

Don't forget sleep during exam week

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nurse Janice Stump said, "they become stressed out because they manage their time incorrectly and put so much pressure on themselves and each other."

The students on campus view exams in various ways. Some

Homecoming activities held

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Sigma Pi helped close the Homecoming Week with an Airband Competition. Laura Lockey, Christine Adams, and Amy Whitaker took first prize with their performance of "Ice Ice Baby."

The long-awaited Homecoming Dance, Midnight Masquerade, sponsored by Pi Kappa Phi Fraternity and SAC, was held Friday, Nov. 30, at the American Legion in Rocky Mount.

The band, Valence, provided the music and got everybody on the dance floor. The tickets for the event were sold out, and it was a full house. That night, Pierre A. Gorgia II and Jill Harris were crowned this year's Homecoming King and Queen.

Wesleyan receives grant of \$110,000

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project for its first three years are to increase parent involvement in the schools, incorporate instructional strategies for ethnic minorities, infuse standard K-12 curriculum with a more honest consideration of the experiences of the ethnic minority groups, and implement a study of the study of language to determine its impact at home and school.

A core of teachers equipped with special competencies in the area of multicultural education will be in place in each district within three years, with the skills to serve as leaders in curricular innovation. These classrooms will serve as educational models throughout the region and throughout North Carolina, college officials believe.

The Z. Smith Reynolds Foundation awards grants to projects focusing on education at all levels and on social services, especially issues addressing minorities, women, children, and socially and economically deprived citizens.

have plans of intense preparation for their tests, while others are intensely preparing for their Christmas vacations.

"It depends on my class," says Lorene Segura, "but usually I study pretty hard."

Freshman Chris Watson feels more confident. "I'm not worried," he said. "I figure if I haven't learned it during the semester, I won't learn it during exam week."

There is some concern for the freshmen who haven't yet experienced final exams on a college level. Senior Matt Dyson feels "exam week must be harder on some of the freshmen, who are weaker in time management skills."

Freshman Heidi Walters said, "We are going to find exams in college are different from the ones in high school."

Overall, both freshmen and upperclassmen agree that exams should not be taken lightly and this can lead to stressful situations.

During this week students can be observed with black circles under the eyes from staying up all night studying, with noses stuck in books without any breaks, and some pouring copious amounts of coffee into their systems in hopes that caffeine can pull them through the week. To combat stress, none of these are recommended.

Nurse Stump recommends the basics to help all students get through exams: a well-balanced diet, enough sleep, fresh air, exercise, and taking breaks during studying. Stump reminded Wesleyan students that exam week is not a good time to party because the brain is not going to function well with alcohol in the body.

Dr. Evans Harrell, the school psychologist, agrees that alcohol is something that should be avoided during exams. Unfortunately, some try to avoid exams by drinking. Dr. Harrell suggests that instead of using caffeine pills or even "uppers," try exercise as a much healthier and wiser way to stay alert in order to study.

If stress is a factor during exam week, the best way to combat it, experts say, is to maintain healthy eating habits, get an appropriate amount of rest and exercise, and plan your study time in advance in order to fully prepare for each exam.



HOMECOMING MUSIC — Cofeehouse singer Robin Grenstein entertains the lunch crowd in the cafe on Wednesday, one of many popular activities during Wesleyan's Homecoming Week. (Photo by Tom Livers.)

SAC books many new acts

By KIRSTEN COOPER

The upcoming spring semester for 1991 includes many new and exciting events. The Student Activities Committee has booked comedians, bands, magicians, and even hypnotists for next semester.

Some acts include Stu Moss, Jim David, Carl Rosen, Rick Kelley, Bertice Berry, and Henry Cho. The Spencers have a very

interesting magic act that everyone will enjoy. A group called "Catch a Wave" will appear at the end of April.

Also appearing will be Tom Delucci, a very well-known hypnotist who has appeared at many colleges and universities in the United States.

Three dances are planned for next semester as well. In January there will be a welcome-back

dance on Jan. 8, so come back from break and be ready to party.

A Valentine's Dance will be held in February for all lovebirds on campus, and finally the Spring Fling Dance will be held late in the semester, sponsored by Epsilon Sorority.

A new idea planned for the spring is Air Walk. This includes a lot of fun and games, and will be set up outdoors.

Merry Christmas
And
Happy New Year!

From
The Staff
of
The Decree

