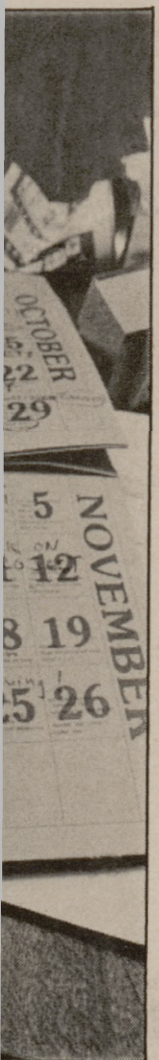


o provides de-
or your dorm
beer cans and
fied-dormitory
wind up with
display plus a
of your con-

ves recommen-
ou inflict dam-
oom. Glean
ks better and
han spackling
oles put in the
of contact pap-
he offending
the door into
ood grain you

t lie, cheat or
hose who do.
ever heard of
of Honor, but
ssarily recom-
"When the
onsider cheat-
ow it right
"The biggest
tal lack of pre-
impending
be the first ...
bright idea to
If you do get
rcussions will
in the D or F
received on
y."



oto by Dean Saito

if time

Roommate problems? Don't fight, talk it out

by Ann Ramsbottom
Battalion reporter

It's too bad you can't be your own roommate. After all, who is easier to get along with than yourself?

It's the differences among people that make everyone unique...and often impossible, to live with. Different...lifestyles, values, morals and time schedules. Boyfriends, girlfriends, pets, no pets, stereos, radios, tv and tv dinners, eating in, eating out and bringing the gang over to eat.

"In order for a relationship to work, whether roommate or marriage, you must either be so alike that you have all the same interests or be so different that you keep each other entertained," says Nancy Ludwig, adviser for Off Campus Center.

Though living with a roommate isn't necessarily a negative experience, throughout the course of a year, your roommate and you will undoubtedly encounter some differences.

Differences stem from various conflicts, ranging from conflict of interest to conflict of upbringing. Quirks and habits thought to be insignificant, often turn out to be very significant.

"For instance," Ludwig said, "One roommate may be very clean and neat, while the other is sloppy and indifferent to a messy apartment. It's harder for a clean person to accept 'dirty' then for a dirty person to become clean...it's really hard to compromise."

When students come to college, they have an opportunity to experiment with new freedoms. A lot of times that means learning from trial and error.

"A roommate that promises she wouldn't think of having overnight guests may meet 'Mr. Wonderful' during her first semester at college. Suddenly, her attitude changes, but her roommate's attitude may not."

Many roommate problems arise from lack of communication.

"Problems crop up when girls don't tell their roommates when they're unhappy," said Ronda Duckers, head resident for McFadden hall. "They tell everyone but their roommate. At the end of the semester they suddenly show a disinterest to room with the same person again."

Often problems can be solved before they ever get started if careful planning is involved.

Ludwig suggests meeting a roommate several times before

making a decision. The Off Campus Center offers a roommate matching service based on cards filled out by prospective students. Ludwig encourages that a student consider several roommate possibilities and leave with at least 12 to 15 potential people to contact. A common mistake in roommate selection is lack of thoroughness in making a selection.

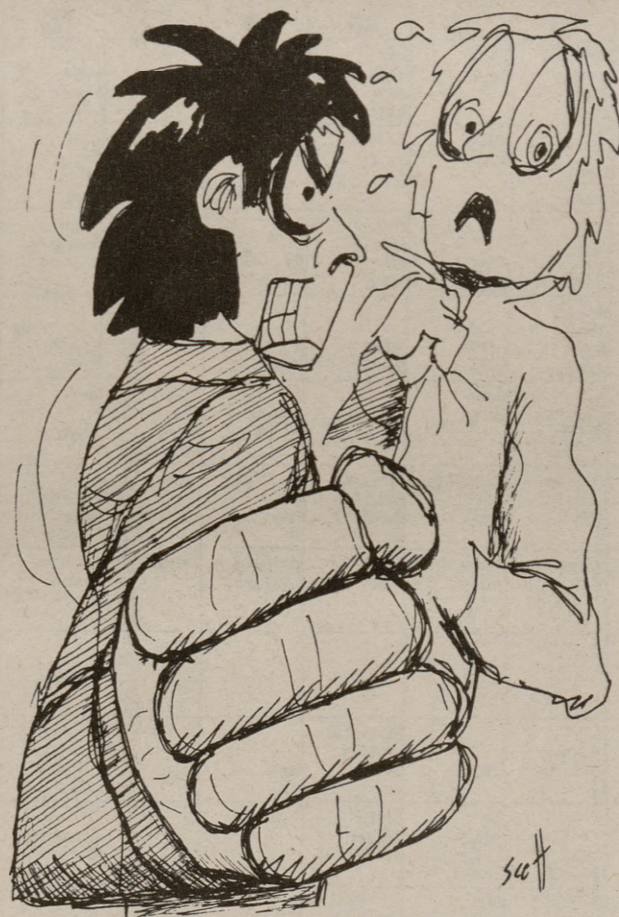
People sometimes think they know someone well, and find out differently when they actually live under the same roof. This is a common occurrence among "best friends" trying to live together, Ludwig says. Often, expectations are not fulfilled.

Another problem involves freshman who live off campus their first year at college.

"I really don't know why freshmen are not required to live on campus here at A&M," Ludwig said, "but it's a serious question to be answered. Unlike most universities, 50 percent of the A&M freshman live off campus."

"I feel like they need some on campus experience," Ludwig says. "Off campus, they have no opportunity for support. For that person to interact with

See ROOMMATE, page 13



How do you spell s—t—u—d—y?

by Ann Ramsbottom
Battalion reporter

College life is...socializing on weeknights, setting your own schedule, experiencing new freedoms and...four years of substantial suffering in pursuit of a rather distant goal.

In short, college life is a never-ending struggle to combine the conflict of study and a mere existence.

"College life can control you, or you can control your life while in college," says Jane Warren, counselor for the student academic counseling service. "A big part of your college education is learning to handle the demands that you make on yourself."

Unfortunately, the consequence often is a sacrifice in class performance as a result of poor study habits.

"Common study problems include: not paying attention in class, time wasted between classes, being easily distracted and studying with a negative attitude," Warren says.

"Class time should be used for review and for actual learning," she added. "Time between classes should be utilized, whether you're standing in a line for a few minutes or having a long wait at the health

center. A good 30-minute study break can be much more effective than a four hour study block."

The amount of time spent on studies doesn't necessarily have any correlation with the success of a student's work.

"Success in school is often the result of several outside factors," Warren says. "Exercise, sufficient sleep, effective study and a certain amount of social time are very important. Students typically foul up any routine they might have had."

Warren explained that good grades also may be attributed to one or more of four qualities more of four qualities associated with classroom success:

- ability (aptitude)
- attitude (motivation)
- background knowledge
- study skills.

A student may have little or no motivation to excel in his work because he lacks any sense of direction or meaning, Warren says. The student may not know what he wants to do with the rest of his life.

A student may be in an honors French class because of success in high school French, but flunks out in college French because of poor background knowledge, Warren added. The high school program may not have

been up to par with other such high school programs.

As far as study skills go, students may not be able to manage their time effectively: getting little sleep, little exercise and studying at sporadic hours.

Study problems may be the result of a deeper underlying problem.

"Some student's studies are affected by personal problems," Warren says. "Being homesick, being ill, dating problems, not being able to make friends and the fear of what parents might think if they don't do well."

Not all stress is directly recognized. Loss of weight, being irritable, tired and not sleeping are common symptoms. Illness, not being able to sleep or concentrate, depression and tension are also typical. However, each person's specific symptoms are unique.

"Usually a critical event, a crisis such as flunking a test, finally breaks the camel's back," Warren says. "It's usually after slipping from a 4.0 to barely making it that the student comes for counseling."

Most anxiety comes from doing poorly in one's own major.

"A cycle often occurs as a result of not performing well on other tests," Warren says. "Test

anxiety before the test often carries over into actually taking the test. The student simply cannot concentrate.

"Fear of tests also is common," Warren added. "Everyone is somewhat afraid, especially if they don't feel strong in class. Test success is very dependent upon the student's attitude and feeling for a subject."

When a student comes in for academic counseling, it is important to first assess the student's time management. The student is given a chance to evaluate himself as well as demands put on one's self. Then, there are tests for aptitude and interest. Through study skills groups the student can discuss problems and often feels relieved to talk about them. Another alternative is to discuss problems one-on-one with a counselor.

"The time to come for counseling is when you are feeling stressed or are feeling conflict," Warren says. "It is important to talk with someone early rather than waiting till November to discuss grade problems for the first semester."

"The student shouldn't feel that going to a counselor is a sign of incompetence or weakness," Warren added. "It can be a very healthy move."