

# Connections

*It is in the shelter of each other that people live.*

November 2006

Volume 2, Issue 2

## Don't stress out!!!!



Click [here](#) for some great tips on managing your stress & learning to relax.

UNCA Counseling Center  
828-251-6517

[www.unca.edu/counselcenter/](http://www.unca.edu/counselcenter/)



*"Which floor for computer viruses?"*

Deana Sobel

<http://www.studentaffairs.com/comedy/contest.html>

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# time management

Learning how to manage your time so that you can accomplish what you set out to accomplish is a skill that will help you throughout your life. It is particularly helpful when you are a college student as you have deadlines and many competing priorities that need your attention. It's natural to feel overwhelmed and anxious at times, but having a plan to help you get organized and set priorities will help ease the tension.

Everyone develops their own approach to better manage time, and here are a few tips to help you:

- A. Anticipate and plan
- B. Break tasks down
- C. Cross things off
- D. Don't procrastinate



## ANTICIPATE AND PLAN

Every student needs to have some kind of tool to keep track of his/her busy life. This could be a calendar, a day planner, a hand held electronic planner, or a legal pad. Whatever the tool, it should be something you can carry with you, and you also need to be able to see at least a week at a time so that projects or tests don't sneak up on you. Most things take longer than we think they will, so if you think about things in advance and plan for the certainties, you will have enough flexibility in your schedule to handle the unexpected things that come up. Put everything on your calendar.... tests and projects, study time, social engagements etc.

## BREAK TASKS DOWN

Whether you are faced with a big task, such as graduating in 4 years, or smaller tasks such as studying for a final, it helps if you break the task down into smaller, more manageable parts. Students who procrastinate often comment that when they wait to the last minute to complete a project, they often feel overwhelmed, and the task seems insurmountable. By setting priorities and breaking the bigger project into smaller tasks, the work is more manageable, and less intimidating.

### **Here's how to break tasks down:**

1. Look at the big picture; make sure you understand what the end product is supposed to look like. Ask the professor to show you examples from previous classes.
2. Look at the parts. What pieces will enable you to get to the whole? Figure out step-by-step what you need to do. It's not going to happen through magic.
3. Think about the logical order of completing the pieces. What should you do first, second, third, etc?

4. Create a timeline for completing your tasks.
5. Have a plan to help you stay on track. Put the time you will spend on the project into your study schedule so that you can set aside the time for it. Stick with this plan. A plan is only good if you see it through.
6. Complete it early enough to have some time left for a final review.

## CROSS THINGS OFF

Making a “to do” list is an essential part of effective time management. Making these lists helps you see all that has to be done, and it is a memory jogger to remind you of what has to be done. You can make immediate to do lists and longer term to do lists. Putting a date when tasks are due is helpful. Writing things on your hand to help you remember things can only take you so far!

*Here is an example:*

**Immediate To Do list:**

1. write outline for psychology class by Friday
2. do laundry Saturday
3. meet with study group Sunday afternoon
4. call mom Sunday night

Long-term lists look the same, but the “by when” dates are further in the future. Once you make a list, make sure you have it in a convenient place.... Somewhere you will see it easily, and often!

## DON'T PROCRASTINATE

If most of your life you have followed the belief of “don’t do today what you can put off until tomorrow”, then most likely you brought this mind set with you to college. Procrastination can lead to many sleepless nights (literally) and can contribute to academic and personal difficulties. Procrastination can simply be a way of life for many students, and this can be stressful for them as well as others around them. It might be hard to do, but take care of business first, and then do fun things. There are resources on campus that can help you learn how to deal with procrastination so that you can get your work done in a more productive way.

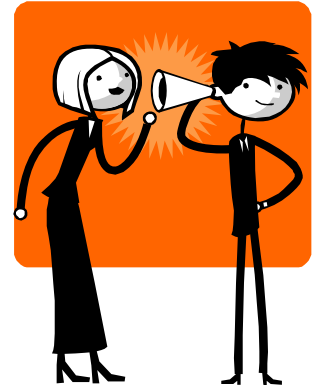
Here are some advantages of being a good time manager:

- You will have less stress in your life.
- You will have more time for the things you want to do and that you enjoy.
- You can be a better-rounded student and enjoy many aspects of college life.
- You will be able to spend more time with friends.
- You can learn more... efficient learners get more from classes than those who keep trying to figure out how to study and learn effectively.
- You will be able to play more.
- You will feel good about yourself... when you feel good about your academic accomplishments, it spills over into other parts of your life.

## Advice for Adult Students

### Tips on Making the Transition

- Be patient, relaxed, and focused when dealing with school related people and situations. Do not be intimidated by the idea of returning to school as an adult student. Remember: you are not alone.
- Be aware of your surroundings. Take a campus tour and learn where buildings and offices are located.
- Become familiar with school administrators. It will help you to know your financial aid advisor, admissions counselor, and academic advisor. Some schools have personnel who specialize in nontraditional student populations.
- Get involved. You can meet many of your fellow students by attending orientation programs specifically for nontraditional students. Take advantage of study groups and labs.
- Be efficient and creative with your study time. Utilize shorter time spans to study rather than trying to set aside two hours at once. Review your notes at lunch or while waiting for a doctor's appointment. The amount of possible study time will surprise you.
- Be flexible with your normal routines. Don't get stressed out over a dirty house or an overgrown lawn. Ask your family or friends to help you out.
- Be positive and enthusiastic about your educational adventure.



(Taken from <http://www.ecampustours.com/collegeplanning/adviceforadultstudents.aspx>.)

*Please send in questions, comments, and suggestions about issues related to being a non-traditional aged student. Also, see pages 5 & 11 for more about our new group, **Encore**, for non-traditional students.*

*We do not see things as they are.  
We see things as we are.*

- The Talmud

## New Group for Non-traditional Students Started

Non-traditional students take note! Ever feel like you are juggling too many responsibilities? Finding it challenging to deal with homework, children, career, ageism, mid-terms, mortgages, and finals? Need a place to hang the many hats you wear as an adult learner? Then **ENCORE** is the group for you!

Every **Tuesday night from 6-7:30 in the Whitman Room in Ramsey Library**, you are welcome to join other non-traditional students to discuss issues that are common to many adult learners. A non-traditional student is anyone aged 25 years or above with backgrounds ranging from adults who have been downsized at work to adults wanting to start a new career after raising their family.

There are all kinds of reasons for adults to come back to school. For each of the reasons you may have for returning to school, there may be just as many worries: fear of not fitting in; afraid that you have been away from school for too long; worried you will not succeed; anxious about juggling your busy schedule. When it comes down to it, non-traditional students have many responsibilities and worries that recent high school graduates have yet to even experience.

That is why ENCORE was created. ENCORE is a group where non-traditional students can join together, socialize and meet new friends, voice and process concerns and fears, and realize that there are many other non-traditional students in the same boat.

The first few meetings have seen great conversations on interesting topics and opinions, frustrating concerns and welcomed benefits, and lots of laughs. So, if you're looking for a place to meet new friends and process some of the fears, frustrations, and benefits of being a non-traditional student, then we welcome you to ENCORE!



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This might be interesting, huh???

## The Naked Roommate Newsletter

*The true college experience, exposed weekly..*

<http://www.thenakedroommate.com/>



# Consent is Sexy

## What is consent?

- Consent is a voluntary, sober, imaginative, enthusiastic, creative, wanted, informed, mutual, honest, and verbal agreement
- Consent is an active agreement: Consent cannot be coerced.
- Consent is a process, which must be asked for every step of the way; if you want to move to the next level of sexual intimacy, just ask.
- Consent is never implied and cannot be assumed, even in the context of a relationship. Just because you are in a relationship does not mean that you have permission to have sex with your partner
- A person who is intoxicated cannot legally give consent. If you're too drunk to make decisions and communicate with your partner, you're too drunk to consent
- The absence of a "no" doesn't mean "yes".

## What is sexy?

- Challenging myths about sex and consent, such as the stud and slut stereotype.
- Communicating with your partner about sex.
- Knowing and being able to communicate the type of sexual relationship you want.
- Knowing how to protect yourself and your partner against pregnancy and STI's
- Acknowledging that you and your partner(s) have sexual needs and desires. Yes, it is okay for women and men to both want and enjoy sex.
- Knowing your personal beliefs and values and respecting your partner's personal beliefs and values.
- Confidence and self-esteem.

*"Never assume. Ask before you proceed. A good lover is a good listener. A bad listener is at best a bad lover and at worst a rapist."*

## Why is consent sexy?

- Communication, respect, and honesty make sex and relationships better.
- Asking for and obtaining consent shows that you have respect for both yourself and your partner.
- Positive views on sex and sexuality are empowering.
- Traditional views about gender and sexuality can be questioned.
- Consent eliminates the entitlement that one partner feels over the other. Neither your body nor your sexuality belongs to someone else.

## How can you make consent sexy?

Show your partner that you respect her/him enough to ask about her/his sexual needs and desires. If you are not accustomed to communicating with your partner about sex and sexual activity, the first few times may feel awkward. But practice makes perfect. Be creative and spontaneous. Don't give up. The more times you have these conversations with your partner, the more comfortable you will become communicating about sex and sexual activity. Your partner may also find the situation awkward at first, but over time you will both be more secure in yourselves and your relationship.



## Help for the Holidays

Visiting home for the holidays can be stressful and enlightening. Parents often expect that your visit home will be to spend a lot of time with them and your other family members while your plans may be different. Sometimes, parents will make all your favorite foods, make plans for you, or even load you up with chores. Many times all of these efforts have the same aim which is to ensure that you do spend time with them. Some conflicts can be avoided by letting your parents in on your plans before you walk in the door and making sure to include them. Let them know your intentions so they won't have to be so concerned about getting a chance to spend time with you.



One area of conflict may be your expectation that you can follow the same rules at home that you follow away at school, versus your parents; expectation that you will continue to follow the guidelines you followed in high school. Problems such as this can be avoided by discussing ahead of time the differing expectations you and your folks have.

You may notice many other changes as well. If you come from a single parent home you may discover that your parent has made some personal changes while you're away - new friends, new interests or new habits may emerge. If your parents are divorced, coming home from college can spark new battles over who spends time with whom and for how long.

There are many issues and changes that are an inevitable part of growing that you and your family will experience during your college years. For most, these changes are stressful but normal milestones that they simply grow through. For others these transitions can be so stressful that they interfere with successful functioning. Help and counseling is available at the UNCA Counseling Center. Call 251-6517 for an appointment.

For parents:

[Thanksgiving Weekend Turning Point](#)

## 25 Signs that Counseling Might Be Helpful to You

This list contains 25 of the most common concerns voiced by students who come to the UNCA Counseling Center for help. Sometimes, a student is struggling with a number of these problems that, taken together, have made life difficult. At other times, a student may have only one of these concerns, but the intensity and/or persistence of the problem has made it hard to function effectively.



As you read through these 25 signs, keep in mind that, at times, all of us will have experiences like those described in the items. Normally, these problems are relatively temporary, and we recover fairly quickly. But if you see yourself in a number of the items, or if even one problem is significant enough to really disrupt your life, it might be a good idea to call or drop by the Counseling Center (251-6517) to schedule an appointment.

- Difficulty adjusting to life at UNCA
- Anxiety related to academic work (e.g., test-taking or public-speaking anxiety)
- A dramatic fall-off in academic performance
- Relationship breakup that has really disrupted your life
- Difficulty concentrating (e.g., when trying to study) and making decisions
- Feeling tired, fatigued, like everything takes a lot of effort
- Loss of interest in activities you once enjoyed
- Recent change in your sleeping patterns (e.g., difficulty sleeping or sleeping all the time)
- Recent change in your eating patterns (e.g., loss of appetite or eating more than usual)
- Feeling guilty or inadequate
- Problems in your relationships with your roommate/friends
- Wanting to avoid most people, even those you like
- Wishing you were dead, having suicidal thoughts
- Having panic attacks or experiencing intense anxiety for no apparent reason
- Unexplained crying

- Bursts of anger or unusual irritability
  - Alcohol or drug use causing personal and/or academic problems for you
  - Lack of financial resources/budgeting problems
  - Problems with weight control (e.g., overeating, bulimia, anorexia, excessive exercising)
  - Having experienced sexual assault or harassment
  - Sexual abuse as a child or adolescent
  - Concern about sexuality issues, such as sexual performance, questions regarding sexual orientation
  - Problems in your relationship with your parent(s)
  - Lack of assertiveness
  - Difficulty coping with the death of someone important
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## Exam Time

Finals week is always a hectic time for college students. You have a lot of material to study in a very short time period. So, follow these tips to make this stressful week go as smoothly as possible.

**Start early.** Ideally, you should have been reviewing your notes and homework all semester to avoid cramming the night before the final. However, since most college students do not abide by this rule, you should try to start studying at least one week in advance.



**Know what to study.** Find out what the test will cover so you will know what to study. Some finals are comprehensive and will cover material from the entire semester, while others focus only on recent material. If the test is comprehensive, be sure to study old tests and notes. Ask your professor if you don't know what material will be covered on the final.

**Know the type of test.** Will the final be multiple choice, essay, true/false, or a combination? This is important to know because there are different ways to study for different types of tests. For a multiple-choice or true/false test, you may have to know specific details, which requires paying more attention to detail when studying. For an essay test, you will have to study topics in a broader sense because you will have to be more analytical.

**Study what you don't know.** This may seem obvious, but many students study what they already know and then don't have enough time to study information that they are not familiar with.

**Know how the professor tests.** Has the professor previously tested on information from the book, lecture, or a combination of both? Most of the time, professors will take test questions from both, but sometimes a professor will just test from his lectures or vice versa. Be prepared!

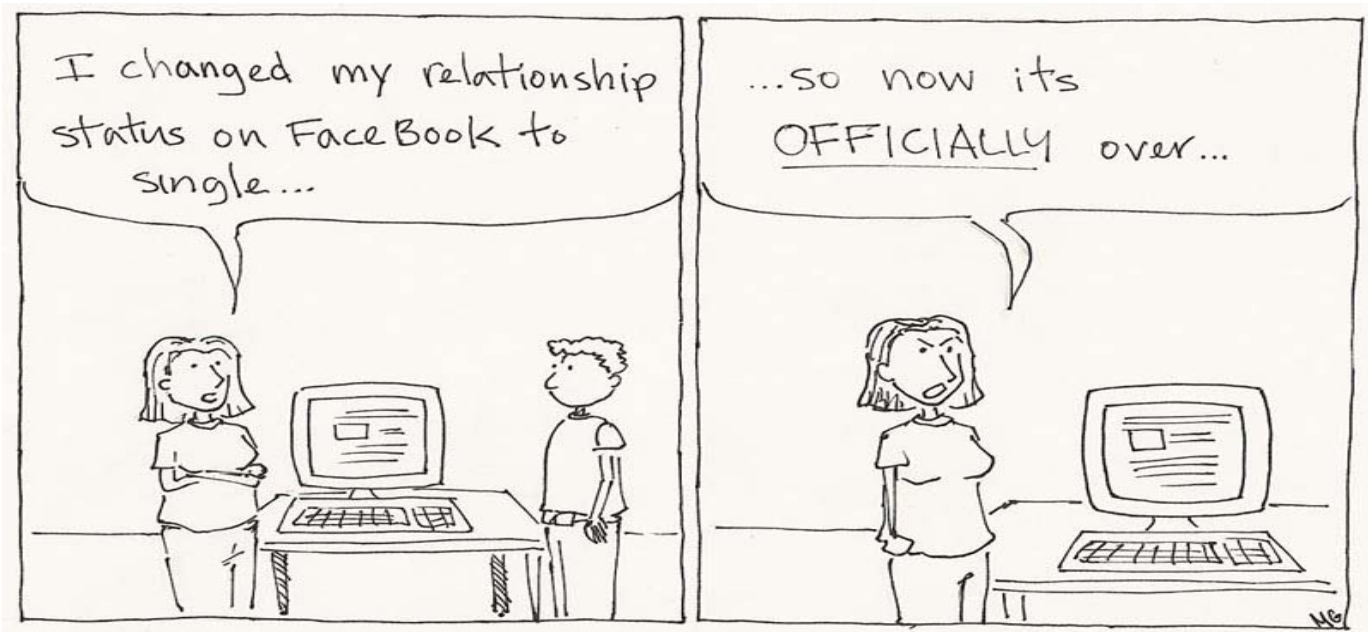
**Budget your time.** Anyone would get burnt out on studying if he did it for six hours straight, so make sure you give yourself enough time to take breaks while studying. Doing so will recharge your energy.

**Pick an appropriate place to study.** Obviously, the library is a good place to study, but this atmosphere may be too quiet for those who like to study while reading out loud. For those of you who like comfort while studying, try to stay clear of your bed. You don't want to get too comfortable and fall asleep. A good studying environment will allow you to better retain information, so pick a place that is conducive to your needs.

**Study your way.** You've been in school long enough to know which form of studying works best for you. Some people learn most efficiently by reading, some by listening, and some by writing. Just remember that repetition is key.

**Stay healthy.** Be sure to get plenty of sleep and eat healthy during this stressful week. If you stay up late and eat junk food, your brain will not have enough energy to function to its fullest capacity. Practice deep abdominal breathing five minutes every day and limit caffeine and sugar. Also, check out an NPR article on [Sick of Getting Sick? Embrace Your Inner Bacteria!](#)

Finals week will no doubt be a stressful period but following these tips may help to alleviate the stress and help you receive high exam scores.



Michael Gioia

<http://www.studentaffairs.com/comedy/contest.html>



**Feeling less than glamorous about that habit?**

**Ready to kick some butts!?!?**



Be a part of the

## **GREAT AMERICAN SMOKEOUT**

**NOVEMBER 16, 2006**

**For help, call 1-877-44U-QUIT where counselors are available daily. For on-line counseling go to [www.smokefree.gov](http://www.smokefree.gov) (9am-4:30pm).**

### **Other Resources:**

[www.americanheart.org](http://www.americanheart.org)

[www.mendedhearts.org](http://www.mendedhearts.org)

[www.cancer.org](http://www.cancer.org)

[www.lungusa.org](http://www.lungusa.org) or

[www.lungnc.org](http://www.lungnc.org)

[www.cancer.gov](http://www.cancer.gov)

[www.heartinfo.org](http://www.heartinfo.org)



## **Encore!!**

Are you a non-traditional student who would like a place to:

- Connect
- Socialize
- Get to know others
- Support other students

**Then this new group might  
be right for you!**

**When: Tuesdays, 6:00-7:30pm**

**Where: Whitman Room, Ramsey Library**

**Who: UNCA students (age 25 or older -  
commuters & residential)**

**This group is designed for extroverts and introverts.  
So come join us even if you prefer listening over talk-  
ing!!**

*Facilitated by UNCA Counseling Center.  
For more info, call 251-6517 and ask for Cathy or Maggi S.*