

# Straight Up Strategies

## The Power Nap Kit

featured in

College Bound Teen

October

2004

“The Power Nap Kit by At Peace Media can help ease and restore your mind and body . . .

Wake up and put your all into life.”

### Overwhelmed by College?

#### Surf for Reinforcements

No one said college was supposed to be easy. If you're anticipating a big workload, longer readings, and harder assignments than you experienced in high school, you're right on the money. But, you can simplify things for yourself. Tools such as your professors' office hours, a school's learning resource center, even fellow classmates are available to help you tackle challenging courses.

Among its helpful hints, the site suggests using a highlighter; it's a passive activity because you're doing it, doesn't mean you're remembering anything. Instead, the site suggests to take notes on the text.

Another valuable tip: Listen for cues during class. These can help you hone in on what your teacher may ask on the next quiz or exam.

If such studying habits aren't enough, subject-specific books are available.

And in addition to "human" help, there's also Pearson Education's new online service: "Make Your Textbook Work for You." at [www.pearsoned.com](http://www.pearsoned.com). The site offers

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## The Ultimate Power Nap

Stressed out? Overworked? Feel like there's not enough time in a day? Sounds like you can use a power nap!

Did you know you need at least nine hours of sleep each night in order for your body and mind to be fully restored? With your busy schedule, that many Zs seems nearly impossible.

Three out of four of you could be suffering from Teen Sleep Deprivation (TSD), which causes irritability, depression, anxiety, and memory loss. It's no wonder you're moody and unable to focus on your tests.

Don't worry, there's a solution! Taking a power nap each day after your 8 a.m. class or early-morning practice will not only ensure you added energy, it can also help you boost your GPA.

If you're one of the 20 percent of students who falls asleep in school, you may need a boost. The Power Nap Kit by At Peace Media can help ease and restore your mind and body. It comes with two CDs - one for meditation, another for studying, a relaxing poster, and a booklet on the art of power napping.

Wake up and put your all into life.



-J.N.M.

October 2004

