

How do you spell finals? **STRESS**

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Banner Reporter

Stress and finals: words that all college students dread to some extent.

Stress is the most common emotion students experience during final exams. Two types of stress are eustress [pronounced [*u stress*]] and distress.

Eustress is a stress that is motivating and often can be seen as helpful stress. Distress is a type that can hinder one's progress and is commonly referred to as "bad stress."

Students can experience either type of stress during the final exam period for numerous reasons.

In most courses the final examination can account for a large portion of the final grade. Final exams are often a culmination of various lessons learned throughout a course. Being required to retain information from four months ago can trigger a bit of stress.

According to a student's preparation for final exams, stress levels may fluctuate.

A student who studies diligently, and is well prepared for his or her final exam, will most likely expe-

rience minimum amounts of stress.

However a student who is ill-prepared will probably experience higher levels of distress.

Stress occurs more often during final exams because students sometimes have to take from three to six exams in a small time period.

Dr. Audrey Campbell, an associate professor in the Psychology Program said that there are many ways to minimize stress induced by finals. She says that students should eat well balanced meals and get adequate sleep. "Stress tends to feed on test anxiety and frozen memories."

Dr. Campbell also says that there are several ways of learning and that it is important to use various techniques for retaining information. "Refrain from cramming and use flashcards to aid in memorizing of material," Dr. Campbell said.

She suggests reading, writing, and rehearsing the material before the night of exams. She also recommends outlining the chapter rather than just underlining in the textbook.

Finally, she says accept the fact that stress is apart of life and use it [stress] to your advantage.

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in business management.

Martin said that she wants to make sure that Bennett students receive good service. "I want to make the cafeteria an A-1 place to eat."

Some of the changes that she plans to make are having more variety with the vegetarian menu, better presentation of the food, healthier foods, and comment cards.

Martin said she's really big on feedback from the students. "My biggest challenges are making the students aware that I'm here and getting to know everybody's likes and dislikes."

In November, Nagorka started a new food service committee made up of six students that replaced the student food service committee established by Correll in 2000. The new committee will meet monthly. Martin and Nagorka said they plan to change the dining program into a new menu cycle designed specifically for HBCUs. "I'm looking forward to seeing change happen," Nagorka said. "We want to make the cafeteria a fun dining environment, what I call 'entertainment' making food fun."

Mural continued from Page 1

spond with writings about Harriett Tubman. I think they plan to publish about 40,000 books." Another company is working on a forestry

project, but I don't know how they want to use the image," Dr. Adams said. The textbook featuring the mural will be released next fall.

*This is the last issue of **The Bennett Banner**
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Have a safe and happy holiday.*



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