



Student studies while taking in the sun.

Ready to Take an Exciting Trip?

By Kelly Holmes

The Learning Center is working to expand students' cultural diversity by hosting trips for specific classes. If you are not one of the lucky students in one of these classes, you can stop by the Learning Center, and ask if any spots are left open. Mrs. Norma Notzold, Learning Assistance Coordinator, said, "If a student is interested in a trip that we have planned, or who has an idea for a trip we have not yet planned, he or she can come in and we will see if arrangements can be made."

The trips taken thus far have been a success. A group of students just

returned from a walking tour of Lower Manhattan. They visited the New York Stock Exchange and Ellis Island. In addition, the students met with groups of immigrants in Lower Manhattan. They enjoyed ethnic foods cooked by the immigrants. They were also fortunate to see first hand the customs, traditions, and arts that the immigrants shared. After that, they walked over the Brooklyn Bridge. "We had a great time!" said Mrs. Notzold. This trip will be held again next fall.

On April 15, the Learning Center is taking a class to the Walnut Street Theater to see *To Kill A Mocking Bird*. Students are welcome to participate if interested. On April 25, Dr. Phyllis

Cole's "Black American Literature" class will be going on a walking tour of Harlem. They will also be entertained by a show at the Apollo Theater. In addition to these, a trip to the Holocaust Museum in Washington, D.C., is scheduled for next fall.

Mrs. Notzold does not generally advertise the trips because they are primarily for a "specific population," usually particular classes or groups of students. However, the Learning Center does want to make the trips available to interested students on a space available basis. If you are interested, contact Mrs. Notzold in room 109 and she will try to make arrangements.

Vital New Server at Delco

By Ed Blackburn

Penn State Delco, in keeping with the idea of a technologically-advanced campus, has been upgrading the computer systems and making them more efficient. The campus has added a brand new backup server, in case the current one goes down, and has implemented a safety-recovery plan. It's because recently the temporary server went down, and there was complete chaos.

The server is vital to the campus, but you probably don't think about it while you check your e-mail or browse the Web. Computer and

Telecommunications specialist Kevin Colbert explained, "During one day, the server accommodates an MIS class, a C++ programming class, a paralegal class, an Auto-CAD software class, a Windows 95 class and another C++ class at night, plus the Eudora accounts and Internet access, all day long. So if that server goes down, there's going to be panic."

Enter new server.

Also, if you have a computer at home, you can install Eudora, the standard e-mail program, as well as a program that lets you dial-up to Internet access, if you give a Lab Assistant two formatted disks. But

because 85% of people who try this fail at installing it themselves once they get home (the instructions are very complicated), the Lab Assistants even offer to install the programs directly onto your computer if you are willing to bring it in.

As for upgrades, the Lab has installed a brand-new Web browser on all the computers, called the Netscape Browser Communicator. More upgrades will follow, for both PC and Macintosh. In fact, the two sides of the computer lab in the Main building often have debates with each other, and competition most always brings forth excellence.

**Blood Drive
at PSU
DELCO
April 8
9 A.M. - 6 P.M.
Lounge
Main Building
Be There!**

Solutions to Never-Ending Collegiate Stress

By Christine Heffernan

High stress levels from working full-time and full-time school recently caused Delco student's medical health to decline. I faced frequent tensions headaches that caused vomiting and strained back muscles that caused dislocation of vertebrae. Now she tries to stay away from stress if at all possible.

Many students find themselves approaching the stress of final exam week without knowing how to prepare for the count down. Final exam preparation is when many students cram months of studies into one week.

"Stress occurs when students are not current with class work or with students who fell behind. The Learning Center staff has many resources to help, such as use of old course exams from professors, student notes, and sometimes occasional notes from professors," stated Norma Notzold, Academic Assistance Coordinator. Over working one's ability to absorb large amounts of knowledge in such a short period of time can create unexpected factors that can prevent one from interpretation, understanding, and retaining information.

Unfortunately, college students may not adjust to the demands of stress. Degreed massage therapist Jackie Pinto, defined stress as "any impediment on the spiritual, emotional, or physical body that causes illness. Stress sits in the muscles and the head. This is how the body (the muscles) and the mind (the head) are intertwined."

Students can alleviate stress during exams by several release methods. Jackie Pinto recommends, "Try to exercise in order to release stress. Exercises release endorphins that create a psychological release of

stress in the brain in order for psychological relaxation to take place. For example, three to four lower back and leg exercises a week will domino-effect up the body for a full body from stress relaxation."

Another source of relief is massage that releases toxins and stress in the muscles in order for physical relaxation to occur.

"The final solution is soul retrieval," stated Jackie Pinto. A massage therapist's recommendation will be needed to alleviate mental or physical limitations. In Pennsylvania there are only two people who can legally do soul retrieval. It is a 2-1/2 hour process of intense massage and chanting to rid the body of years of imbedded anger which costs about \$85.

Jackie Pinto stated students should prepare in advance for stress prevention by meditation, taking vitamins, taking minerals, and using

other forms of body and energy work through a medical physician's advice.

Author of *Dynamics of Fitness: A Practical Approach* George McGlynn, suggested students use "stress management to limit or modify stress. Ten ways to turn off stress are: 1) Try to change how you perceive specific stress-inducing events; 2) Try to understand and deal with you anger; 3) Take time to relax or meditate; 4) Expand your social support system; 5) Regularly exercise as an essential ingredient in reducing stress; 6) Follow good nutrition; 7) Slow down; 8) Don't take on too many responsibilities; 9) Don't set unrealistic deadlines; and 10) Practice effective listening.

If you can't help reduce your own stress about finals seek help from the Learning Center. It offer will provide "Focus on Finals" the Wednesday and Thursday prior to exam week from 3-7 p.m. "Focus on Finals" consists of 1)

study groups, 2) test taking pointers, and 4) new ways of learning.

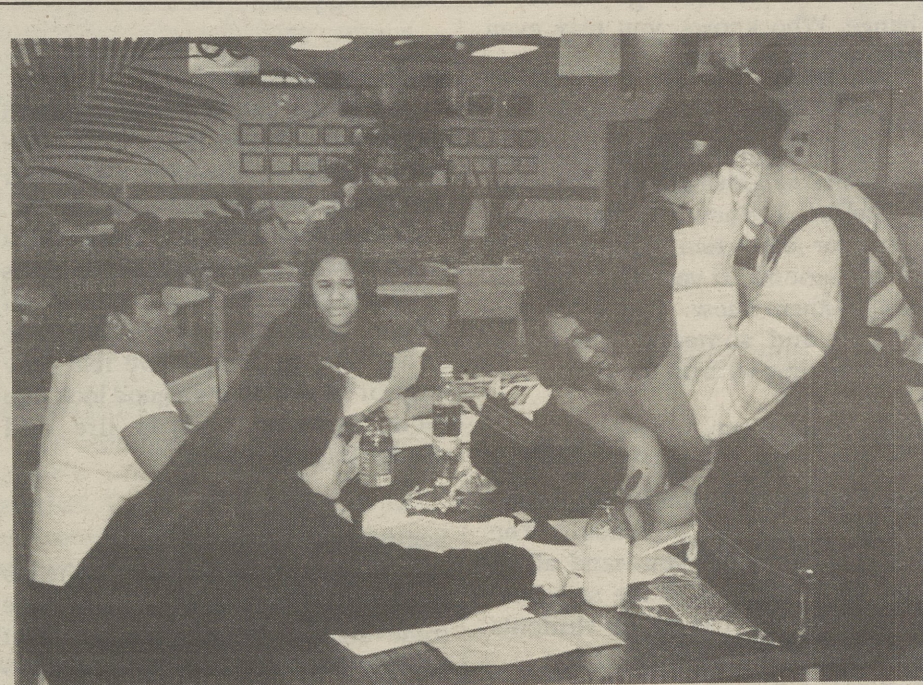
Study groups between students are not question and answer sessions with the Learning staff. Each group of students will work independently in a free classroom in the Vairo building. Discount restaurant coupons and movie tickets will be given to participating students every hour. Refreshments will also be provided. Students can sign up for study groups two weeks in advance.

Workshops will be offered to help students who need last minute study tips. Test taking pointers will help to students who stress over taking essay exams. In addition, students can acquire help with writing final papers or with research papers.

Innovative learning methods are also used during "Focus on Finals." Studying by music can ensure relaxation faster than thinking about it. Classical and natural music are used to motivate the right brain to induce relaxation. Studying in motion can also create a relaxed state of mind and body.

"Focus on Finals" in the Learning Center will involve five staff members, faculty, and peer tutors to help students prepare for final exams. However, students should prepare in advance for final exams by reviewing class notes within twenty-four hours of note taking. Final exam preparation is about rereading and not relearning. Norma Notzold stated, "Eighty percent of learning is lost within twenty-four hours of learning."

To avoid stress during final exams, students must be persistent. The first line of defense is self knowledge to prevent stress from occurring. In serious cases students can seek help from a professional therapist or a counselor. Education is too valuable to throw away for stress.



Students hard at work studying.