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Penn State closes its regular season atop AP rankings

Associated Press
Penn State remains No. 1 Monday in the Associated Press college football poll, while Oklahoma moved close to a possible national championship showdown in the Nittany Lions in the Orange Bowl.

Penn State completed an 11-0 regular season by defeating Pittsburgh, 31-0, and received 49 of the 60 first-place votes and 1,186 possible 1,200 points from a nationwide panel of sports writers and sportscasters. The Nittany Lions, who will meet the Sooners in the Orange Bowl, have been No. 1 for three weeks in a row. The Orange Bowl had hoped for a 1-2 shootout between Penn State and Nebraska, but the Cornhuskers lost to Oklahoma, 27-7, Saturday. However, that win vaulted Oklahoma from fifth place to third behind Iowa.

The Hawkeyes, who moved up from No. 3 to second and are headed for the Rose Bowl after trouncing Minnesota, 31-9, received three first-place votes and 1,082 points. Oklahoma had six first-place ballots and 1,074 points, but the Sooners still must play regular season games with Oklahoma State and Southern Methodist.

Miami (Fla.), a 24-3 winner over Colorado State, remained No. 4 with one first-place vote and 1,058 points. The other first-place vote went to Michigan, which trimmed Ohio State, 27-17, and jumped from No. 6 to fifth with 971 points.

Oklahoma State and UCLA, seventh and eighth a week ago, both lost and dropped into the Second Ten. Meanwhile, idle Florida went from ninth place to No. 6 with 848 points, followed by Auburn, which also was off last weekend but shot from No. 10 to No. 7 with 761 points.

Nebraska fell from second place to eighth with 722 points. Brigham

AP Top 20 Poll

The Top 20 teams in the Associated Press college football poll, with first-place votes in parentheses and season record:

1. Penn State (49) — 11-0-0
2. Iowa (3) — 10-1-0
3. Oklahoma (6) — 8-1-0
4. Miami (Fla.) (1) — 9-1-0
5. Michigan (1) — 9-1-1
6. Florida — 8-1-1
7. Auburn — 8-2-0
8. Nebraska — 9-2-0
9. Brigham Young — 10-2-0
10. Tennessee — 7-1-2
11. Air Force — 11-1-0
12. Florida State — 8-2-0
13. LSU — 7-1-1
14. Arkansas — 9-2-0
15. Texas A&M — 8-2-0
16. UCLA — 8-2-1
17. Oklahoma State — 8-2-0
18. Texas — 8-2-0
19. Ohio State — 8-3-0
20. Georgia — 7-2-1

Young defeated Utah, 38-28, and rose from No. 11 to ninth with 631 points and Tennessee rounded out the Top Ten with 590 points after shellacking Kentucky, 42-0. The Vols were No. 16 last week.

The Second Ten consists of Air Force, Florida State, LSU, Arkansas, Texas A&M, UCLA, Oklahoma State, Texas, Ohio State and Georgia.

Last week it was BYU, Ohio State, Air Force, Florida State, Baylor, Tennessee, LSU, Arkansas, Texas A&M and Georgia.

Baylor was the only casualty from last week's Top 20 after losing to Texas, 17-10. The Longhorns replaced the Bears in the rankings.

A&M-Texas game time changed

Thursday night's kickoff time for the Texas A&M-Texas football game, originally scheduled for 6:45 p.m., has been switched to 7:15 p.m.

The game will still be telecast nationally by the Entertainment and Sports Programming Network (ESPN) and, contrary to rumors floating around the A&M campus, will not be changed to another network.

The Thanksgiving Day meeting

between No. 15 A&M and No. 18 Texas, which both boast 8-2 records, marks the first time since 1943 that the two teams have played for the outright Southwest Conference Championship.

The winner of the A&M-Texas game will host Auburn (8-2) in the Cotton Bowl in Dallas on New Year's Day. The loser travels to Houston to play Air Force (11-1) in the Bluebonnet Bowl at Rice Stadium.

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Off Campus Connection

TIPS FOR STRESS MANAGEMENT

This time of year many students begin to feel higher-than-normal levels of stress due to added pressures. For example, many major class assignments become due this time of the semester adding to everyday class requirements. This is also a time when students begin to feel anxious about final exams, class grades, going home for the holiday season, and other important matters. If you are experiencing an uncomfortable level of stress, you can take steps to reduce the stressors in your life. The following tips are a few of those steps for stress reduction.

1) Eat a balanced diet, get adequate sleep each night, exercise regularly and appropriately. If physical symptoms are present, a physical examination may be in order. People who are healthy can cope with many stressors effectively. They can also interpret problems as being less severe, and view themselves as being able to cope.

2) Use effective time management techniques. Set realistic academic and personal goals and re-evaluate them periodically. Eliminate or postpone unimportant tasks and work on the most important tasks first. Use a daily "to do" list to plan your activities so that you can accomplish your daily and weekly goals. Break large tasks down into smaller units and schedule time each day for working on high priority tasks. It is important, however, to be flexible in scheduling your time because unexpected events often occur. Plan for the unexpected by eliminating procrastination and by leaving unscheduled "catch-up" time available for each day.

3) Consider alternate ways of viewing your situation. Sometimes it is not the situation but the way you interpret it that creates undue stress. Also, recognize that feeling stressed does not mean that you are "bad" or "unworthy" or unable to cope. Feeling stressed should be viewed as a signal to begin taking better care of yourself and more control of your life.

4) Become aware of all the "support people" in your life such as friends, family members, professors, counselors and advisors. Learn to use these supports by asking for help or discussing your problems with them.

5) Learn relaxation techniques. The Student Counseling Service has available a series of tapes to teach you how to relax, biofeedback training, and a stress management group. There are also self help books available in the library and local bookstores to teach additional ways to relax and manage stress.

When it comes time to take your final exams too much anxiety can be counterproductive. To prevent a high level of test anxiety you may want to remember these suggestions.

- 1) Expect to get uptight at first.
- 2) Take 2 or 3 deep breaths and let them out slowly.

- 3) Note instructions and follow them exactly.
- 4) Look over all questions briefly to determine what is expected.
- 5) Assign a proportion of time to each question according to how many points each is worth. Don't spend too much time on any one question.
- 6) Answer the easier items first to gain confidence and gather as many points as possible.
- 7) If there is no penalty for "wrongs" on an objective exam, guess.
- 8) Don't change answers unless you are sure you made a mistake.
- 9) For essay questions, jot down main points on scratch paper, number each point in order, then write your answer following the numbered outline. Write legibly.
- 10) If you finish early do not leave. Check to see if you omitted items, misspelled words or made careless mistakes. Do not pay attention to students who leave the exam before you.

Hopefully these tips can help you in the next few weeks keep stress and test-taking anxiety down to a level that is not unbearable. If you have any questions or desire more information please feel free to come by the Off Campus Center in Puryear Hall or call 845-1741.

MOVING OUT AT THE END OF THE SEMESTER?

If your lease expires at the end of the semester and you are planning to move out there are a few requirements that must be met before your security deposit can be returned. These requirements are outlined in your lease but usually they are as follows: (1) Give written notice of intent to vacate at least 30 days prior to the ending of the lease. (2) Occupy the unit for the entire lease term. (3) Clean the apartment in accordance with the move-out cleaning instructions. (4) Pay all rent according to the terms of lease. (5) Give the landlord your forwarding address in writing. Also, remember that your security deposit cannot be used as your last month's rent.

If you have any questions regarding the return of your security deposit come by the Off Campus Center in Puryear Hall or call 845-1741.

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