

Moderate amounts of stress can help boost performance

ALS and counseling staff offer help to stressed-out students, though they say that some stress is healthy

By Chelsea Duncan
News Reporter

Stress is building up for many students as the end of the term draws near, and that may or may not be a good thing depending on the amount of stress students feel.

Senior Staff Psychologist Ron Miyaguchi at the University Counseling and Testing Center said students should maintain an optimum level of stress that is balanced between not enough and too much.

"When people are underactivated, they underperform," he said. "If you're not motivated, you procrastinate."

On the other hand, Miyaguchi said that if students are too stressed out, their performance can suffer.

"If you're overactivated, you scatter, you panic," he said.

Academic Learning Services Instructor Amy Nuetzman agreed that a balanced level of stress can help students be more successful with exams and studying.

"It tends to put us more in prime form," she said. "Too much really lowers scores; a little bit can help."

She said that if students become too stressed during exams, they may panic and freeze up. Some students may get sweaty palms and become even more stressed as they see classmates finishing up before they do.

She suggests preparation strategies to prevent this from happening, such as finding fun ways to study with friends or breaking up studying over a few days instead of cramming.

"It's better for learning and it tends to be better for lowering that stress," she said.

She said students need to do as little cramming the night before an exam as possible.

"They're invested in the test by studying well ahead," she said. "They tend to have less of that last minute anxiety."

She said that usually students who use ALS as a resource plan their studies throughout the term, but appointments with faculty can be made for those who wait until the last minute and are feeling the pressure.

"We can certainly brainstorm some

things for that," she said.

Students can also use the service's math and writing labs or sign up for future study skills classes.

A committee that focuses on creating "Stress Free Days" for students during finals week has also formed on campus. Although it won't be in full swing until winter term, some resources are available now.

The Counseling and Testing Center offers a resource center equipped with a massage chair, computers and relaxation tapes for students who need to unwind.

"Any student can come in and use it," said Kimi Mojica, director of diversity education and support at the Office of Student Life.

Mojica, who is on the "Stress Free Days" committee, said one purpose of the committee is to educate students on ways to deal with stress at the end of the term.

"No one ever teaches you how not to stress," she said. "We want to acknowledge that students lead very hard, stressful lives."

Senior Tim Taber said he usually feels stressed out by the end of the term while trying to balance finals with his two young children, his business and his other schooling.

"I think what mostly stresses me out is trying to juggle a lot of things," he said. "Getting it organized in some manageable context is vital."

Taber said he tries to prioritize his responsibilities and tries to remember to put things in perspective. But once in while, he said he does become over-stressed and "the brain juices aren't flowing."

Sophomore Karla Vonderheit said she tries to manage stress by exercising and getting enough sleep, but at the end of the term, those methods take a back seat to other responsibilities. She said she doesn't always have time to think about ways to reduce stress.

"It's almost like I'm so busy between school and work, I don't have time to deal with it," she said.

Miyaguchi said it is important to remember that stress isn't something to deal with only after it has become overbearing.

"Ideally, stress management is part of your lifestyle," he said.

Contact the higher education/
student life/student affairs reporter
at chelseaduncan@dailymerald.com.

NINE STRESS TIPS

1. Learn to use your stress. Stress can often be a motivator or an energizer if it is focused correctly.

2. Listen to your "Stress-o-Meter." Recognize how your body reacts to stress (physically, emotionally and cognitively), and try to identify your stressors.

3. Practice assertiveness with others. Learn to head off stressors before they begin by learning to say "no" to burdensome requests.

4. Practice self-assertiveness. Procrastination is one way to deal with stress on a short-term basis but this often leads to more stress in the long run. Don't talk yourself into putting off what needs to be done now.

5. Manage stress daily. A healthy diet, adequate sleep and exercise, and developing social supports help defend against stress overload.

6. Manage your vices. Overindulgence in smoking, drinking, consuming caffeine, staying up late, etc., can lower your ability to fight stress effectively.

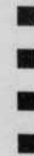
7. Identify your control. Learn to focus your energy where it will do the most good and let go of things you can't influence.

8. Take a reality check. When someone is under stress it is very easy to lose perspective on the situation. Sometimes it helps to check things out with others who aren't involved in the situation.

9. Learn and practice relaxation tips. Find a technique or skill and practice it often. There are a wide variety of techniques, such as diaphragmatic breathing, guided imagery and progressive muscle relaxation.

SOURCE:
University Counseling and Testing Center

You're
always
close to
campus.



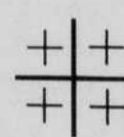
www.dailymerald.com

poppi's
Anatolia

"The Land East"
Traditional
Greek & Indian Food

Lunch
Monday through Saturday
Dinner
7 Nights a Week
992 Willamette
Eugene, Or 97401
343-9661

ARE YOUR WEEKENDS MISSING SOMETHING?



Join us on Sundays for worship services featuring Holy Communion. We have traditional services on Sunday mornings and Marty Haugen services on Sunday evenings.

Sundays 8:15, 10:45 am & 6:30 pm

Student/Young Adult Bible Study
Sundays 7:15 pm

CENTRAL LUTHERAN CHURCH

Corner of 18th & Potter • 345.0395
www.welcometocentral.org

All are welcome.

buy sell trade

fashion
that pays
to be me.

Buffalo
EXCHANGE.
New & Recycled Fashion

131 E. 5th Ave (between Oak & Pearl) 687-2805 BUFFALOEXCHANGE.COM

BACK UP YOUR BIRTH CONTROL WITH EC



BE PREPARED TO PROTECT YOURSELF IN CASE:

☞ THE CONDOM BREAKS ☞ YOU FORGOT TO TAKE YOUR PILL
☞ OR YOU HAD SEX WHEN YOU DIDN'T WANT OR PLAN TO

You have up to 5 Days to take emergency contraception (EC). But the sooner the better.
Ask your health care provider about an advance supply of EC.

1-800-230-PLAN

Planned Parenthood
plannedparenthood.org/ec



Need a job?



If you want a good job when you graduate, you need a great job now.

NOW HIRING!

The Oregon Daily Emerald seeks University students to join its staff beginning winter term. The Emerald has openings for **city/state politics reporting, crime/health/safety reporting and copy editing.**

ALL POSITIONS ARE PAID. Applicants must be enrolled at the University of Oregon during time of employment. Ideal candidates will be journalism majors who have completed more than just the prerequisites, or individuals with previous newspaper experience. Copy editors should strive for accuracy, have a solid grasp of AP style and grammar, and be willing to work nights. Reporting candidates should possess good interviewing skills, have tight writing and a drive for accuracy, and have the ability to work under deadline.

To apply:

Please submit no more than five clips, a resume and an application to the Emerald by noon Wednesday, Nov. 26. Do not submit original work samples.

Oregon Daily Emerald

The Oregon Daily Emerald is an equal opportunity employer committed to cultural diversity.