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Thursday, May 6 5 p.m.
Room #123 A&A Bldg.
May & August 1983
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should attend

Coping with finals takes planning

by Kathy Robinette
Battalion Reporter

It's the end of the semester again but before you pack your bags and head for home, you must first survive finals week and cope with the stress that finals involve.

Students under stress will make it with a little planning and common sense, said Dr. Judith A. McConnell, a counseling

psychologist at Texas A&M University.

Reasons for stress include a lack of studying, scholastic probation, bad grades, term papers and projects, McConnell said. Students sometimes become so panicked they don't do anything.

One of the most stressful events of finals week is taking tests. Before taking an exam, she

said, it helps to know relaxation techniques such as imagining a calm sea or thinking of calm words. Students should look at the test and if they can't answer the first question, they should go on to the next.

If students start to panic, they should stop and take a minute to relax.

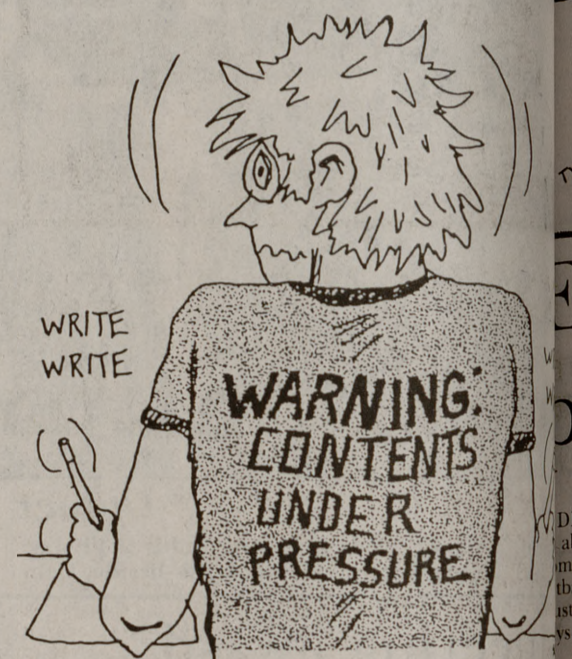
"Sometimes people say, 'Well, if I don't work every single minute, I won't get through,'" McConnell said, "but if they're so panicky and they don't take that one minute out, then they end up blowing the whole test."

She also said it is important to know how much time to allow on each question.

McConnell's advice for studying is to avoid being overwhelmed during finals week by making a list of what has to be done and putting the most important things at the top. Also, students should get plenty of sleep and exercise to relieve tension.

But many students don't follow this advice.

Dr. Duane H. Lagan, associate director of the A.P. Beutel



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Health Center, said many students turn to caffeine or other stimulants to stay awake during finals week.

McConnell said these products tend to make students even more anxious.

Lagan said students abusing these products may show signs of nervousness, shaking, rapid pulse, dilated pupils and loss of appetite. They also can become irritable. They have trouble staying still, concentrating and getting to sleep. Abusing stron-

ger stimulants can cause more serious problems.

"One of the dangers of amphetamines," Lagan said, "is that it makes a person who sort of berserk. By misinterpreting people's gestures as hostile toward him, he attacks people."

Amphetamine abuse treatment includes monitoring the patient, administering and making sure he takes more of these products.

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