



CASE

CASE WESTERN RESERVE UNIVERSITY

Stress Relief

By Nicole Veitinger
Alpha Phi

Fall 2003 Edition

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The Academia

When discussing stress management, everyone knows the SOB—

Sleep more;

Organize your desk, calendar, and notes; and

Be productive during the hours of free time during the day.

Yet no matter how many “notes to self” I scribble in my planner or hours I manage to close my eyes, I find these methods rarely effective. Perhaps my sleep deprivation has gone beyond repair, and I intentionally fill “free” hours with meetings and office hours, but in college, there is going to be stress. Listed are some of the more effective methods of dealing with it.

▪ **Incentives:** When working hard at a paper or a project, it is important to stay motivated. Therefore, offer yourself rewards along the way. Taking a half hour break to watch TV, reading a newspaper, or grabbing something to eat will benefit you more than sitting at your desk and staring at your computer for several hours. If reading a book, make yourself finish the chapter before going out that night. Offering yourself no breaks or rewards will often result in frustration and even more stress.

Often, taking a few minutes to stand up and walk around is good if you are really pressed for time.

▪ **Massage:** A few minutes of shoulder rubbing after sitting hunched over a text is a wonderful thing. Find a friend and offer the same in return—stress relief for two. This may sound silly, but it never fails.

▪ **Work it:** With a pending test, it is hard to block off time to exercise, but the endorphins released in the process will keep you energized through your studying and lift your mood. Grab a friend and head to the tennis courts or Veale, or grab your headphones and go out for a run. Personally, this serves a dual purpose, as it is also a great way to combat the junk food I intake during test weeks.

▪ **Location, location, location:** Get off campus for a few hours to study. This results in less distraction, as stress can build when just being in your room and realizing your “to do” pile has reached the ceiling. Even the UH Atrium is typically less distracting than studying in the common areas of your house or residence hall.

I encourage you to try any of these techniques you are not already using. Good luck in your studies for the rest of the semester.

Get to know your GCEC's!!

Sapna Shah
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Office Hours: 9-11am
Wednesdays and Thursdays

Chris Painter
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Office Hours: 2:30-4:30pm
Tuesdays and Thursdays

This semester your Greek Community Educational Consultants are Chris Painter (Zeta Beta Tau) and Sapna Shah (Phi Mu). Their job is to help YOU! They meet with your scholarship chairs in order to improve your chapter's programming, and they offer programs to individual chapters and to the community as a whole. Some program ideas that the GCEC's have in store are:

- A career center workshop on writing resumes, interviewing, and the marketability of your college degree
- A board of graduate and professional students to speak about their experiences and the application process
- A Faculty Forum about Affirmative Action

Please get in contact with them so that they can start helping you and your chapter!

Spring 2003 Grades and Averages

Phi Mu	3.488	
Phi Kappa Tau	3.380	
All Women's Average	3.350	
Sigma Nu	3.348	
Sigma Phi Epsilon	3.339	
Phi Kappa Psi	3.337	
All Sorority Average	3.320	
Sigma Psi	3.293	
Alpha Phi	3.275	
Beta Theta Pi	3.275	
All Undergraduate Average	3.270	
Alpha Epsilon Pi	3.264	
Delta Tau Delta	3.263	
Sorority New Member Average	3.260	
Zeta Beta Tau	3.254	
Sigma Alpha Epsilon	3.250	
Phi Sigma Rho	3.242	
All Greek Average	3.220	
All Men's Average	3.220	
Fraternity New Member Average	3.220	
Alpha Chi Omega	3.210	
All Fraternity Average	3.200	
Sigma Alpha Mu	3.168	
Zeta Psi	3.145	
Delta Upsilon	3.141	
Sigma Chi	3.081	
Phi Gamma Delta	3.063	
Phi Delta Theta	3.043	
Phi Kappa Theta	3.007	
Delta Kappa Epsilon	2.921	
Theta Chi	2.750	
Greek System Statistics		
125	Greeks 4.0	14%
101	Greeks 3.75 to 3.99	11%
139	Greeks 3.5 to 3.74	15%
287	Greeks 3.0 to 3.49	32%
652	Greeks 3.0 or Better	72%
48	Greeks Below 2.0	5%

How to set up an Academic File System

By Justin Head
Delta Kappa Epsilon

One of the best ideas for keeping an academic file system is maintaining proper organization. Instead of just having a hodge-podge of files, there should be an established and adhered to system. Setting up a file system from scratch will take some time, but once it is organized, the results can be great. Below are some good tips and steps to organizing your files for the first time:

- Sit down and sort all folders and papers into the different courses (ie. CHEM, ECHE, PHYS, etc.) and then from there divide each subject into the various courses (ie. CHEM 105, CHEM 106, CHEM 113, etc.) This is the most time consuming step, so get as many people together as possible and crank through everything.
- Within each individual course, separate the materials by the person who took the course (ie. CHEM 105-John Doe, CHEM 105-Jane Doe, etc.).
- Once files are separated by subject, course, and person, go through all of that person's materials and sift out the useless materials and papers that don't go with the rest of their materials. For the materials that are kept, organize them and place them in a file folder labeled with the subject, course, person who's materials are contained in the folder, and the semester & year that person took that specific course.
- Once all of the files are placed into labeled and organized folders or filing cabinets, a good idea is to place the folders into boxes by subject alphabetically, then by course number numerically and then numerically by year and semester taken.
- Another good idea is to build or purchase a shelving system to house all of the boxes in an organized manner. If all of the boxes are just stacked on top of each other, then chances are that people will not keep the system organized when taking materials.
- Regular maintenance is another key to keeping a great file system. At the end of each semester, if students are going to leave materials for the file system, they can organize their own work, place it in a labeled folder as described above, and hand all materials over to the scholarship chair or the appropriate person.
 - Make sure that everyone replaces the files in the way that they found them, or else after a bit of time, you'll have to start all over again because nothing will be organized.
 - Another important step to remember is to contact your professors before using any old tests to study. Professors need to approve your use of their tests, in order to free you from any question of academic dishonesty.