

# DIRECTIONS

PUBLISHED BY THE OFFICE OF STUDENT AFFAIRS, ROOM 124 CENTRAL SQUARE, 667-2226

## Don't forget . . .

Medical assistance in a wide variety of areas can be obtained on campus from the Health Services Centre in Room 201 of the Vanier residence. The Centre is a university sponsored facility whose services include complete physical examinations, birth control counselling, sports injuries treatment and allergy shots. The Centre is open from Monday to Friday between 9:00 a.m. and 4:00 p.m.

## COPING WITH STRESS

### How do you cope with stress?

Do you jog or meditate? Do you react to stress by overeating or smoking?

The problem with these and other popular strategies for coping is that they do little to treat the root causes of stress, says Professor Harold Minden, Chairperson of the Counselling and Development Centre.

The causes of stress are called stressors. Stressors vary from person to person. At this pressure-filled time of the year, they may be an overdue assignment or parental difficulties. For other people, they may be romantic problems or job hardships. Whatever they are, the stressors cause you to feel the anger, fear and anxiety that is the end product of stress. And the problem is that no matter how much you jog, meditate, eat or smoke, the cause of your stress remains when the activity that comforts you is over.

"If money is a problem and you therefore take a valium, you're out of pain for awhile but when the valium wears off you still need the money, plus you've got an addiction to valium," observes Professor Minden.

"Stress is best referred to in terms of a general condition that includes cause and effect: the stressor and the cause of the stress," says Professor Minden. He offers the following suggestions for dealing with the root causes of stress:

- 1) Clearly identify your stressors, or what's causing your stress. Write them down. Are you under pressure because of an exam, an assignment or a relationship?
- 2) Figure out why your stressors are causing stress. Is there too high an expectation around them? Is your stressor acute because you have no support group to help you cope with it? Is there a difficulty in time management?
- 3) Don't waste time. Learn to be task-preoccupied and to focus on the task at hand rather than worrying about peripheral concerns.
- 4) Take inventory of your social support system and consider ways to strengthen it. For example, if a course is too difficult, consider discussing your concerns with fellow students to form an assistance network.
- 5) Unresolved difficulties between people upon whom you depend can be a major source of stress and tension. One obvious group are your parents yet such difficulties with your professors, classmates, co-workers or romantic partners can be equally harmful. When these differences build up and get out of control, they create too much unnecessary emotional baggage. Try to prevent such a build-up. Learn to resolve differences by discussing expectations and difficulties as they arise.
- 6) Try to think of coping with stress as an ABC process. A equals the stressor or the cause of your stress. B is how you are coping with A. C is the result of the method.

A, or the stressor, could be a tricky course. Your method of coping with it, or B, might be that you're skipping or avoiding it. C, or the consequence, is that you'll fail.



## OUR MISTAKE

Bunk Room Chart, February 14 DIRECTIONS. The February 14 DIRECTIONS page erroneously reported that J. Waisglass at 667-3959 was the contact person for bunk room bookings at Norman Bethune College. Instead you should call 667-3957. Rooms can also be booked through the Night Porter, who can be reached at -6441 after 9:30 p.m.

Too many people become obsessed with avoidance tactics at stage B, warns Professor Minden, instead of working on C through such methods as developing a social support network, as in the case above, or investigating tutoring.

For more information on coping with stress, contact the Counselling and Development Centre. The CDC offers an ongoing series of counselling services including personal and group counselling and learning-skills development.

In March, the CDC will be presenting a mental health lecture series on: hypnosis, habits, exam fever—how to get you head in gear; relaxation, and physical affection. Ongoing workshops on anger, stress and deep relaxation will also be offered.

For more information, visit Room 145 of the BSB, or call -2304.

**OFFICE OF STUDENT AFFAIRS**  
**HOURS** Monday - Thursday  
 9:00 a.m. to 7:00 p.m.  
 Friday  
 9:00 a.m. to 5:00 p.m.

## SPEAKING OF STRESS

With exams and essay deadlines only a few weeks away, every minute that you spend on your schoolwork is precious.

In the first of three reports, the Office of Student Affairs offers you the SQ4R method to help you get through your textbooks effectively and thoroughly. Courtesy of the Counselling and Development Centre, we will be offering information on such areas as memorizing information and taking exams in future reports.

### The SQ4R Study Method

There is no one method for reading textbooks, but there are basic approaches. One such approach is the SQ4R Method. SQ4R means **SURVEY - QUESTION - READ - RECORD - RECITE - REVIEW**. These mean that you:

**SURVEY:** Overview and preview your material. To overview, familiarize yourself with the structure of what you're about to read by checking such details as the table of contents, the introduction and the glossary. To preview, skim such features as introductory paragraphs, sub-headings, summaries and conclusions before reading the text closely.

**QUESTION:** Why is your book organized as it is? What does the author emphasize and why? How does the reading relate to your course's themes? As you survey, ask yourself these questions about the chapter.

-SURVEY and QUESTION steps should only

take 2 to 5 minutes. Their purpose is to help you organize your material-

**READ:** Read to answer the questions developed in the previous steps. Tackle your material in 20 to 40 minute bursts broken by 5 minute breaks in order to avoid overloading yourself with too much material.

**RECORD:** Do you make notes, use a highlight marker or underline while you read? You should! It makes studying into an active process and provides you with material for review. But don't overdo it. Often students underline 90% more material than they need. Refrain from either of the three practises until you finish the chapter that you're reading.

**RECITE:** Once you've finished reading, take a few minutes to consolidate your understanding and recollection of the material. Ask yourself questions about what you've read. If you don't, you may forget much of what you have worked through.

**REVIEW:** The notion of cramming for an exam by pushing yourself to the limit the night before you write it is like training for a race by running around the track nonstop in the 24 hours before the starter's gun goes off. Both are likely to leave you exhausted and in no condition to win. Instead, make the most of your reading by regular reviews of the material.

-For further information on study tips, contact Jim Fichette at Room 148 at the Behavioural Sciences Building, 667-3215.

In Honour of the International Youth Year



## RACIAL UNITY CONFERENCE

The Earth Is But One Country



And Mankind Its Citizens

A conference of speakers and films on racial unity

**Saturday, March 16, 1985**  
 10 a.m. - 5 p.m.

**CURTIS LECTURE HALL 'L'**  
**YORK UNIVERSITY**

Sponsored by:  
 Association for Bahai Studies at York University, Association of African Students at York University, Caribbean Students Association, Chinese Student Association, Creation Student Federation, Federation of Indian Students, Office of the Provost, and United Nations Association of Toronto