As a habitual procrastinator myself, I understand that sinking feeling as deadlines creep up. Ignoring those papers becomes harder and harder to do. For a procrastinator, avoiding work is often more effort than just getting the assignment done.

UAlbany recently published an article on the web highlighting the psychology of the procrastinator and offering some suggestions on how to deal with the tendency. They suggest that procrastination is rooted in what Albert Ellis calls “irrational beliefs”. Beliefs that may cause us to procrastinate are a feeling that we always need to be perfect, that failing a task means failing as a person, that everyone must always like us and be kind to us at all times, or that we really shouldn’t have to work too hard. Challenging these irrational beliefs is the first step in dealing with a procrastination habit.

Here are nine tips to help stop procrastinating:

1. Acknowledge and accept the unpleasantness of the task, then compare it with the unpleasant costs of delaying action.
2. Examine and clarify the benefits of doing the task now.
3. Take personal responsibility for making delays - say, “I am choosing to delay because…” - and do so without angst.
4. In order to give yourself practice in taking immediate action, get into the habit of making quick decisions about trivial matters.
5. Divide the project into small, manageable parts. Then prioritize, beginning with the least difficult to the most difficult of the required tasks.
6. Reward yourself after you complete a number of tasks or the entire project.
7. Do the best you can while understanding that it can never be perfect.
8. Do not use alcohol or other drugs to deal with stress.
9. Start the day by doing the task you want to do the least - the rest of the day will be a breeze!

Becoming an intentional and successful learner requires us to be aware of the best ways for us to learn, and then acting on them. Even if you don’t fit the profile of a procrastinator, take some time to think about the best way for you to study for exams and work through those end of term projects, and then make a plan that gets you through without feeling like you’ve been run over by a truck by the time summer finally arrives!

For more info on procrastination and study tips check out: http://www.albany.edu/main/features/2003/12-03/3exams/exams.htm
As the end of the semester approaches, so does graduation, and these nine seniors will venture forth into the real world. We want to wish them all the best of luck, and we’ve asked them all to leave us with a pithy quote that sums up their experience here at Florida Tech.

**Cory Aripotch**
Buddha said, “Better than a thousand hollow words, is one word that brings peace.” Graduation! A huge thank you to all of my professors over the past few years (OK so it’s been more than a few) for being so amazing and for helping me achieve my goals!

**Michael Bruso**
Michael was unavailable for comment but has been working at Melbourne High school to complete his student teaching.

**David D’Agostino**
I enjoyed my time at Florida Tech and wouldn’t want to be part of any other education program. Mrs. Blenis is always there for you if you ever need anything!

**Michelle Denito**
Words of advice—Whenever Dr. Marcinkowski asks you a question, just know the answer is one of three things: Measurement, Evaluation, or Assessment! Also, thank you to everyone in the Education Department, especially Mrs. Blenis!!

**Cassie Gonyer**
Student teaching and these last four years in general have been the scariest, most stretching years of my life, but they’ve also been the most fun, exciting, and fulfilling. Cherish every day, they really are a blessing.

**Kathryn Herron**
My experiences with Florida Tech’s education department are ones that will stay with me throughout my career as a teacher. All of the faculty have been inspirational and sources of encouragement. Because of my experiences here at FIT I feel prepared to go out and face the world of teaching.

**Carolyn Horst**
Don’t be afraid to mess up or worry about saying something stupid....it happens! Just be able to laugh at yourself in front of everyone...then go home and cry, or eat cookies, or both! :P

**Kyle Melancon**
I enjoyed every minute of my time at Florida Tech.

**Jessica Thomas**
Student teaching is a purely rewarding experience. You will experience widespread growth and master the FEAPs by the time you are finished. It will be a testament of strength, perseverance, and flexibility - all the qualities that make a great teacher. Don't give up...you'll be surprised at the amount of special treatment you will get as a student teacher.
April 22 is Earth Day

In 1970, Wisconsin senator Gaylord Nelson proposed the first nationwide environmental protest “to shake up” the political establishment and force environmental issues onto the national political agenda.

Many consider this first event as the birth of the modern environmental movement, and we celebrate Earth Day as both an anniversary and a way to confirm our commitment to keeping environmental issues at the forefront of public debate.

In 1990, Earth Day went global, mobilizing 200 million people in 141 countries. Earth Day 1990 gave a huge boost to recycling efforts worldwide and helped pave the way for the 1992 United Nations Earth Summit in Rio de Janeiro. Earth Day 2000 took to the internet and raised a rallying call for clean, renewable energy, 5,000 environmental groups around the world organized Earth Day events, reaching out to hundreds of millions of people in 184 countries.

Earth Day 2008 is expected to be the largest yet, and organizers hope to focus attention on climate change and global warming issues.

Look out for local events or organize one to show your commitment to solving environmental problems and to celebrate the wonderful planet we inhabit.

Graduate Students Graduate Too!

Several of our graduate students are finishing up their dissertations and thesis projects and are set to graduate this spring.

Both Kristi Boogaard and Christine Lisenbardt are set to finish with a Master of Science in Environmental Education. Karen Lipscomb is finishing up her Master’s of Arts in Teaching degree.

We also have three PhD students defending their dissertations this month and then graduating in May. Chi-Jung Huang is finishing up her PhD in Science Education. Her dissertation research is titled “Examining the Relationship Between Computerized Testing Conditions and Test Anxiety: A Comparison of Computer-Based, Computerized-Adaptive, and Self-Adapted Tests.”

Marsha Lake’s dissertation, “Examining the Effects of a Community College Mathematics Teacher and Curriculum Reformation Program: An Application of Action Research and Conceptual Change,” is the culmination of her PhD in Mathematics Education.

Also in Mathematics Education, Michael Odu will defend his Ph.D. dissertation: “Class Scheduling in College Algebra: An Examination of the Spacing Effect on Student Achievement.”

Both Chi-Jung and Michael’s research represent the department at this year’s Florida Tech Engineering and Science Student Design Showcase.

Everyone interested in attending any of the dissertation defenses is welcome. They will be held in the Shepard Lab. Michael will defend on April 9, at 2 pm. Both Marsha and Chi-Jung will defend on April 18, at 9am and 12pm respectively.

Finishing a dissertation, thesis, or research project is a major accomplishment and we are proud of you all. Good luck to everyone on finishing up the details.

Administrative Professionals Week

One of the first things that the most effective teachers do when they start a new school year, or start working in a new school, is to seek out the resources they need to get their job done. One of the most important resources in a school is the support staff. Knowing the janitor that cleans your room by name, making friends with the school secretary and chatting with the bookkeeper will make your year easier. Support staff are a crucial component of every school, and can make the difference between a great school and a school where no one feels effective or happy.

April 20-26 is Administrative Professionals Week and represents an opportunity to thank all those people who make a school or office run smoothly. Take the opportunity to thank them for doing their job well and letting you be successful at yours.
FEA News

Don't forget FEA’s bi-monthly meetings on the 2nd and 4th Wednesday of every month at 4:00 pm in the Shephard Lab (4/9 and 4/23 this month). This is the time where we plan for activities and future events. We welcome ideas from everyone in the department. If you can’t make the Wednesday meeting, send a proxy or an email (emccorma@fit.edu). We hope to see you there.

Due to the success of the Chili Cook-off, FEA is planning a Bake-Off for April 19, 11-2 pm in the Quad Teaching Lab. Once again, everyone is welcome to participate by bringing in their favorite baked goods to share. The Bake-off should be a welcome break before that last week of classes. We hope that everyone can make time to celebrate the end of the semester with us.

As graduation approaches, so does the annual Student-Teacher Appreciation Banquet. Every year the department honors our graduating seniors and their supervising teachers. Everyone in the department is welcome to attend, but reservations must be submitted to Mrs. Blenis. The banquet will be held on Tuesday, April 29 in the Hartley Room from 5:30-8:00.

DEPARTMENT CALENDAR

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April

2008

Noah Saxton’s Birthday

Teresa Seda’s Birthday

Earth Day

FEA Meeting 4pm

Income Taxes Due

FEA Bake-Off 11-2 Teaching Lab

Student/Teacher Appreciation Dinner

Finals Week

Last Day of Classes

Commencement

October

22

23

24

25

26

27

28

29

30

31

November

David D’Agostino and Charlane Brown at last year’s Student-Teacher Appreciation Banquet.

Bake-Off

Saturday, April 19
Quad Teaching Lab

Enter your best baked goods in our first annual bake-off or just stop by to share in the festivities. Everyone is welcome!