

End of the year angst

Burnout

Spring quarter concludes with tired students and spring fever

BY NINA KANARSKAYA
Staff Reporter

Finals. While many consider winter the toughest quarter when it comes to finals, spring time has its own challenges. Central's counseling center has found that students are often more stressed the week before finals than during the testing itself.

"We have heard from students about being stressed," said Rhonda McKinney, director of counseling. "For students who are getting ready to graduate in this economy, spring finals are stressful."

Many students are worried about finding jobs after graduation, and that is an added pressure when they are studying for finals. Still other students find it a challenge to devote time to studying when the sun comes out.

"I think the problem is that people do the fun stuff and don't go back to the studying," McKinney said.

Instead, she suggests setting an alarm for half an hour to do something relaxing and entertaining, but once the alarm goes off then it's time to resume studying.

"Our brains get tired," McKinney said, so taking breaks in between studying will actually improve the brain's ability to retain information.

McKinney sees many students who focus so much energy on studying they forget to take time for themselves.

McKinney said her main advice to students is "the importance of continuing self-care."

When students are stressed, McKinney said self-care was the first thing to go out the window. However, it is better to be well rested and take breaks from studying for fun. Finding a balance is the key

The whole package

Experts explain the need for both good grades and experience

BY JEREMY VIMISLIK
Staff Reporter

With graduation just around the corner, grads have a lot of looming questions. What do potential employers want from them? Did they do enough on or off campus to land their dream job? Did they waste their college years?

Career Services Director Jaqualyn Johnson says it all depends on the employer. Employers are looking at how students spent their time in college. Were they involved with leadership opportunities? What clubs, organizations and groups were they affiliated with? How do those activities intertwine with their career objectives?

Every opportunity is good. Certain career paths, namely accounting firms and many educational paths require a minimum 3.0 GPA just to be interviewed. Other are less concerned about GPA but place more weight on jobs, internships and other experience directly relating to their career objective.

Career Services is on campus to help students prepare for such struggles. The counselors located on the second floor of Barge Hall work on many ways to help students. Everything matters: every class, every grade. They are all lessons, possible signals that the student needs a study group or needs to delegate more time to work on tasks in the future.

After an appointment is made, students may sit down with a counselor and explore where their degree may be applied, work on their resume and interview skills or help with job or internship searching.

Something the counselors try to stress to students is taking an entrepreneurial attitude toward their career goals. By really getting down to what the student's passion is, they may combine their areas of study and tailor a new idea of what they want to be, expanding their possibilities. Employers look for grads having a long relationship with their career counselors, it shows that they have the initiative to invest time and thought toward their future.

"The best thing to do is to use your time on campus so your resume looks well-rounded," Johnson

Students turn to drugs for study help.
See page 4.

to surviving finals. So even if the weather is awful or sunny, a balanced schedule will make finals easier.

"I think there is a certain amount of spring fever, but I don't believe that there is significantly more struggle in the spring compared to other quarters," said Melissa Becker, senior accounting lecturer.

Most students find spring finals easier than other quarters because they feel like they have more time to study, but the weather is a large deterrent.

"The spacing is easier for the spring finals, but it's harder because I just want to sit outside," said Anna Nichols junior Spanish major.

To compromise she studies outside to get the best of both.

Spring finals "are a lot easier because I've got one the week before and two online," said Nikki Chambers, freshman special education major. "You're able to study for one and then the next one in order instead of having to combine your studying."

However, to prepare herself for finals, she has to lock herself in her room to avoid distractions.

"I think it just depends on the classes you take and your teachers," said Max Perrigo, senior business major. "I don't deal with it. I just go through with it. I just try to allocate a lot of my time to do it instead of being dumb and partying."

McKinney agreed that students should be "focusing on the stuff you know is important."

"Laughter is a great tension release," McKinney said. "Trying to take time for yourself is important. Take a mini vacation each day."

said.

According to Johnson, students need to differentiate themselves. Leadership opportunities, study abroad, a summer trip to another country, internships and other experiences help to do this. Volunteer work is great too, because it shows that the student is giving back without monetary or legal incentives. It also shows that the student gives back to the community and does not take that community for granted.

Connie Lambert is the dean of the college of education and professional studies and the interim dean of education. She oversees the largest educational program on Central's campus. Lambert agrees that extracurricular activities absolutely set students apart. A student's GPA is only looked at to see if they passed the minimum accepted mark. A 4.0 is superfluous (at least with teaching).

"The assumption is that if you are applying, you are already qualified," Lambert said.

Being selective of your activities is important. On one hand, there are students that study hard and are a stick in the mud when it comes to cocktail hour. Then, there are the students that take the easy route and skid their way through college. According to James Avey, assistant professor of HRM & MGT, students cannot be super-disciplined academically and fully experience the casual freedom of college life.

"Beer pong cannot be listed on your resume," Avey said.

Summer, winter and spring break are all good opportunities to network and conduct informational interviews – an interview with a human resources representative about the nuances of the company that may not be apparent through their website or newsletter. Informational interviews can help students decide if they want to be a part of that company and can also get their foot in the door.

"It's night and day," the difference of success between those that build their network and those that don't," Avey said.

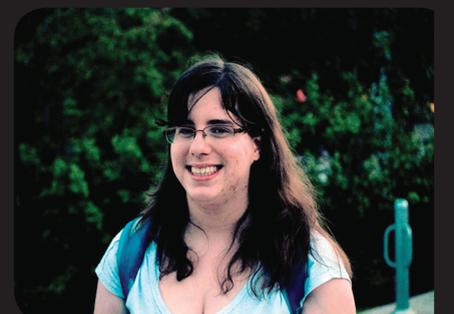
Johnson agrees. "It's all about networking," she said.

"What's better: Straight A's or experience?"



"It's optimal if you can just do both. It's important to stay involved if you can still do well."

Sadie Jacobsen
Senior
Aviation



"You have to hit the books or you're not going to know what's going on outside."

Sarah Woodruff
Freshman
Japanese



"To me, it depends on the person. I find extracurriculars more important because of the experience."

Charlie Garberg
Sophomore
Mechanical Engineering



"Straight A's! Because what you do in college affects the rest of your life."

Shenelle King
Freshman
Japanese