

Peer Mentor Manual

Fall 2004



Peer Mentors: Helping Others
Learn to Read the Map to
Success!

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Icebreaker
Team Vision Statement

As a Peer Mentor, you will be expected and want to work with other Peer Mentors to help make this a better experience for you and your students. Therefore, you will have to learn a little about each other so you can learn how your teammates work best. In this exercise, please write 3 Individual Statements about what you hope your team experience will be like.

1.

2.

3.

Now, with your group, come up with a collective team vision.

Peer Mentors

Description of Duties

The position of Peer Mentor for the First Year Seminar will require energetic, enthusiastic and motivated students from Massachusetts College of Pharmacy and Health Sciences (MCPHS) who have completed their first year at MCPHS. The students must be able to demonstrate interpersonal communication skills and be willing to commit to this activity for the length of the semester.

Duties to be Performed

1. Take part in the Leadership Summit on August 21st, 2004.
2. Attend the Peer Mentor Training session that will take place August 22nd, 2004.
3. Attend every class of the First Year Seminar.
4. Organize at least three informal activities outside of the seminar with the students in their class, one of which will be completed during Welcome Week.
5. Having completed the first year at MCPHS, peer mentors will serve as a resource for first year students.
6. The Peer Mentors, as a group, will meet with the Coordinator of the Peer Mentor Program weekly to discuss upcoming class sessions and program issues/concerns.
7. Complete an end of the semester evaluation of the completed program that will assess the overall quality of the Peer Mentoring program (mentor experience, course content, etc). This will be used in determining how to make the Peer Mentor experience better for all.

Peer Mentors

Description of Duties

The position of Peer Mentor for the Transfer Student Seminar will require energetic, enthusiastic and motivated students from Massachusetts College of Pharmacy and Health Sciences (MCPHS) who have completed their first year while at MCPHS. The students must be able to demonstrate interpersonal communication skills and be willing to commit to this activity for the length of the seminar.

Duties to be Performed

1. Take part in the Leadership Summit on August 21st, 2004.
2. Attend the Peer Mentor Training session that will take place August 22nd, 2004.
3. Attend every class of the Transfer Student Seminar.
4. Organize at least two informal activities outside of the seminar with the students in their class.
5. Having completed the transfer year, peer mentors will serve as a resource for new transfer students.
6. The Peer Mentors, as a group, will meet with the Coordinator of the Peer Mentor Program weekly to discuss upcoming class sessions and program issues/concerns.
7. Complete an end of the semester evaluation of the completed program that will assess the overall quality of the Peer Mentoring program (mentor experience, course content, etc). This will be used in determining how to make the Peer Mentor experience better for all.

Characteristics of a Role Model

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Characteristics of a Peer Mentor

- 1.
- 2.

- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

First Year Seminar Schedule by Section

Section	Day	Time	Instructor	Peer Mentor	Location
1	Monday	9-9:50	Trapanick	Hanson	228
2	Monday	10-10:50	Nicholson	Darah	WB 22
3	Monday	12-12:50	Tataronis	Liles	16B
4	Monday	1-1:50	Griffiths	Leung	WB Library
5	Monday	3-3:50	Kiritsy	Tailby	16B
6	Tuesday	11-11:50	Bellack	Coburn	227
7	Wednesday	9-9:50	Trapanick	Nguyen	228
8	Wednesday	10-10:50	Sylvia	Sambour	16B
9	Wednesday	12-12:50	Nicholson	Tessier	225
10	Wednesday	1-1:50	Glass	Hanna	WB Library
12	Thursday	11-11:50	Keech	Smullen	227
13	Monday	10-10:50	Sitterly	Heaphy	113
14	Monday	12-12:50	Bodwell	Llukacej	225
15	Monday	1-1:50	Sitterly	Longo	228
16	Wednesday	9-9:50	Farkas	Nualpring	WB22
17	Wednesday	1-1:50	King	Stock	228

Peer Mentor Weekly Meetings

1. All Peer Mentors, as listed in the job description, must attend the Weekly meetings.
2. Each Peer Mentor is allowed to miss one meeting. Please try and avoid any conflicting appointments with your assigned meeting time. If you must miss a meeting, please inform Ben Trapanick about it as soon as you are aware.
3. Each week, we will be discussing several topics. We will talk about the previous week and how the topic went, provide you with some tips for the upcoming topic and also do some sort of student development exercise. It is my intent to help you learn about student development and educate you on a variety of topics that college students face on a regular basis. When we have discussions, or in meeting assignments are given, please contribute to them as much as you can. Your input and experiences are what make these discussions so valuable.
4. Please be on time. As you can see, we have very limited amount of time for these meetings. It is important that everyone arrives on time and ready to start at the appropriate times.

Assigned Meeting times

Fridays 9:00-9:55 am

Cathy Darah
Lauren Tessier
Kim Hanna
Michelle Tailby
Jessi Hanson
Tera Stock
Jane Nualpring
Amanda Coburn

Fridays 11:00-11:55

Beth Leung
Alex Nguyen
Arjeta Llukacej
Kate Smullen
Marie Liles
Johannah Heaphy
Rachel Longo
Vivianne Sambour

The Activity Requirement

As you know, each of you are required to plan three (3), for First Year Seminar mentors and two (2), for Transfer Student Seminar mentors, activities that you think will be enjoyable to the students and you. These activities were created for several reasons. First and foremost, it allows the Peer Mentors and the students to get to know each other

in an environment where questions can be asked with out any kind of fear. Students are more likely to ask questions and get to know each other in this kind of environment than in the classroom with the instructor present. Secondly, these activities allow the Peer Mentor a chance to show the students around Boston a little, which for many can be a scary aspect of going to school in this city. Lastly, it greatly helps to foster relationships that will be helpful and gratifying to all.

In order to get the ball rolling, an activity for both seminars must be planned within the first two weeks of the seminar beginning. This is the hardest time for many of new students. It is crucial that these students become familiar with their Peer Mentor as a person and a resource for any questions that they have on how to deal with a variety of different scenarios. Waiting until the end of the seminar will defeat the purpose of the activities.

Tips that will make for a good activity

1. Think of cost.

- There is a small amount of money allotted to each Peer Mentor. It is really a supplement for a group activity. Therefore, each Peer Mentor will have to come up with activities that are inexpensive, but enjoyable. For example the Office of Student Activities offers all kinds of events that have discounted tickets. Always reference the list of activities that will be provided for you once the semester starts. Organizing a study session is also an option.

2. Location

Getting to the activity is also a concern. **Peer Mentors are not allowed to organize activities at their places of residence.** MCPHS has access to the T one block from the school. Always try to find ways to get to the event by way of public transportation, if necessary.

3. Time of Day

This will be a major obstacle for everyone. At least one person will always have a conflict with what you are planning. However, there are obvious times to avoid planning something. For example, days before a test are not a good time to plan things, unless it is a study session. Also, if you have a lot of commuters, having them come back to school might be a problem.

4. Try to plan activities of interest to all backgrounds

- This goes without saying. Think of the cultural topics that will be discussed by Shelly Nicholson, the new Director of Multicultural Affairs. Talk to some of your friends to see if they have any suggestions. Remember that the activities are not about your interests, but in connecting the students to you and each other. The activities are merely a vehicle for doing that.

5. Suggestions

- Lunch during activity hour on Tuesdays and Thursdays.

- Dinner on a Friday night after a test.
- A Saturday event after a test the previous day
- Plan a study session before a test- *FREE*
- Go to an exhibit at the MFA- *FREE*, except for special exhibits
- Go to a movie down at the Fenway Cinemas.
- See one of the movies at the Omni Theatre after a dinner at the Galleria food court.
- Go to Salem, MA during October for the Halloween festivities they offer.
- Go to a baseball or basketball game when Student Activities offers discounted tickets for students.
- Organize an activity to take place at the gym at Mass Art, which is run by MCPHS- *FREE*
- Take a tour of the Colleges of the Fenway and show the students building they might be attending on other campuses, such as:
 - Simmons College Health Center
 - Simmons College Pool
 - St. Ann's Hall at Emmanuel College
 - The Fitness Center and the Gym at Mass Art
 - The libraries at the various campuses

*Welcome to the
Massachusetts College
of Pharmacy and
Health Sciences!*

*Whether you are new to
the college experience or
have a few semesters of
college under your belt, the
Office of Student Activities
wishes you an enjoyable
and productive year here at
MCPHS.*

*Boston is an exciting city,
and there are endless
opportunities for FUN!*



On the following pages, we
have come up with ...
101 possibilities!

1. Take in an exhibit at the Museum of Fine Arts. Get in FREE with your MCPHS student ID!
2. Window-shop on trendy Newbury Street.
3. Walk, jog, bike, or roller-blade along the Charles River Esplanade.
4. See the Boston symphony Orchestra or Boston Pops at Symphony Hall (corner of Huntington and Mass Aves.). "Rush tickets are usually under \$10 and can be purchased on Tuesdays and Thursdays starting at 5PM for performances that night, and on Fridays starting at 9AM for performances that afternoon.
5. Have a picnic in "The Fens" rose garden.
6. Visit the wildlife at Franklin Park Zoo. Tickets are only \$ 6.00. Call 541-Lion for more information.
7. Check out the latest Museum of Science exhibits.
8. Go ice skating at The Frog Pond on Boston Common. Call 635-2197
9. Find your inner child at FAO Schwarz.
10. Walk the historic Freedom Trail (starts at Park Street T stop).



11. Buy a bunch of flowers from a street vendor to decorate your room.
12. Go on a 90-minute cruise around Boston Harbor. Tickets are \$15 at Long Wharf. Call 617-227-4320 for more information.
13. Volunteer!! Contact the VISTA Office to get more information about getting involved with community activities.
14. Enjoy an ethnic meal (Boston has Thai, Indian, Vietnamese, Spanish, Mexican, Ethiopian, Greek, Middle Eastern... you name it, you'll find the restaurant!)
15. Cheer on the Boston Celtics and Boston Bruins at the Fleet Center.

16. Take the “T” to Downtown Crossing and check out the great shopping and street exhibits.
17. Go whale watching! Tickets are \$23.00. Call Boston Harbor Whale Watch at 617-345-9866.
18. Attend services at one of the many places of worship.
19. Explore life undersea at the New England Aquarium. Admission is \$12.00. Call 617-973-5200 for more information.
20. Take in the films and exhibits offered at the John F. Kennedy Museum (JFK stop on the Red Line). Call 617-929-4500 for info.
21. Enjoy the outdoor shopping and street exhibits at Quincy Market, and then grab some lunch from one of the many vendors in Fanueil Hall.
22. Attend a cultural exhibit.
23. Check out one of the classics at the oldest library in the country, Boston Public Library.
24. Volunteer at the weekend soup kitchen offered by the Church of All Nations. Call 617-357-5777 for more information.
25. Window-shop at Tiffany’s or the expensive store of your choice at the Prudential Center. Dress up!
26. Get to a movie at the American Movies Cinema on Brookline Ave. Discount movie tickets can be



bought at the Office of Student Activities. For up to date movie listings, call 617-424-6266.

27. Take a walk through the Emerald Necklace – 7 miles of parks starting at Boston Common.
28. Take yourself out to Fenway Park to root for the Red Sox! Call 617-482-4SOX for tickets.
29. Catch a concert at the Fleet Center. Call 617-931-2222 for upcoming events and ticket prices.
30. Rent a foreign film with subtitles, pop some popcorn, and invite some friends over for a night of culture.
31. Join one of the many Wellness Center or club sports offered at MCPHS! Call the Athletic Office at 617- 879-7240.

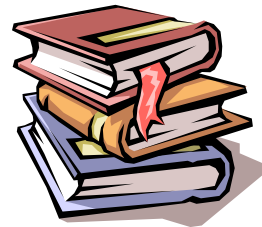
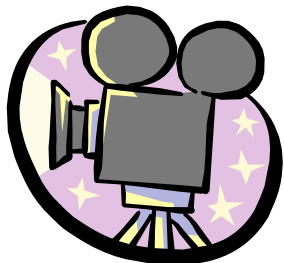
32. Explore the John F. Kennedy Library.
33. Visit the Christian Science Church.
34. Attend one of the many Poetry Slams around the city! (Lizard Lounge in Cambridge has one every Sunday night – all ages!)
35. Get a cup of coffee at Solstice located on Tremont Street.
36. Take a narrated Duck Boat Tour in a World War II amphibious vehicle. The tour goes through historic Boston and then splashes into the Charles River! Call 617-723-DUCK for information.
37. Check out the videos and information at the Big Dig Visitor’s Center. Admission is free!
38. See “Shear Madness” at the Charles Playhouse, in its 20th consecutive year in Boston! Details available from the Activities Office.
39. Attend a midnight movie at the Harvard Square Loew’s Theater.
40. Take a ride on the Boston Common Swan Boats. Tickets are only \$1.75! Call 617-522-1966 for



information.

41. Buy a magazine written in a foreign language at a newsstand.
42. Take a trolley tour of Boston. Tickets are \$23.00 and can be purchased at a booth near the Aquarium.
43. Relax at one of the tables at the Longwood Galleria!
44. Instead of taking the T, walk to your destination so that you get to see more of the city!
45. Tour Fenway Park. Tours cost \$5.00! Call 617-236-6666 for tour times.

46. Find a good place to sit outside and relax!
47. Hang out and play a game of bowling at the Ryan Family Amusements on Lansdowne Street.
48. Buy a different newspaper than the one you usually read.
49. Stroll through the Public Garden next to the Boston Commons .
50. Watch a street performer in Harvard Square.
51. Take a shopping trip to the Garment District. Call 617-876-5230 for information.
52. Go antique-ing on historic Beacon Hill.
53. Indulge at Mike's Pastries in the North End. Go on a Saturday afternoon and the streets smell like a bakery!
54. Take a walk in Brookline Parks. They are close and uncrowded.
55. Explore a square (Kenmore, Harvard, Central, Kendall, Washington, Porter, Davis) by using the T.
56. Explore Cleveland Circle using the Green Line T.
57. Explore Coolidge Corner sing the Green Line T.
58. Go see the USS Constitution of American Revolution fame. Admission is free! Call 617-242-5670 for info.
59. Discover the great buys at Filene's Basement in Downtown Crossing. For info call 617-542-2011.
60. Take the T to Chestnut Hill and walk to Hammond Pond, where you can enjoy a nature hike.
61. Watch a show at the Orpheum Theater. For tickets, call 617-679-0810.
62. Visit the Isabella Stewart Gardner Museum. Call 617-566-1401 for info.
63. Catch a classic film at the Brattle Theater in Harvard Square. Most shows are \$7, including double features. Call 617-876-6837 for listings and times
64. See a laser music show at the Omni Theatre. Tickets are \$7.50. Call 617-723-2500 for times.
65. Discover the Museum of Cultural and Natural History in Cambridge. Admission is \$5.00 for students. Call 617-495-3045 for information.
66. Enjoy lunch with a friend at the Museum of Fine Arts café.
67. Check out performances at the Huntington Theater. Students can purchase rush tickets at prices as low as \$15. For show times, call 617-266-0800.
68. Enjoy a cappuccino at the Espresso Royale Café.
69. Go to the Hatch Shell, located on the Esplanade for free concerts all summer!
70. Watch a film series at the Coolidge Corner Theater. Call 617-734-2500 for info.
71. Discover great music at Nuggets in Kenmore Square.
72. Check out J.P. Licks for some delicious homemade ice cream.
73. Join one of the many MCPHS student organizations! Call the Student Activities Office at 617-732-2871 for more info.
74. See an IMAX movie at the Museum of Science. Tickets can range between \$5-7.50 depending on time of sale. Call 617-723-2500.
75. Browse through Barnes and Noble in Kenmore Square.
76. Browse through the Harvard Coop bookstore on Longwood Ave., at Kendall Square, or at Harvard Square.
77. On clear Wednesday nights, search for the stars at the Boston University Observatory at 725 Commonwealth Ave. Call 617-353-2630 for info.
78. Browse through Newbury Comics on Newbury Street and in Harvard Square.
79. Enjoy some fresh fruit at Haymarket (using the Green Line or by walking).



80. Try some famous Boston clam chowder at one of the seafood restaurants near Fanueil Hall.
81. See a Civil War reenactment at the Boston Harbor Islands State Park. Call 617-727-7676 for details.
82. Laugh out loud at a Comedy Show at the Improv Asylum on Hanover Street in the North End. Tickets are priced between \$10 and \$15. Call 617-263-6887.
83. See a Shakespearean play outdoors on the Boston Common during the summer.
84. Get some great sushi at Jae's Café on Stuart Street. They specialize in fusion, Korean, and Japanese Cuisine.
85. Explore the Boston Tea Party Ship and Museum. Dump your own bale of tea into the harbor, and afterward enjoy a cup – tax free! Call 617-338-1773.
86. Attend a performance at the Tsai performance Center. Call 617-353- TSAI for a schedule of events.
87. Visit the North End on a Sunday afternoon and order a dish of pasta.
88. Visit the Harriet Tubman House and see ongoing displays of this influential leader's achievements. Free Admission! Call 617-536-8610 for info.
89. Join the AIDS action committee. For volunteer information call 617-437-6200.
90. Enjoy one of the many summer festivals and special events going on in Boston, such as Italian-American feasts and Boston Harborfest.
91. Play chess with a friend outdoors at the Holyoke Center in Cambridge (near Au Bon Pain).
92. Attend a Boston Ballet performance at the Wang Center. Student rush tickets can be purchased for available seats one hour prior to the start of the show for \$15. Call 617-482-0535 for show times.
93. Check out Harvard Yard in Cambridge, the site of such films as Love Story, The Paper Chase, With Honors and Good Will Hunting.
94. Treat yourself to a manicure at one of the many cool salons in the city.
95. Go to a library and read up on Boston's history.
96. Explore the State House on Beacon Hill.
97. Get lost in Tower Records on Boylston – books, movies, music, and great people watching!
98. See a show at the Berklee College of Music – tickets are priced right for students! Call 617-266-7455 for a listing.
99. Go to the Skywalk View and Exhibit. On the 50th floor you can see all of Boston. For times and prices, call 617-859-0648.
100. Try an ethnic food that you are not familiar with. It will be a great personal experience and you may decide that you like it.
101. Find a sunny spot outside and record all of your Boston Adventures in a journal.

**Enjoy the
wonderful world of
MCPHS & the
Exciting city of
Boston!**

Study sessions for upcoming tests can be used as a required activity. However, it will only count for one of the three. Please feel free to organize as many as you want to, but please remember that your time is just as valuable as your students. Here are some helpful tips:

- Reserve a room and conduct the session using a dry erase board or a blackboard.
- Act as a facilitator, not an instructor. This means that you let the attendees do the work. You merely guide them through the process of answering questions. The purpose of this activity is to help the students learn how to work in a group setting and to hopefully learn how to prepare for future tests on their own.
- Only offer the study session to those who are in your own section. This is a protection for you because if you offer these in the future, you will find that students from other sections will attend possibly making the session too big to be helpful.
- The use of old tests is helpful, but they are not to be handed out to students unless you go over with them how to use them correctly.
- If you are going to organize sessions, you must make an attempt to organize sessions for students who are not in the larger Chem 131 and Bio 151 sections.
- Try not to spend more than 2 hours at each session.

Activity Report

Mentor: _____

Date: _____

Activity Title: _____

Location: _____

Activity Information:

1. Please check off the nature of your activity:

- Academic
- Social

2. Please list 3 things you accomplished during the activity:

Attendance:

3. Please list the names and group numbers of those that attended.

4. Hours:

Start	Finish	Total

Activity Report

Mentor: _____

Date: _____

Activity Title: _____

Location: _____

Activity Information:

2. Please check off the nature of your activity:

- Academic
- Social

5. Please list 3 things you accomplished during the activity:

Attendance:

6. Please list the names and group numbers of those that attended.

7. Hours:

Start	Finish	Total

Activity Report

Mentor: _____

Date: _____

Activity Title: _____

Location: _____

Activity Information:

3. Please check off the nature of your activity:

- Academic
- Social

8. Please list 3 things you accomplished during the activity:

Attendance:

9. Please list the names and group numbers of those that attended.

10. Hours:

Start	Finish	Total

Campus Resources

Here is a description of each office on campus that will be helpful to you as you serve as a Peer Mentor:

Academic Support Services-Boston

WB05F-H

Dr. Carol Sitterly- Director

Ben Trapanick- Academic Counselor, Coordinator of New Student Seminars

Rachel Alfred- Coordinator of Advising

Yasuko Ta- Academic Counselor, Coordinator to Tutoring Programs

Diana Siembor- Administrative Assistant

- *Assist students in academic difficulty, such as Academic Warnings and Academic Probation*
- *Find and assign tutors for group work*
- *Provide resources for students with disabilities, such as testing accommodations*
- *Coordinate the First Year Seminar, Transfer Student Seminar and the Peer Mentor Program*
- *Oversee and run the Advising Center and the Advisors*
- *Assist students become more successful students by helping them with test taking strategies, time management and note-taking skills, among other things*
- *Assign advisors*
- *Provide support to faculty and students about advising issues*
- *English as a Second Language support*

Counseling Services

WB03

Margaret O'Day- Clinical Director

Molly Payne- Counselor

Nancy Griffiths- Counselor

- *Offers free counseling for various personal and interpersonal problems including:*
 - *Stress Management*
 - *Anxiety*
 - *Depression*
 - *Eating Disorders*
 - *Relationship Problems*
 - *Substance Abuse*
 - *Sexuality*
 - *Sexual Orientation*
 - *Family Difficulties*
 - *Culture Shock and Adjustment issues*

Career Counseling

- *Outreach programs on career-related issues*
- ***Counseling Services is available for Mental Health Emergencies 24/7. In an emergency, call 617-732-2837 and follow the instructions.***

Multicultural Affairs

WB12 Suite

Shelley Nicholson- Director

- *Consultation and advice on cultural differences*

- Educational and social programs related to general cultural issues
- Diversity workshops and seminars
- Coordination of cultural festivities and celebrations
- Student leadership-training programs
- Mentor programs for new students of color
- Advocating, counseling and referral services for ESL students
- Assistance and advising for international students
- General information about immigration laws affecting international students

Residence Life

Fennel Hall 301

Will Cribby- Director, Residence Director, Fennell Hall

Jennifer Scott- Residence Director, New Building

- Provides housing for students
- Programs that make the residence hall a living-learning environment
- Provides Residence Assistants that help students throughout the year

Student Activities

WB12 Suite

Matthew Robison- Director

- Provides opportunities for leadership, involvement on campus, and relaxation. Through this office, students can find out about:
 - How join a student organization
 - How to start a student organization
 - The benefits of joining a student organization

➤ List of Student Organizations (Not a complete list):

- | | | |
|--|--|----------------------------------|
| - Asian Student Association | - Indian Student Organization | - Outing Club |
| - Black Student Union | - Initiative for Togetherness, Awareness and Understanding | - Premedical Society |
| - Dispenser | - International Student Association | - Residence Hall Council |
| - Gay/Straight Alliance | - Muslim Student Association | - Running Club |
| - Golf Club | | - Student Government |
| - Health Psychology Student Organization | | - Vietnamese Student Association |

➤ **Professional Organizations**

- Academy of Students of Pharmacy
- Nuclear Medicine Society
- Phi Lamda Sigma
- Physician Assistant Student Society
- Sigma Phi Alpha
- Student American Dental Hygienists Association

➤ **Professional Pharmacy Fraternities**

- Alpha Zeta Omega
- Kappa Epsilon
- Kappa Psi
- Lamda Kappa Sigma
- Phi Delta Chi
- Rho Chi
- Rho Pi Phi

Sports, Recreation and Wellness

Lower Level in the Kennedy Building (Below Cafeteria)

Suzanne Poulton- Acting Director

- Operate the Wellness Center located at Mass Art
- Operate the Gymnasium at Mass Art
- Coordinate Intramurals and Club Sports
 - Intramural
 - Basketball (Early Spring Semester)
 - Badminton (fall Semester)
 - Indoor Soccer (Fall and Winter)
 - Wiffle Ball
 - Ping Pong
 - Wellness Classes
 - Yoga
 - Tai-Chi
 - Salsa Dancing
 - Hip Hop and Jazz Dancin
 - Weight Lifting Classes
 - Fit Class

Peer Mentor Case Studies Training Session 2004

1. You are a first year Peer Mentor. You are on an activity with your students and they start making negative comments about one of their instructors, who you also had when you were a new student. It is quite apparent that most students in the group feel this way and negative comments continue to arise. Then, one student asks your opinion about that instructor. How do you handle the situation?

4. As the semester moves on, you are starting to feel a bit overwhelmed. For the first time in your academic career, you are really starting to feel that you are unprepared for exams because of the fact that there are only so many hours in a day. You have seen below average test scores in all your exams and you are starting to feel the pressure? How do you handle this?