## Music Review



## Don't let finals get you down


choose a place free from noise and
other distractions, other distractions, such as friends, stereo, telephone, etc. The library
study room at Behrend may just be study room at Behrend may just be
the ideal place! About every hour or so, your mind and body are ready for a short break. Get up,
walk around, stretch those achy muscles! Don't rely on cramming! More often than not, this method f study increases anxiety and con-
fusion. To get ready for a final exam one should: Ask what informaation the exam will be covering
and whether the exam is to be and whether the exam is to be
cumulative or not, if it is to be an essay exam or an objective exam; review all lecture and reading
notes; keep rereading of texts to a notes; keep rereading of texts to a
minimum; check your recall of macts by writing them out; try to predict and answer test questions.
Master test-taking skills by first Meading ter test-taking diriociolls carefully fir Suarvey the test, how much does
each section count? Will cerain each section count? Will certain
questions take more time? Budget questions take more time? Budge
your time. Work on only one ques-


#### Abstract

ion at a time. Mark difficult ques- tions and come back to them later Concentrate! Be optimistic, encourage yourself, "I. I can do okay on this test." Don't allow past per on this test." Don't allow past per-- formance to interfere with your attitude toward the test at hand. Healthy habits make stress more manageable. Eat manageable. Eat right! Be sure, your diet is well-balanced, avoid. sugary snacks. Although sugar pro? vides us with a short burst of energy, it won't last and later has ar depressant effect. Get plenty of sleep. Most people need 7.8 hours sleep. Most people need $7-8$ hours of sleep each night. Getting enought? sleep can make you more alert, lessiz irritable and better able to manage, stressful situations. Exercise aR least three times a week for about twenty minutes. Walking, biking; swimming, jogging, aerobics, and weight lifting are all good exercise and can provide you with goodiension release as well, something sive study weeks preludng final exams. sive study weeks preludng final exams.


## Holiday bazaar a banquet of goodies





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