

# TITLE V-VIA RÁPIDA

*Accelerating Student Success and Completion at Grossmont College*

Grossmont College



December 2017



Diana Barajas with Peer Mentors at East County Collaborative Multicultural Fair on 11-04-17

## Congratulations Diana!

Please join us in wishing Diana Barajas well in her future endeavors at Grossmont College. As the Outreach Coordinator from the get-go, she has been instrumental in setting up the foundation of the Title V program. Diana has established and fostered many relationships with internal and external individuals and communities. Her knowledge, expertise and amiable personality will be missed by the Title V Team. We will continue to work with you in your new role as the Financial Aid Specialist with the Financial Aid department! – *The Title V Team*





# Peer Mentors Helping the Community

Several of our peer mentors and their mentees **Arielle Cook, Anisa El Amin, Bradley Salazar, Cassandra Reyes, Danny Palma, Gabriele Passmore, and Jonathan Yerkes**, volunteered on September 23rd to make the Pacific Islander Festival (PIFA 2017) a success.

## 10 Study Tips To Get You Through Finals



- 1) Predict possible questions. Review old tests, study guides or the course objectives.
- 2) Answer questions you didn't know the first time. If the exam is cumulative and you struggled to master any material, return to it.
- 3) Link new information to things you already know. Forming these associations will help you retrieve information later.
- 4) Set specific measurable goals for each study session to keep yourself on track.
- 5) Take short breaks. Your brain can process a limited amount of information and benefits from some rest.
- 6) Study in a distraction-reduced environment. Turn off your cell phone, TV and email notifications.
- 7) Manage your anxiety. By listening to calming music, stretching or breathing deeply, you can avoid stress and release negative thoughts.
- 8) Overlearn the material. When you think you are finished, keep going.
- 9) Sleep well and eat breakfast!
- 10) Finally, examine your beliefs about learning. It does not happen quickly and intelligence is not fixed. Stay positive and persist, believing that talent can be developed. You can learn material by working hard, seeking help and using effective strategies.



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