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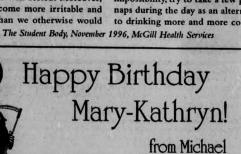
Paying off the Sleep Deficit

Have you ever wondered what that hour of exam cramming at the expense of an hour of sleep means to your body? Stanley Coren, author of Sleep Thieves, is more than willing to tell you. He argues that North America is nearing a sleep crisis. Coren claims that without adequate sleep we become "slow, clumsy, stupid, and possibly dead." Coren does have some impressive statistics to back up his claims. For example, the average North American today sleeps for 7 hours and 20 minutes each night, a significant drop from averages of nearly 10 hours at the turn of the century, and apparently function optimally. University get even less sleep at approximately six hours a night; our lack of sleep becomes particularly problematic when we consider that researchers estimate that most university students need almost as much sleep as children, nearly ten hours for optimal rest and functioning.

Sleep deprivation can have some pretty severe effects, the least of which is dozing off in class. Concentration, memory, and reaction time are all adversely affected; when sleep deprived, we need to work one and a half times as long to retain the same amount of information as we would when well rested. Moreover,

and infections. Various university studies have also found that we eat more when we're tired and that alcohol has a greater effect on us; for example, a Stanford researcher found that one glass of wine had the same effect on a sleep deprived student as a six pack did on a well rested one.

Because sleep patterns are highly individual, you may not have a problem if you are sleeping less than the recommended time but feeling rested. However, if you feel tired most of the time and find yourself dozing off in front of the TV, in class, or over a book, chances are that you need more sleep. Fitting more sleep into a busy schedule, however, is not necessarily easy. You may have to do such things as set an alarm clock in the evening to remind you to go to sleep and saying no to a few extracurricular events, including that party that you didn't feel like going to anyway; exhaustion is a perfectly acceptable excuse. Good time management skills and tackling procrastination (the easiest of tasks!) should also help. Another tactic to try is reducing caffeine and sugar intake in the evening; without the chemical boost you should be able to go to sleep when your body tells you it's time. Finally, if you know that getting enough sleep at night is an impossibility, try to take a few power naps during the day as an alternative to drinking more and more coffee.



Where's the Work in the **Jobless Society?**

With all the hype about the 'jobless society', do you worry about finding work when you graduate? If so, there are three things you should know. do you love to do? What are you good first, the jobless society does NOT at? When you work on a group project, stable entity with fixed responsibilites industrial model of production (one organizations are moving towards unstructured work environments where reorganize into different

need arises. occupational teacher? Their 'jobs' consist of many different activities or tasks (for example, managing a project, delivering a curriculum, evaluating results, assessing needs). Each activity such as anticipating outcomes, explaining something clearly and sequentially, analyzing data and observing behaviour.

clusters as the

fulltime permanent jobs is decreasing. At the same time part-time, casual and contract work is increasing. Employers are starting to describe work in terms of fluctuating activities and skills rather than conventional static jobs. Some work is being privatized and outsourced. University graduates will be the core of the professional contingency workforce. You will think of yourself as a business, marketing your professional expertise (all your transferable and knowledge skill!).

you need to know. What are your transferable and specialized skills? What do you love to do? What are you good mean a workless society. The 'job' as a what role do you like best? Researching in the library? Interviewing people? and activities was developed to fit the Analyzing and organizing the information? Writing the final report? person, one piece). Today's Or presenting the finished product to the class? Functional skills like these provide clues to the work roles you employees and contract workers form will best fill. They are personal teams for special projects. They characteristics you bring to the work such as patience, persistence,

> On the other hand, work content skills are more specialized and pertain to a specific field of interest. Often this is the tent you study in school (history, engineering, counselling or theory). Or it may

> > through hobbies

volunteer work other as transferable from field and may form the basis for 'credentials' that qualify you to work as an engineer, physician, teacher, or psychologist. Remember as you learn the content, you are developing many transferable skills. Often graduates find excellent work opportunities in situations that are not

linked directly to the field they studied. The third thing you need to know is this: where is the action out there? What's the leading edge in the field you are studying? What are the growth areas? Get the most up to date information from the InterNet and specialized magazines and newletters. Read the 'Futurists'. Interview those who love their work.

TOP TEN EXCUSES FOR MISSING YOUR CHRISTMAS EXAMS

10. I was momentarily posessed by the spirit of Jack The Ripper, and had to go on a mammoth killing spree. I'm finished now,

9. I thought an open book exam just meant you had to open a book, and I did that yesterday at home

8. My boyfriend/girlfriend broke up with me (sometimes the old excuses are the best ones).

7. The Rubbermaid container of stuff that lives at the back of my

6. I sneezed so hard that I destroyed half the city, and spent three days in the rubble before a pack of rescue dogs saved me.

5. Exam? I don't need to take your stinking exam to know what I'm a lot smarter than you'll ever be.

4. I was reading The Brunswickan and the next thing I knew, I lapsed into a coma.

3. I was having the fluid drained from my brain.

2. My room-mates held me hostage in our apartment until my parents paid a \$2 million ransom.

1. Two words - incessant ltching.

Volunteers Needed

Men Against Sexual Aggression is a program organized by Counselli Services and is aimed at preventing sexual aggression among students of UNB-F and STU. The project involves male students from both universities in educating other men about sexual aggression. You will receive three days of training as peer educators to provide 1-2 hour educational programs for other men on campus. The aim of the project is to help men examine their attitudes and values about women in the context of romantic relationships.

Any male student interested in volunteering as a peer educator can pick up an application form and project description at Counselling Services, Room 19, Alumni Memorial Building. Application deadline is November 29. Call 453-4820 or E-mail us at masa@unb.ca for more information.

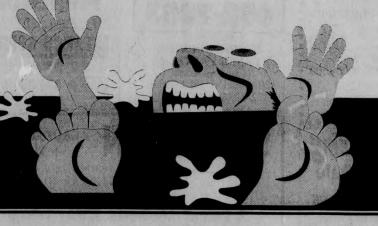
Sunday, November 24 7 p.m. Tilley 102

Voting On Grad Class Project





Need a paper typed but haven't got the time. Call The Brunswickan a 453-4983. Conveniently located on Room 35 SUB





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