10 STUDY TIPS FOR FINAL EXAMS
Finals Week is May 9th-14th

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.
Meet the Faculty

Dr. William Talley
Department Chair

Dr. Clayton Faubion
Associate Professor

Mrs. Gail Lankford
Clinical Coordinator

Dr. Lakeisha Harris
Assistant Professor

The Rehabilitation Department teamed up with Dr. Yen Dang from the School of Pharmacy to bring an educational workshop series to children at "It Takes A Village" an afterschool program in Crisfield MD. The children that participated were between the ages 5-16. The program delivered information on substance abuse and healthcare professionals who manage patients in these respective areas. The purpose of the series was to help children gain a deeper understanding of substance abuse issues, while enhancing their interest in the healthcare field.

Former UMES Rehab students returned after making their mark in the World! Nonet Sykes is the director of race, equity and inclusion for the Anne Casey Foundation. As director of race, equity and inclusion, Nonet Sykes works to promote the most effective strategies to improve access to opportunities and equitable outcomes for children, families and communities of color. Aisha Gardiner is a certified Clinical Trauma Specialist. She has her own company, Critical Incident Management Services, LLC. Her program specialize in assisting individuals and groups in crisis and/or traumatic accidents by providing Biofeedback Therapy, Critical Incident Stress Debriefing, and Crisis Intervention.

Eight rehab students fulfilled their fieldwork requirement by becoming peer educators. The students worked on a project that targeted college student’s knowledge of drug/alcohol abuse and STD and HIV awareness. The project was funded through a SAMHA grant. Be on the lookout for the new PSA video that will be played campus wide to promote and educate the campus. To kick off this program, the students hosted a Hip Hop to Prevent Event. The event purpose was to release the PSA video and get the word out about the program. During the event they were able to get

Department News

The Rehabilitation Department offers a Master’s of Science (M.S) in Rehabilitation Counseling. This 2-year program accredited by the Council on Rehabilitation Education (CORE), is a 48 credit hour program with an option of applying for 60 credit hours for licensure.

Internships/Jobs Board

PG County Parks and Recreation Therapeutic Recreation Program Staff (Summer camp staff for kids with disabilities)
http://www.pg County.com/About-Parks-and-Recreation/ Employment.htm

Howard County Parks and Recreation Therapeutic Recreation Inclusive Opportunities Program Leader (Summer camp staff for kids with disabilities)
http://www.howard county md.gov/ Employment

Beatrice Loving Heart (Case Manager position)
http://www.Indeed.com/cmp/Bea trice-Loving-Heart-3
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.

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 William Talley or Bianca Parker in the Rehabilitation Department, Hazel Hall, Suite 1062. Please bring transcript and resume.

The purpose of Student Rehabilitation Association, SRA for short, 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 in human services and rehabilitation settings.

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.

Student Rehabilitation Association

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

The Department attends many National and State Conferences

Meet the Faculty

Ms. Annette Rogers
Administrative Assistant

Dr. Maryam Rahimi
Associate Professor

Mr. Johnathon Blackmon
Lecturer

Dr. Lisa Zheng
Assistant Professor

SRA sponsored campus wide CPR certification class.
Dr. Talley was responsible for taking a group of students to an excellent workshop in New Orleans on February 29th to March 2nd. I had the opportunity to attend the ninth Health Disparities Conference Hosted by Xavier University of Louisiana College of Pharmacy in New Orleans, LA with the company of a UMES graduate student, Bianca Parker. This was my first time going to a conference and I admit I was a bit nervous. I didn’t know what to expect from this conference. The first day I was able to walk around and enjoy the New Orleans culture.

As the next day came about and the conference began, I had the opportunity to meet Brian Rivers. Dr. Rivers presented an idea to the audience, to make an app that will help African Americans detect prostate cancer. This to me was important because few of my family members have passed due to prostate cancer. After hearing his presentation I knew I could learn a lot in conference. Later that day, Bianca and I were able to walk around and see what fellow undergrad and graduate students to multiple universities were doing research on.

Dr. Talley encouraged me to ask questions and to find a few topics that meant something to me. On the following day, we heard Rear Admiral Pamela Scheitzer, who encouraged the students in the room to stick with and move forward in their specific health field because it is vital in the progression of health disparities.

After hearing Dr. Scheitzer speak, we had the honor of hearing the 16th surgeon general, David Satcher. He spoke on how we must give people what they need in order to be healthy instead of trying to be fair and give everyone equal treatment. His speech mentally impacted me to where I now believe in equity being a key factor in health care. After all speeches were done, I was able to watch Bianca, later that evening, present her research about the knowledge and use of tobacco products on a college campus. This was a great experience for me because next year I plan on presenting myself. I was proud to watch Bianca speak confidently about her research. Overall this conference helped me become comfortable around those who have accomplished a lot, opened my eyes to a new of life and culture, and focus on the goal of taken care of those in need and getting them back to great health.