

Opinion

Why don't students attend lectures?

By Georgellen Brown
STAFF REPORTER

"They are boring." "I didn't know." These are some reasons that students give for not attending the Hall-Patterson Lecture Assemblies.

Let us get some things straight. I have attended these assemblies in the past. Students, let me tell you, these programs are very interesting. The

speakers enlighten you on how to succeed in college and how they did it. They talk about things in their pasts, and you can relate to the problems that they encountered.

Also, the speeches are not strictly lecture. They have a little humor to them, so the time goes by quickly and more pleasantly. So, my advice to you is to attend and see how boring they are. You may learn something, and you most

definitely will be surprised.

The next excuse heard is "I didn't know." I am sure that everyone has an activity calendar, and all "happenings" for each month are posted on the calendar. Tell me, on homecoming week, didn't you know each activity for the week? I'm pretty sure that the majority of the students here on WSSU's campus knew the activities from looking at the calendar.

So, for those of you who use this excuse, find another one.

We should attend these assemblies. Whenever there is dance and pageant, it is standing room only, but at one of these assemblies, there are always vacant seats.

So WSSU students, throw those excuses away and let us have standing room only at these assemblies.

The pros and cons of student stress

By Yvette Scott-Moore

As college students, it's not unusual for us to encounter the anxiety of stressful situations. Anxiety is the way our minds and bodies react to any situation that is new, threatening or exciting. So learning to manage stress will better enable us to get the most out of our college years.

Sometimes our school years can get very complicated and demanding. Deep down we may not be quite sure who we are, what we want to be, or whether the choices we make from day to day are the best decisions. There will be times when the many changes and pressures overwhelm us. Nevertheless, stress prepares us to act. The way we handle stress determines whether it's helpful or harmful.

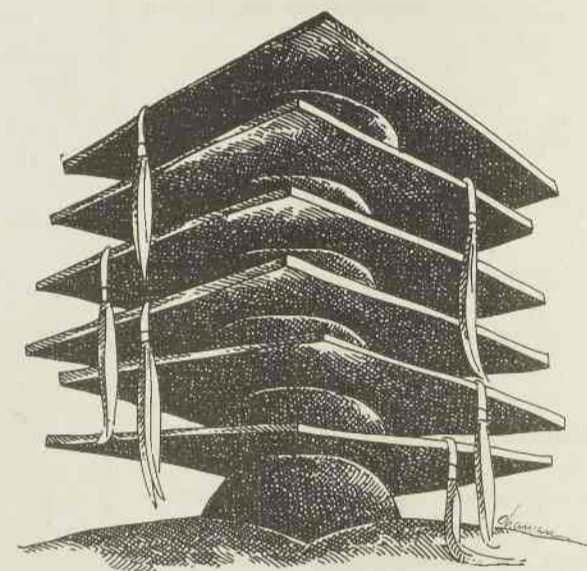
Stress can be helpful because it can "give us an extra burst of energy, more adrenaline enters the bloodstream, heart and breathing rates increase, blood flow quick-

ens and muscle strength improves. The energy of occasional stress can help us meet physical challenges, solve problems and reach goals," according to material in the library.

On the other hand, stress can be harmful when there's no outlet for the anxiety. "Unrelieved stress can cause headaches, backaches, loss of appetite, constant fatigue, depression and some serious physical problems." Stress can be a problem that affects us as a total person. "It can change feelings, behavior, physical health and appearance, academic performance and the ability to handle everyday decisions and pressures."

To eliminate some of the stresses and make them more manageable, it's very important that we eat right, exercise regularly, get plenty of sleep and take time to relax. As students we also need to be prepared to learn to manage our time and recognize our limitations.

For extra help in managing our stressful



situations, we can seek help from our academic advisers, our campus counselors and each other. Don't let your college years "distress" you.

Ms. Scott-Moore is a senior majoring in mass communications.



Mix drinks, not drinking and driving

By Mia Wilson
ARGUS EDITOR

The holidays are once again upon us. It is the "tis the season to be jolly" part of the year.

To many of us when the word "jolly" is heard, we think of gin on the rocks and an extra six-pack in the refrigerator and, well, you know the story.

Many statistics label young college people as the highest risk in accidents and the more likely to be drunken drivers.

Many bars and pubs throughout the country have signs and posters reminding us that if we drink to let someone else do the driving.

Let's take heed to these signs and keep our highways and streets safe. The same people who say it will never happen to me

are the very people sitting in jails under a DWI charge or who have killed or injured someone in an auto accident while impaired.

As college students, we should see ourselves as leaders and take charge if we see someone at a party drunk and in no condition to drive. If you are someone who likes to get real tipsy at a party, have a designated driver around. By setting good examples such as this one, the younger generation may be willing to keep good habits going.

With this in mind statistics could stop labeling us as the "mindless, careless drivers of the road".

Remember to enjoy your holidays but don't forget to enjoy your life also. If you must drink don't drive, and if you must drive, don't drink.

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