

## GENERAL NEWS

## MAKING THE GRADE FOR YOUR PEAK PERFORMANCE

*Editors note: Robert J. Kriegel, Ph.D. — best selling author, former All-American athlete, and mental coach for Olympic and world class athletes — lectures and consults with major corporations worldwide on peak performance, leadership and strategies for dealing with change. Kriegel recently took part in a national tour of college campuses sponsored by the makers of Nuprin Pain Reliever.*

*To remind you how to be a peak performance thinker, Kriegel and the makers of Nuprin have developed a "pocket coach" of tips for combating pressure and pain. For a free copy of the Nuprin Pain Relief Guide, write to Nuprin, P.O. Box 14160, Baltimore, MD 21268.*

The alarm sounds. "6 a.m. I've really gotta hustle. I've gotta finish that outline, talk to Professor Jones, stop by the lab, read 100 pages for my noon psych class and be at work at 3 p.m."

Today's college campuses are pressure cookers. In fact, the Nuprin Pain Report, the first national study on pain in America, documented that more people 18-24 suffer from stress and pain than any adult age group.

As I've toured the country visiting college campuses, students tell me the most common causes of their stress are: too much to do, too little time; exams; money; relationships; interviews; family and career choices.

So, get rid of stress. Right? Wrong. Stress is neither good nor bad.

How you handle it can be. Learning to make stress work for you can help you concentrate better and think more clearly under pressure, have more energy, be more creative and make college more enjoyable.

But many of us handle stress poorly.

Some people panic and work too fast under stress. Others procrastinate. Neither response is productive and both are caused by what I call "sabotage thinking" — common reactions to stressful situations that work against rather than for you.

Two common types of sabotage thinking are: "the gottas" and "the can'ts."

Let's look at the gottas and methods to overcome them.

The gottas usually occur when you think you have too much to do and too little time to do it: "I gotta study for two exams. . . I gotta read two chapters. . . I gotta call financial aid about my loan. . . I gotta get a date for Friday night. . ."

The gottas make everything seem harder than it really is. You get into the panic zone, rushing to get it all done. You walk too fast, talk too fast, think too fast, write too fast, eat too fast. You can't concentrate or think clearly. You make careless mistakes, blank out on exams and forget things you already know. Everything seems like a life or death proposition.

I was talking to a junior at U-C Berkeley who had a bad case of the gottas about a forthcoming exam. "I gotta get an A," he said. I asked what would happen if he didn't.

"If I don't get an A, I won't keep

up my 4.0 average. Then I'll never get into a really good graduate school, and then I won't get a top job, and then I'll never make a lot of money. . ."

By the end of his discourse, not getting an A on this test was akin to his life being ruined.

When he stopped and thought about what he'd just said — that if he didn't ace this test his life would be down the tubes — he started laughing, "I must be crazy."

He was not crazy, just not thinking clearly or realistically. Many of us get that way under pressure. This type of desperation thinking makes us overreact and causes panic. The cure is to shift from irrational to rational thinking. Do a reality check. When you get the gottas take a deep breath, exhale slowly and ask yourself, "What is the worst thing that

This type of reality thinking puts the gottas in perspective. Sure, not getting an A would be a drag, but it wouldn't be the end of the world nor would it land this A student in the ranks of the homeless.

Looking at past wins helps, too. After all, he already had a 4.0 average, and had done well on difficult exams before. Reminding himself of his past success on similar exams helped him relax and restored his confidence.

Gaining control of your thinking will help to turn desperation reactions into peak performance actions. Learning this early in life will be invaluable in the future, because no matter what you do or where you do it, there's always going to be things you gotta do.

could possibly happen?" and "How likely is that to happen?"

"I would rather have a newspaper without a government, than a government without a newspaper."  
Thomas Jefferson

## ACOA

Lakeside Lutheran Church in Harrisburg has announced the formation of an Adult Children of Alcoholics group for Gay and Lesbian individuals. The group meets Thursday nights at 7:30 p.m. For more information, contact Steve at 238-9089, Colleen at 232-4391 or Joanne at 731-0857.

## YOM KIPPUR

Out-of-town Jewish students wishing to observe Yom Kippur (Sunday evening, October 8 and Monday, October 9, 1989) with a local family at a local conservative, orthodox, reform or liberal temple can contact Dr. Ed Beck, Coordinator of Counseling Services, Olmsted Building W-117, Phone 948-6025

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