

Q&A with Meredith Clark

By Carolyn Ebeling
Staff Writer

Meredith Clark is a Ph.D. Fellow in the School of Journalism and Mass Communication. She teaches journalism courses.

DAILY TAR HEEL: What are the best study practices you learned as a student?

Meredith Clark: The big thing for me was always paying attention to context clues. And so in assigned readings it was anything that was written in a different typography, anything that was repeated — one reference in one part of the text and one reference elsewhere, that was key. Repetition was also key. If my professor had talked about a specific concept more than once, I would make sure to go back to that.

DTH: What are the most important things that students should take away from their exams?

MC: Remember the exams are an assessment of not only what you are learning but also how you are learning it. (They are) supposed to be an indicator for the student and the professor.

(It's) important for students to keep in mind that when there are multiple exams in a course that they are an opportunity to improve incrementally, and generally, unless you have only one or two exams in a course, doing not so well on one exam isn't going to guarantee you a bad grade. Some people just don't test well.

DTH: What is the biggest mistake a student can make when taking an exam?

MC: Cramming. Honestly, there's scientific data that shows that it doesn't work and I think in terms of getting rest it's just not good for you.

You end up stressing yourself out and you aren't as productive as you might have been if you had broken up your studying even several days in advance of the exam as opposed to the night before

or two nights before.

DTH: What's the best advice you can give students on how to prepare?

MC: It's about the strategy. Know what you're going to be tested on. Kind of the boundaries of that.

Don't expect your professor to give you line by line of what is going to be on the test, but know what is going to be covered, what basic thematic material might be covered.

Don't be afraid to ask questions.

If you don't understand a concept or a point that was made in the lecture or in the text, professors have office hours and access so that you can get additional instruction from them. You can consult with them about things you don't understand — that's what we're here for.

DTH: What's the No. 1 thing a student should not do during exam week?

MC: Neglect self-care. And self-care is getting enough sleep, eating the right foods, so making sure that you're eating balanced meals, drinking water instead of just caffeinated beverages and just having some fun. Even during exam week it's important to laugh.

Balance is a verb — it's something you do. Don't make exams the end-all, be-all of your life that week.

DTH: How do students pinpoint what to study?

MC: Think about the skills that you are going to need professionally. Generally journalism isn't just taught just for the theories. It is taught for the practice.

Think about what you would apply in terms of getting an internship or if you're in an entry-level job.

And then also think about the concepts that you have been learning because they will help you in terms of decision-making.

university@dailytarheel.com

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F 10 a.m. - midnight
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1215 E. Franklin St.
M-Th 7 a.m. - 11 p.m.
F-Sat 7 a.m. - midnight
Sun 7:30 a.m. - 11 p.m.

Alpine Bagel Cafe

Student Union
M-F 7:30 a.m. - 10 p.m.
Sat 9 a.m. - 10 p.m.
Sun 11 a.m. - 10 p.m.

Daily Grind

Student Stores
M-W 7:30 a.m. - 11 p.m.
Th 7:30 a.m. - 9 p.m.
F 7:30 a.m. - 5:30 p.m.

Starbucks

Rams Head Plaza
M-Th 7 a.m. - midnight
F 7 a.m. - 9 p.m.
Sat 9 a.m. - 9 p.m.
Sun 9 a.m. - midnight

Caribou Coffee

110 W. Franklin St.
M-F 6 a.m. - 11 p.m.
Sat 7 a.m. - 11 p.m.
Sun 7 a.m. - 10 p.m.

Carolina Coffee Shop

138 E. Franklin St.
M-F 7:30 a.m. - 10 p.m.
Sat 9 a.m. - 10 p.m.
Sun 11 a.m. - 10 p.m.

Krispy Kreme

157 E. Franklin St.
Sun-W 7 a.m. - 10 p.m.
Th-Sat 7 a.m. - midnight

THURSDAY'S ANSWER

T	I	P	S	C	R	E	A	M	S	C	A	R
A	N	A	T	L	A	R	G	E	T	A	T	A
N	A	N	A	A	D	I	O	S	A	N	O	N
T	M	D	R	A	W	I	N	G	A	B	L	A
A	B	E	P	S	I				R	E	P	E
U	R	D	U		F	U	J	I		E	S	E
S	T	E		B	Y	A	N	O	S	E		
H	O	W		W	O	U	L	D	I	K	N	O
Y	A	N	K	S	O	N		D	A	H		
I	K	E		L	O	S	E		K	O	K	O
C	A	R	O	L			T	S	E	F	D	R
I	H	A	V	E	N	T	G	O	T	A	C	L
E	L	S	A		A	R	E	N	A	A	O	N
S	U	E	T		G	I	A	N	T	S	O	I
T	A	S	E		S	P	R	E	E	A	R	T

THURSDAY'S ANSWER

7	8	6	1	3	2	5	4	9
3	9	1	6	4	5	8	2	7
4	2	5	7	8	9	3	1	6
5	7	4	2	1	8	6	9	3
8	6	9	4	7	3	1	5	2
2	1	3	9	5	6	7	8	4
1	3	7	5	2	4	9	6	8
9	4	8	3	6	1	2	7	5
6	5	2	8	9	7	4	3	1

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