

Books provide crash course in campus survival

Recent grads seek to use their experience to help college students adjust

The College Press Service

IOWA CITY--For 18-year-old freshman Sharon Monaghan, the adjustment to campus life at the University of Iowa has been close to trouble-free.

Except "I forgot my robe," she said. "I'd really like that." Also, she'd like a laundry bag.

The toughest part for her, she says, is getting used to the academic demands of college.

"It's a lot more work than high school," said Monaghan, who plans to major in biochemistry. "I feel like a dork. I come home, do work, and then I go to bed by nine. I'm just kind of waiting for the homework to pile on."

So far, she gets along well with her new roommate, and they've lofted their beds to squeeze a couch into their tiny dorm room. And she's not too homesick.

"You think about going home, but all your stuff is here," she explains.

Being away from home. Coping with studies. Dealing with roommates.

Those are just some of the concerns that nearly every incoming freshman has during the first few weeks on campus.

A number of publications--many written by recent grads--offer helpful tips on surviving campus life. They list tips on how to manage with the roommate from hell, how not to gain the "freshman 15," and how to keep in touch with Mom and Dad.

For instance, Joe Turton, a 1994 graduate of Denison University in Granville, Ohio, recently finished writing *My Freshman Manual: The Official College Handbook*.

At Denison, Turton was a psychology major and an athlete, and he describes himself as "someone who recently has been in the trenches and is willing to share these lessons with others."

"If I had known all the things I included in the book beforehand," Turton said, "I would have avoided many problems myself."

Here's his advice for college freshmen:

*Get a phone card for calling home. It will save you a lot of money, and you won't have an excuse for not calling the parents.

*Buy an alarm clock that

has a battery backup. The power always seems to go out in the middle of the night.

*Get to know the professors in your major department. Letters of recommendation are always useful when you are looking for a job.

Melanie Sponholz, a 1993 graduate of Drew University in Madison, N.J., and her husband, Joseph Sponholz, a 1994 grad of New York University, offer their advice to freshmen in *College Companion: Attaining Academic and Social Nirvana*.

The book, recently published by the Princeton Review, was written because "facing life in a pantry-sized dorm room with a total stranger might not be the easiest of situations," according to the authors.

First, the Sponholzes offer these tips for freshmen:

*Take care of money matters. Open a savings and checking account with a local bank, but shop around for the best fees. Some banks require students maintain minimum balances; others tack on charges for using automatic teller machine cards at machines not owned by the bank.

*Have a "ground rules" chat with your roommate. You'll each be glad you took the time to work out a plan to accommodate each other's study, sleeping, eating, and CD-blasting habits.

But, "don't be a dork about this," the Sponholzes warn. Instead of handing your roommate a typed list of suggestions, have lunch together and talk about how you both like to live.

Once a freshman has settled into classes and dorm life, a whole new set of problems can

arise, according to the authors.

Their tips are:

*If you have the roommate from hell, give it some time. During orientation week, you and your roommate may have spent 24 hours a day together. But once the school year is well underway, you'll most likely have separate classes and activities to give you some space. Soon, you'll meet other people and can hang out in their rooms.

"It's also important that you and your roommate talk about every problem as it occurs," the Sponholzes advise. "This way you'll avoid a bung of little arguments creating a huge blowout between you and your roommate." They note that sometimes, the situation is really bad. In the worst cases, your roommate might be a drug user or the resident sports bookie. That's the time to turn to your college's resident support staff.

"You don't have to handle every problem that arises during college life alone," the authors write. "When you feel that you legitimately need help in rectifying a serious problem, don't hesitate to go out and get it."

*To avoid the "freshman 15," don't linger over your meals with your friends; you'll just eat more than you really wanted. If you want to hang out for a while, defeat the munchies and get yourself something to drink. Entenmann's chocolate chip cookies for dinner is a bad thing. Don't keep tons of junk food in the room.

*Lock your dorm room. "When you're out, there's always the potential for some criminal moron to come into your room

and take your clothing, jewelry, money, etc.," the authors warn. "Theft on campus is not some rare occurrence. It happens all the time."

Also, for your own personal safety, lock your dorm room when you're in it.

*Use the buddy system. "Yeah, we know this is kind of silly, but it is safe," the Sponholzes write. Take someone with you, whether you're out jogging, studying, walking around campus late, going to a party on or off campus.

*To deal with stress, try writing down everything you need to do, then prioritize the list. And know your limits. If your list becomes 30 items long, maybe you should try cutting back on your extracurricular activities, or maybe there's a class you can drop and take another semester.

*Keep an open mind when it comes to your hometown honey.

"We're smart enough not to tell you what to do about your relationship," the Sponholzes write. "One thought, though: Follow your instincts, and keep an open mind."

In other words, if you fell like the romantic relationship that you're in is something you're ready to work hard to maintain, then go for it. But if you change your mind a few months down the road, then don't cling to your decision like a lifeline.

On a lighter note, the authors also fills the book with ways to host and crash parties.

"Don't let anyone tell you that having fun isn't one of the central purposes of going to college," they say.

SGA Highlights

The following are items of business discussed at the SGA meeting Sept. 16:

*New rollerblade policy: Students can rollerblade or skateboard on campus anywhere but on the track and in the road.

*The cafeteria hours have been moved forward to opening for lunch at 11:15 to better accommodate students.

*The food service committee consists of Jason Kemp, Eric Rhew, T.J. Rod, and Kim Frederick.

*Discussion on noise in front of the dorms: We need to look into a place for the students to go after visitation hours in the dorms.

*A committee to revise the constitution was set.

*Meeting was held with Dr. Hendricks on getting the tin gym to be used for the students and intramurals instead of for storage. He was optimistic about getting the gym but said it needs work.

*Want feedback from the students on the visitation policy. Put question on ballot: "How would you change visitation?"

a) 1 hour earlier, b) 1 hour later, c) other.

*Proposal to improve sanitary conditions in Cumberland & Sanford Halls. 1) install towel racks; 2) disposable toilet seat covers; 3) air freshener made available in dispensers.

*Meal plan: Is it a savings? *Posters to advertise meetings of committees discussed.

If you want to have SGA consider your concerns, contact the SGA president Leon Clark at extension 5785 or attend the SGA meetings held every Monday at 11 a.m. in the alumni dining room.

Deadline Oct. 2 for Job Fair '96 preregistration

Any senior interested in participating in interviews with companies at the Job Fair '96 must preregister by Oct. 2. The Job Fair '96 will be held on Nov. 19 at the Jane McKimmon Conference Center in Raleigh. In order to schedule interviews, you must submit your resume to Paula Miller in the Career Services Center.

For further information on registration or the Job Fair, contact the Career Services Office at 630-7279.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Intramurals - Tennis Begins Baseball vs. St. Andrews 2 & 4 pm Women's soccer vs. Limetone 4 pm 9 p.m.--FCA Meeting, Weaver Basement	2 Intramurals - Chess Tournament 11 am Chapel Services 6:30 pm Christian LYFE Council Meeting, Weaver Basement Volleyball vs. Averett 7 pm	3 8 p.m. Movie: <i>Phenomenon</i> , Student Union	4 11 am SAC Meeting 11 am "A Look at Modern Japan," Dr. Peter Murray T246 TBA: Alcohol & Drug Free Activity	5 9 a.m. SAC Car Wash, Pizza Hut Baseball vs. Pitt CC 11 am & 1:30 pm
6 Baseball vs. Southeastern 1 pm	7 Intramurals - 4-Man Coed Volleyball Sign-ups 11 am SGA Meeting 11 am Teacher Education Committee meeting T209 9 pm Campus Crusade, Weaver Basement	8 11am UPS Recruiter on campus, Berns Center Men's & Women's Tennis vs. High Point 2:30 pm 9 pm FCA, Weaver Basement	9 Intramurals - 8-Ball Tournament 11 am Chapel Services Baseball vs. Lenoir 3 pm	10 9:15 am Groundbreaking: Math & Computer Science Building 4 pm Men's Soccer vs. Chowan 7 pm Resumes That Get Results Workshop, DR #3	11 11 am Division Directors/Dept. Heads Meeting, Board Room 11 am SAC Meeting Women's Soccer vs. Nazareth 4 pm	12 Intramurals - Mountaineering
13	14 11am SGA Meeting Women's Soccer vs. Broughton Parker 7 pm	15 Volleyball vs. Ferrum 7 pm	16 Intramurals - Volleyball Begins 11am Chapel Services Men's Soccer vs. NC Wesleyan 4 pm 6:30 pm Christian LYFE Council, Weaver Basement	17 Intramurals - Nine-Ball Tournament 8 am Cape Fear Career Day, Charlie Rose Agri-Expo Center	18 Intramurals: Bowling Signups 11am SAC Meeting 11 am Curriculum Committee Meeting 11 am & 7 pm: Womack Lectures, Hensdale Chapel TBA Alcohol & Drug Free Activity	19 Cross-Country DIAC championship Football vs. Davidson 1:00 Men's Soccer vs. Johnson & Wales 3 pm Women's Soccer vs. Shenandoah 11am Homecoming Dance, Holiday Inn I-95
20	21 11am SGA Meeting 11 am Group Advising Meeting 8 pm Campus Crusade, Weaver Basement	22 Women's Soccer vs. Randolph Macon 4 pm Fayetteville Symphony Concert: "A Scottish Festival" 7:30 pm Reeves Auditorium 9 pm FCA, Weaver Basement	23 Intramurals - Pinball Tournament 11 am Chapel Services	24 Intramurals - Bowling Starts 8 pm Comedian: Buzz Sutherland, Student Union	25 11am SAC Meeting 11 am Faculty Meeting 8:15 pm Concert: Rebecca Penney; Reeves Auditorium	26 Football vs. Ferrum 1 pm Music Faculty Concert, Reeves Auditorium
27	28 11am SGA Meeting 11am Preministerial Fellowship, Campus Ministry Center 8 pm Campus Crusade, Weaver Basement	29 Intramurals - Backgammon Tournament 9 pm FCA, Weaver Basement	30 11am Founders' Day Celebration, Reeves Auditorium Men's Soccer vs. Campbell 3:30 pm	31 11:30 am Solo Artist: Barbara Hutchison NC Symphony Classical Concert: Brian Ganz, piano 8 p.m. Reeves Auditorium		

