options Scholarships
<http://www.baao.org/options/privatelyfinanced.jsp>

International Students Scholarship & Aid Help
<http://www.ief.org/>

Ayn Rand Essay Scholarships
<http://www.aynrand.org/contests>

Zora Neale Hurston National Museum of Fine Arts
227 E. Kennedy Blvd., Eatonville
9:00 a.m. – 4:00 p.m. Monday – Friday
Admission: Free Details: (407) 647-3307
"People and Places: The Photography of Homer Hartage"

December 6, 2003 – January 2, 2004

Orlando Science Center – Dr. Phillips CineDome
777 E. Princeton Street, Orlando
9:00 a.m. – 5:00 p.m. Tuesday – Thursday,
9:00 a.m. – 9:00 p.m. Friday – Saturday, &
Noon – 5:00 p.m. Sunday
Admission: \$14.95 for adults, \$13.95 for students with ID & Seniors
Details: (407) 514-2000, (888) OSC-4FUN or www.osc.org
"Giant Screen Film Festival"

December 21, 2003 – February 13, 2004

Yellow Pages

Student Development & Enrollment Services

Important Phone Numbers

Area code 407 unless otherwise noted

Address Changes	823-3100
Campus Activities Board	823-5895
Career Counseling	823-2811
CLAST Assistance	823-5130
Counseling for Personal Concerns	823-2811
Disability Services	823-2371
Financial Aid & Scholarships	823-2827
First Year Advising & Exploration	823-3789
Health Resource & Wellness Center	823-5841
Housing & Residential Life	823-4663
Insurance Program for Students	823-2413
Judicial Services	823-2851
Late Withdrawal & Add/Drop	823-2691
LEAD Scholars	823-2223
Legal Services for Students	823-2538
Medical Withdrawals	823-2691
Multicultural Academic & Support Services	823-2716
Off-Campus Employment	823-2361
Off-Campus Services	823-6505
Office of Student Involvement	823-6471
POLARIS Registration Help Line	823-3533
Recreation & Intramural Sports	823-2408
SARC (Tutoring)	823-5130
Student Government	823-2191
Student Health Services	823-2701
Student Organizations	823-6471
Student Union	823-0001
Testing (CLAST, CLEP, Foreign Languages)	823-5109
Transcript Requests	823-3100
Transfer Services	823-2231
Undergraduate Admissions	823-3000
Veteran Services & Assistance	823-2707

The MASS 411

Multicultural Academic & Support Services
Division of Student Development & Enrollment Services
Campus Life

Contributions by:

C. Bianca Ferguson, Coordinator
Freshman Success & Transition

Multicultural Academic & Support Services

Our Mission

The mission of Multicultural Academic & Support Services (MASS) is to increase the retention of multicultural students (African American, Hispanic American, Asian American and Native American) and Seizing Opportunities for Achievement & Retention (SOAR) Program participants by developing and implementing academic support services and programs, which will promote and enhance student persistence and success throughout the University.

Academic Support Services and Programs include:

- Professional Academic Advising & Registration Assistance
- Student Advocacy
- Retention Programs
 - Freshman Success & Transition Program
 - Scholarship Retention Program (SRP)
 - REACH
- Non-Florida Tuition Waiver Program
- Seizing Opportunities for Achievement & Retention (SOAR)
- Retention Activities
 - Fall Welcome Program
 - Excellence In Action Awards Program
- Advisement to Student Groups – AASU, HASA, UCF Gospel & Cultural Choir, UCF Men & Women’s Water Polo Club, Lambda Theta Alpha Latin Sorority, Inc., Latin Rhythms, Mu Sigma Upsilon Sorority, Inc., Sigma Lambda Beta Intl. Fraternity, Inc.
- Cultural Enrichment
- Partnerships with the Community

Edited by:

Inez Ford, Associate Director