

School News & Notes

Tips For A Great Back To School Experience

(NAPSA)—At home or away, being in school is one of the most important stages in your life. Friends, classes, activities and environment can all affect your experience. Here are some back to school tips from the experts at IKEA, the home furnishings retailer, to guarantee a great start to the new term:

- **Be Yourself.** Remember that this is *your* time at school. From academics to social circles, be comfortable and express yourself. Try different classes, activities and internships. It's your life. Keep learning, reaching and growing.

- **Your Private Getaway.** Long day, bad date or exam stress—there are many reasons why your room should be a haven for rest and relaxation. Pick out soft and cozy sheets or get some extra pillows to fluff and hug. Put up photos of friends and family to fill your room with friendly faces. Surround yourself with bright and cheerful colors to add comfort to your sanctuary.

- **Time Will Set You Free.** Using a calendar to plan out deadlines and workloads will show how much time you really have for other activities. Keep a clock visible so you can see how much time you are spending on each assignment. A magnetic bulletin board by your desk will hold your notes and remind you of important assignments. And use your time wisely—schedule exercise into your day by walking to class instead of taking the bus.

- **Study Secrets.** Environment is key when trying to get work done, so try different studying methods until you find what works best for you (large groups or individually, with music or quiet). If you have one main light in the room, try adding a desk



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lamp to make reading easier on your eyes. When you're comfortable while studying, you'll enjoy it more and study longer.

- **A Cluttered Desk is a Cluttered Mind.** Make use of bookshelves and other storage items to reduce clutter from your desk, floor or room. Invest in a file cabinet to organize paperwork for each class. Gather and tuck away loose computer wires and cables by using cord reels and clips. Keep a wastepaper basket handy to get rid of excess papers, receipts and notes.

Since its founding in 1943, IKEA has offered a wide range of home furnishings and accessories of good design and function, at prices so low that the majority of the people can afford them. IKEA is recognized as a socially responsible company, and continuously supports initiatives that benefit causes such as children and the environment. Currently, IKEA has 163 stores in 30 countries, including 15 stores in the United States and seven stores in Canada. To visit the IKEA Web site, please go to <http://www.ikea-usa.com>.