

# Senioritis: A new hazard at Behrend

by Rehab Elzeney  
staff writer

Have you been skipping at least one class per day? Do you find yourself turning in papers and assignments several days late, if at all? Do you deviously call off work with absurd excuses about the flu and sprained index fingers? Have you recently been watching more and more television? Have you mastered the art of sleeping in class with your eyes wide open, and your pen propped against your notebook? Do you often look at your watch and realize that you have accomplished nothing in the last couple hours?

If you answered "yes" to any one of the above, then you may be suffering symptoms of "senior slack." This disease, widely known as Senioritis, is unfortunately incurable. As the weather turns warmer (if it ever does), the disease spreads more rapidly. School becomes less of a priority, and classes are more difficult to endure. Unlike other illnesses, admitting to the fact that you have the disease is not the first step to recovery. On the contrary, seniors, juniors, and even sophomores will openly admit that they have Senioritis. But,

once you catch it, it is difficult to avoid. Senioritis does not always occur in seniors, and signs of it may not show everyday. But this epidemic can be very detrimental, especially to those who are in their senior year. It has been said that no year of college is more difficult than that endured by seniors. Unfortunately, a student's senior year often winds up running longer than just two semesters. But what makes academic learning so especially difficult during those final seasons?

One would think that after surviving through three long, strenuous years of college, that seniors would breeze through their last year. Alicyn Haney, a graduating Plastics Engineering major, describes Senioritis by the mindset of "how much work can I not turn in and get away with it".

Another senior explains that victims of Senioritis don't feel like going to class unless absolutely necessary, they try to "get by" on exams and classes, even though studying could grant an A, they sleep later and later, drink whenever possible, and just want to hang out with friends all day. Many can definitely blame their decline in grades to this totally encompassing disease. One crucial ele-

ment that makes the last year so much harder is that college seniors usually have more concerns than their undergraduate acquaintances do. Those that do not yet have career-oriented jobs often find themselves very stressed by the idea that they are approaching the "real world" and do not yet have any practical way to sustain a living. Questions regarding the genuine value of those years they just spent in college begin to surface. Will it pay off? What jobs are out there? Some students even consider going to graduate school just for a lack of a better life alternative.

Avoiding Senioritis is easier said than done! Just the subconscious notion that "it's almost over" can be problematic. It is enough to lead some college seniors to study less and less and party more and more. One key to beat down Senioritis is to understand, realize, and accept the fact that you have not graduated yet and that there is a very big chance that you'll end up spending at least one more semester in school. Also, remember that Senioritis almost always has a negative impact on grades. This academic coasting can diminish your career outlook and prospects. Is it worth it after so many years of effort? Not at all! No amount of relaxation is worth the

extended stay (Unless of course, if you're one of the few people, who absolutely adore school and want to stay for a lifetime). Christine Chan, a graduating MIS major jokes that she's "been eagerly counting down the days since January".

Well, it's now April, and many victims of Senioritis have been spotted around campus. Just remember that school is almost done and you're so close. So, instead of watching those sitcoms that you absolutely hate, or playing video games with

your roommate, think about what I have told you and consider the closed notebook on your desk. And for those of you that have caught the disease and are far from your senior year, all that can be offered to you is sympathy.

## The USWF invades the ARC

by Karl Benacci  
features co-editor

On Saturday, at 7:30 p.m., the United States Wrestling Federation will invade the ARC. The six-match card will feature world champion and ex-WWF great Jimmy "Superfly" Snuka, along with a number of other popular wrestlers. Behrend men's basketball and the Department of Athletics, which wanted to bring an event to the ARC that was popular yet affordable to students, are organizing the event.

Wrestling was discussed as being a popular attraction, so the state was called, and they recommended licensed wrestling groups. At the

top of their list was the USWF, who uses top caliber wrestlers. Dave Niland, the Head Men's Basketball Coach and one of the key organizers of the event says that the USWF wrestlers have a skill level similar to professional wrestlers of the WWF and ECW.

"I don't think that there is a great difference" Niland said. "You have up and comers and guys who have come off the tours because of family reasons and only want to do a few shows a month. You will also have guys who are as every bit as good but do not want to deal with the politics of one main company. Many of these guys make more on the independent circuit."

"It should be a great show; most

of the wrestlers have been on or are still on the major tours. We think it is a fun activity of high quality for a Saturday night on campus," he added.

The USWF usually tours colleges, minor league baseball stadiums, and civic centers. The event is open to students and to the public. Ringside seats are \$9, \$7 for general admission, and \$5 for Behrend student tickets. Tickets are available outside of Bruno's from 10:30 a.m. to 2:30 p.m. and are also being sold at the ARC. Tickets may also be purchased at the door. Questions can be directed to the ARC, at 898-6398.

## Don't panic: There's a reason behind what you're feeling

by Joanna M. Carman  
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"I don't know what's wrong with me," a friend said over dinner a few weeks ago. "I just feel so strange."

"What's the matter?" I asked. She clenched her fists tight and took a deep breath. She played with her fork, tore her napkin to pieces and kept shifting in her chair.

"I feel almost nervous," she said. "My heart is going a hundred miles an hour, my stomach is tingling and it feels like I can't take a deep enough breath."

It gave her some peace of mind to know that I experienced the same thing about a month earlier, and sought out the answer of what was happening to me.

It is a feeling that comes on suddenly. It can go away and come back again just as quick. It is called a panic attack. College is exactly the stressful time of life that can bring about panic attacks and/or disorders.

Medical professionals agree that major life events, such as college graduation or even finals, can bring about panic attacks in students. These attacks may occur when the student is sleeping, walking to class or watching a football game. In addition to a racing heart, symptoms of panic attacks can include chest pains, difficulty breathing, lightheadedness, dizziness, nausea or stomach problems, flushes or chills, trembling, sweating, shaking, tingling in fingers or toes (pins and needles), terror and fear of being out of control or crazy.

The Anxiety Panic Internet Resource (TAPIR) states that people can't predict an attack and may fear the onset of another. In fact, panic attacks come on suddenly, and there may not appear to be a reason in sight.

The American Psychological Association says panic attacks also pass in a few minutes because the body cannot sustain the "fight or flight" response to which the organization compares the attack. TAPIR states attacks may last up to 10 minutes, and in rare cases, they can last an hour or more.

However, even though they last only a short time, panic attacks can recur for hours. TAPIR states that 1.6 percent of the population is affected by a panic disorder. A disorder is different from an attack in that it causes the person constant fear of having another attack. Not everyone who has an attack will develop a disorder.

Panic attacks are not dangerous, but a disorder can completely alter a person's life. A potentially de-

### PANIC ATTACK QUICK FACTS

1. Attacks can occur at any time.
2. Attacks average a couple of minutes, but in rare cases can last for hours.
3. They are not dangerous, but can feel "crazy" or "out of control."
4. Attacks usually appear during the teen and young adult years.
5. Major life events may trigger attacks.
6. There is evidence that attacks are genetic.
7. Attacks occur in all ethnic groups.
8. Women are twice as likely to suffer from a disorder than men.
9. Coffee, exercise and some medications cause panic attacks.
10. Treatment includes education, breathing exercises and/or medications.

bilating condition, panic disorder may lead to more serious conditions, such as agoraphobia, fear of the outdoors. APA says a panic disorder may also lead to other phobias. People who suffer from a disorder may find themselves avoiding situations that may trigger an attack, causing a new phobia.

For example, someone who suffers a panic attack in a restaurant may avoid eating out, for fear of triggering another one. TAPIR says one-third of sufferers will have their lives restricted in such a way by the disorder.

According to APA, people who suffer from the disorder are also more likely to use drugs and alco-

hol. They also tend to be more likely to attempt suicide and to spend more time in hospital emergency rooms.

Only one in four people with the disorder get the treatment they need, APA says.

Treatment can include cognitive and behavioral therapies, which can teach a person breathing techniques and how to overcome any phobia related to the attacks. Medications are also available to decrease the symptoms of an attack. TAPIR says 70 to 90 percent of people with a panic disorder have been helped to overcome their anxiety with treatment.



PHOTO BY NEIL MAKADIA

Jaimi Bonczar, president of Women Today, will lead the group in the Take Back the Night march on April 25

## Bonczar gets no sleep as she takes back the night

by Kristin Grudowski  
staff writer

While many fourth-semester students are caught up in preparing to venture off to University Park, psychology student Jaimi Bonczar is continuing to develop her role of leadership and responsibility here at Behrend. Bonczar has a long list of commitments and obligations, and she wouldn't have it any other way.

Bonczar serves as president of Women Today, a student organization at Behrend. The group became active again last year for the first time since 1996 with the help of Melissa Bender. Bonczar attended meetings for the group last year as a freshman and offered her assistance at last year's Take Back the Night March. Shortly after the march, she was asked to be president of Women Today.

"People thought I could handle big jobs, and I was always willing to help out," Bonczar said about her nomination. "I love being involved."

Bonczar began her presidency last fall, and has a few objectives she hopes to reach in order for the group to grow and become stronger.

"I am interested in heavily recruiting freshmen next fall, and becoming a more visible group on campus," she said.

Women Today will again sponsor the Take Back the Night

march on Wednesday, April 25, at 7:00 pm. Participants will gather in Perry Square downtown, where they will march against rape and domestic violence. There are five stops during the march where speakers from various organizations in Erie, such as Behrend's own Sue Daley, will address the participants. Following the march is a reception with a band and free food.

"Attending the march last year completely changed the way I thought about domestic violence, rape, and woman's issues in general," Bonczar said. In addition to the free food and entertainment, the first 300 people participating in the march will receive free t-shirts. Free transportation from Behrend will also be provided at the RUB desk.

Accompanying her duties as president of Women Today, Bonczar also works in the Student Activities office where she is the Programming Assistant and helps to coordinate LEB events. Bonczar's responsibilities as the Programming Assistant are obviously time-consuming. Bonczar is also one of seven Resident Assistants for Ohio Hall.

"I have 38 residents on my floor, and I have met a lot of people as an RA as well," Bonczar said. The only aspect of being an RA that Bonczar does not enjoy is giving referrals.

"I hate it!" she said. Next year she will move down the hill to

Niagara Hall. As an RA in Niagara, she will attempt to deal with communal bathrooms, linoleum floors, and no air conditioning, a completely different environment than that found in Ohio Hall.

Bonczar's home is in Coudersport, PA, near Warren. Although she did not originally plan on attending Behrend, she is now content with staying right here, rather than transferring to University Park.

Following Bonczar's graduation from Behrend, she plans to attend graduate school at the University of Michigan at Ann Arbor. She realizes Michigan is further north than Behrend, but together we have concluded that the winter in April at Behrend will help to prepare her for whatever temperatures may fall to in Michigan.

"I want to focus on developmental psychology, and when I graduate from Ann Arbor, I hope to become a clinical psychologist, working with children," she said. Bonczar is currently working with Dr. Corty, studying female sexual arousal disorder as an internship.

In her free time, Bonczar says she enjoys reading, "anything I can get my hands on, except science fiction." This summer she will be attending classes at Behrend and will continue her work with Dr. Corty and Student Activities.