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Mastering Exam Season With Success

by Gina Landtwing, Digital Manager

As seasoned Grad students, we get it! Finals season is hard and can get the better of you if you don't have the right strategies at hand. That's why we've put together a brief well-being guide in this newsletter, to help you stay grounded in the upcoming frenzy of exam period.

Your Guide To Thrive:

First things first, exam stress is completely normal! If anything, a little stress is even desirable because it motivates you to revise. This type of stress is called eustress. However, extreme exam stress can become a limiting factor when left unattended. It can lead to procrastination, overworking and ill health. Thus, a first step in taking better care of yourself this exam season is to first recognize this common feeling, and normalize letting it grow out of proportion.

The best way to use eustress to your advantage is striking a balance between academic and personal priorities. Here are a few tips:

Healthy Mind:
A great way to deal with stress is developing a protocol around calming the mind. Some techniques that help in this effort are mindfulness and relaxation. Stepping away from revision and clearing the mind does wonders to rejuvenate a depleted mind. If you are looking for ideas, you could try...

- join a yoga class on campus
- meditate with apps such as Calm or Headspace
- socialise during a campus event (hint: such as our upcoming GradMag events!)

Healthy Body:
With your mind taken care of, it is crucial that you care for your body with the same attention. Through the right movement, nutrition and sleep, you will ensure that you give yourself proper energy to shine in your exams.

- Get outside and get the blood flowing at the fresh air
- Eat 3 meals plus snacks to keep your glucose-depleted neurones firing
- prioritize sleep, unplugging from your digital devices at a reasonable hour

These are just some of the strategies I picked up over my years in academic. Share your favorite ones by writing in via our email, or dm us on instagram! Good luck!
@GradMag

Inaugural Magazine Release and Celebration: The Human Connection
May 1st, 2024
1-2:30 PM
The Shore Club (SAC 169)
RSVP link:
https://tinyurl.com/GradMagCelebration

The SBU Graduate Arts & Sciences Magazine is proud to announce the release of our first magazine, The Human Connection. Physical copies will be distributed, and stick around for guest speakers and performances.

Scan the QR code below to register!

SBU GRADMAG

Join our team! Email us at sbugradmag@gmail.com

Professor of the Month

Erez Zadok
Professor, Computer Science Department

Erez Zadok's research focuses on operating systems, with a specialty in file systems, storage, and security. He studies operating systems and file systems from many aspects: security, efficiency, energy use, scalability, reliability, portability, survivability, usability, ease-of-use, versatility, flexibility, and more. Special attention is given to balancing five often-conflicting aspects of computer systems: performance, reliability, energy use, security, and ease-of-use.

Since joining the faculty of Stony Brook in 2001, Zadok and his group in the Filesystems and Storage Lab (FSL) developed many file systems and operating system extensions; examples include a highly-secure cryptographic file system, a portable versioning file system, a tracing file system useful to detect intrusions, a replaying file system useful for forensics, a snapshotting and sandboxing file system, a namespace unification file system, an anti-virus file system, an integrity-checking file system, a compiler to convert user-level C code to in-kernel efficient yet safe code, stackable file system templates, and more. Zadok's research has been supported by many NSF grants including an NSF CAREER award, two IBM Faculty awards, two NetApp awards, and several equipment gifts. Zadok is the winner of the recipient of the 2008 SUNY Chancellor's Excellence in Teaching award, and the SUNY Chancellor's Award for Excellence in Scholarship and Creative Activities in 2022.

Zadok's lab exposes students to internals of over a dozen different operating systems. Zadok co-chaired several conferences and served on the steering committee of some (e.g., USENIX ATC, ACM SYSTOR, USENIX FAST). He was on the the editorial board of ACM Transactions on Storage (TOS) journal, and was appointed as TOS's Editor-in-Chief in 2022.

Zadok is the author of "Linux NFS and Automounter Administration" (Sybex, 2001). Zadok's published over 100---in IEEE, ACM, and Usenix venues---which have been cited more than 10,000 times. Zadok is named inventor on four U.S. patents.

Zadok is now the Graduate Academic Adviser at Stony Brook's CS department.

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