

# The Collegiate

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Atlantic Christian College

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## NEVER FLUNK AGAIN!

By Maurice Revele

I can hear moans of agony as we near our mid-term exams. So many of us are seeking desperate ways of crash studying. Some of us are now biting our nails, picking our teeth, or pulling out hair. Some of us have become recluse, isolating ourselves from the outside world by studying in closets, bathrooms, or in some cases studying late at night in graveyards (who would bother us there?). But please, you don't have to go that far to get some decent studying in. If you have to study in a limited time, then you can solve the problem by using the science of psychology.

By using M.I.T., you can memorize anything you want. The above abbreviation is short for **Memory Implantation Techniques** and its sweeping the college campuses with its successful results. The principles of M.I.T. can be summed up in

five simple words: see, think, feel, and say. It sounds simple doesn't it? Well, it really is. All it takes is your sincere and honest efforts in using it.

To spare you boring details of the whys and wherefores of M.I.T., I will explain the technique in five easy steps.

**STEP NO. 1:** See the word or phrase, or paragraph, etc. you want to remember. I mean really see it, stare at it consciously and with will power for ten seconds. Then quickly look at some dark areas for five seconds. The image of the words or paragraphs should reappear on the dark area. Practice until this happens in your mind's eyes regularly. Remember, just stare at the word or paragraph, try not to think; do nothing else; then look away at a dark surface for five seconds until the image reappears, then go on to some-

thing else.

**STEP NO. 2:** Now that you have learned to see, your next step is to think the word or paragraph that you want to remember. You should set up an association with a group of words or paragraphs. Make the association as silly or as unusual as you can. Oddly enough, one tends to remember nonsense more readily than logic. Try to combine the association with an image in your mind's eyes. And once again, study it for ten seconds, and then forget about it (this technique is known as bonding). An example of this would be to say, if you had to learn the words "skate," "date," and "plate," besides remembering them by rhyming, you can set up an association by seeing in your mind a skate taking a plate on a date to a nice restaurant (or whatever you feel). That's all there is to it.

**STEP NO. 3:** We now come to the feel of our technique. What I want to do literally is to take your index finger and trace, letter by letter, the item you want to remember three times. Make sure you close your eye's while you are doing it. The principle is this, if a blind man can remember with his finger, why can't you?

And lastly, **STEP NO. 4:** Say it. Say each word or paragraph out loud. Try to hear yourself as you speak. If you have trouble concentrating on your voice, use this simple device: Stand a few inches away from a wall. Hold your hands behind your ears and parallel to the wall. As you talk, you will hear the sounds as if they were coming from a microphone. Try it and you'll see how effectively it works.

Now, don't just isolate each of these techniques one from another, but use them as a

whole unit. If done properly, you'll get more work done in an hour than most people do in three. And that's guaranteed. The techniques force your consciousness on what you are doing and then get that information to your subconscious mind where it can be readily called forward as it is needed.

And that my friend is M.I.T.-----Memory Implantation Techniques.

**Note:** The information that I have given you has been sealed in my family's vault for over 300 years. So I want you to know that I have paid dearly in getting it to you, and free I might add. But seriously, What I have given you could be worth millions of dollars because most people don't know M.I.T. But you my friend are the chosen. Now, the ball is in your court. Will you use it or will you lose it?

## PEGUES

College Press Release

Bob Pegues has been named assistant basketball coach for Atlantic Christian College beginning with the 1980-81 basketball season.

Pegues should certainly be no stranger to the AC program, having served as a starter for Atlantic Christian over the past four years before graduating with a B.S. degree in sociology last May.

The announcement was made jointly by athletic director Tom Parham and head basketball coach Bill Robinette, for whom Pegues played under during his last three years in college. Pegues was recruited by former head coach Ben Pomeroy and assistant coach Bryan Chalk, who resigned the position that Pegues assumes at the end of the 1979-80 school year.

"I have always thought about coaching, but I didn't really think that I would be getting into it this soon," said Pegues, who will remain in his full time capacity with the Department of

Social Services.

"Basketball is my life and I really love it. I always wanted AC to have a winning program when I was in school and hopefully I can help make that come about as a coach. I know some good players in the area and I hope to be able to help in recruiting some of them."

Pegues was a tremendous high school player at Elm City under the legendary high school coach Harvey Reid. Pegues played on two state championship teams (NCHSAA2-A) and finished a runner-up in the state tournament his senior year.

Shortly after his senior season, Pegues announced his intention to play for Atlantic Christian. Although only 6-3 Pegues held his own in the Carolinas Conference, was captain of the team his senior year year, and was voted Who's Who Among in American Colleges and Universities.

Pegues is the son of Mr. and Mrs. James Pegues.

## WHAT'S HAPPENING?

**Everybody!:** There will be a Chapel service in the Stillpoint held at 11:00 am on Tuesday, October 7. The worship leader will be Dr. William Paulsell. Everyone is invited to attend.

**Democrats:** The Young Democrat club will be having a meeting sometime this week. I'm not sure when because I (the editor) misplaced the article. However, for any information, see Ernie Lee in Hackney 114. Sorry y'all!

**Episcopal Students:** Do you enjoy good food and fellowship? If you do, then ACC has just the club for you. Its called the Canterbury Club and it has

monthly meetings and sponsors guest lectures and Christmas parties. So if you are an Episcopalian, or even if you're not, but would like to join in with the Canterbury club, contact Bill Cowper (Caldwell), Ginny Monroe (Wenger), Ruth Ann Mowbray (Harper), or Lottie Strom (Hilley).

**Everybody:** All are invited to see and hear "Fantasy," a group of professional singers from ECU on Thursday, Oct. 9 at 7:00 in Hardy Alumni Hall. They sing popular, top 40, and beach music. Don't miss it. It's an experience you'll never forget. Sponsored by EHI club.

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## RESULT...

College Press Release

Elections were held Sept. 29 and 30, 1980. There was much interest shown in write-in votes. Due to ties among the write-ins there will be run-off elections Tuesday, October 14. Newly elected officers please see Karen Bates this week. Your continued interest in the SGA is to your benefit.

Results from election: Sga Secretary- Roberta Edwards, Sophomore Class Sec.-Treas.- Tom Riley, Freshman Class Pres- Lisa Carreras, Freshman Class V.p.- run-off: Tommy Elliott, Scott Robertson, Jennifer Black, Freshman Class Sec-Treas- Run-off: Dana Alford, Dave Mountney, Scott Robertson, Kim Burgess, Curtis Daniels, Kenny Gotania; Freshman Class Senators: Jesse Williams, Carla Jernigan, and Dickerson.

## HACKNEY

College Press Release

Ernest D. Hackney, executive vice president of Wilson Savings & Loan Association, has been named as chairman of the Bulldog Club Division of the Atlantic Christian College Development Council, according to H. B. Ruffin, general chairman of the council.

Hackney is among a group of noted business and industrial, professionals, and civic leaders who are serving on the council. The development council is conducting a continuing program to secure \$22 million over a 10-year period to upgrade the college's overall operations. Funds secured through the ef-

forts of the select group will be utilized for enlarging and improving the college's facilities and substantially increasing its endowment.

A native of Wilson, he is a graduate of the University of North Carolina. Hackney is a member of the Wilson Jaycees, he is a member of Phi Beta Kappa, Beta Gamma Sigma, and the Monogram Club. He is a member of the First United Methodist Church.

He is married to the former Jean Strickland of Wilson. They have five children. Lee S., Jean G., Mary H., E. Deans Jr., and Bettv N.

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