**10 STUDY TIPS FOR FINAL EXAMS**

**Finals Week is May 15th–22nd**

1. **Dump your brain**. When you first get your test, write down any information that is difficult to remember such as formulas, dates, keywords, etc. on the back of the test. Then, you can reference it while you’re taking the test without worrying if you’ll remember it correctly.

2. **Skim through the entire test**. When you first get your test, skim through the entire test and mark the questions you know that you can answer or questions that you don’t know right off the bat. Sometimes professors like to put easy questions at the end of the test.

3. **Carefully read all of the directions**. Most students get a lot of points taken off because they were careless and didn’t fully read all of the directions.

4. **Skip the questions you don’t know**. Don’t waste time on questions you’re unsure of. Mark them with question marks and move on. You can go back to it later.

5. **Look elsewhere on the test for answers**. Sometimes the answer to one question may be found on another section of the test worded differently.

6. **Pace yourself**. Being able to take a test quickly yet carefully is essential. If necessary, wear a watch or periodically keep your eye on the clock so you are aware of your time left. Also, don’t get anxious if you hear other students finishing their tests early.

7. **Follow your gut instinct**. Most of the times when students second guess themselves, they choose the wrong answer.

8. **Double check your work**. If you have extra time after you’ve finished the exam, take a few minutes to double check your answers, make sure you’ve followed all the directions, and haven’t skipped any pages.

9. **Ask questions**. If you’re confused about the wording or meaning of a question, ask your professor. Don’t risk getting a question wrong because you misunderstood it.

10. **Relax**. It is important to keep your head during a test. There can be a lot of pressure on you to succeed, but remember that stressing out works against you. You risk panicking and/or forgetting information you’ve studied.

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**University of Maryland Eastern Shore Department of Rehabilitation**

**REHAB Review**

**Next Issue:** Fall 2017 Edition

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**The Rehab Review is Published by the Department of Rehabilitation**

**Hazel Hall, Suite 1062**

**(410) 651-6262**

**Student Editor**

Mr. David Turco

**Rehab Graduate Student**

Faculty Editor

Dr. William Talley, **Department Chair**

**Designed by**

Mr. Alula Woldai, **Computer Science Student**

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**This publication was made possible with support from the Department of Education: Rehabilitation Services Administration Grant #H19B08050**
Mr. David Turco graduated from UMES in 2015 with a Bachelor’s of Science in Rehabilitation Services. David also earned the distinction of Summa Cum Laude for his Baccalaureate graduating class. Further, Mr. Turco is part of the Golden Key Society and the Phi Kappa Phi Honor society. Today Mr. Turco is one of the graduate assistants in the UMES Rehabilitation department and is working toward his Master’s degree in Rehabilitation Counseling. In true scholarly tradition David has joined the International Graduate Student Association (ISGA) as well as the Graduate Student Association (GSA) here on the UMES campus, keeping in touch with others in his field and looking for ways to help where he can. As a nontraditional student David could have chosen anywhere to earn his degree but he chose UMES and is very proud to call himself a UMES Hawk. David loves to cook and more so, eat Lasagna.

If you have comments or concerns, or just want more information, or would like to assist with the future development of the Rehab Review, contact the Editor, Mr. David Turco deturco@umes.edu

The CRC Credential

The CRC is the premier credential designed specifically for rehabilitation counselors. CRCC developed its credentialing process in an effort to enhance the quality of services delivered to individuals with disabilities. October 6-14, 2017 Exam: A complete application must be submitted and all fees must be paid by the May 15, 2017, deadline.

Category G

Students enrolled in Master’s in Rehabilitation Counselor Education (RCE) program accredited by CORE or Clinical Rehabilitation Counseling (CLRC) program dually accredited by CORE and CACREP with 75% of coursework completed by February 1st for the March exam; by June 1st for the July exam; by September 1st for the October exam. In addition:

Completion of a rehabilitation counseling internship of 600 clock hours supervised by a CRC completed prior to graduation. Graduate within twelve (12) months of the CRC application date under which you applied.

Contact Dr. Santos : lsantos@umes.edu

The National Society of Allied Health (NSAH) is the official voice for Historically Black Colleges and Universities with schools or programs of allied health, providing a forum for faculty, students, and practitioner development. The NSAH networks and collaborates with other organizations that address health issues that affect the African American communities through education, research, practice, and service delivery.

NSAH is open to undergraduate and graduate students. Eligible applicants should meet the following criteria: Must be an Allied Health major, must have a 3.2 G.P.A. and must have completed two semesters in an allied health program.

If you are interested in joining this organization, please contact in the Rehabilitation Department, Hazel Hall, Suite 1062. Please bring transcript and resume.

Meet the Editor

Mr. David Turco

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Fall NCRE/RSA/CSAVR 2016 conference was held October 16-18, 2016 in Arlington, VA.

“One of the topics presented in the conference which really caught my interest was on “Social Justice.” This is because in the world in which we are in today, we see that people with various forms of disabilities are being marginalized, especially socially and it is important for the population to understand that everyone is equal and therefore such people should be treated fairly.”

Ms. Queen Njonguo

Dr. Noel Estrada-Hernandez -NCRE President stated "Many of Dr. Santos rehabilitation education colleagues have endorsed her as a leader in issues related to disability, diversity and social justice. A distinction that I fully recognize as well".

Dr. Santos was invited as guest a panelist on a presentation titled: "Inclusion, Equity, and Social Justice: Meeting the Contemporary Needs of Rehabilitation Counseling approaching 2020".

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National Society of Allied Health

Honor Society

MISSION

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WHO’S ELIGIBLE

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HOW TO JOIN

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Rehabilitation Counselors
Graduated December 2016

(Left to right) Alexis Jackson, Shanicia Hanson, Bianca Parker, (not pictured, Stella Ukwade)

The Rehabilitation Department gives its heartfelt congratulations to our graduates pictured above, Alexis Jackson, Shanicia Hanson, Bianca Parker and also not pictured (Stella Ukwade). The department is also extremely proud and happy to relay that our graduates are fully employed in their field after graduating from our program. The Rehabilitation Department was able to place our students in internships that led to their full-time employment.

The Department of Rehabilitation wishes to thank our internship partners for their recognition of excellence provided by both their efforts, and our students efforts, for fostering an environment rich in education and beneficial to the American workforce.

All of the above graduates received financial assistance during their education here at UMES in the Rehabilitation Department. Two received RSA grant money to help with their schooling and two worked as Graduate Assistants in the department while earning their degrees. The students were able to graduate without being overly burdened by student loans and are now working in their fields of study giving back to the communities in which they are now employed.

The RSA grant monies was provided by Department of Education, Rehabilitation Services Administration Grant #H19B08050
Department of Rehabilitation Recruitment

Students arrive at the Tri-County Recruitment event here at UMES’ Hytche Gym. Graduate assistants (Ms. Rosemary Bubor, Ms. Medora Frasier, Mr. David Turco, Ms. Queen Njonguo) from the Rehabilitation department meet and greet prospective students and explain the rehabilitation field and disseminate program materials to inquiring students.

Rehabilitation Professional Associations

Let’s take a look at the Rehabilitation Professional associations we can associate ourselves with in our careers after graduation and the cost to join as well. Joining an association is an excellent way to keep abreast of emerging issues within our fields and demonstrate your commitment to your profession and professional development.

<table>
<thead>
<tr>
<th>Professional Organization</th>
<th>Address</th>
<th>Student Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Counseling Association (ACA)</td>
<td><a href="https://www.counseling.org/">https://www.counseling.org/</a></td>
<td>$96.00</td>
</tr>
<tr>
<td>National Council of Rehabilitation Education (NCRE)</td>
<td><a href="https://ncre.org/">https://ncre.org/</a></td>
<td>$40.00</td>
</tr>
<tr>
<td>Maryland Rehabilitation Association</td>
<td><a href="http://www.mdrehab.net/6.html">http://www.mdrehab.net/6.html</a></td>
<td>$48.00</td>
</tr>
<tr>
<td>National Rehabilitation Association (NRA)</td>
<td><a href="https://www.nationalrehab.org/">https://www.nationalrehab.org/</a></td>
<td>$48.00</td>
</tr>
<tr>
<td>National Association of Multicultural Rehabilitation Concerns (NAMRC)</td>
<td><a href="http://namrc.org/">http://namrc.org/</a></td>
<td>$48.00 NRA + $15.00 NAMRC = $63.00</td>
</tr>
<tr>
<td>International Association of Rehabilitation Professionals (IARP)</td>
<td><a href="http://www.rehabpro.org/">http://www.rehabpro.org/</a></td>
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<td>Rehabilitation International</td>
<td><a href="http://www.riglobal.org/">http://www.riglobal.org/</a></td>
<td></td>
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<tr>
<td>Maryland Counseling Association</td>
<td><a href="http://www.mdacounseling.org/">http://www.mdacounseling.org/</a></td>
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</tbody>
</table>
Student Rehabilitation Association

Want to get involved in your Major?
SRA is always looking for new members.

The purpose of the Student Rehabilitation Association (SRA) is to make students aware of the purpose and benefits of majoring in Rehabilitation Services and to educate them on the requirements needed to enroll in graduate programs. It is also for individuals to become oriented with the employment opportunities available in human services and rehabilitation settings.

>> THE ORGANIZATION WELCOMES ALL STUDENTS AND MAJORS!

Ways in which we achieve the desired goal include: inviting rehab professionals to speak at meetings, providing enrichment programs and literature that will benefit those interested in allied health, providing opportunities for community involvement, and preparing students in the development of leadership skills through participation in the SRA organization.

SRA sponsored campus wide CPR certification class.

Up to $4000 for tuition

RSA GRANT

RSA (The Rehabilitation Services Administration) has Grant funds available for students. This grant only covers Master’s Degree students. (Master of Rehabilitation Counseling) The money is awarded with some pay-back requirements that are non-monetary. The recipient must work in the field of rehabilitation for a non-profit agency or, a governmental agency after graduation as repayment of the grant. A pretty great deal, after all one is getting a degree in rehabilitation and then using that education in the field for a livelihood anyway right?

The RSA Grant is fund limited, there are often more students who apply than money available. Therefore, the grant is awarded in a competitive fashion, those students with the highest G.P.A. are considered first.

Email for more details Dr. Lisa Zheng lzheng@umes.edu

Remember keep your G.P.A high and apply!

More education funding opportunities

NOW ACCEPTING APPLICATIONS FOR FALL 2017

DEPARTMENT OF REHABILITATION
Rehabilitation Counseling
Master's Program

Please visit the department website for more information:
http://www.umes.edu/rehab

Please visit the School of Graduate Studies for application materials:
http://www.umes.edu/grad

For more information contact:
Leslie M. Santos, Ph.D., CRC
Program Director
Department of Rehabilitation
Hazel Hall, Suite 1062
lsantos@umes.edu

FUNDING AVAILABLE $$$$$

DEADLINE FOR APPLICATION APRIL 1ST
Dr. LaKeisha Harris Becomes Interim Dean of UMES' Graduate School

Transition to Dean:

On January 9, 2017, Dr. LaKeisha Harris started a new position as the Interim Dean for the School of Graduate Studies. As the Program Director for the Masters of Rehabilitation Counseling Program since 2007, Dr. Harris has an intimate knowledge of the needs of graduate students and graduate programs. In addition to being a Program Director, Dr. Harris has also served as a co-advisor for the Graduate Student Association which originated from the Department of Rehabilitation.

I believe these are exciting times for the School of Graduate Studies. I am committed to working with the program directors to advance the graduate programs and I am grateful for their support of our mission.

Keair Clarke
Student Rehabilitation Association President

Hello, my name is Keair Clarke and I am your president for the Spring 2017 semester. I am a graduating senior majoring in Rehabilitation Psychology. I was born and raised in Jamaica Queens, New York but I currently reside in Baltimore Maryland. After I earn my Baccalaureate degree I plan on attending graduate school to further my education and become a family and marriage counselor. I believe “If the opportunity is given than I will meet and/or exceed any expectation”. This semester I am looking forward to having a productive and successful semester with you all. If you should have any questions or concerns throughout the semester feel free to ask or contact me at Kdclarke@umes.edu

Student Rehabilitation Association
Student Elections to be held Tuesday April 25th 2017

The SRA will be holding election for all officers April 25th 2017. The SRA wishes that all who run be no more than juniors. (Rather than referring to a student's year of study, in U.S. high schools and colleges, first year students are freshmen, second years are sophomores, third year students are juniors, and the most experienced are seniors). This is to insure continuity of the 2 year service of officers.
Ms. Gail Lankford’s Retirement Party

It is hard to know what to say when it comes to Ms. Lankford, because she has had a hand in all the key developments that have taken place in the department for the past 15 years. She was never afraid to take on an assignment and she always gave you more than you asked for. She and I have worked on so many different projects together that it’s hard to keep track of them all. We worked to put the graduate program in Rehabilitation Counseling together and shape the curriculum to meet the needs of our state agencies and then we put the first application for accreditation together for that same program. Once the program was up and running we spent weeks putting a grant together to send to the U.S. Department of Education to secure funding for our students. No one was happier about our successful application than she was and she immediately set to work to find students to support. We spent years fine-tuning the manual for the undergraduate field work program and then doing the same for our Graduate Internship Manual. Now faculty from other programs use it as a model.

There are dozens of activities that she led and they all seemed to turn out well. If you ask me why, I would simply say that she never put her hand on anything that she would allow to be done half-way.

She has always been a critical part of what we do now and no matter what she does from this point forward, a part of her lives on in the programs that she helped to put in place.

Dr. William Talley