

TLC finds housing for UP student

by Greg Rathbun
Collegian Staff Writer

Are you transferring to University Park for the fall semester and don't have a place to stay?

If so, you should know about the Housing Fair. The fair begins on the 7th and the 8th of February from 10 a.m. to 3 p.m. in the Heintzel Union Building of University Park. Several organizations sponsor this event including: Campus Life, the Organization of Town Independent Students (OTIS), and the Association of Residence Hall Students (ARHS).

There will be several realtors present representing many off-campus apartments and additionally a group representing the residence halls. A bus service will provide students with one and one half hour tours of on and off-campus apartments.

After the tour a question and answer session will be held. At the session the Housing Fair coordinators will inform students on what to expect upon arrival in the Happy Valley.

Prior to the fair, Behrend will show two tapes on

housing in the Reed Seminar Room at a soon-to-be-announced time.

Transferring students can benefit from contacts with Transfer Liason Corps (TLC). TLC facilitates in making transition from a Commonwealth campus or Behrend to U.P.. TLC covers the academic, social and psychological aspects of transferring along with housing. Help for transfer students is around the corner when TLC reaches out to Behrend. They will arrive in the spring semester to hold seminars an answer student's questions.

Students who intend on transferring should put their change of assignment form in at the Records Office during the first ten days of the spring semester.

Timely and useful information on the transferring process can be obtained in the Student Affairs Office. There you will find the **INTRO** publication, a five part pamphlet specifically designed to answer student's questions on the transferring process. **INTRO** is the next best thing to tender loving care.

How to improve test-taking skills

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tion. Plus, anxiety starts to take over near exam time, so you're tense while you're cramming."

He suggests taking off the day before a test and giving yourself a relaxing reward, maybe a movie or dinner with friends. Batoff, in fact, built in rewards for himself throughout study time for exams when he was in school.

"Every couple of hours, I'd stop for a glass of milk and some Oreo cookies," he says. "I always gained weight during exams, but the reward helped me study."

A good night's sleep and some exercise also are helpful.

"It's been shown that people intergrate more information after a run around the block," he says.

And where exams are concerned, misery not only loves company, it makes good use of it.

"Support from others going through the same thing is important," Batoff says. "You get a chance to talk about what you're doing. The more you use it in conversation, the more you own it. The less novel the situation feels, the more comfortable you'll be in it."

Batoff suggests taking that premise right into the test with you.

"A person is often more anxious at the beginning of a test than at the end, so run through it first, doing all the questions you can answer off the top of your head. Then, go back to the ones you have to think about when you're able to focus."

The School District of Philadelphia has been offering students, parents and teachers a Saturday seminar called "Test Taking Tactics" for about eight years. Last fall, more than 400 people showed up for the program.

"Test Taking Tactics," the booklet used in seminar, echoes

many of the elements Batoff mentions. It suggests that students talk about their feelings with other students, that they interview adults on their feelings about tests, that they notice what they are saying to themselves about tests and change negative statements into positive ones. "Just 'cause I'm scared doesn't mean I'm stupid," one character says.

The program gives practical experience with test forms and instructions. There are opportunities to get used to computerized answer sheets by playing connect-the-dots games on them. There are instructions to follow that produce simple crafts projects. And there are exercises for improving concentration ("Count backwards while your parnter sings 'Happy Birthday to You'").

People react to tests differently, the booklet says, so it prescribes fast wake-up exercises for the sluggish (Simon Says, running in place, deep knee bends) and some relaxing deep breathing for the wired-up test taker. Energetic relaxation is the goal, it says.

Ronald S. Kaiser, a Philadelphia and Elkins Park psychologist, offers relaxation training in his practice. There are, he says, some techniques that a test-taker can use to achieve that desired state of alert relaxation.

"First, they have to do a certain amount of talking to themselves," Kaiser says. "They have to realize that a test is an inanimated object. It has no power over them until they give it that power." Sit in a relaxed position, then concentrate on your breathing, controlling the inhalations and exhalations, think about the parts of the body one at a time, relaxing them as you go.

"One problem with tension may be hyperventilation," Kaiser says. "When your breathing runs away, that in itself creates anxiety. It sets up changes in the body

mechanism that are tension-producing, like heart palpitaitons, sweating, cold hands, flushed face. It makes the body work awfully hard. Some people experience hyperventilation as a condition imposed on them, but, in fact, it's a condition they can in-

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ROTC Scholarships

by Barrett Parker
Collegian Staff Writer

"It's great being able to go to college and pay almost nothing," says Cdt. Sgt. Don Buckshaw, who received one of more than 2,000 Army Reserve Officers Training Corps Scholarships available every year.

Army ROTC scholarships are generous. They pay for tuition, certain academic expenses, include an allowance for books, supplies, and equipment, as well as a subsistence allowance of \$1000 for each year the scholarship is in effect.

"It's a good deal," says Cdt. Lt. Tom Milley, whose 3 1/2 year scholarship totals around \$20,000, including \$3500 in subsistence checks payed directly to him. "The only thing it does not cover is my room abd board."

As the saying goes, you can't get something for nothing. Students must complete the prescribed courses including military science. Furthermore, student must complete the six week Advanced Camp, which is attended between their Junior and Senior years. "An additional \$750 to go to summer camp," says Milley, "with free room and board for six weeks."

"It's tough being under contract, they expect more from you..." states Buckshaw.

"I think the scholarship is good money," said Cdt. Lt. Geri Falletta, "but it's a big step and a decision that will effect the rest of your life."

There is no requirement that the applicant be enrolled in ROTC. In fact, 40 percent of the scholarships are reserved for students not presently taking part in ROTC, although those students do have to make up the classroom work missed during their freshman year.

Since the Army is placing new emphasis on officers with a highly technical background, special consideration is given to those students majoring in engineering, physical science and nursing.

"I think I am a better person because of the discipline, leadership skills and comradeship," concluded Buckshaw, "I think it will also give me an edge in the job market."

Further details on how to apply for 1986 scholarships may be obtained from Major McDavid, Professor of Military Science at Behrend. His office is located in the administration building, or call 898-6218 for an appointment.

Blood drive

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Residential Life Staff of the Behrend College sponsored a mass blood drive competition between the area colleges consisting of Behrend, Gannon University, Mercyhurst College and Villa Maria College.

This competition is set up so that between the months of December thru April inclusive of 1986, each college will choose a month to sponsor a blood drive that will meet the following criteria established by the competition guidelines.

GUIDELINES FOR COMPETITION

- 1) Be one of the area colleges asked to participate.
- 2) Sponsor a mass blood drive within the set time constraints. (no previous blood drives qualify)
- 3) Notify Gregory D. Goldsmith by writing: Behrend College, Station Road, Box 501, Erie, PA 16563, or by calling (814) 898-6669 or (814) 898-6155.
- 4) Give name of sponsoring organization and blood drive chairperson.

After this has been done, Barbara Parker, Donor Recruiter for the Community Blood Bank will set up an appointment with someone from the respective college staff allowing her to visit the college and explain the details of the blood drive and competition.

When the Residential Life Staff

of Behrend thought of the idea of the mass blood drive competition, it was thought that this would be a great opportunity for the area colleges to work collectively on a group project that will help the community and for each college to show school spirit with a healthy, competitive motive.

The prize to be awarded is a trophy that displays the nome of the winning college. The trophy will be sponsored by the Community Blood Band and will be a floating-resident trophy. Since Behrend plans on making this an annual or semi-annual event between the participating colleges, at

the end of each competition, the trophy will be housed in a showcase at the respective college for that college's reigning period.

Last year, the mass blood drive was sponsored by the Association of Black Collegians and was a huge success. The Dec. 4 and 5 blood drive was also a success.

More donors were expected, however, drawbacks at this time were due to the season, colds, sore throats and anemia. Another drawback is because Plasmatec pays people who donate plasma. However, as stated by a Community Blood Bank represen-

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Dean Lilley at Blood Drive.