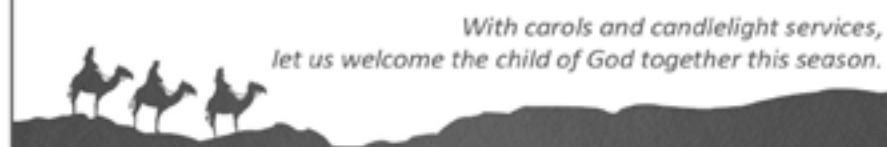


*"(Students) need to see the forest through the trees. So although there are a lot of details ... it's important not just to memorize pieces, but ... to step back, make sure you understand the big concepts and only then go back and into the details."*

**Gidi Shemer,**  
UNC biology lecturer



## A Child Shall Lead Them...



### A Carolina Christmas • Sunday, Dec. 8, 7 pm

Various campus ministries will lead the music for this service of Lessons and Carols to prepare the campus community for the Christmas season.

### Christmas Carols and Candlelight • Sunday, Dec. 15, 7 pm

Sing Christmas carols, sip sweet coffee and enjoy Moravian buns as we celebrate the season with a festive candlelit Love Feast in the Moravian tradition.

### Longest Night Worship Service • Thursday, Dec. 19, 7 pm

A service of hope for those who are grieving. Held in conjunction with Amity United Methodist at their location (the corner of Estes and MLK).

### Christmas Eve Worship • Tuesday, Dec. 24

Children's Christmas Eve Service, 5:30 pm  
Candlelight Communion Service, 8 and 10:30 pm

### University United Methodist Church

Sunday Worship: 9 and 11 am  
150 E. Franklin Street • 919-929-7191 • [www.chapelhillumc.org](http://www.chapelhillumc.org)

## Q&A with Gidi Shemer

**By Erin Davis**  
Staff Writer

*Gidi Shemer is a lecturer in biology. The Daily Tar Heel sat down with Shemer to learn about exam practices for students of natural sciences.*

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

**GIDI SHERER:** The best study practices I learned were to make sure that I study during the semester, not just cramming stuff before the exam. And to practice, basically not just write notes or use flashcards. Basically to try to confront the exam before taking the exam.

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

**GS:** I think what they need to do is to see how much of the original objectives of this class they were able to achieve.

**DTH:** What is the biggest mistake students can make?

**GS:** There are two. One of them is basically to just run through the exam and hand it back. They should take five minutes of a break to review it and then hand it in. But for others there is no formula; you need to know who you are as a student. The second mistake is second-guessing yourself all the time. Like writing the right answers and then changing everything to the wrong answers.

**DTH:** What's the best advice you can give students?

**GS:** One is the idea that you need to study during the semester, not just before the final. But let's say you know what you know, so the first thing I mentioned: It's not just enough to go over notes. Coming from the sciences this is especially true. Practice as much as possible. Confront yourself with questions, the type of questions that your professor will ask. Work with other students, peers and challenge each other with questions. The second thing is that they

need to learn to see the forest through the trees. So although there are a lot of details and lots of small pieces of information it's important not just to memorize pieces, but every now and then to step back, make sure you understand the big concepts and only then go back and into the details.

**DTH:** How do students pinpoint what to study generally?

**GS:** I personally highlight and emphasize important concepts. At least in my case there are a lot of other interactive tools that we use and that will emphasize the important points. We have quizzes and polls during the class, and these will be the type of questions I will ask on the exam. I also give study guides with review questions and the center point of the material that you are required to know.

**DTH:** How do you best retain information?

**GS:** Let's say it's a lecture that I'm studying; I would go and recopy it. I recommend students record me and sit back and hear the lecture again. Doing that and then the next step is then I start to go and look for questions in textbooks to test myself. It's about processing the lecture again.

**DTH:** For those who experience some test-taking anxiety, do you have any tips?

**GS:** Talk with your professor before the exam. We have the Accessibility Center and you might be diagnosed with something, but sometimes even if you're not diagnosed with something many times your professor can help you with that. It depends on the professor; they don't have to do that. For you as a student, let's say you don't have any accommodation — basically with a final you have a lot of time. If you feel anxiety you should stop put the exam aside and breathe for a few minutes. Think about the great winter break you're going to have, think about the party you're going to go to that night, empty your brain as much as possible of whatever class it is and then go back to the exam.

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