

# DIVERSIONS

## Day Dreamin'



Viking junior Roderick Fields takes time out to ponder the day in the vacant Moore Hall Auditorium.

Photo by Richard McIntire

### CALENDAR

- OCT. 15**  
GMAT Exam  
Black Folk Heritage Tour Program  
(8 p.m. in Moore Hall)
- OCT. 18**  
ROTC Awards Day  
NTE PK Seminar (5 p.m.)
- OCT. 19**  
Career Day
- OCT. 20**  
NTE PK Seminar (5 p.m.)
- OCT. 21**  
Coronation of Miss ECSU
- OCT. 22**  
NTE (Core Batteries)  
Sigma Gamma Rho Dance  
(9 p.m.)
- OCT. 24-25**  
Fall Recess  
No Classes
- OCT. 26**  
SGA Homecoming Week  
Activities Begin
- OCT. 28**  
Classes Resume (8 a.m.)  
SGA Step Show / Dance
- OCT. 29**  
Homecoming Parade  
SGA Homecoming Concert (8 p.m.)  
Alumni Dance

# Summer jobs serve as career springboards

By Urusula McMillion

Not all college students spend their summers cruising the streets of their hometown, relaxing on the beach, or feeding coins into their favorite video game. ECSU seniors Lynne Chapman, Darius Morris and Aerek Stephens used their summers to gain valuable work experience, which can serve as a springboard for future careers.

Instead of spending this past summer in a hammock, or a video game parlor, Chapman, Morris and Stephens worked—respectively—as a stage manager of an outdoor drama, a promotion manager assistant for a records distribution plant, and a junior marketing consultant for an education marketing distribution company.

Lynne Chapman learned about the job as stage manager for "Unto These Hills," in Cherokee, N.C., from Shawn Smith, Director of University Players. The long-running outdoor drama has a cast of 130. After sending in her resume, a photograph,

and a personal letter, she was interviewed, and hired for the job.

"The hours were sometimes long, but I loved it," said Chapman. Her duties consisted of running rehearsals as cast supervisor, assisting the director, assisting with business and finance, checking the cast at each rehearsal, and filling in as an understudy for absent cast members.

"I feel the technical experience and skills I acquired will help me in the professional job world," said Chapman, who will graduate in May, 1989, with a degree in English, (concentration in drama). "I consider this job to be a definite possibility for future employment."

Chapman is the president of the University Players.

Darius Morris, a personality for WRVS, gained valuable experience this summer as a promotions manager assistant for Capitol Records' Distributer Plant in German Town, Maryland. This company distributes records for Capitol and EMI Manhattan labels, who pro-

duce such big-name artists as Tina Turner and Najee.

Although Morris began his quest for summer employment by sending a cover letter and resume to music industry companies across the country, a personal contact led to his summer job.

"I attended the first Annual Media Conference, which former station manager David Linton designed for students to network with heavyweights in the music industry," said Morris.

"One of the people I met at this conference was Gwen Franklin, who works for Capitol Records."

Ms. Franklin referred him to the distribution company in German Town.

"I was interviewed and hired as promotion manager assistant," said Morris.

Morris's duties included tracking retail sales and records runs.

"I enjoyed the job," he said. "And I especially enjoyed meeting recording artists like Freddie Jackson."

Morris, a business manage-

ment major, believes his summer job "will most definitely benefit me" when he ventures into the job world after his graduation from ECSU in December.

Aerek Stephens landed his job, as a junior marketing consultant from a newspaper ad. "I sent in my resume and was called in for an interview," said Stephens, who had to go through a training-test period before he was hired.

"I interviewed prospective clients, checked their credentials, and introduced them to the educational programs for children offered by Global Industries," said Aerek. "I really felt like I was contributing to the educational advancement of young people."

Aerek said his job as a junior market consultant enabled him to put into practice "some of the things I learned here at ECSU."

This job also helped me learn how to function in a business environment," he said.

"The worst thing about the job," said Aerek, "is when it ended. I really miss the \$1,500 a month."

Global Industries has asked him to return after his graduation in December, 1988.

## Worrying a popular pastime

(CPS) —Worrying is the negative national pastime. Everybody does it and very few find it is a positive experience. You don't think clearly or perform well when you worry. The main focus is the worry, the fear of "What might happen if..." which overwhelms you, makes you feel depressed, reduces your energy, and prevents you from getting your work done.

College students are big worryers. That worry leads to stress

and college students are very big on stress. In fact, the Nuprin Pain Report, the first national study on pain in America, documented that more people 18-24 are likely to suffer stress and pain than any older age group.

Most of what we worry about is out of our control. You can't control other people's responses, a grade a prof will give us, whether someone will agree with us, what they think of us, the weather, traffic, roommates, money, how we look, grades, the future. The more we worry about things we can't control, the worse everything gets.

Remember this rule of thumb: You can't control other people or external situations. But you can control how well you prepare for and respond to them. In other words, you control your information, attitude and actions.

Worrying is made up of two words: what if. "What if...they say no...I don't get the money, ...the professor assigns...the traffic..." The key to beating the

worries is to change the what if's to "if...then's." "If they say no...then I will..." "If I don't get the money then I will..." Always change the worry to anticipation. Concentrating your energy on what you can change rather than dwelling on things you can't control increases your confidence and prepares you for any situation.

This strategy was used by President John F. Kennedy. Before his press conferences Kennedy and his aides anticipated any possible question or situation that might arise and developed answers for them. Whether a reporter asked about the Vietnam War, the economy or civil rights, Kennedy was prepared.

Likewise, in a job interview, instead of worrying whether or not the potential employer will ask about your grades, anticipate that he or she will. Mentally list wins, accomplishments and qualifications that your course grades might not reflect.

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