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Strategic Plan shows some progress for GWU

FOCUS
on the
Future
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Part 5 of a 5-Part **Pilot** series on the past, present and future of GWU

Jessica Webb
Pilot photo editor

Contrary to popular belief, the Gardner-Webb administration is working to improve the school.

In June 2001, a group of 18 individuals, chosen from different areas of the university, introduced a strategic plan for GWU. The initiative was funded by a \$273,000 grant from the Teagle Foundation that GWU received in January 2000. The association that

accredits our school, Southern Association of Colleges and Schools, requires every school to have a planning and evaluation process. For GWU, the strategic plan is a key part of that requirement noted Frank Bonner, provost and senior vice president and chair of the strategic planning committee.

The document addressed the environment of the university, the vision statement and eight specific goals that the university wants to accomplish by 2011. SGA presented this plan to the students last year during a town hall meeting.

Since then, there has been some progress towards the eight specific goals. Each goal has a subcommittee working on it to devise action plans to carry out the objectives. The eight subcommittees met with Bonner on Thursday May 2 to give reports.

Not all goals have shown significant progress, but that is expected because many of them are long-term goals. The goals covered institutional identity, planned growth and enrollment, student life, hiring personnel, academic excellence, admissions, technology and resources.

The first goal is a push for GWU to be seen as a "preeminent Christian university." Matt Webber, director of university communications, and chairman of this subcommittee said, "It's been a little overwhelming to forecast what we will be doing and how we will do it over the next several years."

However, the subcommittee has split the 10 years into three sections. They plan to reach the local community with awareness of GWU the first

Please see Plan p. 4

Eight goals listed in the Strategic Plan

- Goal 1-**To be regarded by others as a preeminent Christian university.
- Goal 2-**To maintain steady, planned growth in enrollment.
- Goal 3-**Student life will enhance intellectual development, self-discovery, character-development.
- Goal 4-**To hire and retain talented staff who exemplify the University's mission and values, as well as inspire students.
- Goal 5-**To embody a community of learning devoted to the joy of learning for its own sake and dedicated to inspiring that same enthusiasm in our students.
- Goal 6-**To recruit and enroll students possessing the academic and personal qualities required for them to benefit from GWU's commitment to academic excellence in a Christian environment.
- Goal 7-**To support GWU's educational programs and administrative operations with state-of-the-art technology and prompt technology support.
- Goal 8-**Buildings, grounds and facilities will provide the atmosphere and resources required to facilitate learning, to developed sound character, to promote spiritual and physical health, and to attract and retain superior students, faculty and staff.

Hit me with your best shot!



Photo by Leigh Harris

Professor Glenn Bottoms gets pied by a student Friday, April 26. See more photos from this year's Last Blast week on pages 6-7.

Beating stress monsters to conquer exams

Emily Killian
Pilot staff

Many students are experts on stress. Many of them are also experts on procrastination. Generally, they are experts on stress because of their expertise in procrastinating.

You know who they are—roommates, friends, people you see in the library the week before finals, bleary-eyed and babbling to themselves. They wait until the last possible minute to do the vast majority of their papers, projects and studying, and live off Pop-tarts, chips and sodas for the last three weeks of classes.

For the most part, scholastic stress is avoidable. Students should work on papers all the way through the semester, instead of waiting until the night before, and more often than not, the morning of the due date.

However, some of the other stressors in life are simply unavoidable. For example,

working, having families, roommates and classes all cause stress for students.

Let's face it. One day, most of us are going to have a job, a family and a house to keep up. We're all going to be in situations where we're stressed, and we're all going to have to deal with that stress.

The four major causes of our stress are our personal lives, our jobs, our environments and our emotions.

Indicators of stress include appetite and weight changes, headaches, insomnia, tension, fatigue, digestive upsets, forgetfulness, feelings of anxiousness and frustration, depression, irritability and difficulty concentrating.

Over time, your stress can build up and cause ulcers, allergies, high blood pressure, heart attacks, strokes, headaches, cancer, joint pain and an impaired immune system. To avoid all this, you need to deal effectively with your stress.

According to Holly Sweat,

of the Counseling Center, a lot of students do not get enough sleep and do not have proper nutrition during finals.

According to Sweat, the best ways to deal with stress are to have some sort of physical exertion, to make sure you get enough sleep and to pray.

"During finals, students should especially stay away from eating a lot of sugar," said Sweat. "It gets you high for a while, and then you drop suddenly. That's not good for you."

For more information, contact the Counseling Center at x4563.

Stress busters

- Exercise
- Balance your "work" and your "play" times
- Avoid procrastination
- Take breaks when working
- Laugh
- Be flexible
- Talk to your friends
- Try to establish a routine and plan ahead