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End of semester brings added stress to campus

by Kimberly Zucker

A few common attributes have taken over students at Meredith; red eyes, sleepy faces and bad moods. All of these are due to one word — stress.

Finals are coming, the semester is ending, and it is the time to cram. Each student is waiting impatiently for the stress of exams and the semester to end.

While we cannot avoid taking these finals, there are certain things that we can do to help to ease all this stress.

The first step is realizing that we are suffering from stress. Some signs to look for are eye pain, fingernail biting, pale skin, agitation, irritability and weakness. Once we realize the signs, Beth Meiers in the counseling center gave some advice for stress sufferers. She believes that it is always helpful to find someone to talk to when extremely stressed. The counseling center is open every day from 8 a.m. until 5 p.m., and she said she would be happy to make appointments at night.

If studying is too hard to do in the dorms, there is a get away place in the

counseling center filled with comfortable chairs and couches.

Meiers also gave several brochures

start off is writing down all that must be accomplished for the day and mark off each item as soon as it is completed



photo by Laura Ross

Lately, students spend their hours hitting the books instead of hitting the town. Today is the last day of classes, but the stress has only just begun to increase.

on test anxiety, overcoming procrastination, and stress management.

There are a lot of little things that can be done each day to avoid stress. Meiers believes that good organization is the key. She said a good way to

which will give a feeling of accomplishment.

"A big problem is students worry too much about what they haven't gotten done. Instead they should reflect on what they have accomplished and

be proud of themselves," Meiers said

She said a huge part of relieving stress is staying around positive people and trying to keep a positive attitude as well.

Another problem Meiers cited is that we neglect ourselves. Usually during exams we do not eat well or get enough sleep, but a balanced diet and a good night's rest will help to keep our spirits up during our most stressful times, she recommended.

Another thing students tend to neglect is a little time for fun, she said. Taking brisk walks, eating dinner with our friends, or watching television for 15 minutes can be used as rewards, she said. Students often put too much pressure on themselves, and do not reward themselves for what they do accomplish, she said.

With exams rapidly approaching, students should remember to take

STRESS
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Keeping the peace is the real test during exams

by Ashley Peay

With exams right around the corner, most college students are just about ready to kill someone. The most sensible and convenient choice is usually your roommate.

When you live with someone in a 9' x 14' box for almost four months, you think that you



Holly and Ashley stick together through the good times and the bad times (even through exams).

pretty much have one another figured out until exams roll around, and you then realize that you are not quite as close as you thought. Silence fills a lot of rooms as best friends stop speaking to one another. How do roommates

cope with this stress without being charged for murder in the end?

My roommate, Holly, and I met at an Open Day at Meredith our senior year of high school, and within five minutes (without having even been accepted yet), we suggested living together during the upcoming

year. We exchanged addresses and corresponded throughout the next year, but did not see each other again until moving day.

Throughout the first semester we lived together, but not very closely.

Before we knew it, exams were here and the semester was coming to a close. Our first college exam was Biology. The first procrastination strategy (you all know exactly what I'm referring to) was to rearrange our furniture. Once we had agreed on where to place the computer (this was about 2 a.m.), it was time for a Waffle House run. By 3:30 a.m., we were seated across from each other at our desk and calling out old tests. (In order to do well though, I would not recommend that you try this strategy.) The next hour rolled around, the tests were memorized (and I stress the word "memorized"), and it was time for bed. For some reason (I have no idea why), I have a hard time remembering how well either of us did on this exam, or how well we did in the class for that matter, but I can honestly say that I will never forget our time spent together throughout that entire week.

Two and a half years later, Holly and I are still together, and, yes, it's that wonderful time again. About a month ago, Holly looked at me and said, "I can't wait for exam week, that's my favorite time because we don't do anything." I don't want everyone to think that Holly and I really don't study, but as I thought about her statement, I realized that these two weeks probably are my favorite also. We definitely learned from our freshman experience that if we don't do extremely well on exams that the sun will rise in the morning and that we will still be best friends. So, freshmen (and upper classmen as well), take our advice and don't let stress get in the way of something that will be around long after exam grades have been turned in. Take time to study, but more importantly, make time for each other and for memories that will last a lifetime.