

DALHOUSIE ART GALLERY  
**Call for Entries to  
 the 33rd Annual  
 Dalhousie Student,  
 Staff, Faculty &  
 Alumni Exhibition**

15 January - 1 February, 1987

All works must be submitted  
 with entry forms between  
 6 and 11 January, 1987

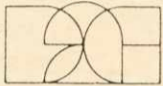
Entry forms available at

Dalhousie Art Gallery — reception desk	Killam Library — information
Dalhousie Arts Centre — Box Office	Tupper Medical Building — student and faculty lounges
Student Union Building — information desk	Dalplex — Information Desk
Student Residences — front desk	Faculty Club — entrance

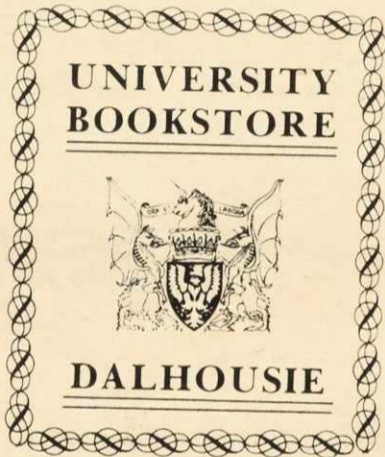
For further  
 information  
 call

424-2403

Dalhousie Art Gallery  
 6101 University Avenue  
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 Saturday and Sunday 1 pm - 5 pm  
 Tuesday evening 7 pm - 10 pm



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**Are you ready for . . .**

By ERIN GOODMAN

4:30 A.M.  
 An anguished scream sends you leaping out of bed, fumbling for any available implements of self-defense. Clutching your favourite Love-a-Lot Care Bear, you venture forth, only to discover your relatively harmless roommate (Thank God!) slumped on her desk. She appears to be trying to literally ingest the information in her text book, judging from the paper shreds clinging to her snarling lips.

You've discovered yet another aspect of the university experience: exam anxiety. Dr. Victor Day, a counsellor/psychologist at the Dalhousie Counselling and Psychological Services, is no stranger to stress.

At this time of the year, many of the students who visit his office are experiencing some form of exam panic, largely based on the (often justified) fear that they haven't studied enough, but frequently related to illusions.

"We all develop habits of improved performance by thinking of the adverse consequences of not doing well," says Day.

He explains that by frightening ourselves in small ways, we become more motivated to accomplish tasks. But when such a reaction becomes a habit, it can produce a destructive form of stress.

"Frightening yourself over small gaps of knowledge can impede progress."

Another common concern for students is intimidation. When confronted by an overwhelming workload, students may find they accomplish nothing at all. Day advises, "The main way of overcoming that (problem) is breaking up the work into small, manageable tasks."

He suggests students set more realistic goals, and start by assessing what can be reasonably accomplished in half-hour time periods, rather than concentrating on what must be accomplished by the end of the evening.

"You don't have to focus on everything," he explains, "Just on the most important things. . . That will get you through."

And those endless nights spent gulping black coffee and cramming for 8:30 exams?

Vic Day describes coffee as, "a chemical way of achieving over-anxiety". And although he recognizes cramming as necessary for students who haven't gotten around to looking at their material before an exam, he feels it should be strictly avoided by those who have previously studied.

"By overstudying, people clutter their minds with unimportant details which actually make it harder to remember the important parts."

A natural consequence of exam anxiety is insomnia, which strikes when the student is exhausted and tense from long hours of study. The fear that the absence of a good night's sleep will result in poor performance compounds the problem. But according to Dr. Day, this is not necessarily true.

"People can still function quite well even if they get less sleep than they usually get."

He says six hours of sleep per night are sufficient over a period of several days, but cautions against a prolonged lack. His main piece of advice for the overstressed is simply to relax.

