

# Spring Fest

(Continued from Front Page)

## Swing Your Partner!

Enjoy the "Hoe Down" on the quad from 4:30 p.m. to 6:30 p.m. with Ernie Mills, the college chaplain, on Saturday, April 23. There will be bluegrass music and square dancing, with everyone

getting a chance to dance with that guy or girl they have had their eye on all semester.

## Gamefest, Workshops and the Spring Fest Dance

Have you heard about Gamefest in the Student Cafe? Well, you don't need to worry about money because you

won't need it. There will be FREE GAMES on Monday, April 25.

After Wednesday's Student Activities Workshop with Brian Huskey (6:30 until 9:30 p.m. in the Student Cafe), catch up on your studies Thursday and rest up for the weekend. On Friday, come join everyone in the

Student Cafe from 9 p.m. to 1 a.m. with DJ Vic Thomas and the Spring Fest Dance.

## "The Runner Stumbles"

During the first week of Spring Fest don't forget the spring drama, "The Runner Stumbles", on April 19-23 at 8 p.m. in the Barn Theater. Remember to make reservations in the Administration Building.

## Even More Music!!

On Saturday, April 30, the day will be filled with music. Starting at 11:30 a.m., BC will have a "Battle of the Bands" on the quad until 4:30 p.m. First prize is \$200, second prize is \$100 and third prize is \$75 (Register in the Office of Campus Life; \$10 registration fee). Then from 4:30-6:30 p.m., Benny Gandy and Friends will perform in Myers Dining Hall for our dining enjoyment.

After dinner, make sure to stop by Dunham Auditorium at 8 p.m. to enjoy II Nice and Step Show. Remember that everything is FREE for students so be sure not to miss Spring Fest 1994!

# Test Anxiety

(Continued from Front Page)

3. Let it out slowly.
  4. Move slowly up through your body--legs, abdomen, back, neck, face--contracting and relaxing muscles as you go.
  5. Breathe deeply and slowly.
- If your mind is blocked by tension during an exam, here are some tips:
1. Close your eyes.
  2. Take a long, deep breath.
  3. Let it out slowly.
  4. Concentrate on your breathing--actually feel or hear yourself breathe. Don't allow yourself to worry about the time, test, or tension.
  5. Repeat once, then return to the test.

I'm not stating that this information will help everyone, but I hope it will help some students. If this information doesn't help, then get help from one of the following places.

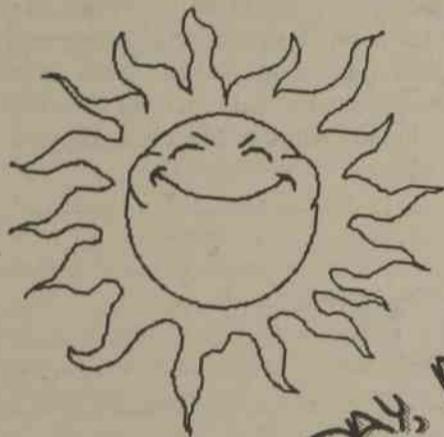
- The Counseling Center. There are professionals here who specialize in helping students deal with test anxiety and other stresses of student life.

- Peer counselors are often in a position to understand your stress better than anyone else. They may be able to offer special insights and tips that worked for them.

- Instructors. Regular class attendance is one way to help prevent tension at test time. But, if you have difficulty with material presented during class, see your instructor for help right away.

- Your parents. You may be able to find support and understanding from them. Be honest when discussing your fears and the pressure you feel.

# SPRING FEST '94



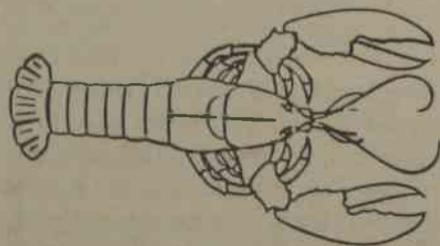
SATURDAY, APRIL 30

RUN IN THE SUN

ON THE BC QUAD

## Battle Of The Bands

\$200 1st place  
 \$100 2nd place  
 \$75 3rd place  
 Register in the Office of Campus Life  
 \$10 refundable entry fee



Pig Pickin' Crawdads

Beaufort Stew

Turkey and All The Fixin's

