

# oute " at your local pub

"Brushing" to her agenda. "Brushing" occurs when I brush against a guy as if by accident," Mary explains. "Of course, if it's really crowded, sometimes it truly is an accident!"

Another popular game is "Phone Call;" it is similar to "Scenic Route" in that it requires a woman to maneuver through a mass of men.

"I just go to the pay phone, which is usually near the bar, and call someone," says 25-year-old health instructor Kim. "I call my mother, the operator, anybody; 'cause some guy I've been staring at is bound to ask who I'm calling and start a conversation."

"Hi There, You're Great; Now Introduce Me To Your Friend" is the most widely used game both men and women engage in. The scenario is simple: a beautiful girl, her unattractive girlfriend, and an intimidated guy.

David, awed by Sherry's stunning looks, couldn't bring himself to start a conversation

with her, so he gave her homely friend, Beth, a line.

"You come here often?" David said. "First time for us, but we like it! "This is my friend, Sherry." "Hi Sherry,"

begins her vigil.

"I continually examine my watch for the time and stretch my neck searching for my late, imaginary friend," Connie says. Within minutes, some guy will

**"Mary, a 21-year-old college junior, and her girlfriends always sit at the table farthest from the ladies' room to play the 'scenic route.' This positioning ensures synchronized walks through the herd of men near the bar; which is indeed a scenic route!"**

David said, "you want a drink?"

While the ploys are effective, the best, most successful female pick-up trick requires only a watch. The delightful, yet deceptive, ritual is titled "I Don't Know Where They Are."

Walking into a dark club, Connie, a 22-year-old graduate student, moves directly towards the bar. Once in position, she

begin a conversation with a line like "No one should stand up a good-looking girl!" The game insures several prizes: a drink, a dance, and of course, if someone more desirable appears, you have an excuse to leave.

"I like to go out and my girlfriends usually cancel out, so it (I Don't Know Where They Are) gives me something to do at the bar until I'm comfor-

table," explains Connie. Feeling comfortable seems to be the main reason why women engage in bar rituals.

"Bar games, like other games, are childish," one woman told me.

Are they? Experts have concluded that bar games, or rituals, are healthy in that they promote human interaction.

"Social rituals," says Penn State professor Dr. Simon Bronner, "compensate for the lack of knowing everyone, especially in the Harrisburg area." Bars are spread out, unlike New York or Philadelphia where there are two bars on one corner.

"Your chances of meeting a lot of people in one night are diminished due to the driving distance," Bronner says. Therefore, to make the most of meeting people, observe more and watch for patterns.

So the next time you're in a bar, observe the scenic route, 'cause now you know where we are!

## stress techniques

despread than most of us imagine because many victims conceal their condition. They are ashamed of their fears and ridiculed by others for having these fears, so they often suffer in silence and hide their symptoms from an unsympathetic environment.

"I'd be too embarrassed to tell my teacher I'm afraid of taking tests," John told me. "He'd just think I was trying to get special favors."

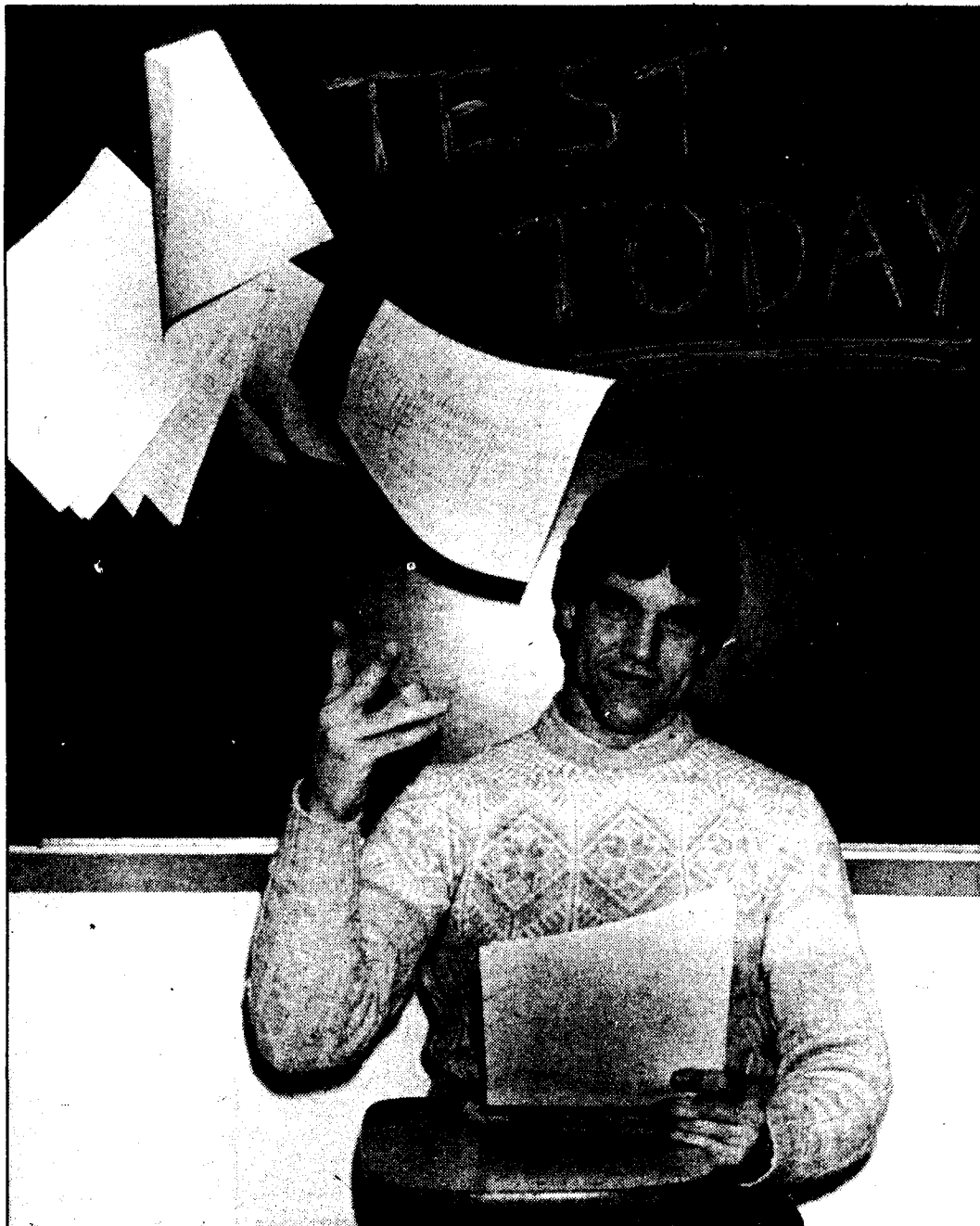
And test anxiety is on the increase.

"In the last five years," said Dr. Krieger, "we have seen more cases of test anxiety in the Counseling Center. This is probably due to external pressures, decreasing job markets, and increased competition for employment."

Adding to that, Beck said that there is a strong positive correlation with need achievement, high competition needs, and high need to excel and get ahead.

Research has shown, fairly conclusively, that test anxiety can be relieved through a combination of different approaches.

"I use an eclectic approach," said Beck. "Essentially, I try to help the student develop a lifestyle that allows him all the things he feels he needs to do, and also study for tests. I try to put the performance aspect of his life into a comfortable lifestyle."



Photograph by Michael Markle

Dr. Krieger said she encourages students to practice good health habits, such as good nutrition and adequate exercise. "The more fine-tuned the body is," she said, "the better able it is to withstand pressure."

She also recommends that students learn some type of stress management techniques, and she said the Counseling Center offers many.

Once these techniques are learned, she said, it is good to practice them in the location where the test is to be taken. "This helps replace the anxiety response with a relaxation response."

Both Beck and Krieger say that feedback from students using these techniques has been positive, and that there are more and more students signing up for workshops through the Counseling Center.

Beck said that students should realize that seeking help for test anxiety is a "sign of strength, rather than something to hide from."

He also said that at Capitol Campus, many instructors pick up test anxiety in their students, and refer them to the Counseling Center for help.

So for John, and students like John, test taking need not be debilitating. Help is only as far away as the college counseling center.