

Making the grade for your peak performance

By Robert J. Kriegel, Ph.D.

Editors note: Robert J. Kriegel, Ph.D. — best selling author, former All-American athlete, and mental coach for Olympic and world class athletes — lectures and consults with major corporations worldwide on peak performance, leadership and strategies for dealing with change. Kriegel recently took part in a national tour of college campuses sponsored by the makers of Nuprin Pain Reliever.

To remind you how to be a peak performance thinker, Kriegel and the makers of Nuprin have developed a "pocket coach" of tips for combating pressure and pain. For a free copy of the Nuprin Pain Relief Guide, write to Nuprin, P.O. Box 14160, Baltimore, MD 21268.

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. Your 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 worriers. 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 Amer-

ica, documented that more people 18-24 are likely to suffer stress and pain than any adult 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 can 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 ifs 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 Viet Nam 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. Then mentally list wins, accomplishments and qualifications that your course grades might not reflect.

Get into the habit of anticipating prior to any pressure situation, whether it's an exam, an interview, a date or a tennis serve. Make a "worry list" then change each worry (what if) to an anticipation (if... then). Leaving your worries behind by focusing on what you can control enables you to concentrate your energy and perform at peak levels.

Ethics in the '90's

By Holly Bradley

Dr. Glen Stassen, Professor of Ethics at the Southern Baptist Theological Seminary in Louisville, Kentucky will be a guest lecturer on campus February 25-28. He will be delivering a series of lectures on the theme, "Ethics in the '90's".

His visit is being jointly sponsored by the Department of Religion and Philosophy and the Office of the Chaplain. Be alert for the details of his visit.

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FEBRUARY SCHEDULE OF EVENTS

Feb 1	Musical - Sax	Daniel Hall	7:45 p.m.
Feb 14	Musical Entertainment	LSC	5:00 - 7:00 p.m.
Feb 17	Movie - Major League	RMH Auditorium	8:00 p.m.
Feb 21	Brave Night - Men's Basketball Chowan vs. Louisburg	Helm Center	7:30 p.m.
Feb 23	Movie - Lean On Me	RMH Auditorium	8:00 p.m.
Feb 24	Band - Dean Cambell & The Rap Kings	LSC	8:00 - 12:00 p.m.

*** All events are subject to change without notice. Please make note of all changes as they are posted. THANKS!!!

MEN'S BASKETBALL SCHEDULE

Feb. 2	North Greenville College	Home	7:30 p.m.
Feb. 3	Brevard College	Home	7:30 p.m.
Feb. 5	Craven Community College	New Bern, NC	7:30 p.m.
Feb. 9	Spartanburg Methodist College	Home	7:30 p.m.
Feb. 10	Anderson College	Home	7:30 p.m.
Feb. 14	Lenoir Community College	Kinston, NC	7:30 p.m.
Feb. 16	North Greenville College	Greenville, SC	7:30 p.m.
Feb. 17	Brevard College	Brevard, NC	7:30 p.m.
Feb. 21	Louisburg College	Home	7:30 p.m.
Feb. 24	Lees - McRae College	Home	3:00 p.m.
Feb. 28	Region X Tourney	TBA	TBA
March 1, 2, 3	Region X Tourney	TBA	TBA

WOMEN'S BASKETBALL SCHEDULE

Feb. 3	Brevard College	Home	2:00 p.m.
Feb. 7	Peace College	Raleigh, NC	7:00 p.m.
Feb. 11	Spartanburg Methodist College	Spartanburg, SC	2:00 p.m.
Feb. 16	North Greenville College	Home	7:00 p.m.
Feb. 17	Spartanburg Methodist College	Home	1:00 p.m.
Feb. 24	Lees - McRae College	Home	1:00 p.m.
March 1	Louisburg College	Home	6:00 p.m.
March 8, 9, 10	Region X Tourney	Home	TBA

WRESTLING SCHEDULE

Feb. 2, 3	Longwood Tournament	Farmville, VA
Feb. 5	Gardner Webb	Chowan, Murfreesboro
Feb. 10, 11	Mid - Atlantic Regionals	Wilkes, NC
Feb. 18 - 21	N.J.C.A.A. National Championship	Bismark, North Dakota



SPORTS UPDATE

(Continued from page 3.)

College December 1st and 2nd. The Braves will return home to the Helms Center Monday night, December 4th, hosting nationally ranked Allegany Community College from Cumberland Maryland. Tip off is set for 7:30 p.m.

It promises to be an exciting game between two traditional rivals. Chowan will conclude the first half of its schedule Wednesday, December 6th, entertaining Craven Community College in a key Carolina Junior Conference game.

Women's Basketball

The Lady Braves tipped off their season the weekend of November 17th, 18th, and 19th participating in the North Carolina Junior College Championship Tournament held at Peace College in Raleigh, NC. The opening game saw the Lady Braves losing to Louisburg Junior College, 94-73. Chowan was led by freshmen Lisa Kier with 12 points; Doris Kelly and Joyce Williams each chipped in 20 points. The following evening, Chowan dropped a heartbreaker to

Brevard College, 86 to 85, in overtime. Sophomore Bobbie Fluellyn led all scores with 24 points.

The Lady Braves head to the mountains of North Carolina December 2nd and 3rd in two Region X matches. Saturday, the Lady Bobcats of Lees McRae will provide the competition while Sunday the Lady Braves will be in Brevard, NC in a 2 p.m. game. The ladies will return home tuesday December 5th, hosting St. Pauls College in a 7 p.m. non-conference tilt.

Men's Wrestling

Head coach Jody Taylor's program is off to a great start. Chowan placed third in the Eastern Nationals in Norfolk, VA with heavyweight Melvin Crosby winning his division. Crosby defeated an NCAA All-American from N.C. State who is ranked second in the nation.

The weekend of November 9th and 10th, Chowan competed in the Pembroke Tournament in Pembroke, NC. The Braves placed eight wrestlers, led by heavyweight Melvin Crosby who won his four matches to win his

division. Saturday, November 18th, Chowan defeated Norfolk State, 38-6, and Chayney State, 35-10, in a dual match.

The Braves returned to the Helms Center Monday, November 20th, defeating the Shipbuilders of Newport News Apprentice School, 38-8. Chowan is undefeated in dual matches with a spotless 3-0 record. Coach Taylor will send his grapplers back into action November 29th in Wilkesboro, NC, taking on Wilkes and Gardner-Webb Colleges in a dual match.

Heroes Come in all Types

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LAKESIDE STUDENT CENTER

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12:00 - 6:00 PM

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8:00 a.m. - 5:00 p.m.
6:00 p.m. - 11:00 p.m.

Friday
8:00 a.m. - 5:00 p.m.

Saturday
2:00 p.m. - 5:00 p.m.

Sunday
2:00 p.m. - 5:00 p.m.
6:00 p.m. - 10:00 p.m.