

How To Keep Calm During Tests

William C. Hale, Ph.D.

Research has shown that a little stress or anxiety is a good thing when we need to be on our toes for things like performances or exams. However, when we are too stressed in. Don't go without sleep the night before (though 4 or 5 hours may be enough.) Stop studying an hour or so before the test and relax and compose yourself.

KNOW TIME AND PLACE of the test and what you need to bring. Be on time, neither too early nor too late, with blue books or supplies. Don't rush.

DON'T TALK ABOUT THE TEST with classmates immediately beforehand, if you know it raises your anxiety level. To do so may nourish group paranoia.

DEVELOP AN AGGRESSIVE, YET REALISTIC ATTITUDE. Approach the test vigorously determined that you will do your best; but also accept the limits of what you know at the moment. Use everything you know to do well; but don't blame yourself for what you don't know.

ACTIVITY REDUCES ANXIETY. If you go blank and can't think of anything to write, go on to another question or another part of



the test. On an essay, jot down anything you can recall on scratch paper to stimulate your memory and get your mind working.

RELAX YOURSELF PHYSICALLY during the test, if you notice that you are not thinking well or are tight. Pause, lay your test aside, and take several slow, deep breaths. Concentrate on your breathing. Do this if you notice that you are worrying excessively about one problem, not reading carefully, forgetting information you know.

PAY ATTENTION TO THE TEST, not to yourself or others. Don't waste time worrying,

doubting yourself, wondering how other people are doing, blaming yourself, etc. Don't worry about what you should have done; pay attention to what you can do now.

For more information on managing your stress during tests, check out <http://www.sdc.uwo.ca/learning/mcanx.html> or <http://www.counsel.ufl.edu/selfHelp/testAnxiety.asp>

Study Help!!

The staff of Educational Support Services are available any time during finals week to help you. If you are struggling with last-minute time management strategies or with preparation for a specific exam, call 368-5230 to arrange an appointment to see an ESS staff member. They will listen to your concerns and help you design your best approach to handling your test preparation. For study and time management tips, visit <http://ess/onepg/>.



Thwing Study-Over

Burned out on studying? Need a break, help from a tutor, a massage, tips on time management, stress management and some munchies? Come to Thwing on Tuesday, April 27 starting at 6:00pm. until 3:00am. Call the Student Activities Office at 368-2679 for schedule and details.

Knitting and Stress Reduction

Joy G. Willmott, LISW, CCDC-III-E

(Yes - We're Serious!)

"Through the gate, catch the sheep// Back you go, and off you leap!" That poem is how my grandmother taught me to knit at a very young age. In college knitting was an important stress reliever. Knitting as a stress reducer is on the rise in this country. Today 38 million people, both men and women, know how to knit according to the Craft Yarn Council. This number is an increase by 4 million since 1998. Along with Yoga, Tai Chi and other relaxation programs, knitting has been proven to reduce stress. It takes some time to learn, but it can be very beneficial in helping you focus and relax.

For more information about knitting as a stress reducer, visit the Wellness Junction at www.wellnessjunction.com/athome/stress/0324news.htm.

For more information about knitting in general, visit and www.craftyarncouncil.com.



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Running: Its Circle of Benefits

Kathy Lanese, B.S., Cross Country/Track & Field Coach, Phys. Ed. & Athletics Department

Running: Its Circle of Benefits

Kathy Lanese, B.S.



Running provides benefits at a higher intensity than most types of exercise. The beauty of running is that it is a well-rounded form of exercise that benefits a wide range of muscles inside and out. Most muscles of the body are incorporated in a daily run which includes the greatest muscle of all: the heart. Here are just a few benefits of running.

Physical

Runners, who run on a consistent basis, benefit from a lowered mortality rate and a decrease in the incidence of heart disease. (www.runnersworld.com/home/0,1300,1-51-55-236,FF.html?site=RunnersWorld) Did you know that running only one mile is equivalent to biking about four to five miles? Now, get off that stationary bicycle and lace up those running shoes and enjoy the intense benefits of running!

Psychological

Fact: Running is good for your mental health. Running can decrease stress, increase happiness and increase your spiritual well being. Running creates a great platform to help forget what troubles you have in the office or home. Plus, with spring here it's a great time to get out and enjoy the aesthetic qualities of the great outdoors!

(<http://running.about.com/gi/dynamic/offsite.htm?site=http%3A%2F%2Fwww.georgesheehan.com%2Fessays%2F>)

Running Resources

The great incentive about running is that you can participate with limited resources. A pair of shoes, some weather appropriate clothing, some pre-and post-run hydration (good ole' water), grass, pavement or trails and you're in the running loop. The greatest expense for most runners is their shoes, which I suggest should be replaced about every 400 miles. There are many ways to log those miles for your shoe replacement but my favorite is on www.running-log.com. It is a logging system that automatically logs your miles for each pair of shoes you may run in. It's free too!

How to Get Started

There are many starter programs to follow but the key is to start slow or your running may come to a halt. You may incorporate an alternating walk/jog in the beginning. Here are two different plans that instruct on many of the same helpful concepts:

- www.halhighdon.com/beginrunner/plan.htm
- www.teamoregon.com/publications/begwk1.html

A great way to be consistent in your commitment to running is to find a training partner. Knowing you have to commit to someone, a meeting place and a specific time is a sure way to keep you on the roads.

Happy Trails!



Talk To Us!

For more information or if you would like to see a specific topic presented in this newsletter, please email william.hale@case.edu

For any other questions or comments, please e-mail Collegiate Behavioral Health at mind-body@case.edu

Collegiate Behavioral Health
Health Services, 2nd Floor, 2145
Adelbert Road
216-368-2510

Monday - Friday, 8:30 - 4:30

University Counseling Services
Sears 201, 216-368-5872
Monday - Friday, 8:30 - 5:00

New Housing Options

We are very excited about two new housing options for our undergraduate students starting in the Fall 2004 semester. The Recovery House and The Case Wellness Community House will provide distinct choices for students who may wish to reside in alternative housing options.

Recovery House Murray Hill Road

A new, alternative, apartment-style housing option available in August, 2004 for Case students who want to reside in a substance-free, recovery-based house. Open to eligible undergraduate (& graduate) students at Case, CIA & CIM. This initiative at Case is new and virtually unparalleled by other universities. In a 2003 survey of over 250 College Counseling Center Directors, only Rutgers, Grand Valley State & Texas Tech University were cited as providing a similar housing option for their students. Our Recovery House will assist resident students in developing a focus on healthy life skills while remaining free of alcohol and other drugs.

Interested students can contact UCS, 201 Sears Library or email Mind-Body@case.edu

Recovery House is a two-unit, apartment-house for six residents and a graduate resident director.

Case Wellness Community House second floor Clarke Tower

Tired of never having the time to act on your creative urges and lifetime passions? The 2nd floor of Clarke Tower will provide a unique living environment in 2004-05 where residents will have the resources to complete a special interest lifetime goal. Mentors, programs and resources will be available to help residents accomplish their lifetime goal. Requirements: Must be a current Case student and have completed your online housing contract for 2004-05. Be willing to live on the 2nd floor of Clarke Tower and agree to develop a Vision Project and participate in community dinners, events and activities. Interested students should contact Housing & Residence Life at 368-3780.



Center for Collegiate Behavioral Health Mission Statement

The Center for Collegiate Behavioral Health promotes a university environment dedicated to the development of healthy life practices.