

State and Local

Workshops will help students cope with stress of finals

By Anthony S. Casper
Reporter

Beginning Tuesday, Texas A&M's Student Counseling Service will be holding workshops on how to lessen and even eliminate stress and anxiety during finals, a senior staff psychologist at the Student Counseling Service says.

Dr. Terry W. Mason says students can sign up for the workshops by calling the Student Counseling Service or by going to the third floor of the YMCA Building. The workshops will be limited to 10 people per session.

The (the workshop) is going to blend some

techniques of how to handle the anxieties that come up with finals, with how to prepare for them and ways of taking finals better," Mason says. "These include different strategies of how to improve your chances of getting a high score on your finals."

The first session will deal with how to prepare for finals and how to set up a time budget, he says.

"We'll also do some relaxation techniques and take a look at ways to keep anxieties down to a minimum," he says. "The second session will be a continuation of the first session and will be more specific."

Mason also says that anxiety can affect

memory, even though the student may be well prepared for the test.

"One thing that happens is that often times students prepare well for finals but they get real anxious when they go into the final situation," he says. "It's hard to recall the material because the anxiety affects the recall process."

"When anxiety is in what is called the 'level of distress,' then students can freeze up and not produce the kind of stuff that's already in there, in the mind. You can't really work up to your potential when you're anxious like that."

Mason says not everyone knows how to relax in stressful situations.

"One of the things we teach students is how to relax," he says. "A lot of folks think they may know that, but there are some really good techniques and they include some things like deep breathing and progressive muscle reaction."

"Another type of technique, which tends to work real well with some folks, is the use of mental imagery. This is imagining in your mind various scenes to get yourself relaxed."

If those techniques don't work for the

student, Mason says there is another that has a high success rate.

"Along the mental imagery lines there is another technique that seems to be real effective," Mason says. "This is called guided rehearsal. This allows the student to prepare for the exam by taking it, but we can't do that—it would be impractical."

"What you do is practice going through the whole procedure from when you first study to when you take the test and afterwards in your mind. This is done over and over again. This reduces the level of anxiety when the time comes to take the test for real."

Special Olympics lets area children 'shine'

By Melanie Perkins
Reporter

A unique competition occurred this weekend: All the competitors did and so did the fans. The 1986 Texas Area 6 Special Olympics, held for the third year by Texas A&M, was held Friday and Saturday at Bryan High School.

Steve Calhoun, whose daughter Wendy was a competitor, said Special Olympics is the time not only for the athlete to shine, but for the whole family to be proud.

No matter how serious the handicapped condition, this is a time for the special child to shine — the attitude out there is that you are a winner and this attitude affects the kids

not only now, but in everything they do," she said.

The Olympics began at 6 p.m. Friday with the opening ceremony and relay races, which were followed by a barbecue and dance at the Knights of Columbus Hall.

Saturday began with the pentathlon and continued with field events, wheelchair races, soccer, gymnastics, a softball throw and running events.

A new attraction this year was "Olympic Town." It included a fruit walk, a dunking booth, a sponge throw and clowns. Children also were given the chance to ride horses and pet animals at a petting zoo. Reveille V made a guest appearance.

Anne McGowan, director of Area

6 and lecturer in health and physical education at A&M, said the competition was developed for the mentally retarded child or citizen.

She said she likes working with Special Olympics because she enjoys getting to see the children compete just as other children do.

McGowan said there are no "losers" in Special Olympics — if there are six people in a heat, ribbons are given out all six places.

More than 700 athletes from local communities participated in the Area 6 Special Olympics this year.

Each athlete had a coach to help him throughout the day. Many A&M students and faculty members volunteered to be coaches.

Donald Calhoun of Hearne, Wendy's father, said he thinks Special Olympics gives the children a chance to try new experiences.

"A lot of these kids have no social life at all — to come to Bryan and have a barbecue and a dance and stay in a hotel is a big deal to them," he said.

He expressed concern with the way most parents put their kids on the bus and pick them up when they get back. They don't even participate in what is probably one of the most important events of the year for their children, he said.

"If you look up in the stands, you'll see a bunch of Aggies and volunteers — not parents," he said.

In Advance

Photos of Earth from shuttle to be shown at A&M tonight

Dr. Michael Helfert, an environmental investigator for NASA's Space Shuttle Earth Observation Project, will speak at Texas A&M Monday night at 7:30 in 301 Rudder Tower.

Helfert's presentation, sponsored by the Mathematics/Science Teaching Scholars, will feature slides showing oceanographic, meteorological and environmental phenomena of specific locations and how these phenomena have changed over time.

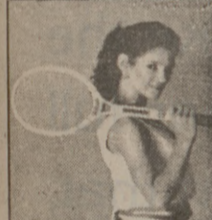
Helfert will show some of the more than 70,000 photos of Earth taken by shuttle crews and by rocket crews during the initial stages of the space program.

These photos provide a capsule report of the Earth's changes over the past two decades.

Helfert's slide presentation and discussion are open to the public as well as to students, faculty and staff at A&M.

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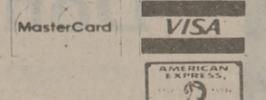
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