

Review — Continued from page 1

nection between exposure to math and the ability to think logically," said Assistant Professor of Philosophy Ileana Grams.

Professor of Literature Jeff Rackham agreed that college graduates need to know more about math than how to buy, budget, and balance a checkbook.

But he (along with several others) argued that the Task Force and mathematics department proposals did not aim high enough. It would take a college level algebra course to adequately cover the valuable abstract thinking skills students need to know, he said.

The Faculty Senate also considered the proposed six-credit English Composition requirement.

Most UNCA students must now pass two three-credit-hour writing courses in their freshman and sophomore years. (Students who demonstrate exceptional writing ability fulfill a more advanced three-credit requirement.)

Rackham defended the six-hour allocation. He

explained that many students graduate from high school knowing little more than how to write a basic paragraph.

A writing requirement that develops writing and interpretation skills teaches them that "language is a part of how we intellectually grow, and how we articulate that growth," he said.

The Task Force also outlined a "composition condition" which would require upper level students with writing problems to pass (with a C grade) a zero-credit freshman writing course.

While Rackham agreed students **should** continue to develop their writing skills throughout their junior and senior years, he opposed such a "penalty course."

He pointed out that few educators would want to teach a zero-credit course to discouraged, "reclacitrant" students. And he added that it "put the literature and language departments in the awkward position of determining who could and could not graduate."

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Stress — from page 1

to handle stress," said Navsky.

When people are under too much stress for a long period of time, Navsky said, physical symptoms often occur.

"Our load before finals goes up; we're seeing students who are distressed," said Navsky.

To lower vulnerabilities to stress and anxiety, Navsky advises the ABC system.

Her AAABC's stand for:

.Avoid it. For example, Navsky advised not to plan activities that will conflict with study time or grading papers."

.Don't promise a friend you will bake a cake the day before your finals," said Navsky.

.Alter it. Again, change other activities in order to have plenty of time to complete the deadline.

.Accept it. "The best way to stop anxiety is to realize that you're going to have a difficult time for the next two weeks; but keep in mind that it will end," said Navsky.

.Build Resistance. Exercise and a support system (family, friends, or counselors) will help stress dissipate," said Navsky. "If your body's not in shape or your soul's not in shape then it makes stress more difficult," she said.

.Change yourself. "Change your attitude going into exams," said Navsky. "Don't go into exams saying, 'I hate it; this is the worst thing.' But instead try saying, 'I'm here to learn. I'm going to study real hard and do my best.'"

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Yearbook photos today

Senior, faculty, staff and administration yearbook portraits, will be taken today from 9:30 a.m. to 5:30 p.m. in Lipinsky Auditorium, Room 111.

The annual staff requests that presentable, preferably dressy, clothing be worn for the photographs. To be eligible a student must be classified as senior by the end of this semester.

ANNOUNCEMENTS



Hockey College Night: SGA is co-sponsoring a Hockey College Night trip to Spruce Pine, NC, Sat., Dec. 8, 7:30 p.m. to see the Pinebridge Bucks play Virginia. Included in the \$5 charge is a tailgate party and free ice skating (\$1.25 for skate rental) as well as game admission. Tickets are available in the SGA office.

Student Forum: Carolyn Humphries of the Historic Resources Commission will present a slide show, "Asheville: A Sense of Place," Thurs., Dec. 6, 12:15-1 p.m. in meeting room 35 of the Highsmith University Center. This event, sponsored by Phi Alpha Theta and the History Association, is open to the public.

Meetings:

The Dynamic Damsels of the Dawn will convene at 8 a.m., Thurs., Dec. 6, in the Private Dining Room of the Highsmith University Center.

The Organization for Women's Awareness is having an open meeting, Fri., Dec. 7 at 1 p.m. in the Counseling Center meeting room. All interested people are welcome.

The UNCA Black Student Association and the BSA of Mars Hill College will meet Sat., Dec. 8, from 5-7 p.m. in Carmichael Humanities Lecture Hall. There will be workshops and singing by the Mars Hill Choir. A dance will be held in the Highsmith Student Center from 9 p.m. to 1 a.m. The public is invited to the meeting and the dance. Admission to the dance for the public is \$2. UNCA students get in free.

The Literature and Communications Club will hold its last meeting of the semester, Dec. 11, at 12:15 p.m. in CH 104. Bring a bag lunch. Drinks and dessert will be provided.




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