

# Self-hypnosis cures exam stress for students

**MONTREAL (CUP)** — Mary Lemieux used to get so tense and agitated during exams she would literally "blank out" and not be able to remember what she had studied. The 23-year-old Concordia student's grades dropped and she began to lose confidence in her intellectual ability.

Today, Lemieux is very relaxed and confident when she takes exams, and is getting straight As in her science programme, she said.

Like many students Lemieux was suffering from "exam anxiety", a mental state which can be combated through self-hypnosis, according to the Canadian Hypnotherapy Association.

The Association is one of 13 commercial hypnosis centres in the Montreal phone book. Virtually every group contacted said they had students enrolled in self-

hypnosis courses. The Association, however, targets the student audience.

"During exam time, I have had as many as 40 students a day taking the course," said Miriam Praw, the association's director.

Self-hypnosis worked for Concordia student Lemieux.

"I feel completely relaxed during exam time now," said Lemieux, "and I find that doing self-hypnosis has enabled me to concentrate my energy and thoughts in one direction. When I arrive at the exams now, all I think about is giving my best and doing well. It works wonderfully."

The Association advertises with classified ads in Montreal university and GEGEP papers. The ads read: "Guaranteed higher grades. Written guarantee you'll pass every course through unlimited hypnosis

and flotation, or money refunded." The Association is the only place in Canada that refunds money if hypnosis has not worked, Praw said.

However, written guarantees are not given unless a student takes a three month programme of hypnosis with sessions in the sensory deprivation tank, said Praw. This programme costs \$600.

No guarantee is given for the regular four-session programme, which costs \$175.

"Of the several hundred students I had in last fall, only one student was refunded," said Praw.

"About 85 per cent of the people will get to a nice level of hypnosis after four sessions. If this does not get you deep enough, we suggest you use the flotation tank to relax yourself."

The flotation tank costs \$20 for one hour.

Praw teaches hypnosis in group sessions with 10-12 students who get hypnotised simultaneously.

Math student Paul Petrides started using hypnosis for memory improvement.

"I wanted to be able to remember more in a much shorter period of time, and more easily as well as more accurately. The technique. The technique of self-hypnosis has allowed me to do this," he said.

One McGill student used hypnosis to help her learn a second language.

Self-hypnosis, once learned, can be used for everything from higher grades to self-confidence, weight loss and quitting smoking, Praw claimed.

\* Praw tried to dispel myths about hypnosis. Many people think hyp-

nosis is a "surrendering" of the will where all control is in the hands of the hypnotist, said Praw. However, she said any suggestion can be rejected, or accepted and once the technique of self-hypnosis is learned, no one has to depend on an instructor.

Suggestibility is an important element in hypnosis, she said. Suggestion refers to how easily beliefs are aroused in the subject. Everyday propaganda, for example, in the form of advertising, politics, magazines and religion works as suggestion on our subconscious all the time, she said.

Hypnosis is simply the response to suggestion, whether from oneself, or someone else.

Clinical psychologist Jerome Légaud, who teaches at the Université du Québec a Montreal and specialises in problems of memory said there have not been many studies about hypnosis and the subconscious and links between them were only hypothetical.

He added, however, "I believe hypnosis could probably help memory simply because it allows the individual to relax enough so as to be able to pull things out of long-term memory, and the information in this long-term memory becomes more accessible."

## Rec students bowl for \$\$\$

The U of A Rec 202 students are helping Big Brothers of Edmonton raise money by a bowl-off.

Teams of five members will bowl for 40 minutes during the day. The teams can bowl at their chosen time. Individuals and teams who raise the most pledges can win prizes like a Mountain Bike, ski trip for two, a White Water Rafting trip and passes to the Edmonton Folk Festival. During the day, there will be a hospitality room for the bowlers containing free beer from Carling O'Keefe.

After the bowling day there is a social featuring Chilliwack and guests at Dinwoodie Lounge starting at 8:00 pm. This social is free for all bowlers and \$7.00 in advance or \$8.00 at the door for everyone else.

Pledge forms and tickets to Dinwoodie's can be picked up from 12:00 - 1:00 pm March 3 to 7 in CAB at the RSS booth during Health Week and at 11:00 - 2:00 pm at the Rec booth in CAB on March 10 and 11. For more information call Big Brothers at 482-5739 or drop into the RSS office in the Rec building.

The Bowl-off happens on Saturday March 15 from 11:00 to 5:00.

## More Tories

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price estimates for the budget had been calculated one and a half months ago.

Edwards also responded to comment on the lack of dignity in Parliament. He agreed that it was a problem, but praised the late Tommy Douglas as the best that Parliament could aspire to.

A question was raised as to whether satellite TV would have any effect on the CBC. Edwards responded that he felt that CBC was "about as good... as any" system in the world and should continue.

In response to a comment that the CBC was left-wing, Edwards said that the CBC commentators were "trendy" and that rural viewers felt it wasn't traditional enough. Although he had seen improvement in the last year, Edwards still felt that a re-statement of the CBC's mission statement was required.



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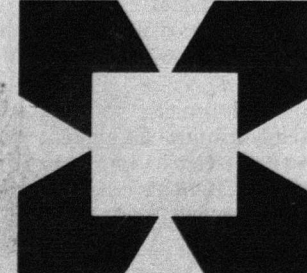
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