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## Effective Stress Management

Whether it is the anticipation of the holidays or an upcoming series of exams, there is little doubt that our stress levels are likely to rise. Increasingly for all of us stress is a fact of everyday life that never goes away but simply increases or decreases depending on external events. Researchers remind us that it isn't just crises and trauma (like exams) that cause stress, but good things such as the holidays, travel, and even new relationships can be a source of additional worry and/or excitement.

Accepting that stress is going to be a predictable and constant theme in our lives; what can we do about it? The basic prescription of healthy diet and aerobic exercise (20 minutes three times a week) seems almost old hat. Sadly, it is at the moments of highest stress that we resort to pizza

roll and hot pockets and seem to feel that our lives are too hectic for even a 20-minute walk.

In spite of the fact that we tend to ignore some standard stress relievers there are others that we adopt almost intuitively. Many of us turn to our friends as study buddies, or even shoulders to cry on when stress seems to get out of hand. In fact strong social support is an indicator of resilience and well being no matter what the health or psychological challenge.

On some occasions, depending on the cause or nature of the stressful event, it may require that we take charge, get organized, and also set limits on the demands that others may make on our time. We need to keep in mind that one way to be helpful to our friends is to be a strong and successful role model.

Another useful strategy is to plan a trip or get away when the stressful events subside. This gives you something to look forward to while also serving as a reward for effort and hard work.

In the short term, don't forget the array of quick remedies that can

refresh and renew without taking us away from the task at hand. Taking a 20-minute break and doing something fun, listening to music, playing a computer game can all serve as a distraction that can help to rejuvenate and relax.

These are just a few of the options open to us when coping with stressful life events. We should all remember that if these routine strategies don't seem to be working, there are university resources, resident advisors, faculty and Counseling Center psychologists who are eager to listen and propose additional solutions. Finally, keep in mind that having a stressful life is indicative of the choices and responsibilities that we have acquired. Stress is a measure of our success and achievement if we can learn to manage it effectively.

—Dr. Bernice Strauss,  
Director of Academic Support Programs, Student Advising and Mentoring Center (SAM Center), [sam\\_bss@shsu.edu](mailto:sam_bss@shsu.edu)



## No-Cook Recipes for Residence Hall Living

### Frito Pie

1 bag of Fritos  
1 can of chili  
sour cream  
grated cheese  
chopped onions

Heat chili in bowl in residence hall lobby microwave, pour over Fritos, and add sour cream, chopped onions or grated cheese if desired.

### Taco Dip

1 package cream cheese at room temperature  
1 cup sour cream  
1 package taco seasoning  
1 1/2 cups chopped lettuce  
2 chopped roma tomatoes  
1/2 cup chopped black olives  
3 chopped green onions  
2 cups shredded cheddar cheese

Mix cream cheese, sour cream and taco seasoning together until creamy. Place on plate and spread out evenly. Top with lettuce, tomatoes, olives, onions, and top with cheese. Chill and serve with taco chips.

Mark your  
calendars for  
SHSU's  
Tree of Light !

## Tree of Light

The Tree of Light ceremony is one of SHSU's oldest traditions, having been established in 1920. The program has evolved over the years, but has some aspects that have remained fairly constant; including a greeting from the University President, the lighting of the tree by the University President, the bringing of a donation of canned food items, serenading from a vocal group, and ending with a rendition of "Jingle Bells" in which the audience takes their keys and "jingles" them to the tune.

This year's Tree of Light ceremony will be held on **Wednesday, December 1 at 6 p.m.** For more information, please contact Student Activities at 294.3861. Come join the fun!



# Dates to Know



This month's calendar focus is on registration for the spring semester and holiday schedule.

## November 3

Advanced registration for students classified as freshmen begins at 10 p.m. on November 3 and lasts until 4:30 p.m. on November 12.

## November 12

Last day to go through advanced registration. Closes at 4:30 p.m.

## November 22

Last day to resign with a WP or WF notation on transcript. WP/WF grades do not affect GPA.

## November 23-28

Thanksgiving holidays for students. Residence halls close at 10 p.m. on November 23 and open at 2 p.m. on November 28. Classes resume on November 29.

## December 2

Advanced registration payments due by 4 p.m.

## December 8

Registration re-opens. (Payment must be made by 4 p.m. on January 11).

## December 10

Last Class Day

## December 13-16

Finals Week. Please see the [Final Exam Schedule](#).

## December 17

Residence halls close at noon.

## December 18

Commencement at 10 a.m. and 2 p.m. in Johnson Coliseum

## January 9

Residence halls open at 11 a.m.

## January 11

Regular registration payments are due by 4 p.m.

## January 12

Classes begin for spring semester.

For more calendar information, please see the [Academic Calendar](#), the [Student Services Calendar](#), or the [SAM Center Calendar](#).

## Finals Schedule, Professors' Office Hours, & Going Home for the Holidays

Each month Frequently Asked Questions from first year students and their parents will be featured in this column. Please email questions to [fye@shsu.edu](mailto:fye@shsu.edu). We will publish as many questions and answers as possible in the next issue of *In the Know*.

Q: I don't understand how we can have a final that lasts two hours when our classes don't last that long.

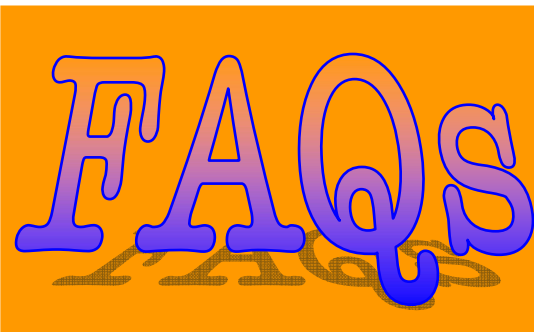
A: Friday, December 10 is the last class day. This means that this is the last day that your classes will meet to go over materials at their regularly scheduled times. The week of December 13 - 16 is Finals Week. This week has a different schedule that it follows. So, your finals will be at different times than when your classes meet. Be sure to check the finals schedule at [www.shsu.edu/students/finalexam.html](http://www.shsu.edu/students/finalexam.html).

Q: I'm not doing well in one of my classes. I was told that it would be helpful to go by my professor's office during her office hours, but I'm scared to go talk to her. Is there another way I can get help without having to talk to my professor?

A: Don't be afraid of your professors. They really don't bite! Each of your professors has set office hours so that he/she can help students. When you go to see your professor, be prepared with exactly what you need help with. Ask her specific questions about specific assignments or exams. Ask her what she expects and how you can improve. She may direct you to tutoring, one of the academic support centers (reading, writing or math), or show you good examples of what she expects. You can also check the [Academic Support](#) webpage to see if there are any tutors in the areas in which you are having trouble.

Q: I'm really dreading going home for the Thanksgiving holidays and the break in between semesters. In fact, I'm afraid to go home. What can I do?

A: First, you aren't the only person on campus that is afraid to go home. Since I don't know specifically why you are fearful of going home, I suggest that you find someone to talk to about this. The [Counseling Center](#) has trained professionals to help you. Just call 294.1720 to schedule an appointment.





first year experience

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We're on the web!  
[www.shsu.edu/fye](http://www.shsu.edu/fye)

Writing Center

Monday-Thursday: 8am-7pm  
Friday: 8am-3pm  
Sunday: 2-7pm  
Wilson 114  
936.294.3680  
[wctr@shsu.edu](mailto:wctr@shsu.edu)  
[www.shsu.edu/~wctr](http://www.shsu.edu/~wctr)

Reading Center

Monday-Thursday: 8am-7pm  
Friday: 8am-3pm  
Sunday: 1-4:30pm  
Wilson 111  
936.294.3114  
[rdg\\_www@shsu.edu](mailto:rdg_www@shsu.edu)  
[www.shsu.edu/~rdg\\_www](http://www.shsu.edu/~rdg_www)

Math Help Lab

Monday-Thursday: 8am-5pm  
Friday: 8am-noon  
Sunday: 1-5pm  
Lee Drain Building 201  
936.294.1564  
[www.shsu.edu/~mth\\_www/helphours.htm](http://www.shsu.edu/~mth_www/helphours.htm)

# Did You Know?

**30**

Percentage of college students admitting to having missed at least one class because of their alcohol or drug use, and nearly 25% of students report bombing a test or project because of the aftereffects of drinking or doing drugs.

**2,091**

Number of bachelors degrees conferred at SHSU in 2002-2003.

**41**

Approximate percentage of graduating college seniors who carry an average credit-card balance of more than \$3,000. Watch out for those credit cards!

**312,000**

Estimated number of trashcan liners that Custodial Services supplied to SHSU in 2002.

**85**

Percentage of college students in the United States reporting having been involved in some form of gambling, and 23% report being involved on a weekly basis.