

Look back over the semester. Think of what you have done. Think of what you have done that would be better if you had put more time on this, or more time on that. What would be better if you had not put so much time on this particular thing, or perhaps not put so much time on this good thing, but had it for something more important.

Do we just go on the same way through our lives? Or are we constantly looking for ways in which to improve? Now one of those which I think is tremendously important is the matter of procrastination. If when a paper is announced and it is due the day before examination, if we start working on it a week before examination we get terribly mmed. And you don't do a fraction as well as you would. Just imagine that just as soon as such matters are announced you make a schedule. And you said, This should be ready not on the day it is due, but on a certain day, ahead of it that would leave you that much time to do otherx things and have everyone done before the time when it is due.

You would not be so hurried, so rushed at the last minute. You would not make yourself so tired trying to get papers finished that your mind would not be at its best to do the best you can with the exam and to get the best method of things as they come along. We all tend to fall into this habit of procrastination.

I think in connection with that, another very vital thing is this. If you are going to do your best in anything it is important to be relaxed. The person who is relaxed can do better work and accomplish far more than the person who is all excited. But we all tend to get very excited in connection with examinations. We tend to try to cram a lot of things into our minds just before it. Very little of that sticks with us.

If one would himself set time for review, set a time for instance if one had studied for every exam so that a few days in advance of the time when it was due, one had done his cramming, had done his thoroughx rreview and then in the last part of the time he just would relax, he would do far better in it. That is true of most things that we do.

I think at this time as you look back you can see how you could have done much better. I think it's worth taking the time to look back and see what you could have done much better in order that in coming years you improve those particular points. Examine yourselves. You don't have to wait to be examined. Examine yourselves as to how you can improve, how you cando better. Somebody makes a criticism of us. Somebody says, Oh he should have done such and such. I do not like the way he did so and so. We all tend to get excited and disturbed; itn't it mean of him to speak that way of me? But think how much better it would be for you, when you hear somebody say something critical of you, you would say, Well now, let me think it through! Is that criticism deserved? Perhaps it isn't deserved one tenth as much as the way he spoke, but if it is even 1/10th it is something where I could improve. Something that would make a big difference perhaps with my effectiveness if I can get away from thinking about myself and whether others approve of me or like what