

CAMPUS NEWS/FEATURES

Sweating Off The Stress

By Stephanie Douthit
ARGUS STAFF

In order to become successful in both the classroom and on the playing field, student-athletes must deal with the stress and pressure that accompany both roles.

"The pressure of being a student-athlete is juggling academics and athletics," said Winston-Salem State junior forward Jamal Durham. "Knowing that you have to keep up your grades is a lot of pressure."

Experts say prioritizing and time management are key factors in making college life more manageable and enjoyable.

Dr. Jaime Robbins, Human Performance and Sports Science Professor and Sports Psychology consultant, explained how to juggle both academics and athletics. Robbins said that athletes must first manage their time and decide what is important to them.

"Create a ranking system that allows you to decide what is important, whether it's athletics, academics or other extracurricular activities," she said.

Robbins suggests making "to-do" lists of tasks that must be completed before going to bed and tasks that one wants to do.

"Don't let things happen by chance, plan your day. Make time by planning using times and details, and check off the items

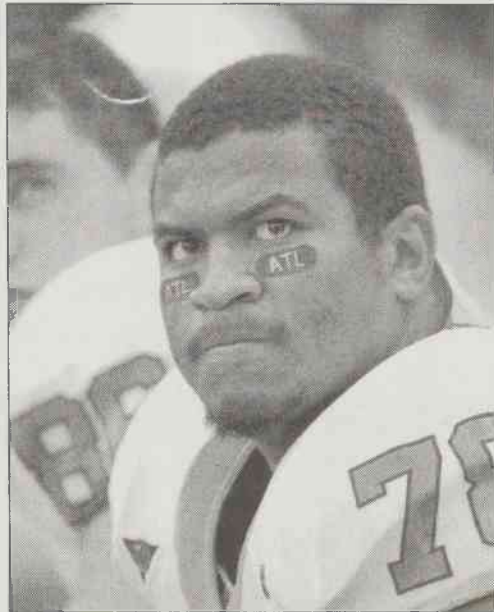


Photo courtesy of MCT Wire Service

Stress on the field can effect performance in the classroom.

you have completed," she said.

Robbins also suggested that student-athletes use stresses as excuses.

"Check yourself daily and do frequent self-evaluations," Robbins said. "Excuses just waste more time."

Student Spotlight—Coming In, Going Out

Freshman and senior share goals for this year

Charlene Wheeler
ARGUS STAFF

Kiara Ireland

Age: 18

Classification: Freshman

Major: Political Science

Hometown: Monroe, NC

Q: Why did you choose WSSU?

A: When I came here for open house, I really liked the environment. It just felt like home to me.

Q: What were some of your thoughts about the first week of school? And what activities did you enjoy?

A: It was harder than I expected. But I really enjoyed walking around campus getting to know people.

Q: What are some of the things you are looking forward to this year?

A: Homecoming, football games and intramural basketball.

Q: What do you want to accomplish this year?

A: Good grades of course.

Q: How is college different from high school and what transitions did you have to make to adjust?

A: I have more responsibilities. I'm not

used to getting up on my own or being on time for class. In high school you get more absentee days.

Patrick Jenkins

Age: 21

Classification: Senior

Major: Business Management

Hometown: NW Washington, D.C.

Q: What are some of the things that you look forward to this year?

A: Walking across that stage. I got to get out of here. I have been here long enough.

Q: What are some of the accomplishments you have made throughout your years in college?

A: Learning to play tennis.

Q: What are some negative traits that you still have since freshman year?

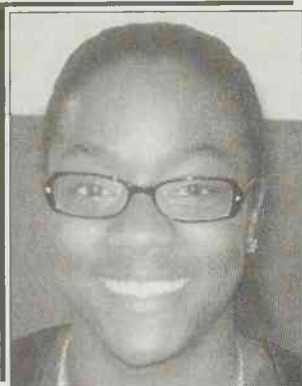
A: I still procrastinate a lot.

Q: What do you plan on doing once you graduate?

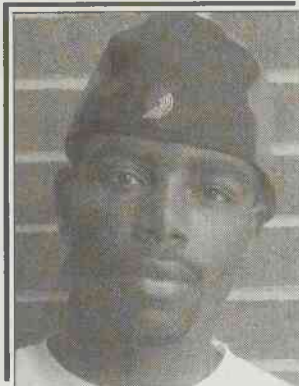
A: I want to be a real estate developer.

Q: What advice can you give the freshmen?

A: Stay on top of your work because college isn't easy. Be active, and watch out for that freshman 15.



KIARA IRELAND



PATRICK JENKINS

BACK in the DAY

Stephanie Douthit
ARGUS STAFF

50 YEARS AGO THIS WEEK

News of the World of Stamps; UN 1957 Stamp Plans—Caspary Collection. Output in Poland shows 1957 Gain; Rise of imports over 1956 after censure strikes. The World of Music: Orchestras; Ensembles in U.S. are preparing for a busy 1957-58 season. Tobacco decline in Dull Market; Cancer Study causes sell off—Average Eases Slightly.

Source: *The New York Times*, various months in 1957

35 YEARS AGO THIS WEEK

Textbook hailed on view of Negro; study says the role of Blacks is being treated fairly; for the first time, the role of the Negro in American history is being fairly and adequately treated in school textbooks in the country. Summary of Supreme Court Actions: Airport Noise, Criminal Law, Homosexuals, Police, Schools, Taxation, and many more topics. "The Godfather" now playing in a theater near you. Strawberry Hills Apartments, 1 bedroom \$200, 2 bedroom \$225. Syosset-Woodbury New Fairhaven Townhouse, 3.5 bedrooms from \$289.00. Harry Winston and the third largest diamond; ½ pound, larger than an egg, 968.9 carat uncut Star of Sierra Leone Diamond.

Source: *The New York Times*, October 1972

25 YEARS AGO THIS WEEK

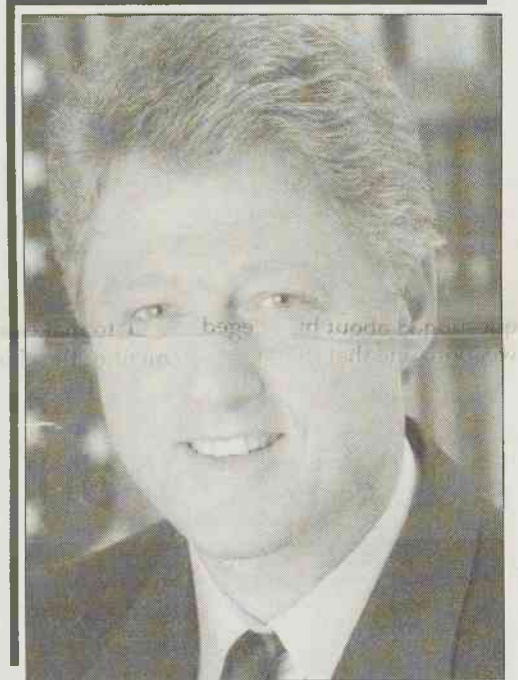
Free 3-D Portrait with purchase of Amazing 3-D book at Barnes and Noble. New Jobs Program: Comprehensive Employment and Training Act (CETA) trains chronically unemployed for private jobs. Ancient Papyrus a Riddle No More. Brewers and Cardinals Win League Championships. Cuts in military spending along with cuts in spending on social security is being considered by the Reagan administration to reduce federal deficit.

Source: *The New York Times*, Oct. 1982

12 YEARS AGO THIS WEEK

Nikita Williams Crowned Miss WSSU 1995-1996... Joe Duncan Mr. Ram 1995-1996. Heyward Bannister; liaison officer between the Secretary of Veteran Affairs and the Clinton White House was WSSU Founder's Day Convocation Speaker October 13 in K.R. Williams Auditorium. WSSU one of four universities in North Carolina and only one is northwest Piedmont region that offers physical therapy as major. "Cooking with Rico;" students submit recipes to share with readers, "make-you-want-to smack somebody" recipes. Resident Assistants recognized as dedicated mentors and students. WSSU Band under the direction of Emory Jones, WSSU alumnus. Columnist Vince Woody writes why should there be a Million Man March. Poetry Corner with Jhonnell Ridot, "Black Pride" and "Black Sheep"

Source: *The News Argus*, October 1995.



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