The next FTCE date is: July 22 - Register by 06/02 Late Reg. by 06/22

All students should consider taking the FTCE General Knowledge Exam as soon as possible. Passing scores are required before registration of the Junior Sequence of Education Courses (EDS 3033, 4051 & 3095)

Seniors must pass the FTCE Professional Education and Subject Area Test before graduation.
Here are six ways to help you manage stress:

* Change the way you look at things. How you view events may be more stressful than the actual events.
* Focus on concerns, not worries. A concern can be changed such as setting the alarm clock if you need to get to work on time. A worry is something you can't do anything about, like getting caught in a terrorist attack.
* Keep a journal. Write about your feelings, good and bad, not just what is happening in your life.
* Clarify your goals and values. Identify the things you have to do and the things you want to do. As much as possible, go for the things that have meaning and give you pleasure. Don't let your negative moods distract you from your goals.
* Take time out every day to relax. Listen to music. Meditate. Read. Do anything you enjoy.
* Get moving. Daily physical activity boosts body, mind, and spirit.