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**Stress Relievers during Crunch Time:
So, it is the first week in May, what are you going to do about it?**

By Audrey Melissa Williams

During the final weeks of the school year, the stress levels rise among students and faculty, especially among those students who are seniors. As the time gap closes in, the students are asked to pull out their books. As they turn in their final papers, meet with their committees for one last time, and cram for the upcoming final exams, many students look for help. The teachers, also, have many exhibitions to grade and exams to make up. The campus is exhausted and overwhelmed.

So, where should you turn for help, when you have turned to every source that you can think of? As a fulltime student with an internship, many extracurricular activities and an apartment to care for, I am learning the level of responsibility that is required in scheduling, cleaning, and planning. I have enjoyed the spacious Brevard Mountains for three years. Especially, during this time of the year, the sunshine is an accidental blessing in relieving my headaches.

Having been a part of the Brevard Community for a few years, I know that my teachers, the faculty in the writing lab, math lab, learning center, health clinic, and in the Stamey Center care for my mental, psychological, emotional, and physical health. These faculty members notice my growth and yet are there if I need to strategize, so I can divide my tasks up, and overcome my challenges. Many of my close friends have provided a listening ear just in the nick of time. These comrades have helped me through many tearful sleepless nights. These sources have been my inspiration for meeting the tasks at hand.

Some other ways that I have found to relieve stress are through exercise, meditation, worship and prayer. Though, I have worked along side many of the seniors since our freshman orientation, I am not a senior. For this reason, I can only sympathize with many of my classmates, but I could hardly emphasize with them.

However, I know that asking for help often makes assignments easier. You need to know how to pay attention and to be willing to put in long hours. I believe that with these strategies there is no reason why every student could not be successful in his or her endeavors.