

## Stress causes study problems

By Michelle Lackey

She has trouble sleeping at night, and is now smoking two packs of cigarettes a day. It's impossible for her to concentrate on a long term projects, only on what work assignments are due next. Marysue Gaily, a full-time Humanities student who waitresses for 30 hours a week, suffers from a widely-shared problem here at Capitol Campus: stress.

But Gaily is not alone in her constant battle to stay on top of school, work, and other daily activities. Approximately 80 to 90 students on campus suffer -- either directly or indirectly -- from some form of stress, according to Edward Beck, counselor and instructor for the behavioral sciences division.

Sometimes, college classes can give students harmful doses of stress and pressure, according to a new University of Utah study.

Many college classes enforce "an overemphasis of grades" and put "unnecessary" pressure on students, said David Spendlove, one of three Utah medical instructors who conducted the study of professional, graduate and undergraduate students there.

The study reported that the withholding of grades and test scores, public posting of grades and the lack of a clearly defin-

ed expected performance from the students creates a needlessly high level of anxiety among students.

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"Many students have stress because they feel they have no control" over their academic lives, according to study co-author Claire Clark.

Although Clark said the "right amount of stress is positive because it is motivating," too much stress can damage students' learning abilities, causing them to become confused, frustrated and out of touch with their schoolwork.

Beck said stress has three different categories that can alter a person's behavior or mood. Physiological symptoms of stress may cause headaches, sweating heart palpitations. Psychological stress could trigger severe depression, and the most damaging form of stress is not noticeable where a person doesn't overtly show any visible signs of stress. When stress is not easily identifiable, suicide may be sought as an alternative, Beck said.

"It's a feeling of physical helplessness, like being in a

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## Capitol student's race for House seat starts career

By Mark Edquid

For many candidates, a defeat this election year spells the end of their political careers. For one Penn State Capitol Campus student, the disappointment in losing his bid for a public office means only a beginning.

Joseph P. Oddo, a senior public policy major and last year's Student Government Association president, was soundly defeated in his quest for a seat in the Pennsylvania House of Representatives. Running as a republican candidate in the 37th legislative district, Oddo managed to capture 5,142 votes while his opponent, the incumbent Emil Mrkoncic, collected over 17,000 votes.

"I took a beating," the 26 year-old Oddo explains, "but I did a lot better than most people thought I would."

There are approximately 60,000 people in the 37th district which includes Oddo's hometown of McKeesport, "and practically all of them are democrats," Oddo says.

Both Mondale and Ferraro campaigned hard in Pittsburgh

while President Reagan managed to sidestep the heavy democratic area on his campaign swing through Pennsylvania. Mondale seized 69 percent of the vote in the area. "That's the kind of beating I took as a republican," Oddo says wryly.

A relatively unknown candidate, Oddo found himself knocking on doors every days of the week.

"I didn't have the money to do any advertising," Oddo says, "so my main strategy was to meet the people one to one."

"I found myself getting into some democratic hornet's nests," Oddo recalls from his door to door campaigning which he refers to as being "in the trenches."

"They complained a lot about the economy and the

job the incumbent was doing and yet they still voted [for the] democrat."

Oddo says he liked the challenge of going out and meeting the public and answering their questions.

"You really have to be on your toes."

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File photo by Laurie Bedford

## Professors analyze Reagan landslide

By Joseph L. Michalsky

"I think the party is in deep trouble and I think the Democrats are fooling themselves if they think they lost an election only because Mr. Reagan had the popular vote," said Dr. Robert Bresler, Associate Professor of Public Policy, recently.

Bresler and Dr. Micheal Young, Assistant Professor of Social Science and Public Policy, expressed their opinions about the presidential and congressional elections before a crowd of about 40 to 50 observers in the Gallery Lounge on November 8.

Bresler, who is the Public Policy Division Chair, feels the Democrats have to seriously realign their strategy and positions on the key issues. President Reagan's 59 to 41 percent

landslide win over Walter Mondale is not unusual, he said.

"Democratic candidates for president have been hovering in the low 40's (in terms of their percentage of the popular vote) and have not been able to crack that barrier," said Bresler.

Citing previous presidential elections to support his thinking, Bresler said, "Humphrey got 43 percent, McGovern got 39 percent, Carter got 41 percent in 1980 and Mondale got 41 percent in 1984.

"Mondale had the support of party leaders, had the support of interest groups and was by and large a solid candidate, worked very hard and didn't make any major jabs," Bresler added, "and yet he was not able to track the pretty solid anti-Reagan vote of 43 to 45 percent."

Bresler felt that no matter who the Democrats ran for president, they would never be able to put up any substantial challenge for the Republicans.

James M. Perry, staff writer of the *Wall Street Journal*, said the Democrats will be looking for a candidate who can do more than carry his home state and the District of Columbia. Among those being considered for 1988 are Senator Gary Hart, Senator Edward Kennedy and Governor Mario Cuomo of New York, according to Perry.

"The party is up for grabs," said Gene Russell, the National Democratic Committee's press spokesman.

### Five Mistakes

Bresler also described five major mistakes of the Democratic Party in capturing voter

interest.

The first mistake was not nominating Gary Hart.

"Hart could have appealed to the younger voters. He broke out on the New Deal and he promised to re-energize American liberalism," said Bresler.

The second mistake involves Walter Mondale's failure to adopt Hart's new ideas after Hart lost the nomination.

"None of his new ideas that Hart presented were offered by Mr. Mondale," Bresler said. A clear example, he said, was the Democrats' endorsement of the Bradley E.F. Hart modified flat tax.

"This tax would have closed front loopholes and would have reduced rates dramatically," Bresler explained, "But what did Mr. Mondale do? He basically offered a conservative

approach which was really a reaction to Reagan's tax cuts."

Bresler said that Mondale's approach to the budget was "extremely conservative."

"In fact, Mondale did not have any new ideas, any new programs and he represented in many ways (both) liberalism and conservatism," he added.

Letting unionism and feminism dominate the party was the Democrats' third major mistake, according to Bresler.

"The union leaders and the feminist leaders did not represent, in my opinion, constituent groups," Bresler said. He implied that those interests were not capable of gaining the big block votes for the party.

"The only genuine constituency group represented at the

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