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Sex projects tackle unique and fascinating topics

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Sex, sexuality, sexual nature it doesn't matter! Many college students are actively engaging in sexual activity, and most are blind to the many aspects of what sex really entails. Dr. Eric Corty's Human Sexuality class presented data based research posters on any and every topic on human sexuality this past Wednesday in McGarvey Commons. The topics ranged from abstinence to sex toys and from polyamorous men and women to the role of foot size in attractiveness.

What's the purpose of all the data based research? Dr. Corty had three main goals in assigning this to his students. He said, "The research gives the students a chance to become familiar with information that benefits them. Second, they gain experience in their communication skills by having to know how to explain their topic to other students and visitors. Finally, the fact that all students are welcome to come and learn about topics that affect them."

The thought of data-based research posters sounds boring, and yet the Psych 402 class managed to create and come up with lively, intriguing topics and posters that grasped and maintained the attention of the audience. Each student had a vast knowledge of their topic and was able to explain the information that began as complicated to them with ease and assurance to their peers.

Student David Daquelente's topic was College Women Who Had Sexual Intercourse when They

were Underage Minors (13-15): Age of their Male Partners, Relation to Current Adjustment, and Statutory Rape Implications. Just this title alone is confusing, yet David explained the meaning and message of his topic effectively. The topic, in basic terms, means how many adolescent girls ages 13-15 engaged in sexual intercourse with partners from ages 13 to the statutory rape age of 18 or older and the effect on the girls some years later at their current age of 18 or older. The statistics and outcomes of the research are astonishing and each student chose topics that were informative in many different ways.

Probably one of the most intriguing topics was that of the role of foot size in attractiveness. The students were urged to let their imagination go and choose a topic that would grasp their interest and that of others. Student Jenna Dominick did just that. Her choice of topic, she says, was because "it sounded interesting and who knew feet had to do with anything."

Kacie Burns expressed her enjoyment of the assignment by stating, "it was so much better than doing a research paper. We weren't busy with doing the actual research. We could take more time to really get in depth with the information and understand what we were reading about."

Dr. Corty was excited with the outcome of his students projects and rightly so because the posters and the students' attitude and professionalism were tremendous.

Dave Baleno, who was observing the posters, stated, "This is probably the most entertaining and yet educational sex information display I've ever

seen."

Sex and the knowledge that one should know about it has a never ending and ever changing

horizon that should be embraced not feared because the information is there and all one has to do is look, be aware and enjoy.



Freda Chang / The Behrend Beacon

Students present facts to familiarize people with new sex research in Dr. Corty's Psych 402 class.

Inside

Students deprived

Sleep is a precious commodity on college campuses.

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Partying, late night cram sessions, extra curricular activities and the occasional class thrown in is a typical Penn State Behrend student's lifestyle. One thing that you may not notice on this list is a good night's rest. Sleep is usually the one thing college students want but can never get. Sure you can doze off during a professor's lengthy lecture or catch a few zzz's on one of the lobby sofas between classes, but the truth of the matter is students are not getting sleep where it counts... in bed.

In a recent study, the American Medical Association found that the major problem with sleep deprivation among college students is that it can have a severe effect on school performance. The average adult needs about seven and a half to eight and a half hours of sleep a night. The average college student gets about half that. Some of the ways that lack of sleep can affect classroom performance are increased forgetfulness, difficulty learning new lessons and difficulty paying attention. The two major issues are increased forgetfulness and difficulty paying attention. Having a late night cram session before a big exam may often cause more harm than good. While you may pick up a few extra pieces of information, studies have shown that students will spend more time on questions that they would have previously known the answer to had they been well rested. When the brain is tired, it takes longer for it to process even the simplest task.

David Belasco, a 7th semester Computer Engineering student at Penn State Erie, said "I can function pretty well on six to seven hours of sleep, anything less than that will make my day drag on. I have done all nighters before working on projects or for a test the next day, and I last till just after the project is handed in or the exam is done and then I

crash hard after that. Trying to pay attention in other classes during that day is virtually impossible because I can never pay attention." When asked about the earliest time Belasco would schedule a class for he said, "Nine in the morning is the earliest I would schedule a class for unless I didn't have a choice. It is very difficult to concentrate at eight in the morning mainly because you are still trying to wake up."

Heather Bupp, a 1st semester Elementary Education major, also says she needs about six to seven hours

of sleep to function. "I pulled an all night cram session for a test once, and when I left the test, on top of feeling really tired, I knew I didn't do well. When I got the test back a few days later I noticed that made a lot of little mistakes that I never would have done if I actually had gotten sleep. I probably would have done better just studying a little and getting more sleep."

sure you use a very small wattage bulb to read. A 15 watt bulb should be enough. Bright light from these activities may inhibit sleep.

Sleep is as important as food and air. Quantity and quality are very important. If you press the snooze button on the alarm in the morning you are not getting enough sleep. This could be due to not enough time in bed, external disturbances, or a sleep disorder.

Keep regular hours. Try to go to bed at the same time and get up at the same time every day. Getting up at the same time is most important. Getting bright light, like the sun, when you get up will also help. Try to go to bed only when you are sleepy. Bright light in the morning at a regular time should help you feel sleepy at the same time every night.

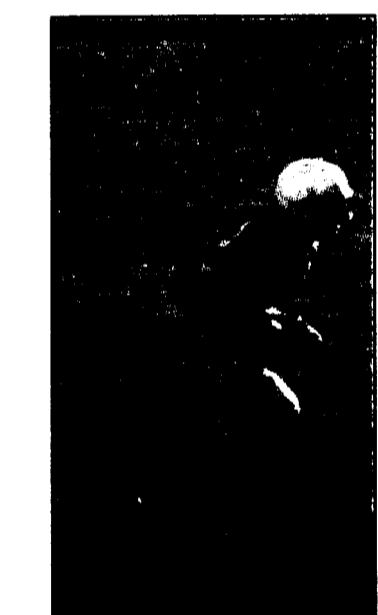
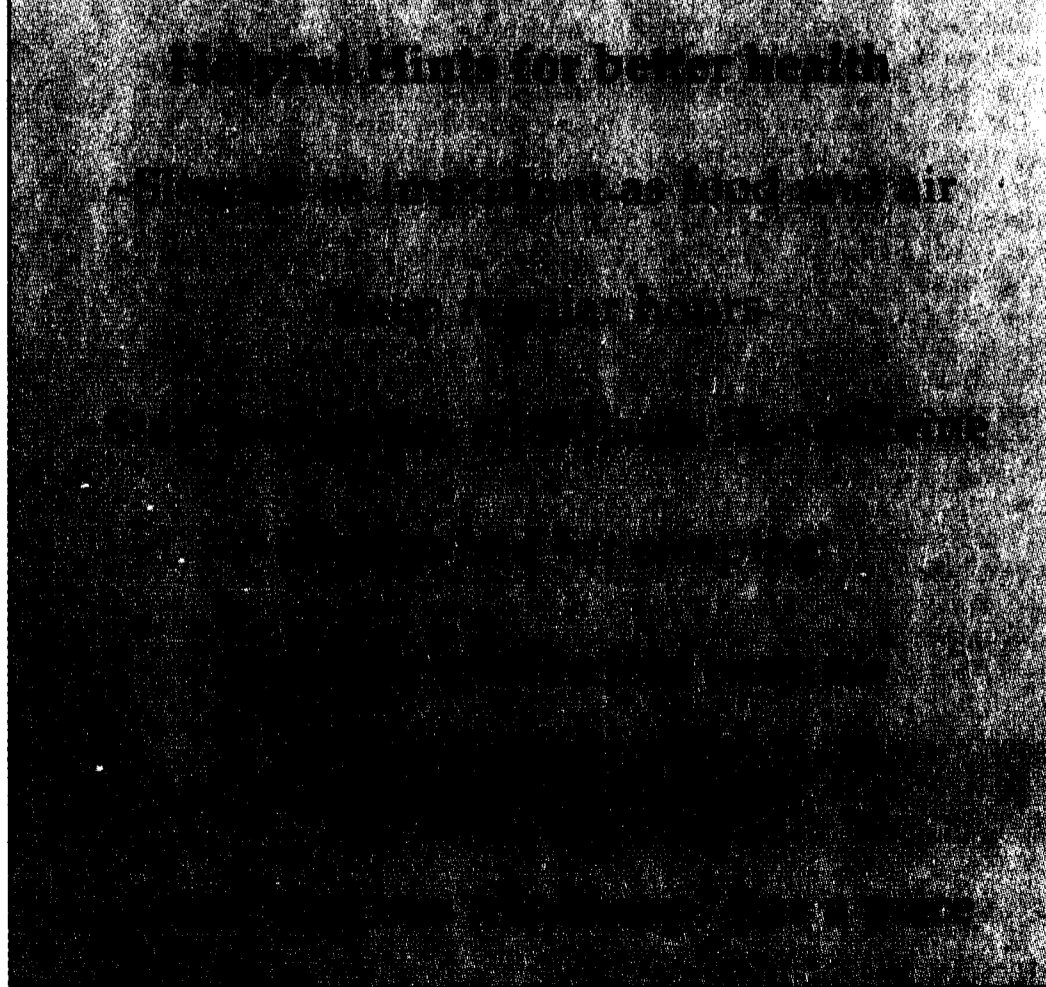
Stay away from stimulants like caffeine. This will help you get deep sleep which is most refreshing. If you take any caffeine, take it in the morning. Avoid all stimulants in the evening, including chocolate, caffeinated sodas, and caffeinated teas. They will delay sleep and increase arousals during the night.

Use the bed for sleeping. Avoid watching TV or using laptop computers. Know that reading in bed can be a problem if the material is very stimulation and you read with a bright light. If it helps to read before sleep make

Avoid exercise near bedtime. No exercise at least 3 hours before bed.

Don't go to bed hungry. Have a light snack, avoid a heavy meal before bed.

Know that the "night cap" has a price. Alcohol may help you to get to sleep but it will cause you to wake up throughout the night.



BCS bowl hopefuls
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