

How To Study And Survive

Contrary to the title of this article, this is actually going to be a serious attempt to explain how to get through the upcoming examination period. Nearly every student has complaints during this time, and we all generally hate the entire week. Hopefully, this will help you in some way to maintain your sanity and to be able to remember some of the information that you studied when you actually get to the exam.

The main problem is basically a philosophical one. That is, most of us do not realize that we are here for the very purpose of studying! Exams should not really pose any problem at all. But we all know that for most of us, they do. We lose sleep; we drink too much of that horrid drink, coffee; we eat very little. In other words, at a time when we need to be in peak physical condition, our bodies are least prepared to meet the challenge of really learning or remembering anything.

To begin with, examine your study habits in general. Do you have to sit for two or three hours in a stuffy room! Or, do you sit for long hours anywhere? That is

a beginning problem. You need to set time for some exercise. If you sit too long, you tend to go to sleep. Your body, as well as your mind, becomes dull from a slowing-down of your circulation. The thing you do not have time to do — sleep — is exactly what you are preparing your body to do. The remedy is this: once every fifty minutes to an hour, take a break. Walk around, get something to drink, and do not — repeat, do not — study. This break should only last ten or fifteen minutes, taking a half-hour break every three to four hours. If you try this prior to exams, you can see how you feel more refreshed and able to work for longer periods of time and retain what you study, too.

The next problem to be tackled is the physical one in general. You will need to keep from changing your body chemistry, and the best way to do this is to be normal. Sudden changes will tell on you, and you may not even know it because the change will be a subtle slowing-down or loss of energy somewhere. Not being a scientist, this writer cannot tell you exact amounts of

the loss, but from experience he knows that they exist. The thing to remember is this: stay on your normal diet.

Proteins are a vital necessity during this time, to build up your overused brain cells, so buy some peanut butter, cheese, and milk for those time-out periods, but the long breaks are good times to grab a LITTLE something to eat. Notice that LITTLE is capitalized: do not eat large quantities of food while studying, because you will tend to become full and slower, and therefore, a little sleepier than you would have been had you not eaten so much. But do supplement your diet with protein rather than candy and Coke.

Take care of yourself during exams. You can start that right now. Try not to get irregular amounts of sleep. You are going to be working your body extra hard, so be sure it gets rest. If you go into an exam with little sleep, you can count on not remembering small things that could make the difference between an "A" and a "B", or other such tiny differences. Without the proper amount of rest, your body cannot replenish itself and repair damages done it by too much work.

This leads to the final "rule": start your studying early, so that there will be time for you to take care of yourself. Cramming has been a common practice among many of us. It is not as helpful as a good night's rest, or a proper diet. You will only be trying to make your mind work faster than it normally does. It does not work because it is not normal. Being normal is the key to this study plan; you need to have your study habits conforming to the way you do things. Your study should be an extension of your Self, that which is totally you. If it is something other than you, something that is forced upon you, then it will fail simply because it has no nourishment from its source: you.

So this is a good piece of advice: if you are going to study for exams this semester, the best thing you can do is to look after your general health. You are in college to get an education, to learn. Anything that you do in life will be better if you take the time to make it a part of you. Take the time needed to do a good job, and you will not waste a week of your life for a two-hour test; your preparation will enable you to retain important information beyond your educational experience. Good luck with your exams!

No Tree Needed

I just don't have the Christmas Spirit this year. Things are not the same as they were in the past. That is good, but it is also depressing. Change is something that brings me down quicker than most. I've always thought of myself as something of a Romantic: I am overly sensitive to things people say. I tend to think deeply before I commit myself. I weigh the alternatives and generally stick to my intuition. Some things this Christmas force me to express my opinion in a rather un-Christmas way. Since this is the gift-giving season, I think I'll present my list of presents I'd like to give.

For the students here at ACC, I'd like to give a sense of unity. I think there are too many small groups and cliques.

I'd give, if I could, a month's rest from school to the faculty and administration. Too many demands are being made on their time. In some cases, this is affecting the students' education. We deserve the preparation we are paying for.

To the SGA, I'd give student cooperation. They try to please us. But, we don't seem to help. Without deeper student involvement, the SGA will continue to be a joke.

These are the important things I'd give to the school. I do think I'd give some things to the people around me. After all, it's my fault I cannot enjoy the holidays. The list may seem like a private comment, but everyone could use a dose of humility.

To my friends who have seen me change so many times I'd give an explanation. I don't know what it is, but if I ever figure it out, I'll gladly explain.

To the readers who have been offended by my columns this year, as well as those of the past two years, I'd offer an apology. I'm not going to retract my position — I believe very strongly in what I have said. If I see a mistake, I point it out. Sometimes this hurts. I only mean to bring the situation to light. I never mean to hurt anyone.

To my friends at work, I offer my sympathy. I couldn't work with someone like me. I realize that I harbor my gripes and just expode at times.

To my Boy Scout troop — I'm sorry guys, but I can't cut school and handle a scout meeting every week and a camping trip once a month.

And in the world:

For the starving people, I'd share my food. I guess I'm too selfish to actually do that. I rationalize by asking what my feast is to a billion people.

If I had the courage, I'd give God what I owe him.

Sometimes I am too selfish. I have a list of wants all my own.

I want someone to understand my personality and explain my actions to me. I want this year's Collegiate to be the best there ever was — and I want next year's to be even better. I want to inspire the person who can save the world. I want to regain my idealism and lose this bitterness that lives within me. I want people to be happy again. I want some answers and some absolutes. I want someone who can offer me security, yet help me accept change.

I don't want much.

Briggs Petway

The Collegiate

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Who's Santa Claus?

It is unfortunate that exams come around Christmas; during this time, students should be given the time and freedom to consider a question that involves man's ultimate predicament in the society in which he lives: namely, who is Santa Claus?

One is immediately reminded of Napoleon's invasion of Russia in 1812. Was he really motivated to this expedition to punish the Tsar? Consider the facts: he began his drive in the spring, but the Russians kept drawing his army farther and farther into the interior, thus exposing Napoleon to the harshness of the Russian winter and resulting in the failure of his mission. Surely the great commander was not oblivious to the realities of the Russian winter. Surely he must have known what would happen if he allowed himself to be drawn too far away from a source of supplies. Is it too farfetched to suggest that he was motivated, even blinded, by a desire to find the North Pole and Santa? Perhaps, but then perhaps not.

Arlo Guthrie, for instance, has briefly suggested the possibility that Santa Claus is now a communist residing in Russia. In one of his earlier songs he states:

Santa Claus wears a red suit,
He's a communist;
Has a beard and long hair!!!!
Must be a pacifist.

So again we wonder who this guy is. At another point in the song, he asks "What's in that pipe he's smoking?" These are things we must consider. Could Santa Claus be an alien element? If so, we as students must be given time to consider this matter fully, especially since Christmas is so near. As for other scholarly material regarding Santa Claus, admittedly, there is a lack of it.

Thus, we come to my proposal: in light of the deficiency of material on this subject, and since it is of considerable importance to the welfare of the country, I would like to propose that exams be dropped and school be closed a week in advance, thus giving students a chance to think more fully on the matter. If the administration takes up my idea, I'm sure the student body will sweep me off my feet and crown me with the laurels that Napoleon, for all his vanity and pride, never had a chance to wear.

JOHN PACA

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