

# MEREDITH HERALD

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## Stress spells distress at end of fall semester

*Counseling Center offers tips to get through finals*

December is one of the most stressful months of the year for college students. Academic pressures are rising as the semester comes to its hair-raising climax! As final exams, projects and papers approach, so do anxiety, fear, depression and guilt. With the end of the semester often comes a depletion of funds, and it occurs to you that you've hardly begun your holiday shopping. The holiday season itself can bring on a whole set of stressors. Seasonal parties and community and church responsibilities create additional social demands. Many will experience the "holiday blues" related to family conflicts, losses and separation.

Stress is the physical and psychological response of the body as it attempts to deal with internal and external demands perceived to be threatening or dangerous. There is good stress

and bad stress. Physiological responses of the body, such as increased heart and breathing rates and flow of hormones, prepare us to act in response to stressors. In this way stress can help us in meeting physical challenges, solving problems and reaching goals. However, ongoing exposure to threatening situations triggers a continued dependence on the adrenaline

surge, making us feel that we're in a chronic state of "fight or flight."

Recognizing and eliminating the stressors in life is the best way to protect ourselves from the mental and

physical wear-and-tear that stress causes. The causes of stress are varied and can change rapidly. Some of the most common stressors are those created out of personal demands we place

on ourselves, such as perfectionism, control, passivity, impatience and rigidity. Often these traits turn into external pressures, for instance when we are not

able to be assertive about saying "no," then become stressed by being over-committed. Similarly, by acting out a need to please others, we may end up feeling frustrated or unsatisfied. A

counselor can help you identify personality/behavior patterns which may be contributing to increased stress and poor management.

Once you've recognized the stressors in your life, you can learn to monitor your response to stress. Listen to your body and the warning signals it's trying to send you. Allow some time for quiet and relaxation. Take care of your body with regular meals, sleep and exercise. The Counseling Center can assist you in learning to set healthy limits for yourself through acquiring skills in time management, problem-solving, prioritizing and relaxation. Confidence and a strong sense of self are essential in stress management. Building self-esteem through self-nurturing and by learning to eliminate negative self-talk, are further ways to reduce the impact of stress in your life.

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## Music professor delivers lecture

by Addie Tschamler

Dr. James Fogle, from the Department of Music, Speech, and Theater, presented the Faculty Distinguished Lecture Monday night, November 22, in Jones Auditorium. Dr. Fogle received a Bachelor of Arts degree from Elon College and continued into graduate school at the University of North Carolina at Chapel Hill where he earned his Master of Arts degree and Doctor of Philosophy. Dr. Fogle instructs piano lessons, courses in music history and literature, and directs the music graduate program at Meredith. He also gives lectures throughout North Carolina on a regular basis.

"Reach for the sky!" Fogle proclaimed as he began his lecture and "journey into the romantic imaginations of E.T.A. Hoffmann and Robert Schumann." Fogle presented

Hoffmann, musician and writer, and Schumann, musician, parallel to one another in "imagery and mood." He began the journey with a vivid description of Johannes Kreisler, a character created by Hoffmann. As music filled the room the audience was encouraged to "reach beyond the boundaries of this hall, beyond the boundaries of your life, into the heavens." Fogle touched base with such imagery and symbolism of music from Kriesteriana, and Kater Murr, describing them in comparison with Hoffmann's essays.

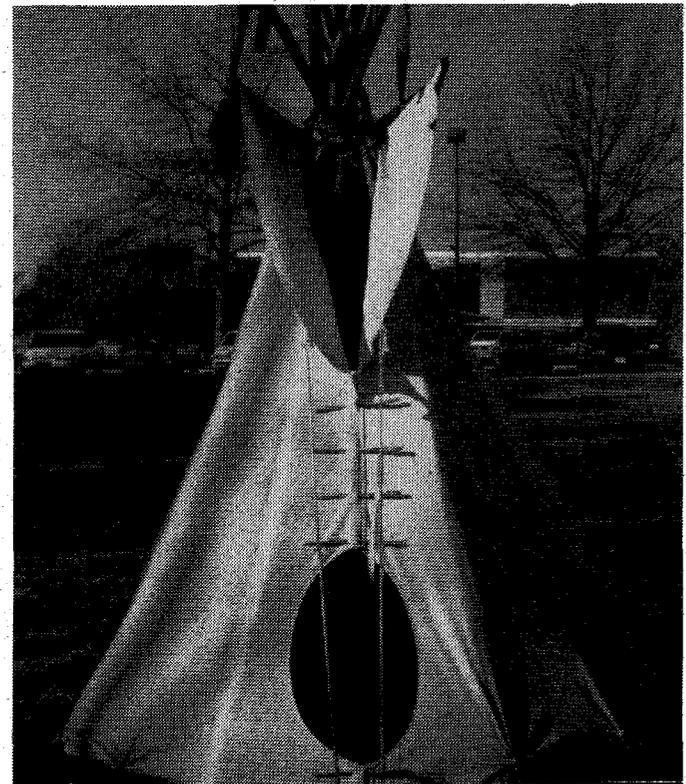
A very poetic and descriptive summarization flowed with each topic of consideration in Fogle's lecture. From "Kreisler's Tom-Cat Murr's Existential Feelings," through "the mysteri-

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**see LECTURE page seven**

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## Tribal Life comes to Meredith



The Native American History class put this teepee up the week before Thanksgiving in conjunction with their study of the Plains Indians.