



Don't study too hard — take time off from the pressures of exams

DTH/Charlotte Cannon

Tried and true ways to ease exam stress

By ERIC CHILTON
Staff Writer

During exam time, stress can reach high levels for college students. They have many different ways of relieving the tension that results from staring at the pages of a book for six hours straight, counting the hours until the exam. These stress remedies can range from a quick game of basketball to cramming one's face with ice cream and yogurt.

Many students take to the bars of Franklin Street to find their haven from the pressures of final exams.

Mark Burnette, manager and owner of He's Not Here, said he is surprised at the number of students who frequent his bar during the last few weeks of the school year.

"During exam time the students seem to stay at home, studying, I would imagine, until about 11:00 p.m., and then they hit the bars full force," said Burnette. "The difference between exam time and the rest of the year is that people do not seem to get as sloppy drunk as they normally do."

Some students say they would rather eat than drink their exam blues away. Places such as Haagen Dazs Ice Cream and The Yogurt Pump provide food relief to the students on campus.

Joe Girardin, owner of Haagen Dazs Ice Cream Shoppe, said sales go up a great deal during the exam period.

"I usually order ice cream very early before the exam week so I can keep up with the heavy demand," said Girardin. "In the past few years we have consistently had a sales increase of 25 percent during exam week."

Most students need something a little more active than eating to relieve their tension. Many take short trips to University Lake or Sugar Lake for a quick swim in the afternoon.

Alan Rights, a junior from Mt. Airy, said basketball gives him the lift he needs to continue studying for a final exam.

"I like to play a couple games for about 45 minutes; it relaxes me enough to sit down and study for another four hours," Rights said.

John Smith, a senior from Washington, D.C., chose another type of exercise over basketball.

"Running does more for me than any other type of exercising. It is a more extreme release of tension than tennis or basketball," Smith said.

"I go to aerobics more and then buy the king-size bottle of Extra-Strength Tylenol," said Kimberly Biggs, a sophomore from Mooresville.

In the end, perhaps students should simply fight their way through exams and then kick back, listen to a Buffett tape and pack for the beach.

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