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 heartbeat, 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

"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, according 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 study-

ing 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."

8 p.m. Thursday in 569 Hamilton Hall.

ningham will be our guest faculty member.

Beard's The Crocodile will also be shown.

terested in outdoor activities is welcome

literature rack and at campus libraries.

Cross. It will be senior night

"Back From the Front: A Personal Perspective on the U.S. Secret War in Nicaragua," a talk by Gil Joseph, will be held at

Senior send-off and farewell fellowship will be held at 7 p.m. Thursday at the Bible Church. It will be hosted by IVCF off-

IVCF south chapter will meet for a potluck supper at 6 p.m.

Thursday in Morrison's second floor lounge. Dr. Jan Cun-

The Baptist Student Union's annual spring banquet will be held at 5:45 p.m. Thursday at the BSU. David Moore, Director

The public may view student films of RTVMP 87 and 187 class projects at 7:30 p.m. Friday in 1A Swain Hall. Neal

The Granville chapter of IVCF will hold its final meeting of

the semester at 7 p.m. Friday in the parlor of Chapel of the

The Outing Club will meet at 7 p.m. Monday in the Carolina

Union and during the summer in Forest Theatre, Anyone in-

ITEMS OF INTEREST

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

Lambda, the CGA newsletter is available at the Union Desk

The new edition of SCAU's Housing Guide The Southern

of Church & Campus Program Development, will speak.

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	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
Weds., May 11	

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	
Sat., May 7	
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.

COMMUNITIES in Chapel Hill tion for Chapel Hill, Durham and all the Research Triangle area. Feature bedrooms, 11/2 baths and dishwasher. Air cond droom luxury garden plans offer carpet, air conditioning and model 6 Chapel Hill, Durham and the Research Triangle Park are all within asy access. Bright, modern one and two bedroom garden plans offe CALL TODAY FOR **FULL INFORMATION.** PHONE 967-2234 or 967-2231.



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.





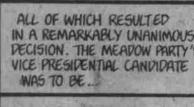


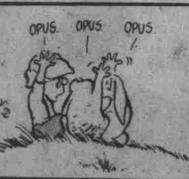


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WHOM, OF COURSE, HAP RECENTLY

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

TODAY'S ACTIVITIES

Alpha Chi Sigma will hold a called meeting at 7 p.m. in 221

Pi 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 Com-mittee at 6:45 in the Carolina Union. Please check at the desk

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, Styx, 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.

Morehead Planetarium sun dial. All runners slow and fast are The Soviet Studies Discussion Group will meet at 6 p.m. in An Essay-Exam Workshop will be held at 4 p.m. in 101 Greenlaw Hall. Call the Writing Lab at 962-4060 for more in-

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.

COMING EVENTS

There will be a meeting of the Buddhist Studies Association at 7 p.m. Thursday in the Carolina Union. Bring cushions. 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 a.m. to 4 p.m. Friday at Camp New Hope. IVCF mid-campus will hold its last meeting of the semeste at 7 p.m. Thursday in the Carolina Union. Bryan Slater will

speak on "Strategy That Wins."

action

"It's a real challenge, but it can be done," she said. "It is important enough to be prepared to put the effort into it."

Cell said it was not impossible to find black faculty in areas of low minority presence. She cited the department of statistics, which has a black faculty member, as an example and said

From page 1 that the likelihood of finding a black professor in statistics is very low.

According to the report by the Committee on Black Faculty, there have been five doctorates awarded to blacks nationwide in statistics be-

tween 1979 and 1981.







Part of Heaven? will be available on Wednesday. One can be stained at the Union Desk, Carr Building or the SCAU office. Sign up for Parents' Day football tickets through Thursday SHARE THE COST



942-1078

Reg. \$39.99 now \$29.99

NIKE BRUINS white leather with natural stripes only Open weeknights University Square 'til 8 pm (Next to Granville Towers)

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

133 W. Franklin



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 Boats - EVERYTHING REDUCED!

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