

editorial

Temper work with fun

American college students have a history of not taking good care of themselves when they start the rigors of higher education.

David Levin's article on stress is both interesting and frightening. Students sometimes go through long periods of stress and depression because they feel the need to be the best. The college environment and job market are so competitive that there is no room for mediocre performances by the student.

Some students want to finish school early or graduate with the highest honors available. This high goal can damage both the mental and the physical health of the student unless he is careful to pace himself.

Ambitious students take as many as 18 to 21 semester hours while working one or more part-time jobs. With this type of schedule there is hardly any room for rest and relaxation. These individuals "pull all-nighters," staying up all night cramming for examinations.

Lack of sleep, bad eating habits and little free time account for the unstable conditions and feelings the college student experiences. He tries to accomplish more than he is capable of doing.

No where is it engraved in stone that students must finish their college degrees in four years. Similarly, there are no laws stating that the same students must graduate with a four point average. Too much emphasis is placed on being the best student with the highest grades and not on the quality of the education itself.

We do not mean to say that competition in college or the work place is bad. There is a place for this type of motivation. We are saying, however, that the student needs to temper hard work with nutritious meals, plenty of rest and entertainment.

It is disheartening for a mother and father to see their once-healthy child return from college with dark circles under his eyes, under or overweight and emotionally drained. College years can be the most enjoyable years of your life. But some students become depressed or develop ulcers.

Some suggestions for curbing harmful habits are: first, register for a reasonable schedule of classes allowing for a lunch break; second, balance hard work with sleep or recreation; and third, concentrate on the importance of the education and not on the grade.

These suggestions are easy to write down and talk about. Doing them is another story. In the long run, however, learning how to cope with stress and taking care of oneself may be the most important lesson a college student can learn.

letters

SGA talks back

The first issue of the *Kaleidoscope* appears as a success and all UNCA students can enrich themselves by reading this weekly publication. However, I would like to clarify a Sept. 9 interview article in regard to James [Biff] Guilmartin, Student Government President, in which he was quoted as saying that the Student Government Association [SGA] would not sponsor Rockmont this year. The point was made in the interview that the Student Union Board, or the Programming Board as it is also called, would be responsible for the planning, selection, and functioning of such activities as Rockmont and school dances with bands. No word was mentioned about a "decision" either for or against Rockmont. The idea of spending the money usually allotted for Rockmont on other bands and dances is just that, an idea which needs discussion but that certainly has not been decided on by myself or anyone for that matter.

The other parts of the article ap-

peared to be accurate and the reporter should be commended for a relaxed writing style and balanced coverage. However, a closer adherence to words spoken and the context used therein may reduce discrepancies on the printed page.

Sincerely,
James L. Guilmartin
Student Government President

Baby is fine

Not only did the "baby" have all its fingers and toes, but also it was cute. I think that the editor and staff of *Kaleidoscope* did a great job on the first *Kaleidoscope*. Here's hoping all of you continued energies for the duration. The students' excitement was a pleasure to see.

Sincerely,
Dr. Wilsonia Cherry
Literature Professor

Kaleidoscope welcomes your opinion. Our address is: Carmichael Humanities Bldg., Room 230, University Heights, Asheville, N.C., 28814.



levin

Stress, a growing problem with students

The girl in the beige pantsuit scratched her head and thought for a moment. "I guess I feel it the most when I've got a paper to turn in or a test coming up," she said. "I wind up worrying about it all week long and then I'm too nervous to get anything done at all."

Her companion sitting across from her in the student cafeteria added, "I just perv-out. I get so depressed sometimes that I eat everything in sight."

The symptoms can range from headaches, butterflies and chest pains to over-eating or drinking, grouching, hyper feelings and insomnia. They are all manifestations of stress, a part of everyday life.

While a certain amount of stress and tension is helpful in meeting deadlines and personal achievements, the overloading and inability to properly deal with stress

can become a serious problem.

"Stress is actually a healthy response to the changes taking place around us," said Ellie Iovacchini, Assistant Director and counselor with the UNCA Center for Counseling and Career Development. "Stress affects everybody: freshmen, seniors, returning students, even the faculty."

The danger of such healthy and normal responses, though, occurs when "you don't pay attention to the symptoms," said Iovacchini. "Any kind of stress needs to be dealt with. That is one of the purposes of the Counseling Center: good quality support. We want anyone feeling the symptoms of stress to come in for information or counseling."

More serious stress can be brought about by too many or too drastic changes in one's life, continued on page 8

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