

Hints to eliminate stress

By Donna Banse

The spring semester is in full swing and the first round of exams is just around the corner.

For most Texas A&M students, the first round of exams can mean only one thing — stress.

Dr. Maggie Olona, assistant director of counseling at Student Counseling Services, said a university is an extremely stressful environment.

"Most students are under stress because of the sheer volume of work, assignments, papers and research required for Texas A&M University," Olona said.

School and classes cause a great amount of stress, but are usually not the only contributors to stress in a student's life. Tense relationships with roommates and career concerns cause a student to experience stress, Olona said.

High levels of stress are not healthy, but some stress is good for motivation.

"Students need to keep stress someplace in the middle, where it is an energizer and a motivator, rather than a de-energizer and a demotivator," Olona said.

Students often begin to feel the stress of school after they get behind in their classes because of poor time management techniques, Olona said.

Time management techniques can help students avoid some of the stress associated with college.

"Planning ahead this early in the semester will help to make life less stressful later," Olona said.

The Student Counseling Center offers help for students who have problems with time management.

"Students often don't come into counseling for time management because they think we will take away their social life," Olona said.

Olona stressed that time management means providing for a social life.

"We work on efficiency of study time rather than the quantity of study time," Olona said.

Olona offers tips to students to help manage time and stress throughout the semester:

- Keep a calendar of approaching assignments, projects and exams to use as a guide in planning activities and study time

- Have a flexible schedule
- Get plenty of physical exercise and sleep

- Eat a well balanced diet
- Use free time during the day or between classes as study time

All of the clinics and workshops offered by the Student Counseling Service are free to students who are enrolled at Texas A&M.

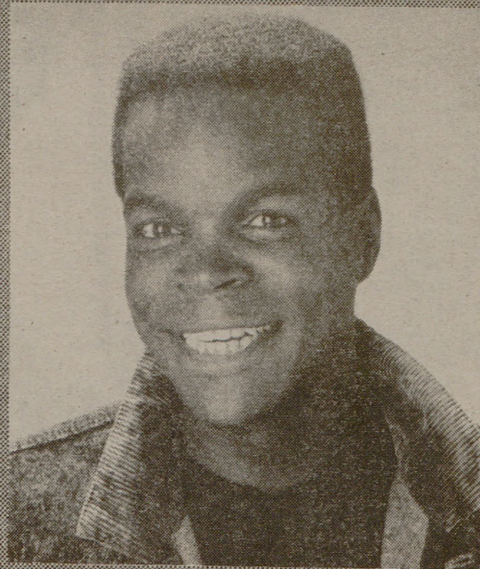
For more information, contact the Student Counseling Service at 845-4427 or 845-1651.

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Dorothy Hill

Psychedelia touches exhibit in Rudder

By John Mabry

Although you won't see any lava lamps or other '60s staple objects d' arte, a touch of psychedelia has found its way into Rudder Tower's newest exhibit, "Catching the Eye: Form, Color, Motion."

The exhibit traces the history of op (optically-oriented)-art from the Impressionists of the early 20th century to contemporary artists working in abstract forms and using non-traditional mediums such as light, motors and plexiglass rods.

The exhibit begins with a sampling of the so-called "fathers" of op art — the Impressionists, Surrealists and Abstract Expressionists. Included in this section of the exhibit is an Impressionist oil titled "Landscape" by Dawson-Watson, a Dali lithograph called "Venus Arising" and two large, colorful paintings by George Appels.

The second half of the exhibit,

the Rationalists, explores the development of op-art into works that directly engage the viewer and alter themselves either by their own accord or depending upon the viewer's perspective.

"Torsions," for instance, by the Belgian Constructivist Walter LeBlanc, consists of a plastic sheet, the bottom half of which has been twisted into several spirals that change color depending upon the observer's position.

Two works by '60s artist Ann K. Shields are perhaps the most engaging of the exhibit. Working in neon paint over a white background, Shields' two works, "Diffusion" and "Ben-Day-Glo," directly induce retinal after-images in the viewer.

The idea of optical illusion also is explored by the German artist Josef Albers in his "White Line Square XII"

and Buckminster Fuller, the inventor of the geodesic dome. The works are graciously accompanied with brief explanations of the artists' backgrounds and intentions in creating the pieces.

As curator Catherine Hastedt explains, "A lot of people look at works of this nature and say, 'Hey, I could have done that.' They (the explanations) help the viewers to understand what effect the artist was trying to achieve."

Even for those who don't appreciate the modern art scene, "Form, Color, Motion" is fun. And since many of the works have no intellectual, religious or historical basis, this is an exhibit that can be actively enjoyed by anyone, regardless of their age, interests or background.

For more information on the exhibit or to attend a tour call (409) 845-8501.

Ending the exhibit are several pure sculpture works by artists including Karel Rickey

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