

## ACADEMICS

# Honor Court keeps campus integrity

By **MARISSA MILLS**  
Staff Writer

Are your teachers paranoid? Do they patrol the aisles during tests? Check your hands to see if answers are written on your palms? Flunk you if you take your eyes off the sheet of paper on your desk?

Not at Carolina. Here, students discipline cheaters themselves through the honor system. This program distinguishes UNC-CH from many of her sister schools, who, although they use honor codes, do not leave the responsibility of judgment in the hands of the students.

"I think the system is very effective because it puts the responsibility on students to be accountable to their peers," said Jeffrey Cannon, Judicial Programs Officer.

The honor system was created 100

years ago to allow students to govern themselves. Today, it contains two parts: the honor code, which concerns academic work, and the campus code, which applies outside the classroom.

The honor code requires students to sign a pledge that no unauthorized aid has been given or received on assignments. The Student Stores offer computer bubble sheets, for multiple-choice tests, and essay "blue books" with the pledge and signature line already printed on them.

The campus code covers such matters as sexual assault, drug possession or sales, vandalism, fraudulent use of a student identification card, sexual or racial harassment and assault.

Violations of either code are reported by students or professors to Holly Pearson, student attorney general, in the Carolina Union or to Jeffrey Cannon,

judicial programs officer, in Steele Building.

Pearson decides if there is enough evidence to merit a hearing. Those cases are heard by five of the 30 members of the Undergraduate Student Court, who listen to testimony, judge guilt or innocence and recommend punishment to the chancellor.

"We know that not every violation is reported, but the best that we can do is to help students understand the responsibility they undertake when they sign their name and come to this University," said Cannon.

"The enforcement of the honor code is everyone's responsibility, having the code contributes to the value of a degree from the University."

During the 1989-1990 school year, 58 cases which resulted in hearings were brought before the Undergraduate

Court. Of these 58 cases, 37 were honor code violations and 21 were violations of the campus code.

The court rendered guilty verdicts in 41 of these cases, 19 of which were convictions for academic cheating, Cannon said. Only four of those convicted for cheating were placed on probation, while the rest were suspended for at least one semester.

Cases can be appealed to the University Hearings Board, which consists of two members from the Undergraduate Student Court who were not present during the initial trial, two faculty members and a representative of the administration. The next, and final, level is an appeal to the chancellor.

All hearings are strictly confidential.

Applications for the attorney general staff and the honor court are available each spring.

# Exams: Can you say 'stress-related mental disorder?'

**John Bland**

**Less Filling**

Exams in college are a lot different from exams in high school. First of all, most professors won't even be in the room with you. They'll leave their Teaching Assistant (TA) to deal with you, and he'll probably be studying for his exams at the same time. So you're on your own.

Secondly, you will have to study for them. However, if you can't cram all of Newton's umpteen laws of zero furlugginer gravity into your tiny little noggin in one night, you do have the option of using any number of excuses. Here are some which have worked for me in my seven undergraduate years.

Remember, though, that we do have something here called the Honor System, and it does work. They don't like us to joke about it, but I do anyway simply because they don't like it.

1. "I've got back-to-back exams." This is always a sure-fire excuse, even if you don't have back-to-back exams. Face it, gang, what professor is going to take time out of his schedule to go and look up your schedule? Good for buying a couple of days' time. And you get to take it alone, which is also good for relieving the pressure of trying to concentrate while sitting between gorgeous blondes.

2. "I've got the flu." Not that reliable, because most profs won't accept this without a note from Student Health. Here's the way out: simply go to your professor's office, tell him your predicament and vomit on his desk. I've found the "finger-down-the-throat" method is too obvious, so either swallow a concoction of Texas Pete and Hershey's syrup or eat at Lenoir beforehand.

3. "My dog's got the flu." This is a lot less painful for you, unless your professor makes you clean it up.

4. "My dog ate my textbook." A good post-excuse for number three.

5. "My textbook's got the flu." Can you say "Stress-related mental disorder?" Professors dig this one, which means they've done their job of scaring the bejesus out of you. If you use it, though, be prepared to carry on the act for awhile. Sing "John Jacob

Jingle Heimer Schmidt" in a loud voice while pasting pictures from *Cosmopolitan* on your professor's office door, and that should do the trick.

6. "No, I've really got the flu!" This requires an actual note from Student Health, but you don't have to be sick. If you go down there at the same time your exam is going on, you're in like flint. At least that's what you'll think until you see the other four thousand and nine panic-stricken students who haven't studied either. Be forewarned: the doctor will have to examine you, which means you'll get something I like to affectionately call the "Roto-Rooter treatment," even if you've only got a small paper cut on your pinky.

7. "Father pregnant, sister dying, mother getting married..." or any variations thereof works fine.

8. "Jeez, I thought I dropped this class!" Accompanied by a slap on the forehead. This one's fun because you get to blame it on bureaucratic red tape and proclaim loudly and with much profanity how if you don't get justice you'll throw a hissy fit.

9. "I did it on a whim. The fraternity had nothing to do with it." Gets blame immediately pinned on the fraternity. Doesn't matter what you've done, whether stealing an exam copy or missing it altogether, because it's the fraternity's fault! You were forced to do something you wouldn't normally have done in the name of brotherhood! Oh, if you're not actually in a fraternity, don't worry. Throw some Greek letters at 'em. By the time they figure it out you're lying on your couch at home, sipping Kool-Aid and watching Geraldo.

Some people might call this lying, but that's an awful harsh word. I prefer "creative mishandling of plausible situations." It's got such a nice ring to it.

# Students beat pressure with positive attitude

By **MARA LEE**  
Staff Writer

"Stop the world! I want to get off."

This is a plea of desperation, a plea of frustration, a plea uttered by practically every college student during drop-add, mid-terms, finals and almost any other time during the semester save Friday and Saturday nights.

It's a plea caused by stress, lots of it, in big doses, but it's also one college students can learn to deal with and make the best of.

Professionals and students alike de-

fine stress in different ways. "Stress would be demands that life places upon us — external events that we have to deal with or reactions to these external events," according to Susan Chappell, coordinator of the Wellness Resource Center, a health-oriented consultation program.

Serena Wille, a rising sophomore Russian/Eastern European Studies major from Greenwich, Conn., defined stress in terms of those reactions. "It's when you believe yourself to be unable to cope with the situation, and you lose

perspective on your role and abilities and limits."

Students said stress often comes in three's or more. Chris Briggs, a rising senior English/drama major from Lexington, said he stressed out periodically. "Everything tends to happen to me at the same time," he said. "My classes tend to fall in groups."

Academics are generally regarded as the biggest contributor to stress. "One class this semester, I'm reading a novel every week," Briggs said. But he said having a professor he dislikes causes more stress than a heavy workload. "They make papers and exams hell. I didn't want to do the work for them."

Tom Blackburn, a clinical psychologist at Student Psychological Services, pinpointed the pressure stemming from school. "Probably the most stressful (thing) in classes is taking a heavier load than you can handle or believing that you have to make certain grades or your semester will be a failure," he said.

Unrealistic reactions to events can cause academic and social stress, Blackburn said. "A really big (source of stress) is perfectionism. That is, thinking that there is a certain performance level they (students) should be achieving grade wise or in social lives, or whatever — feeling they need to work harder to achieve this mythical level."

Achieving this mythical level means taking time out of vital bodily needs — such as sleep. Several students said they

gave sleep low priority during the semester which hampered their ability to cope with the pressures of school.

According to Wille, "Lack of sleep usually causes a loss of perspective on activities. It doesn't necessarily cause stress, but it makes everything harder to deal with."

Extracurricular activities may take the place of time allotted for sleep or homework. The activities themselves don't cause stress, but the time consumption does, students said.

Briggs, who participates in the Lab Theater, a student theatrical group, said rehearsing created tension. "Things can run really late. It's 11:00, and you've been there since six, and tempers get a little testy. Everybody understands that there's going to be stress, there's going to be arguments, people are going to get a little edgy at times. It's part of the territory."

According to Blackburn, time management prevents obligations from becoming overwhelming. "One of the good things is trying to be realistic about how many things you can do in a day."

Positive attitudes toward potential stresses go a long way. "Attitude is the most important aspect of stress management," Chappell said. "It's not the external events that cause stress; it's how you respond to those events."

"When things get really bad, just take a couple of steps back and see how much sense you're really making. And laugh about it."

# Swim test required at UNC

From staff reports

The swim test has been a Carolina ritual since World War I, when Bowman Gray donated the pool in Woollen Gym. Along with his gift, however, came a stipulation: Every student at the University would be required to pass a swim test to graduate.

But if a dog paddle is the best you can do, don't panic. As long as you can jump into a pool, swim to the end and back using any stroke and keep afloat for five minutes, you can pass the test. The only no-no is touching the side or the bottom within that period of time.

Students who don't know how to swim are encouraged to take a beginning swimming course, which fulfills a physical education requirement, before taking the test.

Waivers are given under certain circumstances, but students must petition the Appeals Committee to obtain one. The committee waives the requirement only in cases of physical or medical reasons, said Linda Prather, personnel payroll representative for the Department of Exercise and Sports Science.

"We sometimes have people come in who are allergic to the chlorine in the water or have a fear of water," she said.

"We discourage waivers as much as possible," she said. "Normally we can teach people to swim."

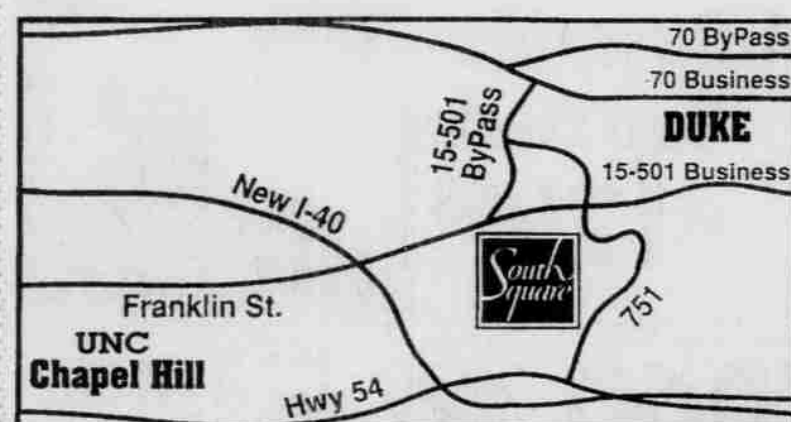
Swim test times are scheduled for incoming freshmen by appointment from Aug. 27-29 throughout the day. Other swim tests dates are Nov. 2, March 29 and April 19.



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