

IMPORTANT UPCOMING DATES**REGISTRATION**

Summer Registration begins on February 24, 2014. Check the class schedule and review your transcript identifying classes you would like to take. Make an appointment to meet with your advisor!

Fall Registration begins on March 24, 2014. The Fall Schedule should be completed by Mid-March.

GRADUATION

Graduating this Spring? Don't forget to register for graduation through [People Soft](#)

COMMENCEMENT

Everything you need to know about [Commencement at Storrs.](#)

Stamford Campus will have a Senior Reception for graduating Seniors on May 1st. Details will follow later in the semester.

**HOT TIPS****FIVE GOOD EXAM STUDY HABITS:**

- Understand your study topics in your own words
- Don't be afraid to ask study questions
- Quiz yourself
- Get creative with online study tools
- Set your study goals and create a flexible study plan

EXERCISE FOR BETTER STUDYING

"Maybe you exercise to tone your thighs, build your biceps, or flatten your belly. But how about sweating to improve your mind? "Exercise is the single best thing you can do for your brain in terms of mood, memory, and learning," says Harvard Medical School psychiatrist John Ratey, author of the book, *Spark: The Revolutionary New Science of Exercise and the Brain*. "Even 10 minutes of activity changes your brain." If you need a little extra incentive to lace up those sneakers, here are two ways that exercise can boost your brainpower.

It improves learning.

Exercise increases the level of brain chemicals called growth factors, which help make new brain cells and establish new connections between brain cells to help us learn. Interestingly, complicated activities, like playing tennis or taking a dance

class, provide the biggest brain boost. "You're challenging your brain even more when you have to think about coordination," explains Ratey. "Like muscles, you have to stress your brain cells to get them to grow." Complicated activities also improve our capacity to learn by enhancing our attention and concentration skills, according to German researchers who found that high school students scored better on high-attention tasks after doing 10 minutes of a complicated fitness routine compared to 10 minutes of regular activity. (Those who hadn't exercised at all scored the worst.)

It keeps the brain fit.

Even mild activity like a leisurely walk can help keep your brain fit and active, fending off memory loss and keeping skills like vocabulary retrieval strong. In a 2011 study published in the *Archives of Internal Medicine*, Canadian researchers analyzed the energy expenditure and cognitive functioning of elderly adults over the course of two to five years. Most of the participants did not work

out; their activities revolved around short walks, cooking, gardening, and cleaning. Still, compared with their sedentary peers, the most active participants scored significantly better on tests of cognitive function, and they showed the least amount of cognitive decline. By the study's end, roughly 90 percent of them could think and remember just as well as they could when the study began."

(US NEWS and World Report, March, 2012)

