

Swim test is graduation requirement

By GEORGIA MARTIN
Staff Writer

Freshman are swamped with tests upon entering UNC.

Most are administered in classrooms. But one takes place in the pool. The dreaded swim test.

But, in fact, for those who have experience swimming, the test is the easiest they will take at the University.

Delaune Marbury, UNC activities secretary, said the swim test had been required at UNC since World War I when the campus was all male and the draft was going strong.

"They wanted to make sure our men knew how to swim before they sent them overseas," she said.

On entering the pool area, students will first experience the strong smell of chlorine. Then they will face four or five "helpers" and four lifeguards, in and around the pool to supervise.

Each student has to jump or dive into the deep end of the pool and swim to the middle, and swim back. They can use any stroke they want," she said.

After the initial swim, students remain in the pool for five minutes, swimming, floating or treading water.

That's it...it's over.

Students who fail the test are asked to sign up for beginning swimming, which will count for a physical education credit.

Students are tested again at the end of the class.

As with most requirements, there are ways around taking the test. Students with a certified lifesaving certificate, a water safety certificate or scuba experience, should bring proof of these to room 205 of Woollen Gym to exempt themselves from the test.

Sleep through your appointment this week? There are scheduled times throughout the year for makeup tests. These are Nov. 9 from 10 a.m. until noon and 1 p.m. until 3 p.m.

Take the plunge. You can't graduate without it.

Students can be frightened by college life

By SONYA TERRELL
Staff Writer

Dr. John Reinhold, clinical social worker of the mental health section of the Student Health Service, "The most prevalent fear for freshmen is: Will I make it academically — either be able to do passing work or do as well as in high school?"

"This fear is also combined with other fears which vary from person to person, such as: Can I get along with my roommate? Will I make friends or be accepted by others? Will I adjust to living away from home? And what should I do about alcohol? Smoking? The opposite sex?"

Many freshmen voice these fears and apprehensions.

Kelly Singletary said her greatest fear was getting lost. "I hate to be late for meetings. I hope I can manage my time well enough and get along with my roommate," she said.

Laurie Duncan said her fear was "failing chemistry." Another freshman, John Phelps, also had academic fears; he said he feared "getting adjusted to the class schedule. I'm scared I'm going to choose classes that will be no good to me."

Some have more immediate fears like Roger Condrey who said, "That ID line."

According to Dr. Reinhold, "Freshman release these anxieties in many ways, some not constructive: ignoring priorities, and adopting a lopsided life such as all studying and little else."

Coping with the problems of college life depends also on personal experience. Dr. Reinhold said "Most students from bigger high schools and cities find it less difficult to adjust to this large campus. Those who have lived or worked away from home may also find it easier to adjust. And those who have to take more responsibility for decisions on running their own lives feel more confident."

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