

Question of the Week:

Do you have any tips on stress management ?

compiled by Jetson



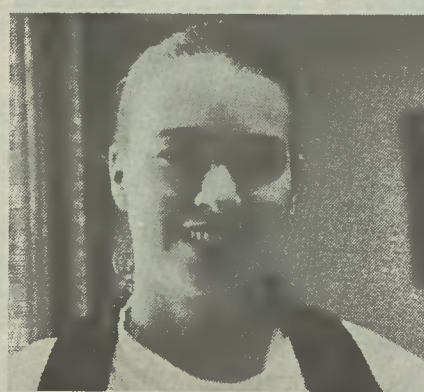
Kristen Tyvoll
junior

"I take a long bath and give myself a facial."



Erica Balmer
sophomore

"I usually take a break to write and send my parents a letter on the computer."



Amy Woodard
freshman

"I do cartwheels down my hall."



Jessica Smith
freshman

"I advise people to make a schedule for themselves and take time for breaks."



Stephanie Dean
sophomore

"It helps to learn to know the things you can change and the things you can't change, then only worry about the things you can change."



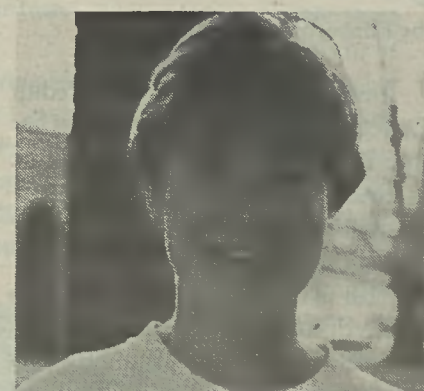
Traci Andrews
freshman

"I enjoy changing my answering machine messages and procrastinating."



Amy Everett
freshman

"I advise doing your nails and going grocery shopping."



Shannon Peterson
freshman

"When I get to the point where I can't take anything anymore, I have to go buy myself something."

Leadership Awards Day

Come out and support your leaders!

Monday, April 24

10 a.m.

Jones Auditorium

Reception to follow in Johnson Hall

Assertiveness: More than just saying NO

Responsible assertion means being able to express your feelings, make free choices, and meet more of your personal needs without experiencing undue guilt or anxiety and without violating the rights and dignity of others.

I invite parents, roommates, peers and associates to attend a seminar on how to become more assertive.

April 18, noon-1 p.m., Dogwood A
Latecomers welcome. Bring a lunch.