

# Ask The Professionals

If you have any questions these professionals can answer, please write to:  
**"Ask The Professionals"**  
 c/o The Canadian Champion, 875 Main Street E., Milton, Ontario L9T 3Z3  
 or Fax to: 878-4943



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Learning how to study for exams and establishing good study habits is critical to academic success.

**Tips on how to study for exams:**

- Create an area conducive to studying – light, music/quiet, healthy snacks
- Study actively with pencil, paper, calculator, post-it notes...
- Don't study when you are tired! (It's a waste of time. Go to sleep.)
- Create a study schedule for the weeks before the exams and talk to your teacher if there is anything in your notes that you don't understand
- Study in 20 to 30-minute stretches with 5-minute breaks
- Re-read your class notes three times (minimum)
- Review tests, quizzes, diagrams, text readings, labs, assignments, etc.
- Do practice questions at the end of each chapter
- Read out loud!
- Create charts and diagrams to organize and summarize information (Venn diagrams, flow charts, tables, mind maps...)
- Reward yourself after a successful study session

**Now accepting applications for September 2007 & 2008.**

Join us for an Open House on January 25, 2007 from 6-8 pm. Discover why students from St. John's-Kilmarnock School consistently achieve success at University level study.

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**Dr. Mark Cross**  
 B.Sc., D.D.S.

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**Dr. Tony Wan**  
 B.Sc., D.D.S.

**A Christmas Gift Idea**

Trying to come up with an idea for a Christmas gift or a stocking stuffer? How about a toothbrush? Seriously.

It seems that every day there's a new toothbrush on the market. Manual toothbrushes come in all sizes and shapes. Ergonomic handles are used to give them a more comfortable grip. Flexible plastics are now used in the handle along with rubber components in thumb ridges to prevent slippage.

Power toothbrushes range from high tech sonic models with timers and multiple settings for teeth and gums, to models no larger than a regular toothbrush.

Which is better? Teeth can be cleaned properly with either a manual or power toothbrush. Unfortunately most people are in too much of a hurry to do a proper job. That's why we prefer power toothbrushes. They will do most of the work for you, thereby allowing you to concentrate more on making sure you cover each area of the mouth. The built-in timer also increases the likelihood that you'll spend a full two minutes brushing.

Whether you choose a manual brush or a power one, make sure that it has a compact head and soft bristles. It's easier to get at the back teeth with a compact head, and soft bristles are kinder to your gums.

**So help someone special brush up on their oral health this Christmas!**

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