

# STUDENT LIFE

## How do you take your finals?



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From superstitions to getting a good night's rest, students deal with finals week many different ways.

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Freshman Tyler Giek says he usually earns a B on his finals. "I cram for a minimum of three hours, trying to stay up all night, and I usually end up in good shape," he said.

Many students also tend to have bad eating habits and constantly eat junk food. Eating foods with high sugar and fat will make you move slower, and cause you to think less clearly. By eating right and eating the important meals throughout the day, it can help you to become healthier and more alert. By eating breakfast, you boost your energy and metabolism, allowing you to be more alert and think more clearly.

Some students have their own superstitions on passing their finals. Last semester, student Roman Zielinski used an article of clothing to help motivate him. "I drink a lot of Amp, and I don't sleep. Also, last semester, while studying for my Art History final, I wore a blue bandanna. I ended up earning about an eighty-seven percent on my test. So, this semester, I'm going to wear my blue bandanna while I take my finals. I need all the karma I can get," Zielinski joked.

Some students will have their superstitions as they are preparing for their finals. Other students will prepare ahead of time and study little by little every day so that the information is clear and fresh in their minds. And some students will resort to cramming as much information as possible at the last minute. It is very smart to prepare in the best way that you can for the final exams of the school year.

Finals week is approaching, and students are getting prepared for their exams. Students have several different ways of preparing. Some students study continuously, taking in the information well before the test, while other students wait until the last minute and cram. Final exams can sometimes make or break a student's grade, and that is what makes this the most hectic week of the entire school year.

Student Matt Settlemyre likes to prepare ahead of time and focus on being awake for his final exams. "You want to study the big stuff ahead of time, and make sure you know the most important information for the test. I also think it helps to be awake. Last semester I drank two 'MDX's' and was wide awake for my test and did very well."

According to a Penn State online article, being awake and getting enough sleep is very important for your exams. The website states, "Seven to eight hours of sleep is absolutely necessary to remain attentive and think clearly throughout the day."

Cramming is another popular form of preparation for the dreaded exams. Many students tend to put off studying until the last minute and cram a semester's worth of material into just a number of hours. For some students, cramming works out well, but in very few instances,

## Playing it safe in the summer sun

By Rachael Conway  
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Summer is right around the corner. Many are looking forward to lying out in the sun to get the perfect summer tan, while others are already spending time in tanning beds to prepare for the season. Having a tan has been a fashion trend since the 1920s, thanks to Coco Chanel. Now, many people unwisely choose fashion over safety.

What people need to keep in mind, especially college-age students, is that any exposure to the sun can increase the chance of developing a form of skin cancer. According to the American Academy of Dermatology, five or more sunburns double your risk of developing skin cancer. The sun is so damaging to skin because of Ultraviolet (UV) rays. Even though tanning beds use artificial light, they give off harmful UV rays as well.

There are different types of skin cancer, but the deadliest form, melanoma, is the most common cancer among people ages 25 to 29. Many of us at Behrend are approaching this age, and any sun damage done to our skin up until this point could contribute to the development of skin cancer. It is important to take action now while we are young and take care of our skin. While you are out and about this summer, it is important to practice sun safety.

The Skin Cancer Foundation lists some important tips to prevent the sun from damaging your skin. These tips include using sunscreen with a minimum SPF of 15 and applying this sunscreen 30 minutes before going outdoors. Once you have been outside, it is important to reapply sunscreen every two hours. The Skin Cancer Foundation also recommends wearing a hat and UV-blocking sunglasses to better protect your face.

Practicing sun safety is very important for

avoiding skin cancer in the future; however, there are many people whose skin has been damaged in the past. If you are a former or current tanning bed-addict, it is important to examine your skin. You should be looking for changes in the appearance of moles and any other irregularities that you might

notice, like a darkly pigmented spot. If you think you see something suspicious, it would be smart to visit a dermatologist, or you could even show the spot to your family doctor during your next check-up.

If being tan is a crucial part of your summer fashion plans, there are alternative ways to achieve that bronzed look without damaging your skin. Do-it-yourself sunless tanning has been around for years, though many are turned off by this concept because the end result is usually orange streaks. There are many different brands of

self-tanner on the market, and ConsumerSearch.com rates Coppertone Endless Summer as one of the most popular. Reviewers of this product call Endless Summer "goof-proof" because it matches skin tone and gives a lighter, more golden tan than other products on the market.

If you aren't wild about self-tanning, you could give the Mystic Tan a try. The Mystic Tan is a booth in which a person stands, and a series of jets spray sunless tanning solution on the person from head to toe. This is considered to be a convenient alternative to do-it-yourself sunless tanning because the Mystic Tan can spray hard to reach places, which gives a person a more even tan.

If you want to look good in your new bathing suit at the beach this summer, get a Mystic Tan instead of spending time in tanning beds and remember your SPF 15. You will keep up with the fashion world and protect your skin at the same time.



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## Summer 2006

3-week session  
May 10-May 31

8-week session  
June 14-August 2

4-week session  
May 10-June 7

Late summer  
3-week session  
August 7-August 25

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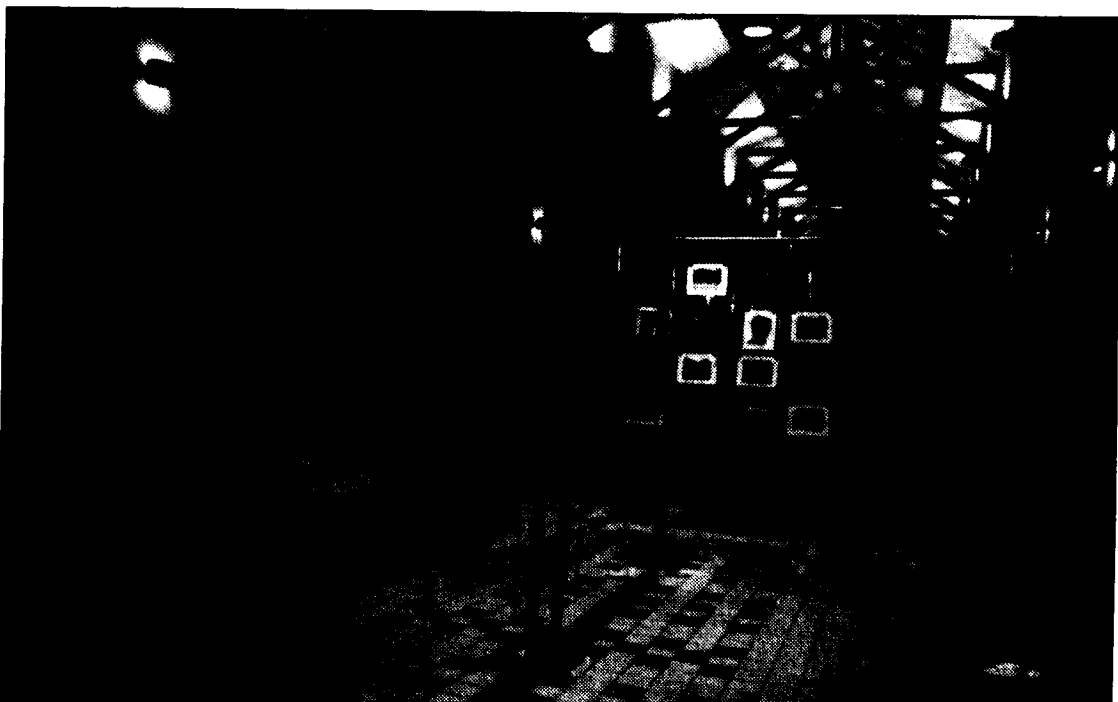
## Guerilla Girls on Tour perform at Behrend



Mike Sharkey/THE BEHREND BEACON

Internationally acclaimed women's activist ensemble Guerilla Girls performed in McGarvey Commons Thursday. The group, which consists of many different and diverse women, performs a series of acts based upon various women who have made significant cultural contributions throughout history.

## Student spring photo show debut in Kochel



Mike Sharkey/THE BEHREND BEACON

Penn State Erie's annual Spring photo show debuted this week and will run until May 4. Over 70 student photographers contributed to this year's show, which is displayed on the first floor of Kochel.