



SEASON'S  
Greetings

the Penn State-Behrend

# Collegian

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## If you follow the right guidelines, you can improve your test taking skills

by Lynn Litterine

You knew the material cold, but with the words "You may start," you stopped. Your mind went blank. Your hands began to sweat. Your heart raced.

What a shame! The test was designed to determine what you knew, and you knew a lot. But you clutched so you were unable to show it.

Most people feel a bit nervous before an exam, and that may even give a desirable edge to their performance. However, extreme anxiety or panic will hamper it.

What gets in the way, according to Steven Batoff of Philadelphia, is *non-specific anxiety*. Batoff, a

psychologist, provides stress management counseling in his practice.

"If you find yourself thinking, 'What if this happens,' or 'What if that happens,' you have a generalized fear in which you have to account for the possibility of anything," he says. "You are not reacting to a specific threat that you can deal with."

Rehearsal is one way to take the what-ifs out.

"Practice test-taking with a similar instrument," Batoff says.

"If you've taken a College Board test four times before, it will be that much easier when you go in for the real one the fifth time. You'll still be nervous about dif-

ficult questions, but you're not going to have that generalized fear that anything might happen."

Follow a specific routine in preparing for a test, he says.

"Routine tends to build confidence, and the test becomes an end product of a whole work task."

Batoff also advises against cramming.

"It's bad to study right up to the time of the test. Ten hours of studying over two weeks is better than 10 hours of studying the day before the test. Over two weeks, you have time to integrate the material, to tie the new facts to your existing body of informa-

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## Rock climbing around the Gorge results in a twenty-five foot fall

by Sue Nathans  
Collegian Staff Writer

At 4 p.m. on Nov. 19, Sam, Jim, and Matt went rock climbing

in the Gorge. Rain which had been falling for approximately two weeks had ceased, leaving the Gorge very wet.



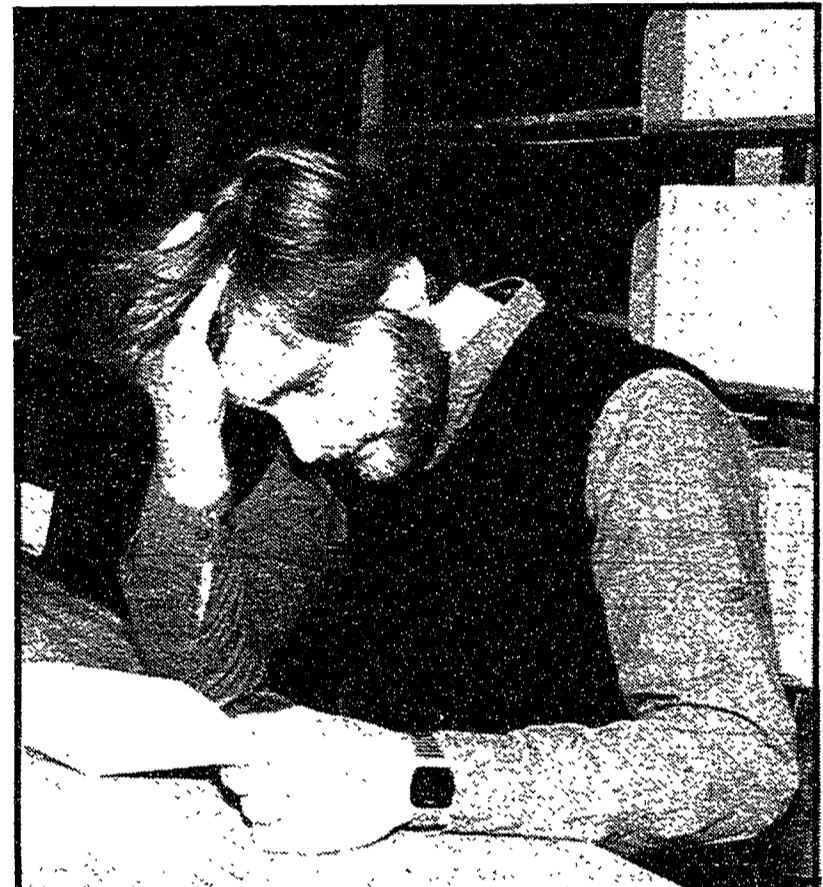
Sam Avampado is pulled from the Gorge.

At about 4:20 p.m. that wetness caused Sam Avampado to plunge 25 feet into the Gorge's creek, breaking both his heels and slightly spraining his ankles.

Somewhere around 4:35 p.m., Matt Stebick, first semester, Metallurgy, alerted Avampado's Resident Assistant of the problem. Francis Greene, Lawrence R.A., accompanied by a few other students, rounded up blankets and proceeded to the Gorge.

Greene said that he had planned to try and carry Sam from the Gorge and escort him to the hospital personally. Greene had never before been in the Gorge. After arriving at the top of the Gorge and seeing that there was no way possible to retrieve Avampado without help, Greene alerted campus security at 5:13 p.m.

Security proceeded to the Gorge to determine the exact location of the injured party and what equip-



Finals can be a trying time for students. The Library becomes a second home.

## Division merge proposed

by Mark Wuerthele  
Collegian Staff Writer

A proposal for a new school containing the divisions of Humanities and Social Sciences has been proposed.

Majors that are currently under the College of Business such as humanities and social sciences will be implemented into a separate college.

Provost and Dean, Dr. John Lilley, is strongly in favor of the new change. "The faculty of the humanities and social sciences is outstanding here at Behrend. Students who are humanities and social science oriented may become even more involved if there is a separate school for their field of study."

Lilley stressed the fact that this is actually not a merge, it is a proposal for a new school. "We must let students be aware of the fact that this is

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ment was needed to retrieve him. After determining the location of the accident an ambulance was called. The time was 5:21 p.m. An ambulance arrived at the scene at 5:31 p.m.

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## Blood drive successful at Behrend

by Gregory D. Goldsmith  
Collegian Staff Writer

There are a variety of reasons why colleges should sponsor blood drives.

In the Erie Community, 1500 to 1600 units of blood are needed every month. Physicians and researchers have uncovered new

ways to save lives using components of blood.

Another factor which contributes to the increasing demand for new blood donors is the rising average age of our population. People 65 and older comprise more than 20 percent of all hospital patients, but they use upwards of 40 percent of all blood

transfused. Thus it is easy to recognize why the need for blood donors is increasing.

The blood that is collected on the Bloodmobile at area colleges is very important to the total program of the Community Blood Bank's overall effort. Students will have the opportunity to learn about blood and a chance to con-

tribute to the actual saving of lives in their community. The persons that organize a blood drive will work on a cooperative project that will bring a sense of accomplishment that comes from a very important job well done.

In an attempt to help the Community Blood Bank of Erie, the

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