



The Red & Silver Review
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Life changing.

The best way to survive finals

By Madison Dohlman

Red & Silver Review Staff Reporter

College finals week can bring so much stress, from first-year students to seniors with one foot out of the door. Instead of panicking here are some tips for the soon-to-come finals week.

Check the final exam dates and times. Knowing what's coming can help create an effective study schedule to prepare. To find out the final exam schedule visit Noc.edu and click on the

"students" tab underneath the tab click "current students". Scroll down and click on the "course schedule" tab located on the left-hand side of the screen. After clicking that there will be a link that directs to the fall 2023 final exam schedule.

Study smarter, not harder. It might feel tempting to reread the entire textbook to cram for finals, but it won't work. It could backfire. Simply rereading material again and again does not

do much to help retention. Spacing out study sessions and focusing on more effective techniques like self-testing can help study smarter, not harder. To get more affected study time reach out to the tutoring center on campus.

Schedule ample sleep time during finals week. A missed night of sleep can negatively impact memory and logical reasoning skills, the exact opposite of what someone wants during finals week. And long-term sleep deprivation is even

worse for academic performance. Even if it seems counterproductive, it might to get eight hours of sleep before an exam instead of pulling an all-nighter.

Last but not least go outside. get some fresh air during finals week. A little outside time can be good for mental health. Physical activity helps reduce stress, even something as simple as a 10-minute walk between study sessions can clear the mind and decrease stress levels.

November Rotary Student of the Month

The NOC Enid Rotary Student of the Month for November is Aaron Baker.

Baker is a sophomore Health, Physical Education, and Recreation major from Ringwood, Oklahoma.

Why you chose NOC?

It felt like home and it allowed me to continue by baseball career.

What are your career goals?

Graduate with a master's degree in Business/

Finance and go into the banking industry.

What are the challenges of being a college student?

Stay committed to your goals and dreams even in tough times.

What has being a college student taught you about life?

Be responsible, committed, and hard-working and you'll go a long way in life.

What advice would you give high school stu-

dents when choosing a college or university?

Go to a place where you feel you will be the most successful.

What do you do in your spare time?

Hunt, fish, and work with dogs.



Finals Week
Dec. 11-4



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Fall 2023 Final Exam Schedule—Enid, Stillwater, and Tonkawa Campuses

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



Making a Difference Ribbon Cutting at NOC Enid

Making a difference ribbon cutting

Northern Oklahoma College's Partnership with Enid's "Making a Difference" came to fruition with a ribbon cutting Tuesday on the NOC Enid campus.

Making A Difference, Inc., a 501(c)3 not-for-profit agency founded in 2008, provides counseling services to children and adults, a youth program, and Feed the Neighborhood - an annual community event that provides school supplies and other resources to help families prepare for the school year.

The Enid non-profit is utilizing an unused building on the northwest side of the NOC Enid Campus. Facility renovation was provided by \$500,000 in grant funding received through applications by NOC and Making a Difference.

"Today marks a significant milestone - a day of celebration for Making a Difference, Northern Oklahoma College, the City of Enid, and our entire community," said Jeremy Hise, Vice President for NOC Enid. "The excitement you feel in the air here this evening - it speaks volumes about the collective journey we've under-

taken to make a lasting impact."

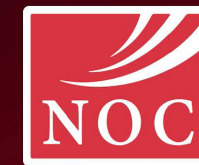
"Today we stand before what could possibly be one of the nicest buildings on our campus, housing great people and incredible services," Hise said. "What's truly exciting about this entire project is the untapped potential and how this partnership can flourish and evolve."

"The transition into this new space, navigating renovations, adhering to purchasing guidelines, and aligning various organizational policies, hasn't been without its complexities," Hise added. "Yet, we march forward together, united in our determination."

"I extend a warm welcome to the Making a Difference team, now part of the Northern Oklahoma College Family," he said. "Your presence enriches our campus, and we're proud to have you aboard. I want to publicly thank you for your recent support during a challenging time for our campus. Your support hasn't gone unnoticed; it is a testament to our shared commitment to each other."



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NOC Student Nurses/Faculty/Staff at White Coat Ceremony

Enid hosts White Coat Ceremony

The Northern Oklahoma College Division of Nursing held a Fall White Coat Ceremony Tuesday in NOC Enid's Montgomery Hall.

The first White Coat Ceremony was created by Dr. Arnold P. Gold in 1993 to bring a focus on human caring back to the practice of medicine. The ceremony has expanded from medical schools to multiple healthcare disciplines, including nursing. During the ceremony, students are cloaked and recite a professionalism pledge to acknowledge the importance of human caring and the need to keep patients at the center of that care. The cloaking ceremony symbolizes the passing of the nursing profession to a future generation who have the responsibility to provide compassionate care with the most up-to-date evidence throughout their careers, leaving the profession better off when they leave than when they began.

"The white coat ceremony honors nursing's traditions and acknowledges the equal contri-

butions nurses at all levels make to humanistic caring healthcare practices," said NOC Nursing Division Chair Dr. Nikole Hicks. "The placement of the ceremony for NOC nursing students marks their transition from the practice lab to patient care settings within our communities."

Students earning their White Coats included from NOC Stillwater Kenleigh Aebi, Sierra Aviles, Cody Birchfield, Madalyn Bowman, Victoria Nowack, Kaelee Nunez, and Grant Shaffer.

From NOC Enid, Wendy Birdwell, Kendall Chmielewski, Ilyssia Gonzales, Cassandra Handley, Christopher Nace, Valrie Roblyer, Madison Solis, and Cerena Warfield.

From NOC Tonkawa, Logan Burgess, Tristan Byers, Kalli Dinsmore, Allie Epperson, Aubrey Fredricks, April Graham, Emily Mireles, Becca Toles, Desiree Turner, and Kennedy Williams.

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Stillwater 580.628.6500

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