

# Features

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## Study

*With midterms underway and finals just around the corner, Guilford students are studying and stressing into the wee hours of the night. But fear not - this handy survival guide will give you the tools you need to tackle your exams, with tips from stress management to time management and everything in between.*

your stress. Here are six ways to keep stress at bay according to Guilford athletic trainer Mary Broos.

exercise. You may take a walk through the trails in our woods, do yoga, jog or work out at the gym, but some

types of stress. Make sure that you include nuts, fruits, and vegetables. Avoid excessive sugar and caffeine

headaches, depression and a decrease in your reasoning and coping abilities.

If you're feeling burned out and do something that is fun, even if it is only for a brief time. Try doing imagery,

insomnia.

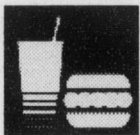
### DON'T:



**Take caffeine pills or over-the-counter stimulant products.** Using these products could result in dehydration, increased heart rate, and increased anxiety. In some cases, overdose can result in cardiac arrest or death.



**Drink too much coffee.** Avoid Caffeinated beverages if possible. If you regularly drink coffee, have a cup, but if you are not normally a coffee drinker, skip the Joe.

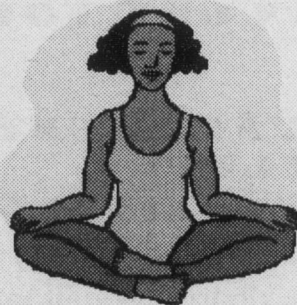


**Starve yourself.** When anxiety levels are high, it is easy to forget to eat. You might not feel hungry. Remember to eat at least three full meals every day, and try to eat something as close to exam time as possible. You must eat to keep your body and your brain in shape.

**YOGA  
EVERY SUNDAY  
12:30 P.M.  
KING ROOM 128**

**NO EXPERIENCE NECESSARY!  
EVERYONE WELCOME**

*\$5 suggested donation  
If you have any questions call Beth at  
ext. 3235*



### Favorite Places to Study:

Students dish the dirt on their favorite places to study on campus (each quote has a picture):

Bench outside the library:

"I like to study outside. It's fresh air, it's sunny, it gives positive thoughts which is good motivation."  
Elena Kovalenko, senior

Basement of the library by a window:

"There is little foot traffic here, and I like the view."  
Bryant Garnes, junior

Studio in Hege Cox:

"I like to work in this studio with music on because it relaxes me. I'm in my own little world."  
Ruby Kilgo, CCE

Bauman 103:

"I like to work here because I get to use the new computers - they are really fast."  
Erin Heankin, sophomore

Swing on the porch of Mary Hobbs:

"It's quiet, peaceful and very serene on the swing."  
Beth Goldflam, junior

Lawn outside Shore:

"I like to study outside because it's so much nicer to be out where you can see people rather than being cramped up in a dorm room or the library."  
Julia Hood, first-year

Library art gallery:

"It's a comfortable atmosphere, and the art is stimulating."  
David Simon, senior

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**Articles and Quotes Compiled By  
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