

**Dr. Simono Says:**

# Signs Of Distress Are Not Uncommon As Exams Loom

By Anne Robey  
Special To The Post  
Stomach upset, headache, fever, rash, fever blisters: all can be symptoms of test anxiety. These signs of distress, stress with negative qualities, are not uncommon as final exams loom ever closer.

"We have worked with students who become literally paralyzed when they have to take tests," said Dr. Simono. "They can't even spell their own names."

There is help for some students though. And Dr. Simono said exams do have positive qualities too.

The UNCC Counseling Center has a program to address test anxiety. Biofeedback-relaxation techniques, behavior counseling and cognitive strategies are used to help students overcome the depression or dread related to exam taking.

"Through the relaxation

techniques, we can teach students to be less tense at test time," said Dr. Simono. "In behavior counseling, sometimes we only need to help the student lay out a schedule: Once we show them how to budget their time, they can see that there really is enough time to study and prepare for the exam. Four hours spent worrying could be better used for two hours for real study and two hours of relaxation."

"Cognitive strategies involve teaching the students test-taking methods," according to Dr. Simono. "Little things like skipping over answers you don't know to ones you do know can help. You may even trigger a memory for an earlier answer farther down can help. It is important not to panic at the first unanswerable question," he added.

"Counseling also helps the student to understand why there is a problem,"

said Dr. Simono. "Perfectionists are especially prone to depression if they make a bad grade on a test. It can be very traumatic to these students when they have this first failure, even if it was a B and they are used to making A's. Personally, I think the sooner they get that 'bad' grade and adjust to it, the better it is for them."

There are positive qualities to exams, too. For professors, exams are a way to identify levels of student performance. They also give the instructor feedback on his or her accomplishments.

Exams can be good for the students.

"Not all pressure is bad," said Dr. Simono. "Some pressures can be productive. Sometimes it stimulates performance not seen under other conditions."

"Exams can make a healthy kind of competition within the student, too," he continued. "The student might strive to do his or her best to make an improvement over a previous test score."

Another quality on the plus side of exams is that they are a way to identify academic excellence. Grades are an important measurement for predicting success of students wishing to seek higher degrees, according to Dr. Simono.

Good, bad or indifferent, exam time always comes during a school or college career. In order to avoid the text anxiety that accompanies it, Dr. Simono recommends keeping up with studies throughout the semester, getting help early if a problem is suspected, and not worrying to the point that studying is impossible.

For UNCC students, classes for spring term end April 27, and final exams are scheduled April 30 through May 7.

## Ghost Town

Maggie Valley - Ghost Town in the Sky, the 25-year-old wild west theme park here opens May 5 and will feature a new roller coaster called the "Silver Bullet."

This exhilarating ride will barrel 900 feet down the face of Ghost Mountain through a pond, under the chairlift, and between trees, at 40 mph.

Ghost Town's general admission is \$8.95. Children five and under are free.



**LIONEL HELPS PEN NEW PEPSI THEME** - Superstar Lionel Richie, left, makes a good-natured attempt to impart some of his musical genius to Roger Enrico, president and chief executive officer of Pepsi Cola USA. Richie and

Pepsi-Cola recently agreed to the largest and most comprehensive pact between a performing artist and a corporation, which will include Richie's composition of a new Pepsi-Cola theme song and appearance in a series of commercials.



Presidential candidate Jesse Jackson chats about Tom Gilmore with Dr. George Neely and Dr. Inez Tuck who presented him with a photograph of Jackson and Gilmore working together in

the Young Democratic Club 20 years ago. Neely and Tuck are Orange County campaign chairmen for Tom Gilmore for Governor and met with Jackson at a High Point reception.

## NOW Committee Announces Endorsements

The Charlotte NOW Political Action Committee (PAC) has announced its endorsement of the following candidates: for the Mecklenburg Board of

County Commissioners, Republican Billie Campbell; and for Charlotte-Mecklenburg School Board, Carrie Winter, Elizabeth Bennett, Arthur Griffin, Harvey Sadoff, and Sarah Stevenson.

The NOW PAC has contributed \$1,000 to Campbell's campaign. As a longtime NOW member and feminist, Campbell re-

ceived early consideration and support. Other endorsements for County Commission will be announced after the May 8 primary.

Winter, the current chair of the School Board, received \$150 from the NOW PAC, while each of the other candidates received

\$50. Endorsements were based on the candidates' positions on such issues as the Equal Rights Amendment, enforcement of Title IX and the elimination of sex-stereotyping in vocational programs

and career counseling.

The National NOW PAC has endorsed Walter Mondale for President; Jim Hunt for Senate and Susan Green for Congress. The N.C. NOW PAC has en-

dorsed Tom Gilmore for Governor; Carl Stewart for Lt. Governor; Betty Ann Knudsen for Secretary of State; Richard Barnes for Commissioner of Labor; and Meyressa Schoonmaker for Judge, Court of Appeals.

The N.C. NOW PAC is also sponsoring a Gender Gap '84 Voter Hotline.



Dr. Jerry Jones, a practicing internist-hastroenterologist in Charlotte, recently spoke to the Barber-Scotia College student body at the annual Health Fair. He urged black college students to consider the health professions as their chosen careers. Dr. Jones said the according to 1982 statistics, there were 500,000 practicing physicians and only two percent of those were black. Dr. Jones warned that if we do not increase the number of blacks in the health service field, there will not be enough of our color to support our needs.

## WTVI Sponsors After Auction Sale

An "After Auction Sale" of merchandise donated to the WTVI Great TV Auction will be held from 6-7 p.m. on Friday, May 4, at the WTVI Studios, 42 Coliseum Drive.

Over \$5,000 worth of mer-

chandize and services will be available at the "After-Auction Sale." Art prints, a typewriter, telephones, binoculars, a script from the TV show "AfterMash," clothing and various other items will be sold.