



CASE

CASE WESTERN RESERVE UNIVERSITY

Benefits of Sleep

By Alicia Endres, Phi Mu

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The Academia

Every year a new class arrives at Case, fresh from high school, and anxious to participate in everything collegiate. By everything collegiate, sleep deprivation must be included. Colleges across America face this ongoing threat to the health and success of their students, but very few institutions are doing anything about it. Professors are assigning homework and scheduling tests in the same weeks, and students are staying awake until 4, 5, and 6 a.m. the morning of their exams.

Unfortunately, there is little that the administration can do about this chronic problem, because the responsibility to fulfill personal needs rests on the student alone. Therefore, students may want to take a second look at how much campus involvement they take on, and sacrifice something less important in order to make time for a good night's sleep—every night.

Studies at Stanford University advocate sleep learning for the entering class. This may seem to be a far cry from the very basic sleep deprivation of the average student, but they provide ample evidence that learning and understanding the more distant consequences of college habits may further motivate students to treasure sleep.

Freshmen at Texas A&M University are often taken for surprise, scheduling morning classes using the logic that a 9:30 a.m. class is actually later in the day than High School began. A good rule of thumb to avoid first semester exhaustion is to gauge the average natural waking time in High School and add thirty minutes to an hour, and attempting not to schedule first classes before that time. Some people will still be morning folks, and more power to them, but the majority of first-year students will need the extra rest due to nocturnal study sessions and social outings.

Although there is no cure for the deprivation that nearly all freshmen (and upperclassmen) will experience, there are ways to minimize the mid-class naps and the mid-semester burn-outs. Take care of your body, maintaining a moderate exercise regiment throughout the year and sticking to a reasonable diet. Try to stay away from caffeinated beverages after 6 or 7 p.m. Schedule a time each night when you would like to go to bed, and stick as close to that time every night as you can. Most importantly, make your place of rest a comfortable haven for your exhausted, informed, and learned body!

The Importance of Study Habits in Academia

By Ben Hugon, Sigma Nu

The way to succeed in academia is not solely by going to class, taking notes, studying and listening to professors. Almost everyone at some time during their college years will have a class that will take much more effort. It is sometimes how far you're willing to push yourself in these difficult courses that will determine whether or not you will succeed in general academia, not your level of intelligence.

There are many opportunities for outside help when you are in a class that is horribly difficult. Professor's office hours are one example. Others include Tutoring by Appointment, Teachers Assistants in most classes, and Learning Assistants in your dorm. Often a professor will have a website related to the course with links to sites that could be helpful for you if you're confused. Also, help can be found in the form of your classmates.

Starting or joining a study group is a good way to make sure that you're keeping up with the pace of a course and on top of things. It will be easier to have disciplined study tactics in a group as well.

Whether or not you will succeed could also depend on factors not always associated with academics. These are intangibles that experts say help students immensely but that college kids refuse to admit affect them in any way. These are such ridiculous notions as getting the proper amount of sleep at night, eating healthily, and exercising regularly. Eating breakfast the morning of a test is an example of common sense that most of us ignore.

Many people will succeed in academia even though they ignore most or all of these suggestions. We are not all as fortunate as they. Take advantage of the opportunities for help available, remember the intangibles and do not forget the importance of relaxing while in college.

Fall 2003 Grades

3.515	PHI MU
3.496	SIGMA NU
3.466	PHI KAPPA TAU
3.396	DELTA GAMMA
3.384	ALPHA EPSILON PI
3.320	ALL SORORITY
3.320	ALL WOMEN
3.295	DELTA TAU DELTA
3.295	PHI SIGMA RHO
3.260	SIGMA PSI
3.258	ALPHA PHI
3.239	SIGMA PHI EPSILON
3.230	ALL UNDERGRADUATE
3.219	SIGMA ALPHA EPSILON
3.218	PHI KAPPA PSI
3.192	ZETA PSI
3.181	ALPHA CHI OMEGA
3.170	ALL GREEK
3.170	ALL MEN
3.140	ALL FRATERNITY
3.093	DELTA UPSILON
3.047	THETA CHI
3.007	DELTA KAPPA EPSILON
2.965	SIGMA CHI
2.964	ZETA BETA TAU
2.945	PHI GAMMA DELTA
2.893	BETA THETA PI
2.803	PHI KAPPA THETA
2.721	PHI DELTA THETA
2.561	SIGMA ALPHA MU

Avoiding Stress

By Courtney Schou
Alpha Chi Omega

STRESS! Sound familiar? As a Case student stress is inevitable at this time of year: professors are throwing last minute assignments at you, finals are peeking their nasty heads up from the end of the semester, not to mention all of the extracurricular activities you oh-so-wittingly may have over-committed yourself to. Although these times of pressure fuel many of us, the importance of handling this stress in a healthy way cannot be understated. Physical and mental stresses cause the body to enter General Adaptation Syndrome (GAS) which occurs in three stages: alarm, resistance, and exhaustion. These stages may have long term effects on the body and mind, let alone the short term effects that may drive your roommate to post a vacancy sign over his or her bed.

To maintain health and sanity, there are some simple techniques you can adopt. A balanced diet and exercise should be a constant. Alone, this healthy lifestyle has been proven to reduce anxiety, helplessness, and physical manifestations of stress. A balanced diet excludes alcohol, tobacco, and excessive amounts of caffeine. Having a positive attitude may sound cliché, but has a genuine effect in reducing stress levels. Turning a negative attitude into a positive one may be difficult at first, but by simply reminding yourself that you have the ability to succeed at the present task will lift your spirits. Posting encouraging notes around your room may also improve your attitude: "I'm good enough", "I'm smart enough" – you get the point. Don't forget to feel more in control by keeping an orderly working environment. Having a messy room or working space will cause confusion and subsequently more stress. Take time out and straighten-up your space.

Daily activities, including exercise, will help you feel more at ease with the intense work that needs to be done. The following stretching and breathing routine can be completed in five minutes: First, sit up straight in your chair. Reach your arms out in front of you, stretch them forward, and hold for ten seconds. Put your arms behind you, stretching backwards, and hold for another ten seconds. Lightly massage your neck and shoulders with your fingers. Next, start the breathing routine by inhaling slowly while counting to five. Hold your breath for five seconds and then breathe out slowly. Concentrate solely on your breathing. Repeat ten times. After completing these exercises, you will feel clearer of mind and prepared to work. While taking time to stretch and breathe, try to take an additional five minutes each day to express your feelings. Whether that constitutes rambling to a roommate or friend, or simply writing in a journal or diary, you will feel more relieved and ready to jump back to your work once you are finished.