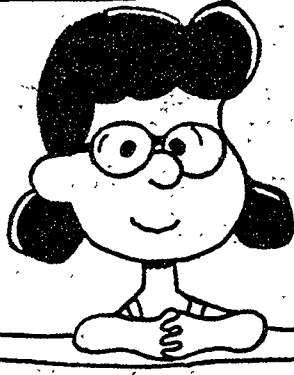


FREE HELP



Ask Louanne

The Collegian Advice Column

by Dr. Louanne Barton, Psychologist

Dear Louanne,

I'm probably the world's greatest procrastinator. It seems I always put everything off until midterm. Now I'm really in trouble. I could blow the whole semester if I don't get on the ball pretty soon. How can I make myself get off my butt and get going?

Signed,
World's Greatest Procrastinator

Dear W.G.P.

There are two kinds of people in the world, those who eat their spinach first and those who tend to put the spinach off in the hope Mom will let them have the ice cream anyway. Unfortunately most professors aren't like good old Mom.

Following are some tips for overcoming procrastination:

- 1.-- Use the "Swiss cheese technique". Poke holes in an overwhelming job with "instant tasks".
- 2.-- If the task is unpleasant promise yourself you'll quit after a limited time, 15 min., half an hour, hour.
- 3.-- Try a leading task like sharpening a pencil, zeroxing an article.
- 4.-- Talk to yourself in a positive way.
- 5.-- List the benefits of doing the task versus the consequences of not doing it.
- 6.-- Make a commitment to someone else.
- 7.-- Consider your working environment. Is it too convenient for falling asleep?
- 8.-- Sometimes it pays to do it when you think of it.
- 9.-- Establish a set time for tasks you don't enjoy.
- 10.-- When you leave a project temporarily always write down the next step.
- 11.-- When you become bored change to a different but related task.
- 12.-- Avoid information overload. Collecting information can be a way of procrastinating.
- 13.-- Become aware. Slow down. Think of the consequences, the benefits.
- 14.-- Don't try too much too quickly.
- 15.-- Start each day by doing the most unpleasant thing on your list.
- 16.-- Reward yourself.
- 17.-- Expect backsliding.
- 18.-- Avoid being perfectionistic.
- 19.-- Start now, not after break.

Send letters to:
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Erie, Pa 16563

Erie Glad To Get Rid Of Dave

by David Friend
Collegian Staff Writer

When I arrived at Behrend two years ago, I was fresh out of high school. I was from four hundred miles away, Frederick MD to be exact. When I noticed the seemingly lacking quality of life here in Erie, I was told to wait, it would get better. I have been here two years now and, I hate to tell you, things have not changed. Let's start off with some thing in Erie itself. The telecommunications system here.

First of all, your newspapers. The Erie Daily Times just does not qualify itself as a good newspaper. Their AP wire stories are almost verbatim from the text they receive. Their columns are mostly dull. And most of all, where do they find their front page stories? "Farmer Brown's Cow Dies, Drowning Cause" just doesn't constitute a headline.

Secondly, the television stations are just horrible. How in the world can anyone stand just a half-hour of local news? Most of that is reserved to weather, which is the only thing in Erie worth mentioning.

The one reason is that the politics in Erie are dull. Now, some people say that the reason they are dull is because I'm not familiar with them. O.K., but the appearance of the politics is that of a really small town. Come on, whenever a city has a mayor for over twenty years, the politics have to lack. Whenever the most contested election race is for a seat on the school board, one can generally assume that the political activity of the area is something less than good.

Not only are politics on the dull side, but your mall is ridiculous. Oh, I forget, the mall is the major political issue of the past twenty years.

Whoever lets the retail tax base of a city to be moved out of the city limits must be crazy. But that's beside the point. Your mall is not only small, but it's the only one within, oh, say forty-fifty miles (and I'm being generous). Talk about limited shopping opportunities! And talking about limited, the movie theaters take a good two months to get good first run movies. What is there left for you guys to do for fun around here? Go tip farmer Brown's cow over and have it's death blamed on accidental drowning?

Nope. That's not it. I know exactly what you guys do around here to have fun. It's simple. Drink. And drink some more. And drink some more 'cause you didn't fall face first after the first two drinks. Come on guys, there's supposed to be more to it. What you do is drink and talk to the people you invited over to drink with. Not only will talking slow down the intake of alcohol into your system, the conversation can be quite interesting.

Erie International airport. What a joke. The baggage carousel is nothing more than a glorified treadmill, probably run by a herd of gerbils in the back. The "terminal" is more like a dentist's waiting room in area. The ticket counters (all four) are usually never staffed. Plus, the only way to fly on a stable aircraft (no propellers) is to go through Pittsburgh, with a year and a half lay-over.

But with all the negatives, I must admit one thing. The people are some of the very best. Nowhere have I traveled and met a better group of people. I can only hope that when I transfer to University Park this fall, that people as friendly as those in Erie will greet me. But do me one favor guys, change some of your T.V. announcers, improve your paper, get some good politicians, and expand your airport, it would make the place a hell of a lot better.

U.P. Protest...Contd. from Page 2

black student was jumped by three whites on campus Friday night. insensitive and indifferent to our needs and concerns," she said. Social scientists who visited the University near the end of last semester will return in March to address agenda items set by the Penn State chapter of the National Association for the Advancement of Colored People.

On Saturday night five black women were accosted by ten white men who tried to lure them into a car while verbally harassing them with racial insults.

Racially offensive flyers deriding Undergraduate Student Government President Seth Williams were found on campus Monday morning. The University has offered \$1000 to any person who produces information leading to the conviction of the individuals responsible for the flyers.

One woman, speaking for the demonstrators, said, "We want to make it clear to the University that we are still not satisfied. Our existence at this University is in danger, and fundamental changes are needed."

"We need to let this University know that we are sick and tired of being victimized. We are sick and tired of administrators who are

proposed Racial Discrimination Eradication board. The University will also work toward implementing the demands that resulted from last April's 15-hour sit-in in the Telecommunications Building that led to the arrest of 88 students, said Robert Dunham, director of academic services.

The group will evaluate a

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Postal Information: The Behrend Collegian (898-6221) is published weekly by the students of the Behrend College; The Reed Union Building, Station Road, Erie, Pa 16563.