



As finals approach, many students suffer from test anxiety

by Misty McBlair

Red & Silver Review Staff Writer

Finals are here and many are cramming for the last test of the semester. Tests can be very stressful and sometimes painful depending on the student.

There are many types of test takers out there and depending on which one you are could mean an A or could mean a 0. For some test takers it comes easy to memorize and remember.

For some, they may need to study for a whole week and cram the night before the test. Then there are those with test anxiety. They study every day and their confidence about taking

the test, then when the test is placed in front of them their mind goes blank, and they forget everything. Then the panic sets in. At this point giving up seems like the only option. It's not the only option. There is help.

I suffer from test anxiety and have for many years and to this day tests still get my heart racing, and my mind goes blank. This began when I was in the 5th grade, and I honestly thought there was something wrong with me.

The teacher would hand out the tests and all the other kids went right to answering the questions. I read the 1st question and nothing, so I skip to the next and the next and before I realized I was the only one left and everybody else

had finished. I thought to myself, "am I dumb? Will the other kids think I'm dumb?" And I began to cry.

My teacher talked to me after class, and I explained what happened and they said I could re-take the test tomorrow. The teacher's advice was to write down terms and definitions a few times and I tried it, and it did help.

I found that writing helped me remember. I took the test the next day and received a C. I was so happy to see a grade there other than an F.

The answer was writing things down and it helped me tremendously. I'm not saying it works for everybody, but it helped me. There

are other ways to study. Flash cards are a good way to give the memory a good workout and taking practice tests several times before the actual test.

It doesn't hurt to reach out to the professor, a friend or even a tutor if you find that you have test anxiety.

You will be surprised at how much they really want to help you succeed. To those that don't have trouble with testing. If you know somebody that is struggling, maybe offer to help them study, you might be surprised at how much that could help a struggling student.

Finals Week
Dec. 12-15

Planetarium Show Thursday, Dec. 8

NOC Enid Planetarium Director Fritz Osell announced the "Star of Bethlehem" show on Thursday, Dec. 8 at 6 p.m. and 7:30 p.m.

There is no admission charge but food donations to the Our Daily Bread food pantry are accepted.

Osell will show what the sky over Babylon

looked like to the Wise Men 2,000 years ago. Visitors will also see how planetary orbits and some complex mathematics combined with the alignments of the stars alerted the Persians in Babylon to events that had been prophesized by Daniel 500 years before.



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Lit Club sponsors SPCA donation tree

Enid's Literary Club and Dr. Ging's pet-loving Composition I class are sponsoring an Enid SPCA donation tree in the entryway of Zollars from Dec. 2 – Dec. 9.

Students, staff, and faculty are encouraged to select an ornament with a pet item and purchase that much-needed item.

All donations should be placed under the holiday tree. Thank you so much for your help during this season of giving.

NOC Calendar

Dec. 7

BCM Student Lunch, James Room, 11:30 a.m. – 12:45 p.m., Enid
BCM Christmas Party, leave BCM at 6:45 p.m.

Dec. 9

Home Jets Basketball vs. Mid-America Christian, 1 p.m.
Final Day to Withdraw from All Courses

Dec. 12

Final Exams

Dec. 13

Final Exams

Dec. 14

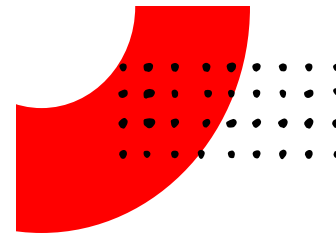
Final Exams

Dec. 15

Final Examinations
Home Jets vs. Kansas Wesleyan JV, 3 p.m.

Dec. 16

Residence Halls Close, 10 a.m.



NORTHERN
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Studying for Finals Week?

*Stop by and Pick Up a
**FREE COMFORT
FOOD SNACK BAG***

Thursday, December 8
and Friday, December 9
8:30 - 11 am

Tonkawa: Library-Administration
Building Lobby

Enid: Zollars Lobby


Stillwater: Commons Area



NOC Enid 'Giving Thanks' Day



NORTHERN OKLAHOMA COLLEGE 2022-2023 Important Housing Dates

MONDAY	SEPTEMBER 6	Labor Day No Classes	Fall Room and Board Charges are Due Sept. 15, 2022
FRIDAY	SEPTEMBER 16	Constitution Day: Voter Registration Drive By Clock Tower 9 am-1 pm	
FRIDAY	NOVEMBER 18	Residence Halls Close for Thanksgiving Break 3 pm	
MONDAY THRU FRIDAY	NOVEMBER 21-25	Thanksgiving Break No Classes	
SUNDAY	NOVEMBER 27	Residence Halls Open 12 pm	
FRIDAY	DECEMBER 16	Residence Halls Close for Winter Break 10 am	
FOUR WEEKS	DEC 19- JAN 13	Winter Break No Classes	Spring Room and Board Charges are Due Feb. 15, 2023
SUNDAY	JANUARY 15	Residence Halls Open for Spring Semester 12 pm	
MONDAY	JANUARY 16	Martin Luther King Jr. Day No Classes	
FRIDAY	MARCH 10	Residence Halls Close for Spring Break 3 pm	Life changing.
MONDAY THRU FRIDAY	MARCH 13-17	Spring Break No Classes	
SUNDAY	MARCH 19	Residence Halls Open 12 pm	
FRIDAY	MAY 12	Residence Halls Close for Summer 10 am	

Jets smash Mavs in Bedlam at Tonkawa

TONKAWA, Oklahoma -- The NOC Enid Jets shot a blistering 59% from the floor in a 104-64 rout of NOC Tonkawa Tuesday night in Tonkawa.

The Jets, now 3-0 in conference play, were led by Jordan Thompson with 23 points while Marcell Perry added 16.

Despite the hot shooting, it was the Jets' defense that coach Chris Gerber emphasized.

"It was one of our best defensive efforts," Gerber said. "We didn't them anything easy in the first half and that was a key to the game."

Daylon Andrews, Raul Nunez, and Chalese Lee also reached double figures for the Jets.

Chris Wiseman led the Jets on the boards with 15 while Andrews added six assists.

The Jets also shot 43% from 3-point range.

After taking an 18-point lead into the dressing room at 42-24, the Jets scored 62 points in the second half.

Jets 104, NOC Tonkawa 64

	1	2	--	Total
Jets	42	62	--	104
NOC Tonkawa	24	40	--	64

Jets--J. Thompson 23, M. Perry 16, D. Andrews 14, R. Nunez 10, C. Lee 10, C. Wiseman 8, P. Twa 7, K. Hudson 5, J. Jackson-Curvey 4, N. Gore 4, R. Kelly 3.



Fall 2022 Final Exam Schedule—Enid and Tonkawa Campuses

Monday December 12	Tuesday December 13th	Wednesday December 14	Thursday December 15
If Course is MW or MWF 8:30am EXAM is 8:00—9:50 am	If Course is TR 8:35 am TR 9:00 or TR 9:15 EXAM is 8:00—9:50 am	If Course is MW 9:00am MWF 9:30am M, MW 9:00am EXAM is 8:00—9:50 am	If Course is TR 7:30 TR 7:45 TR 8:00 EXAM is 8:00-9:50 am
If Course is MW or MWF 11:30am EXAM is 10:00 am—11:50 am	If Course is TR 12:00pm TR 12:30 PM EXAM is 10:00 am—11:50 am	If Course is MW or MWF 12:30 pm EXAM is 10:00 am—11:50 am	If Course is TR 10:30 TR 11:30 5 EXAM is 10:00 am—11:50 am
If Course is MW or MWF 10:30am or MTWR 10:30 EXAM is 12:00—1:50 pm	OPEN	If Course is MW 1:00pm MWF 1:30 pm EXAM is 12:00—1:50 pm	OPEN
If Course is MWF 2:30pm or MW 3:00pm EXAM is 2:00—3:50 pm	OPEN	OPEN	If Course is TR 1:00pm TR 1:30 EXAM is 2:00-3:50 pm
If Course is M 4:00pm or 4:30pm EXAM is 5:00-6:50 pm	If Course is TR 5:10pm 5:30pm 6:00pm EXAM is 5:00-6:50 pm	If Course is MW 5:30pm W 5:15 W 6:00 EXAM is 5:00-6:50 pm	If Course is TR 4:00pm TR 4:30 pm TR 5:30pm TR 6:00pm EXAM is 5:00-6:50 pm
If Course is M 6:00 pm, M 6:30 pm or M 7:00pm EXAM is 6:00-7:50 pm	If Course is T 7:00pm EXAM is 6:00-7:50 pm	If Course is W 7:00pm EXAM is 6:00-7:50 pm	If Course is R 7:00pm EXAM is 6:00-7:50 pm

Lady Jets fall at NOC Tonkawa

TONKAWA, Oklahoma -- The NOC Enid Lady Jets rallied from 14 points down in the fourth quarter but fell to NOC Tonkawa 65-63 in Tonkawa.

The Lady Jets (4-4) fell to 1-2 in league play.

LaKysia Johnson led with 33 points while Elizabeth Simpson added 14.

The Lady Jets led the Lady Mavs 29-27 at half before the Lady Mavs outscored NOC Enid 26-14 in the third quarter to take a 53-43 lead going into the fourth quarter.

NOC Tonkawa led the Lady Jets 60-46 before NOC Enid rallied with a 15-1 run to tie the game at 61-61. Johnson led the run with eight points.

After Tonkawa made two free throws, Johnson tied the game at 63-63 with two free throws of her own but the Lady Mavs made two throws with :02.1 to win 65-63.

NOC Tonkawa 65, Lady Jets 63

	1	2	3	4--Total
Lady Jets	20	9	14	20-- 63
NOC Tonkawa	14	13	26	12-- 65

Lady Jets -- L. Johnson 33, E. Simpson 14, L. Zinn 6, B. Dale 5, B. Bayless 5.

