

Counselors say all-nighters and junk food can increase exam stress

By MARY LEVENSON
Special to the DTH

"The day before, I couldn't eat. I felt like I couldn't keep anything down. I cried. I'd come home and I was crying."
"I couldn't sleep the night before... I was afraid when I walked in there I'd forget everything that I'd learned — that I'd just go blank... I could feel every heartbeat. I was so nervous I was shaking."
Those are the experiences that one student, Elaine, had before taking a zoology exam her freshman year. But, the feelings she described are symptoms of a condition that many students, whether constant studiers or last-minute crammers, experience. They are symptoms of stress.
"Stress is anything that places a demand on you that causes you to cope. It causes you to react to it," said Sherry Stuckey, who counsels over 2,000 UNC students each year on how to cope with stress and academic problems.
"There's probably more extreme anxiety that we don't know about because a lot of people may never seek help," Stuckey said.
A case of extreme exam anxiety is "someone who might have to throw up before they go to the exam and is so nervous that their hands are really shaking," Stuckey said.
"And when they get to the exam they just totally blank out on everything they know. They can't remember anything," she said. "They get so nervous that it's very hard to even write on the exam."
Erica Wise, a psychologist at the UNC Student Health Service, said people experience stress in different ways.
"Symptoms of stress vary a lot from person to person. Some

common ones are difficulty sleeping, anxiety attacks, rapid heart-beat, perspiration and difficulty concentrating," Wise said. "Some people have gastric system problems, feeling a loss of appetite, feeling nauseous."
Wise said stress can cause people to feel overwhelmed and worried. Some students have problems concentrating and feel like there's a dark cloud hanging over them, she said.
"It can become a negative cycle," Wise said. "If someone has trouble concentrating, they're going to feel more anxious because they can't get their work done. And that makes it even harder to concentrate."
Academic stress is caused by external events like pressure from parents, professors and exams, Wise said. Academic stress is also sparked by internal pressures that students put on themselves to excel.
"For a lot of students, their self-esteem is dependent on grades," Wise said. "They feel like a failure if they don't do well. And that creates a lot of pressure."
Elaine said she identifies strongly with academics. "I feel like I study all the time," she said. "If I don't do well, I feel like I should have tried a little bit harder... I do it all to myself."
Dr. Glenn Martin, the assistant director for individual counseling at UNC, said, "For some people I see, they're spending 10 hours a day studying. That's all they know — studying, the library and worrying about grades."
Freshmen are especially susceptible to stress, Martin said. "For a lot of students, for the very first time, they're reaching their limits. It's upsetting to find out you can't always get an A."
"Many students come here and were at the top of their class in high school," Wise said. "It can be a shock for people to realize

they're in the middle of the group rather than at the top."
In some cases, a fear of failure may lead to anxiety, Stuckey said. "When it's an extreme case, sometimes it can be a lot of thoughts in your mind like just telling yourself 'I'm going to fail. I can't do this subject,'" Stuckey said.
"If they haven't done well in the subject all year, they can get so worked up over it that they just can't take the exam, or they get so concerned that they're going to fail," she said.
Stuckey teaches students to identify and dispute negative, irrational thought processes such as a fear of failure. She said students lose their perspective when they begin thinking that they are going to fail or an exam is going to be terrible. In most cases, the situation isn't as bad as a student thinks, she said.
If students are overwhelmed by the amount of work they have to do at the last minute, Stuckey advises them to concentrate on specific areas of their subject.
"You can't do all that you want. So, select those things that are going to be best to study," she said.
"Learning how to relax is important," Martin said. "You've got to learn how to let go, to have activities."
Relaxation is doing anything that gives you pleasure, according to the Final Exams Survival Kit distributed by the Student Development and Counseling Center. Some people relax by meditating, listening to music, practicing breath control, practicing muscle relaxation or reading a good book. People also relax by jogging, swimming, gardening or doing volunteer work.
"Other people go out and have a good time on a Friday night," Martin said. "I think that's real important."
Stuckey teaches students how to combat stress by eating properly. That means avoiding too much sugar, salt and caffeine, ac-

ording to the Final Exams Survival Kit.
"Pay attention to your body. After you've studied for long periods of time, you're going to be tense in your neck and in your back," she said. "And when you get tense in your body, it makes you tired more easily."
"Naturally, a lot of people are doing some intensive studying," Stuckey said. "But, to cram to the point of doing all-nighters — we try to discourage that."
"We want them to try to keep their schedule as regular and as close to normal as they can because our bodies are going to react when we make our schedule really abnormal," Stuckey said.
Martin said students need to be more realistic about their studying expectations.
"I think the major thing for final exams for most students is to make sure you're prepared adequately," Martin said.
"The other thing that students need to keep in mind is that there is a limit to the amount of time you can spend productively studying each day." It's important to include some leisure time, Martin said.
However, stress is not always a negative experience.
"Not all stress is destructive," Martin said. "Stress in a lot of cases helps you perform at your peak. It can keep you studying and make you sharp for exams."
"Unless you're stressed," she said, "it's hard to study for eight hours a day. It's hard to do the things that college students have to do."
Stuckey said, "Everybody has a certain level of stress and pressure that they need to perform well. But, when it gets to be distress, there's so much stress that they're not performing at their highest level. That's when they need to take a look at it."

Library exam schedule

The following are the hours of the Wilson and Undergraduate Libraries during the exam period:

WILSON LIBRARY SPRING EXAM SCHEDULE	
Sat., April 30	9 a.m. - 10 p.m.
Sun., May 1	2 p.m. - midnight
Mon., May 2 - Fri., May 6	8 a.m. - midnight
Sat., May 7	9 a.m. - 10 p.m.
Sun., May 8	2 p.m. - midnight
Mon., May 9 - Tues., May 10	8 a.m. - midnight
Wed., May 11	8 a.m. - 5 p.m.

UNDERGRADUATE LIBRARY: SPRING EXAM SCHEDULE	
Sat., April 30	9 a.m. - 2 a.m.
Sun., May 1	10 a.m. - ALL NIGHT
Mon., May 2 - Thurs., May 5	24 HOURS
Fri., May 6	Close at 2 a.m.
Sat., May 7	9 a.m. - 2 a.m.
Sun., May 8	10 a.m. - 2 a.m.
Mon., May 9 - Tues., May 10	8 a.m. - 2 a.m.
Wed., May 11	8 a.m. - 5 p.m.

CAMPUS CALENDAR

Compiled by Janet Olson

Public service announcements must be turned into the box outside the DTH offices in the Carolina Union by 1 p.m. if they are to be run the next day. Only announcements from University recognized and campus organizations will be printed. All announcements must be limited to 25 words and can only run for two days. In the event that the Calendar does not run because of space limitations, groups should turn in announcements at least two days in advance to ensure they run at least once.

TODAY'S ACTIVITIES

Alpha Chi Sigma will hold a called meeting at 7 p.m. in 221 Venable Hall.
Phi Delta Phi French Honor Society elections will be held at 4:30 p.m. in 205 Dey Hall. Members are urged to attend.
There will be a homecoming meeting for the CAA Committee at 6:45 in the Carolina Union. Please check at the desk for room number.
The Clue, the hottest new rock band in the Triangle, will perform at 8 p.m. in the Great Hall. Rock to Men at Work, Sols, The Producers and more.
The third annual By the Old Well Tourist Picnic is set for 3 p.m. All interested tourists are urged to attend. Call the guide at 933-3476 for tour information.
The Psi Zeta chapter of Alpha Phi Alpha Fraternity Inc. will hold an informal meeting at 6:30 p.m. in the Carolina Union.
UNC Hawk House Harriers will meet at 5 p.m. at the Marchand Planetarium sun dial. All runners slow and fast are welcome to join this unique fun run.
The Soviet Studies Discussion Group will meet at 6 p.m. in 102C Lenoir Hall.

An Essay-Exam Workshop will be held at 4 p.m. in 101 Greenlaw Hall. Call the Writing Lab at 962-4060 for more information.
The Carolina Symposium meeting will be held at 7:30 p.m. in the Carolina Union. All interested persons are welcome.
There will be an Off-campus Student Association meeting at 4:30 p.m. All off-campus students are welcome.

The Baptist Student Union's annual spring banquet will be held at 5:45 p.m. Thursday at the BSU. David Moore, Director of Church & Campus Program Development, will speak. The public may view student films of RTVMP #7 and 187 class projects at 7:30 p.m. Friday in 1A Swain Hall. Neal Beard's *The Crocodile* will also be shown.
The Greenville chapter of IVCF will hold its final meeting of the semester at 7 p.m. Friday in the parlor of Chapel of the Cross. It will be senior night.
The Outing Club will meet at 7 p.m. Monday in the Carolina Union and during the summer in Forest Theatre. Anyone interested in outdoor activities is welcome.

COMING EVENTS

There will be a meeting of the Buddhist Studies Association at 7 p.m. Thursday in the Carolina Union. Bring cushions.
The Committee on Undergraduate Education will meet at 4 p.m. Thursday in the Campus Y.
Fellowship of Christian Athletes will meet at 8:30 p.m. in the Carolina Union. The end of the year picnic will be from 11 a.m. to 4 p.m. Friday at Camp New Hope.
IVCF mid-campus will hold its last meeting of the semester at 7 p.m. Thursday in the Carolina Union. Bryan Slater will speak on "Strategy That Wins."

A \$250 Spooner Award for best student film made by a UNC student between April 29, 1982 and April 29, 1983 will be given. Film entries must be submitted to 201A Swain Hall by Friday.
Lambda, the CGA newsletter is available at the Union Desk literature rack and at campus libraries.
The new edition of SCAU's Housing Guide *The Southern Part of Heaven?* will be available on Wednesday. One can be obtained at the Union Desk, Carr Building or the SCAU office.
Sign up for Parents' Day football tickets through Thursday in the Pit.

TRIANGLE COMMUNITIES in Chapel Hill

● Townhouse luxury in a beautiful, residential setting. Optimum location for Chapel Hill, Durham and all the Research Triangle area. Featuring two bedrooms, 1 1/2 baths and dishwasher. Air conditioned, of course. Enjoy swimming and handy laundry facilities. Cable television available. 2525 Creeker Creek Road. PHONE 967-2231

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*Rental office located at Kingswood Apartments, Chapel Hill location 3.

CALL TODAY FOR FULL INFORMATION.
PHONE 967-2234 or 967-2231.
In North Carolina, call toll-free 1-800-672-1678.
Nationally, call toll-free 1-800-334-1656.

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SECOND SOLE

Carolina Outdoor Sports is closing the doors of its Chapel Hill Store. To remove as much inventory as possible, we're having a

Riverboat Gambler's Sale

Come early and get a good selection at reduced prices or take your chances and get even better bargains as prices get progressively lower.

Packs, Sleeping Bags, Parkas, Goretex Rainwear, Skis and Ski Boots — **EVERYTHING REDUCED!**

SALE STARTS TODAY!

Upstairs across from Porthole Alley 942-6663

SCAU's HOUSING GUIDE THE SOUTHERN PART OF HEAVEN?

The new '83-84 edition will be available on Wednesday April 27. You can pick one up at the Union Desk, Carr Building or The SCAU Office in Suite B in The Carolina Union.

BLOOM COUNTY by Berke Breathed

OOO! A FOUR-LEAF CLOVER! BOMK!

HEY, MANAGER GUESS WHAT I JUST FOUND...

WELL, IT SURE WASN'T A FLY BALL!

HE'S TERRIBLE AT GUESSING GAMES... IT TOOK HIM NINE TRIES BEFORE HE GUESSED...

NOW THEN, BEING FOR THE MOMENT WITHOUT A PRESIDENTIAL CANDIDATE, THE NOMINATING COMMITTEE SET TO WORK NAMING THE UNLUCKY INDIVIDUAL TO THE THANKLESS ROLE OF VICE-PRESIDENTIAL CANDIDATE.

QUICKLY WERE THE DEBATES DEBATED, THE DISCUSSIONS DISCUSSED AND THE VOTES VOTED...

ALL OF WHICH RESULTED IN A REMARKABLY UNANIMOUS DECISION: THE MEADOW PARTY'S VICE-PRESIDENTIAL CANDIDATE WAS TO BE...

...WHOM, OF COURSE, HAD RECENTLY BEEN DISPATCHED TO THE FOODMART FOR SOME 'CHEET-OS' TO INSURE A SMOOTH NOMINATION.

OPUS. OPUS. OPUS

I DON'T LIKE THE LOOKS OF THIS.

Carolina Outdoor Sports