

Tips on how to succeed

In today's modern time, students are easily distracted from their studies. For some students, it is easier to turn on the television or VCR and watch movies than it is to open a history book.

Professor George Weigand of East Carolina University offers these tips on HOW TO SUCCEED:

Budget your time. Set aside periods of the day to study certain subjects, but make the schedule your servant, not your master. Don't overlook short, unexpected chances to study. Fifteen minutes of quick review today may be worth two hours of cramming next week.

Plan to watch your favorite television program. Even if it comes during a time set aside for study. Chances are you'll watch it anyway, and if you plan for it you'll also plan to do your studying another time.

Don't try to do all your studying on one long, unbroken session. Psychologists say that 40 to 50 minutes of work followed by 10 minutes or so of rest or change, is about right.

Work to increase your reading speed. Most high school students (and many college students) read at the rate of 200 to 500 words per minute.

You should be able to read 600 or more words per minute, and many students can handle that rate. The best way to learn to read faster is to practice so faithfully and for so long that it becomes an ingrained habit.

Don't just read; read with a purpose. Ask yourself a question before you start, then look for the answers in your reading. After you read a section of the textbook (it can be a paragraph, a page of several pages) stop and review what you have read. How much of it do you remember?

Learn to MAKE notes, not take them. Don't try to write down everything the teacher or professor says. Get the highlights down in your own words.

As soon as possible, read over your notes, fill them out or reorganize them. They may make sense to you an hour after you write them down but be complete gibberish a week later.

You are probably 50% more efficient in the morning than in the evening. Studying late at night can be almost completely ineffectual; you'll find yourself reading the same thing over and over. Do the most difficult assignments as early in the day as possible.

Don't try to kid yourself that you can study better if you have a radio or phonograph playing quietly in the background. Turn your desk away from the window, there's nothing out there but distractions. Have a quiet, well-lighted place in which to study.

In reading a text, or making notes in a lecture, watch for such tip-offs as: "The four main causes..." "The important results..." "Most experts would agree that..." This is the author's or the teacher's way of telling you that something is important. Get it now, because you'll get it in a test later.

For note making, use a large three-ring notebook for all your classes with cardboard dividers between the subjects. Number and date the pages.

Try to get off on the right foot. Try for accuracy and mastery at the beginning phrases of each course.

A special note for taking a foreign language and chemistry: You can fall behind in history, economics, biology or literature and catch up later (although it is not recommended). But if you fall

behind in a foreign language or chemistry, you're really in hot water. You've got virtually no chance to catch up.

Above all, review and review until you learn something so well that it sticks with you, whether or not you try to remember it. There's nothing unusual about it, you do it all the time with popular songs.

Here's an example to the importance of review:

You have just been given more than a dozen tips on how to study. Chances are that right now you don't remember half of them. Unless you review by tomorrow you won't remember more than three or four.

Aerobics class held in Helms Center

By Warren Breniman

Aerobics is a wonderful way to stay in shape. Aerobics also has an excellent feature, it's fun! There is an aerobics workshop being offered at the Helms Center on Monday, Tuesday, and Thursday evenings at 7:00 PM. The class is open to students and local residents alike. As for you guys who think aerobics is for women and wimps, think again. Some of the girls in aerobics can put you macho jocks to shame. Everyone is more than welcome to see if they can keep up with the workout.

The workshop is run by Jill Hoffman who has been a professional aerobics instructor at the Empress Spa Ladies health club. The main stresses of the workout are staying in shape, toning up, and developing flexibility. The workout includes working on the arms, legs, stomach, and buttocks as well as a proper warm-up and cool-down. "Aerobics works better if the classes are attended regularly," Jill states, "and don't be ashamed to do yourself some good. Aerobics is for everybody." The beginning classes will run until the last week of September. After that, advanced classes will start. The beginning classes will last from 30-40 minutes and the advanced classes will last between 45 minutes to an hour.

For those ladies who enjoy working with weights, the weight room will be open from 6:00 PM until 7:00 PM on Tuesdays and Thursdays, for ladies only.

For those people interested in Jazzercise, a dance type class, get in touch with Jill before or after the aerobics workout and express a desire to join. If enough people are interested, an effort will be made to start a Jazzercise class.

Students invited to join DPMA

Carol Williams

The Chowan College Chapter of the Data Processing Management Association (DPMA) was established to provide an organization for students who share an interest in data processing. DPMA exposes members to other professionals in the field which may provide career opportunities.

Members tour computer centers in the surrounding area to receive hands on experience and to view the most recent computer equipment.

The Chowan Chapter is sponsored by International DPMA and the Tidewater Chapter of DPMA. For those students interested in joining DPMA, contact Mrs. Jones in McSweeney Computer Center. Meetings will be held each Tuesday night at 7:00 p.m. in room 206 of the Computer Center.

Montreal trip planned for spring semester

By Randy Oglesby

A Three day tour of Montreal is being planned for the month of February. The trip will include many scenic and historical sights, including McGill University, Montreal's high-income section, and Mont Royal Observation Point, which offers a panoramic view of the entire city. Part of the tour is optional, giving students an opportunity to

explore the city on their own if they would rather do so.

The cost of the trip is around \$450, which will cover the airfare and motel costs. Although the trip is open to all Chowan students, it will be greatly beneficial to French students and those who have taken French classes in high school. For details, contact Dr. Garrott, room 222 Marks Hall.



Preparations are made on the set for the interview of Chowan College graphic communications professor, Bill Sowell, whose microphone is being adjusted, and Business Manager Ben Sutton. Mac McManus, left, host of the Morning Show on WAVY-TV, Portsmouth, Va., invited the two men to

discuss their membership in the Order of Lux et Veritas and experiences at Chowan. The interview was shown on September 3, two days after it was taped. Chowan College President Bruce E. Whitaker commented that the interview "went well." He added, "I am sure it will help Chowan."

BSU members start year with enthusiasm

By Martin Clemons

Another year has started and the Baptist Student Union has gotten off to a strong year with a new council and plenty of enthusiasm. So far they have hosted several activities on and off campus. They, along with the Murrefreesboro Baptist Church, were the people who greeted you in front of the dormitories with "TOP" Cola on day one.

Rand performs for students

Randy Oglesby

Gary Rand can put on an impressive show, but you better not be late! Indeed, it was Gary's style to instantly establish a rapport with his audience, using his sarcastic wit to start the show. Such was the case at Marks Hall Auditorium Tuesday night where he heckled latecomers and photographers and encouraged audience participation, generally getting on a level with the audience at the beginning of his performance.

The show started with Gary singing and playing acoustic guitar on several numbers. The songs, propelled by his

Also they were in charge of the "Meet the Ministers" session which was held in Lakeside Student Center, with ice cream served.

As for more recent matters, they have in the last month gone to Camp Cale, a camp facility owned by the Chowan Association, for a retreat, where Thomas Hinton of Cary, N.C. conducted a very organized program; engineered Campus Evangelism week September 14-17, for which they were pleased to have Gary Rand participating; the weekend of Sept. 25-27 they went to Ridgecrest for the B.S.U. State Convention.

BSU members are on the ball this year and they are considering a trip to Busch Gardens for the near future. They welcome all to come and join them in Christian Fellowship!

soulful but controlled voice and rock oriented chord changes, seemed at time to beg for a band accompaniment. This was achieved half way through the concert when he switched on a drum machine and proceeded to jam with pre-recorded tape of himself. As the show progressed, he moved to the keyboard for a few more numbers before the end of the performance. Gary's musical roots go back to when he was about four years old, when his parents had a vaudeville type country act and radio show in Boston. They performed together until he left for college to study music. Gary also credits his wife Lenora, a music composer, for his confidence to write and perform.

Arthritis Foundation sponsors contest

Atlanta—The Arthritis Foundation is asking local photographers to give their best shot to the 1987 photography contest.

A first prize of \$300.00, a second prize of \$200.00 and a third prize of \$100.00 will be awarded. Cash prizes made possible by Pfizer Pharmaceutical. Photographs submitted to the contest will be used by the Arthritis Foundation in its national and local publication and to publicize its work to help people with arthritis. Each time a photo is used, the photographer will be given credit. Photographs can be submitted in a variety of categories including:

- * Researcher—Not necessarily of arthritis research, but photos should depict a laboratory-type situation which suggest research.

- * Health Professionals—Can be depicted in their particular work setting, or interacting with patients.

- * Inspirations—Photos in this category should convey messages of hope and positive attitudes toward life.

- * Everyday Activities—Photos should show children or adults either observing or participating in everyday activities.

- * Families—Photos should depict members of a family working or playing together.

For entry forms and more information, contact your local Arthritis Foundation chapter or write: Arthritis Foundation; Photo Contest; 1314 Spring St., NW; Atlanta, GA 30309. Deadline for submission is December 31, 1987.

The Arthritis Foundation is the only national health agency looking for the answer—cause, treatment, cure—to all forms of arthritis diseases. It has 72 chapters and divisions nationwide and is headquartered in Atlanta.

Scholarships

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Kathy Whitley, Mary P. Thomas Scholarship; William White, Jr. Carrie Bazemore White Scholarship; Ernest Boyce, F.O. Mixon Memorial; Victor Hall, F.O. Mixon Memorial; Michael A. Clark, Alta Chitty Parker Scholarship; Patrick Stallings, Alta Chitty Parker Scholarship; Martin Clemons, Betty Spivey Pritchard Scholarship; James Mclean, Fred A. Vann Memorial; Timothy Johnson, Lois Vann Wynn Memorial; and John A. King, Art Scholarship.

All students encouraged to minimize damages

At the start of the school year, students living in the dorms are required to pay a \$20.00 Room Key/Contingency fee. A portion of this fee will be returned based on how badly a residence hall has been damaged. Mr. Jack Hassel has hope for a reduction of damages and charges imposed on residents.

Some of the most frequent ways the residence halls are damaged: putting cigarettes out on the floor, burning paper that is attached to the door, damaging locks, having water fights, setting off fireworks in a building, cutting desk tops, burning holes in mattresses, relocating mirrors, breaking chairs, breaking light fixtures and using drawers to support mattresses or books.

If all students would take care of their residence halls, we would all have a much nicer place to live.



Murfree's Landing

508 E. Main Street
Murfreesboro

Antiques and Crafts

Open Monday Thru Saturday 10 a.m. to 5 p.m.

Three Days in Montreal

Friday
Leave Norfolk International Airport at 10:45
and land in Montreal around 2:40 P.M.

Saturday

Tour: Old Montreal Place Jacques Cartier Place Victoria Le Vieux Port (Montreal's Latin Quarter) Olympic Park Notre Dame Basilica (tour of its interior with lecture in English)	The Financial Center Outremont/Westmount (Montreal's High-Income Section) McGill University Mont Royal Observation Point Pointe Claire (a suburban residential section) Oratoire de St. Joseph
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Sunday

Breakfast Tour: the Laurentian Valley (optional tour)	Supper Free Time
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Monday

Breakfast Tour: Cote Vertu Mall	Lunch
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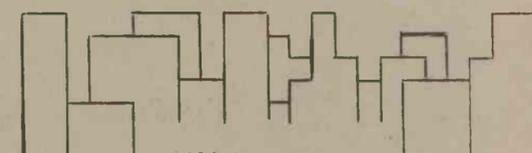
See Dr. Garrott for details about this trip scheduled for February.

GO TO NEW YORK With the Art Department

November 11-15

\$170 covers 3 nights in your hotel and travel expenses.

ALL CLASSES EXCUSED
ONLY A FEW OPENINGS LEFT



If interested see
Mr. Eubank in the Art Department.