

## DID YOU KNOW?

Triton has a beautiful library with study nooks and a coffee machine.

## ADVISOR HIGHLIGHT



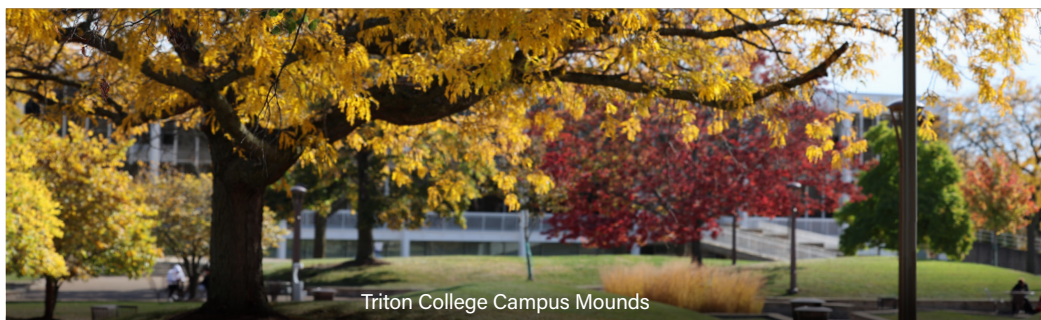
**DOROTA KRZYKOWSKA**  
Academic Advisor

### Supported Programs:

- Business.
- Accounting.
- Information Technology and Computer Science.

**Fun Fact:** I own over 200 plants.

**Favorite Spot on Campus:** The Triton Greenhouse and Botanical Gardens.



Triton College Campus Mounds

## GUIDANCE SPOT



### FINALS WEEK IS Dec. 8-11!

We asked Triton faculty members to share their tips and advice for preparing for a successful final exam:

- Start early. The evidence is clear that cramming isn't very effective. Give your brain time to process things and spread your study sessions out over long periods. That early planning will pay off.
- Learn actively. Don't just reread the same passage over and over, as you may mistake familiarity with understanding. Instead, use active learning techniques like self-quizzes, explaining key ideas verbally or in writing, or organizing important topics into charts and concept maps.

– Jeffrey Pasieka, Diagnostic Medical Sonography Faculty

- Review all course materials thoroughly. Focus on challenging problems covered in lectures and review any study guides or practice problems provided by your professor.

▪ Practice with past exams and quizzes. If your professor has shared previous exams, quizzes or a practice final, use them as study tools. Working through old tests is one of the best ways to assess your understanding and identify areas that need more review.

- Teach the material to someone else. Explaining concepts out loud helps solidify your understanding. Try teaching a friend or recording yourself walking through a problem step-by-step. Listening to your own explanations can reveal gaps in comprehension and reinforce learning.

– Tuan Dean, Mathematics Faculty

- During final exam testing, purposefully keep all negative thinking from your mind and engage in positive self-talk. Instead of "I'm a bad test taker" or "I'm going to fail this," say "I will figure this out" and "I will get this question right." If you encounter a problem that seems too hard or impossible, don't let it derail your positive mindset and waste your time; skip it! Get as many questions correct as you can, then return to those questions.

– Roseanne Feltman, Math Faculty

- Simulate the actual testing conditions as closely as possible multiple times before the actual exam (e.g., prepare a set of questions for yourself, set a timer, use any materials you will use during the exam, grade yourself or ask your instructor for feedback on your results).

- Begin to prepare as early as possible (a little bit at a time with consistent reinforcement is much better than one late "cramming" session).

– David Bowen, Math Faculty



## MARK YOUR CALENDAR

### REGISTRATION

Spring registration is open! Need help selecting your classes? Check out the Advising webpage for ways to meet with an advisor: [triton.edu/admissions-aid/advising](https://triton.edu/admissions-aid/advising).

### VIRTUAL DROP-IN ADVISING SCHEDULE CHANGE

As of Oct. 13, our virtual drop-in schedule has changed!

**Monday, Thursday and Friday - 10 a.m.-Noon**

**Monday-Thursday 4-6 p.m.**



### THANKSGIVING RECESS

No classes  
Nov. 26-30.

QUOTE OF THE MONTH: An investment in knowledge always pays the best interest. — Benjamin Franklin



Triton College is an Equal Opportunity/Affirmative Action institution.

There's  
a place  
for you.



**Triton College**  
triton.edu

2000 Fifth Ave.  
River Grove, IL 60171  
(708) 456-0300