

Good study habits relieve stress

By Dawn Melvin
Staff Writer

Final exams are on the way, and so is stress and last-minute studying for many college students.

One way to reduce these stressful situations is to develop good study habits. This can be accomplished by reviewing all notes after the lecture. Do not wait until the night before to start studying for the test.

"Students should have good study habits all year round, and they should not wait until the last minute to study," said Carolyn Bittle, Assistant Director at the Academic Resource Center.

Bittle, who provides tutoring services for Methodist College students, also said that they provide students with the services of professional tutors and peer tutors.

The professional tutors are people who have at least a bachelor's degree in the field in which they tutor. They keep regular hours in the Academic Resource Center from Monday

to Thursday from 9 a.m. to 5 p.m. and 6:30 p.m. to 9:30 p.m. and Friday from 9 a.m. to 1 p.m. Students may stop by at their convenience for tutoring assistance.

Professional tutoring is provided in the subject areas of accounting, business, economics, math, biology, chemistry, general science and English.

Peer tutoring consist mostly of upperclass students with at least a 3.5 grade point average who have been recommended by their professors. This is one-on-one tutoring in various subjects such as accounting, algebra, biology, business, calculus, chemistry, English, French, history, psychology, religion, sociology and Spanish.

"The peer tutors are usually willing to help tutor others," said Bittle.

For further information on the individualized tutoring services or to request a tutor, contact the Academic Support Services at 630-7151,

Studying tips for finals:

- Review all your notes and highlight sections of your text.
- Check recall of facts you must learn by reciting them aloud.
- Try to predict test questions. Prepare to answer those questions.
- Create learning aids. Use flashcards to learn technical terms and foreign language vocabulary.
- Eat and sleep well before the exam so that you're in top form.
- Try to relax.
- Read directions for the exam carefully.
- Answer the easy questions first. Then do the difficult ones.

These tips are proven useful when they are followed.

Debaters score big in competitions

Methodist was the only Division III school to win an award.

Submitted by John Humphreys

The Methodist College Debate Team has kicked off their 1997-98 season by collecting five trophies in their first three tournaments. Although the team has yet to capture a tournament championship, Director of Forensics John Humphreys believes that the team has gotten off to a strong start that serves notice to other schools that Methodist will be competitive this year.

The team started their season at Kings College in Wilkes-Barre, Penn., in late September. Of the 25 schools representing 14 different states, Methodist was only one of two Division III schools and the only Division III school to capture an award. Paired with a debater from George Mason University, junior varsity team member Alexis Parmenter qualified for the elimination rounds where they lost a close quarter final debate to a team from the US Naval Academy. Novice debaters Jason Masker, Susanne Graves, Daniel Charpentier and Gregg

Thomas also participated in the tournament, but failed to qualify for elimination rounds.

Their second tournament, held at the University of Richmond in mid-October, consisted of 26 schools representing 15 states. Methodist was again the only Division III school to collect an award. The novice team of Susanne Graves and Jason Masker qualified for the elimination rounds where they defeated the top-seeded team from Liberty University who had compiled a perfect 6-0 record prior to meeting Methodist. Graves and Masker then defeated the team from Duquesne University in the quarterfinals before losing a close semi-final debate to the US Naval Academy. The team of Charpentier and Thomas also qualified for the elimination rounds where they lost a split 2-1 decision to the team from Mary Washington University. The junior varsity team of Parmenter and Antwan Floyd also participated in the tournament, but failed to qualify for the elimination rounds.

In their final first semester outing at Liberty University in November, which consisted of 78 teams representing 23 schools from 12

states, Methodist again collected two awards in the Novice division. The team of Graves and Masker and the team of Charpentier and Thomas both qualified for the elimination rounds, where they were seeded against each other. Based on their preliminary round speaker points, the team of Charpentier and Thomas advanced to lose a close decision to the US Naval Academy. The team of Parmenter and Floyd also participated in the junior varsity division of the tournament, but failed to qualify for the elimination rounds.

The debate team is now preparing for the five tournaments they plan to attend in the second semester, culminating in their participation in the National Championship tournament in March to be held in Athens, GA. The topic for the year is Resolved: The US federal government should substantially increase its security assistance to one or more of the following Southeast Asian nations: Brunei Darussalam, Burma (Myanmar), Cambodia, Indonesia, Laos, Malaysia, Philippines, Singapore, Thailand, Vietnam. It has provided a wide breadth of research

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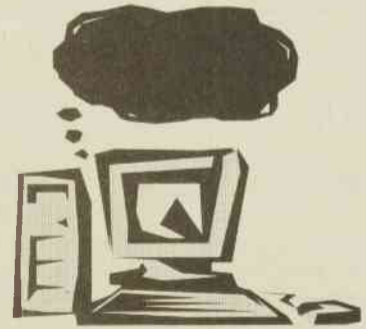
Research process not difficult, but but students need to plan ahead

By Alexandra Nulle-Dummer
Staff Writer

Writing research papers in college comes with the territory. The library is an obvious tool for students to use when in search of information. However, walking into a quiet building with stacks and stacks of books can be mind-boggling. Where do you start?

The database system in the library locates whatever subject matter you're looking for, whether it be in books or articles. Kim Hocking, library assistant, explains that this works by simply typing in search words for your subject. Then the database brings up "hits" that match the words. Dr. Michael Colonnese, English professor, says, "The great virtues of using a database are that one can search more than a single year's work simultaneously." He adds, "You can easily narrow or expand a search by the touch of a button."

The library contains several different databases. The Monarch Online Catalog and Proquest will access information from books, videos and CD-ROMs. The articles can be located at the MC library or other librar-



ies, both locally and nationally. If one of the articles you need are somewhere else in the country, they can be received through inter-library loan, which takes anywhere from a few days to a few weeks. So, it's better to start planning early.

Other than Monarch and Proquest, there is also an MLA database that searches for bibliographies and literature. The ERIC database searches for educational material, and Medline searches for medical topics. There are a few databases for criminal justice and both sports and physical education, too. There is even a database specifically for golf. Going on the Internet is also possible in the library using First Search, which will

give you access to an additional 50 databases.

Nowadays, most of us think of going to the Internet as a research tool because of its extensive variety. However, when asked how databases are more beneficial than getting on the Internet and attempting a search, Hocking answered, "Things that are on the Internet are published by anyone and so it's not necessarily good information. The database is a reliable source because it has to be edited."

Hocking says, "I think the most important thing to know is what you're looking for and what you're searching for." Searching in the proper database is of key importance. Hocking also wants students to be aware that databases do not give the full text of an article. She says, "It's a several-step process that requires the student to find the source and then go to it." If a student has trouble finding something, any librarian can help.

Library hours are Monday-Thursday 7:45am-10pm, Friday 8-5, Saturday 12-7, and Sunday 1-9.



Methodist students Latoya Hartley, Chad Dockery, Halldor Steingrimsen and wife Salvador, Christian Treney, and Alan Terrell navigate the rapids of the Nantahala River in October. (Photo courtesy of NOC Photo)

Mountains site of Monarchs' "excellent adventure"

By Amanda Fellers
Editor

From snorkeling to skiing to rock climbing, the Outdoor Adventure Club does it all.

Most recently, the club organized and sponsored a white water rafting trip. Fifteen students spent their fall break in the North Carolina mountains, rafting on the Nantahala River. In addition to rafting, the group camped out, hiked in the mountains, and visited local sites such as Indian reservations. Before reaching the mountains, they stopped at a Renaissance Fair near Charlotte, where they learned what it was like to live like kings and queens.

Mike Sinkovitz, advisor to the Outdoor Adventure Club, said the most exciting part of the trip was "taking people who've never been rafting on a rafting trip."

Although the Outdoor Adventure Club, which currently has 30 members, organizes and sponsors the trips, Sinkovitz stressed that the trips are open to everyone, not just the members of the club.

"We're looking to expand the club a little bit," Sinkovitz said. He encourages all students to get involved in the trips.

The club takes eight basic trips a year. Some of these trips include snorkeling, skiing, wind surfing, canoeing, rock climbing, back pack-

ing, and deep sea fishing.

The club will be taking its next trip in January. They'll be heading to the mountains near Boone, North Carolina for a five-day skiing trip. The trip will cost \$50 per person, which includes skiing, lodging, transportation, and one meal a day. Students should bring extra money to cover two meals a day. Students can sign up for the skiing trip in the CRIMP office, located in the Student Union.

For more information about the Outdoor Adventure Club or details about the upcoming skiing trip in January, contact Mike Sinkovitz at 630-7152 or stop by the Student Life office in the Student Union.

Paranormal experiences part of some college course offerings

By Colleen De Baise
College Press Service

Norman Remley, a Texas Christian University psychology professor, hands out more than a course syllabus on the first day of class.

He also offers a few lessons on the supernatural.

Standing in front of 25 students, he magically turns the dial of a compass using what he claims is the power of his brainwaves. Then he turns into a mind-reader as he guesses students' thoughts.

This is no ordinary class. It's the start of a semester-long course on paranormal activity, called "Parapsychology: Science or Pseudo-Science?"

Once viewed as unscholarly, courses in the supernatural are now

regular offerings at TCU and a host of other universities, including the University of Oregon and the University of Richmond. With a generation of students raised on movies and shows like Fox's *The X-Files*, classes in the paranormal have become increasingly popular on college campuses, say professors.

"Fifteen to 20 years ago, explaining away so-called paranormal activity was not on people's minds," Remley said. "It wasn't newsworthy. As a result of mass-media—*The X-Files* for example—a lot of people are interested in this."

The goal of the course, Remley says, is to teach students how to use critical thinking skills to explain the supernatural—everything from mind-reading and mental telepathy to tele-

kinesis and bending spoons.

As far as paranormal activity is concerned, the truth is out there, he says. Most of it, such as the techniques he uses on the first day of class, can be explained by science rather than little green men or psychic ability.

"Anyone can go to a magic store and pick up a book that tells you how to do them," he said. "They're all tricks."

The object of the class isn't to upset students by debunking their beliefs, but rather to teach them to think like scientists. "Just because they witness something they can't explain, some students are too easily convinced that whatever claims are being made are true," he said. "That

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The Pride staff wishes everyone a safe and happy holiday. We'll see you in January!