

# The Decree

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## College students cope with sleep deprivation

By CAMERON BATCHELOR

Exams — how do you cope with them?

Exam time can be a very stressful time for all college students, but upper classmen seem to handle it better than freshmen, due to experience. Upper classmen have been through exams before and know what kind of schedule works for them, while many freshmen are unsure. Yet many students make exams harder than they have to be.

To do well on exams, not only do students need to study but they also need to maintain good health. Eating a well-balanced diet, exercising, and getting enough sleep so that they feel rested in the morning are good ways to stay healthy.

Sleep deprivation is a large problem among college students. Many students do not get any sleep — or very little — for a number of days. Around exam time sleep habits are even worse. Students stay up around the clock trying to cram last-minute material the day or two before the exam, which is not good for retaining information for the student's health.

Not getting enough sleep can have many unwanted effects on a person. According to Nurse Stump, the biggest problem is that the immune level drops and a person is more likely to get sick. Other effects include blurred vision, slurred speech, irritability, and confusion. These are not the kinds of symptoms students should have to deal with while taking an exam. It will only decrease the chances of a good grade. But instead of getting more sleep to correct these problems, many students try to find other solutions which may cause more problems than they solve.

Nurse Stump said that many students take Vivarin, No-Dox, and other over-the-counter drugs to keep them awake. Many students said they have tried over-the-counter drugs

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## Student from Bolivia finds 'whole new world'

By DANIELA PINTO

"Wake up! Open your eyes! You are in a different country! The place is a country with a different language, a different culture, and different customs — a diverse country."

Being a Bolivian in the U.S. has really been a very radical change for me. We have had to get used to many new things and have had to go through the shock of experiencing a whole new world.

Bolivia is small, not very diverse (as is the U.S.), and in all aspects is considered a third world country. It is not very technologically advanced and is in the process of growing and stretching foreign relations.

Housing is very different in Bolivia. Most houses are tiny, with large patios, pools, and built-in residential areas, which is unlike the U.S. Being rich is not what matters. What really matters is just owning a house.

Housekeeping is very different too. In Bolivia almost every-

body has maids, night watchmen, gardeners, pool men, and cooks. It is no luxury to have people working for you 24 hours a day for not a high salary. Usually these people are poor and make their living out of it.

For that reason it is very difficult for us to get used to the living here, for we hardly ever did anything at home. Our parents raised us with the common knowledge of how to do our housekeeping, but maids were paid to do it for us. We had never done our laundries, cleaned our rooms, or made our beds before; we always had someone do it for us. Therefore coming to college has been challenging for us both in academics, as well as in everyday living.

Young people in Bolivia don't usually work, as they do here, until they have at least graduated from college. For us summer means party time, a time to spend with our friends or maybe even to travel around. We find it very impressive to see young men and women at the workplace. Work-

ing is something Bolivians think all should do for intellectual growth.

Also, young ones live with their parents and siblings for as long as they can, and parents are responsible for everything they need. This usually happens until one gets married, but there are cases where even after you are married, you live with your family and are helped by them economically.

There is no such thing as homosexuality back in Bolivia. Obviously this goes on there too, but it is definitely unaccepted and never made public. People are much more conservative and close minded about these kinds of subjects. For example, sex is another subject. There is little sexual education in school and sex talks in families are very rarely heard, for it is something forbidden before marriage. This, as a consequence, makes relationships different from those commonly seen in the U.S. People

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## 'Sexual etiquette' gives students practical guidelines for behavior

By BETTY ANNE WHISNANT

"A college junior returned to school after summer break. At the end of the previous spring semester, she and her boyfriend had broken up and she had not seen him since. She had not wanted their relationship to include sexual intercourse.

"After their reunion on campus, he wanted to renew their relationship, but she was ambivalent. They went to her room to talk. He became aggressive, removing her shirt, tearing other clothes. He forced himself on her. She did not scream for help, but she felt she had been raped."

No, this did not happen at

Wesleyan, but similar incidents have occurred here and at colleges everywhere. When we don't communicate our sexual intentions clearly with decorum and grace, everyone loses. He knew what he wanted, she knew what she didn't want, but when all was said and one, the encounter was messy, ugly, and probably produced a lot of unhappiness. Social manners were invented to avoid social problems, so maybe there is a need for Sexual Etiquette.

In fact, this need has been recognized by health educators, and a small book, *Sexual Etiquette 101* by Hatcher et al (Bridging the Gap, 1993) is now available. Part

One specifically outlines the "10 Rules of Sexual Etiquette" as written by Deborah Cates of the College of William and Mary. Other parts of the book discuss contraception, both planned and for emergencies, STD's, university health services, human sexuality, etc.

Cates makes practical guidelines to promote thoughtfulness and respect come alive by using anonymous vignettes to illustrate the consequences, like the one cited at the beginning of this article. At the same time, ten rules are a lot to remember. It seems to me that three might be easier and

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