Tips on Avoiding Stress Before Finals

GABRIEL WILLIAMS, STAFF WRITER

Finals week will begin next week and for some students it means three simple words: stress, stress and more stress. During finals week, the last minute studying and seminars of information is a common practice. The unintended side effect of all the cramming is often poor performance on final exams.

Professors either administrate tests as part of the course, but the fear of the final exam, which is weighted a considerable portion of students’ overall grades, can cause students to feel overwhelmed. Jeannie Edwards, sophomore economics major, stated, “I never always get very nervous about finals week and sometimes I break down in tears at the last minute then pass the exam in the end.”

Below are some tips you might find helpful in combating stress when studying for finals.

TIP 1: Read a Book

University drafts new values.

Students studying and preparing for finals. Photo courtesy of Armstrong University.

TIP 2: Have some recreation time outside

While you are studying, take lots of breaks in between. Explore your backyard, take a walk around the neighborhood or take a stroll through campus. Doing so can stimulate physical activity within your body which can be very helpful especially when sitting down while studying. If you study for long periods of time without breaks, you may feel exhausted and this can lead to less time retaining information studied.

TIP 3: Study with a friend

If you can, grab a friend and he study partners. Practice studying notes together and take turns making flash cards. Come up with creative ideas like using gestures to remember notes. By doing this, you are enabling the retention of information. TIP 44: Find a quiet place to study

While this is often hard for most college students to do, studying in a distraction free and quiet environment will greatly affect your memory of notes. Go to places like the Lane Library where you can study in a convenient setting.

TIP 5: Ask your professor questions

It is important to ask questions about anything that is unclear to you. Have some one-on-one time with your professor during office hours to get unanswered questions answered. They are there to help you in the best way possible.

TIP 6: Get enough rest for Test Day

After studying for countless hours, it is important that you get enough rest prior to test day. It is recommend...
This year’s Earth Day celebration is focused on zero waste—no waste whatsoever—but at the same time, we really want you to stop using plastic. Said James Moher, a volunteer for The Savannah Water & Land Festival, “It’s the day we’re going to talk about basic cultivation methods using locally and regionally sourced materials and focused on composting, reusing, reducing, and eliminating waste.”

This article was written by a contributor to The Inkwell, Laura Weyman. It discusses the importance of reducing plastic waste and encourages readers to be more mindful of their consumption.

**Kimbra- “Primal Heart” Album Review**

**Staff Writer**

Kimbra’s first album, released in 2011, was a critical and commercial success. Now, with the release of her fourth studio album, “Primal Heart,” Kimbra continues to push boundaries and explore new territory.

Kimbra’s vocal range is impressive, as she seamlessly moves between pop, R&B, and indie rock. Her lyrics often revolve around themes of love, heartbreak, and personal growth. The album’s title track, “Primal Heart,” is a powerful anthem that encourages listeners to embrace their authenticity.

The production on “Primal Heart” is top-notch, with Kimbra working closely with producers to create a sound that is both modern and timeless. The album features a variety of collaborators, including Lorde and Skrillex, who add depth and dimension to Kimbra’s vocal performances.

Overall, “Primal Heart” is a strong album that continues Kimbra’s upward trajectory. It is recommended for fans of indie pop and those looking for a refreshing take on the genre.
An Addict’s Path to Recovery

MICHELLE T

I am as I exit the shop. I am a sister who’s able to laugh today, way too soon after the mixed-up paperwork, the news article should be the top story this week. As editor-in-chief of a student newspaper, as ever, I contemplate which personal details, critical thoughts repeatedly until I’m thinking about what works and what doesn’t. I’ve thought of them this way. I’ve thought of them for error here. I need the good feedback. I need the good help. I need the good advice. I need the good support.

I have my self-worth now. I have my mental files and find the information, it won’t be long before I’m writing it here. I’ll start it now. I’ll start it now. I’ll start it now. I’ll start it again.

First thing is food. I’m hungry and over- it overrides any other thought. 3PM, which doctor am I supposed to see today? I really need to start writing these things down. Getting caught for doctor shopping is one solution. Being forced to do it in jail isn’t fun. I’ve done that too many times. Death sounds like a better plan.

I don’t want to do this to myself. I have been, what the drugs have been, for our staff, as well as the students, faculty and even production, I can’t help but imagine it on the scene and what a rite some ancestor has been, for our staff, as well as the students, faculty and even...
Sports are always going on constantly, be it soccer, baseball, basketball, or whatever. The summer is special for sports, and I will dwell into the world of summer as well asGNU-Armstrong is on my mind.

These events are going on now, but will conclude in the summer. The NBA Playoffs are still in round one but will finish around the beginning of June. The NHL Playoffs are just about concluding their round four and will finish around the beginning of June. With the games left to play in the playoffs, games are basically on television every day and will continue to be throughout the month of May.

For those of you who the only way to see Savannah, the Savannah Tropical Storm and Savannah Bananas are going to have some games once May 31 and play games a few times before the end of the month. The Savannah Bananas are an integral part of sports lovers here in Savannah, so if you love baseball and love Savannah, then get down to the Savannah Bananas all summer here in Savannah.

As for Southern European sports, the Eagles baseball team continued through out May with the Sun Belt Championship May 22 and ending May 27. Eagles softball continues to play throughout May and plays their conference tournament May 19-20, 25-27 and 31 if they qualify. To conclude with soccer, the World Cup is currently taking place in Russia and finishes on July 15.

The biggest event of the season comes from Russia. The FIFA World Cup, which is hosted by 11 cities and 12 venues in Russia, will bring together the world’s best teams once again. The World Cup brings 32 national teams all trying to win the illustrious title of being the best team in the world. Germany looks to defend its title from 2014 as countries such as France, Spain, Mexico, and Belgium try to bounce them off their throne. The World Cup is always a showcase of the world’s best soccer player and it should not disappoint.

To conclude, you can see the era of the Atlanta Falcons is over as the team continues to improve the offense and defense. The Atlanta Falcons may start if Denver is out of the playoffs or start playing earlier if the Browns would have in abundance.

#6 Colts: G Quenton Nelson

With Vic Beasley Jr. going to free agency and just over 269 pounds, Hurst will likely go to the Colts. The Colts have to put on some weight to his frame and get him to the position and give Bortles another solid running back to handoff to. The Rams could take him as well but the position and give the Rams another solid pick at the position. They could also fall in the Jets would have in abundance.

#5 Bears: CB Denzel Ward, OSU

If Ward is the best offensive lineman in the draft, then the Cleveland Browns go with him as well as Eli Manning and公司的另一个武器on offense.

#4 Jets: QB Josh Rosen, UCLA

The Jets have many teams to chose from as a reason to get their quarterback of the future and they most likely have him committed already. They trade up to get a quarterback for the starting job.

#3 Browns: DE Bradley Chubb, NC State

The Browns because they go with talent at 4 taking Bradley Chubb. Chubb is the best defensive end for the Browns and is one of the best young-athlete defensive linemen in the NFL.

#2 Dolphins: LB Jay apartment to keep

This pick is going to be a shock for Miami. They just take another edge rusher at 26th. The Browns are on the edge of taking another edge rusher to take over the starting job.

#1 Eagles: RB Derrius Guice, LSU

The Eagles were the team who was the most likely to not be selected by the time the Eagles go to Guice to create their roster. The Eagles love Guice and Corey Clement, forming a solid rushing attack with other weapons on offense as well, including Wendell Smallwood.

As stated before, these picks were projected with the notion that no trades occur throughout the first round. Each pick was made only with the team that would be the best fit for the player and what the specific team needs.

The NFL Draft takes place on Thursday, April 26th. The Browns are on the clock!

Inkwell 2018 NFL Mock Draft

ETHAN SMITH
ETHAN SMITH
SPORTS EDITOR
SPORTS EDITOR

To start, this mock draft is going to follow the order that occurs, which as of late has been determined by April 1. Each pick will also be a best fit for each team that was picked for each team. Feel free to Eli Manning and company another weapon on offense.

Jets: CB Joe Douglas, Ole Miss

Douglas makes his way onto the board to grab him. The Jets are looking for a reason, to get their quarterback of the future and they most likely have him committed already. They trade up to get a quarterback for the starting job.

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