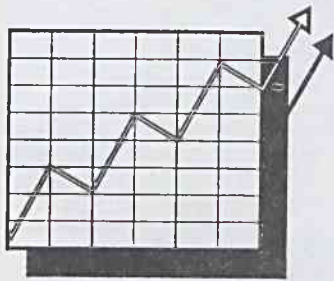


Trends, Policies, and Research



Poor Grades Linked to Alcohol Use By College Students

Students who reported D and F grade point averages consumed an average of 11 alcoholic drinks per week, while those who earned mostly A's consumed only three drinks per week, according to a recent survey of 56,000 college students.

The survey, "Alcohol and Drugs on American College Campuses: A Report to College Presidents," was conducted by researchers from Southern Illinois University at Carbondale (SIUC) and the College of William and Mary in Virginia. It is the largest survey ever of college drinking habits and their consequences.

the co-author of the study said that this clarification ensured reliable self-reporting by students. "We defined what alcohol was because if you asked students if they drink alcohol, some would say, 'No, I just drink beer,'" said Cheryl A. Presley, a department director of SIUC's Student Health Program.

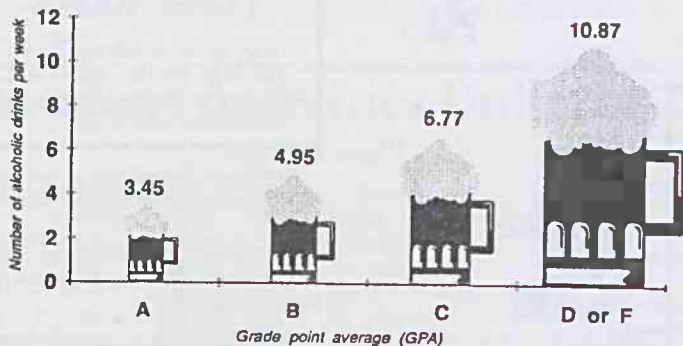
Other findings include:

- 42 percent of students reported binge drinking in the 2 weeks prior to the survey.

- 36 percent of students reported driving while intoxicated. When this percentage is applied to the entire college student population, this translates into roughly 20,000 students, or the enrollment of an entire university, who may die in alcohol-related car crashes each year.

At a Washington, DC, press event to release the survey findings, Congressman Glenn Poshard (D-IL), who co-hosted the conference with Congressman Herb Bateman (R-VA), stated, "The relationship between academic achievement and alcohol use is reason enough for us to confront this problem. But when we add the

Average Number of Drinks Per Week by GPA



The survey also showed that drinking is more pervasive at small schools than at bigger ones. Students at schools with enrollments of less than 2,500 consume nearly seven drinks per week; students at schools with enrollments of 20,000 or more average four and a half drinks per week.

Defining a drink as "a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink,"

connection of binge drinking, property damage, and crimes against people, we move to a higher level of concern. College and university campuses should be safe places for people to live, work, and study."

For more information about drug abuse issues and prevention, contact Cathy Amas, Counseling Center, Room 234.

Fruit or Veggie?

Everyone eats (or should eat) salads with such goodies as lettuce, tomatoes, cucumbers, radishes, etc.

Eaten together, one would think all are vegetables.

Not so.

Tomatoes and cucumbers are fruits; lettuce and radishes, vegetables.

Among other fruits mistakenly believed to be vegetables are squash,

beans, eggplant, sweet corn and peppers. Something is a fruit if it results from cross-pollinated flowers.

Vegetables grow from seeds, either below the ground like beets, carrots and potatoes, or above ground like asparagus, celery, spinach and so on.

No, neither fruits nor veggies grow in cans.

Free Tutoring

Students Are Urged To Take Advantage of Free Tutoring

Free tutoring is offered through Student Support Services, located in Daniel Hall. It is very easy to sign up for a tutor. A student can walk into the office, complete the application and be scheduled for a tutor session in the same week. In most cases a tutor can begin helping a student the very next day!

Tutors will work with your instructor to determine the material that needs to be emphasized in tutor sessions.

To schedule an appointment to discuss tutoring, please call Dr. Barbara Holt, Director, at 651-8753, or Darlene Milstead, Secretary, at 651-8751.

He Brought Things To Light

All the electric lights in the world began with the bulb invented by Thomas Alva Edison, born February 11, 1847.

Three days before Edison started the 40-hour test on his first successful incandescent lamp in 1879, he boastfully declared to Charles Batchelor, his model maker and chief mechanic: "Batch, we will perfect a lamp before we sleep or die in the attempt."

Although he would work through the night on some experiment or other, he never appeared to be in a hurry. None of his associates ever found him out of breath. Putting off until tomorrow was an unknown practice to Edison. As he said, "There is no substitute for hard work. Genius is one per cent inspiration and ninety-nine per cent perspiration."

It took a lot of work each day and a multitude of bright ideas to "let there be light" — artificially.

Feeling #312

When the other person acts that way, he's ugly . . .

When you do it, it's nerves.

When she's set in her ways, she's obstinate . . .

When you are, it's just firmness.

When he doesn't like your friends, he's prejudiced . . .

When you don't like his, you're showing good judgment.

When she tries to be accommodating, she's apple-polishing . . .

When you do it, you're using tact.

When he takes time to do things, he's dead slow . . .

When you take ages, you are deliberate.

When she picks flaws, she's cranky . . .

When you do it, you're discriminating.

Anonymous

Discover Career Possibilities

Student Support Services has recently purchased Discover — a computer-based career information system which is designed to meet the career and educational planning needs of students. Using a step-by-step approach, Discover leads students on an entire career journey. The steps of this career exploration process include the following:

- **Step 1. Learn how occupations can be organized and explored:** Since there are more than 12,000 different occupations, it is necessary to learn how they can be grouped and organized.

- **Step 2. Learn about yourself:** In order to make good career decisions, you must understand your interests, abilities, experiences and values.

- **Step 3. Find occupations which relate to what you have learned about yourself:** Once you know your interests, abilities, experiences and values, you can find out which of the 12,000+ occupations require them.

- **Step 4. Learn a lot about these occupations and shorten the list by comparing them:** After finding some likely occupations, you need to get a lot of information about each one — especially about the work tasks, employment outlook, training and income.

- **Step 5. Make decisions about your educational plans:** Your selection of courses, majors, and possible kinds of training should be made on the basis of your selected occupations.

- **Step 6. Select a place to go to school or work:** Depending upon the occupations you have selected, you will either be making plans to go on to school or to get a job. So, this step involves selecting specific schools for continuing your education, or learning and using good job-seeking skills.

For more information about career planning or to make an appointment to use Discover, see Kim Ethier, Student Support Services College Transfer Counselor, Rm. 106, Daniel Hall.

This Is A Recording

The computer had been programmed to dial for assistance if one of its many thingmabobs malfunctioned.

Something did; the computer called. In fact, the computer called every 15 minutes — just as it had been programmed to do.

Unfortunately, that number reached another machine and it kept saying this every 15 minutes: "The number you have called has been changed. The new number is 744-7691. Please make a note of it." Click.