



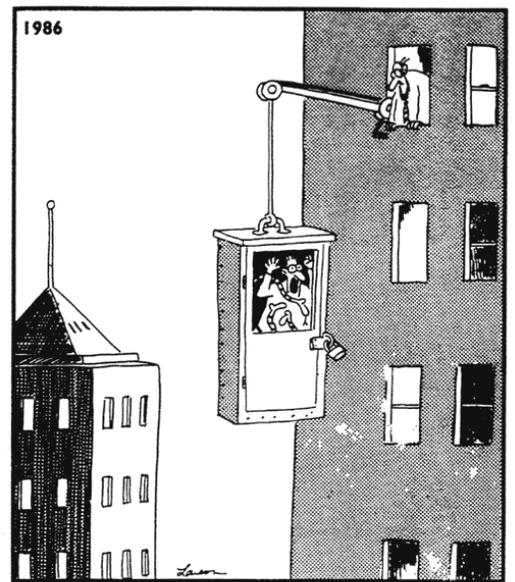
**A LOOK INSIDE THE MIND OF A SENIOR, ONLY WEEKS BEFORE GRADUATION: WHAT TO EXPECT**

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Now that the school year is finally drawing to a close and graduation is near I find that my mind is a jumble of thoughts and my body wracked with various emotions. I have so much to get done, why is this semester going so fast?! Can't this semester just be over yet? I'm graduating. What do I do now? I'm going to grad school but I need to get a job. Where, when, how? What if I don't like grad school? What if I decide that this isn't what I want to do with my life? Do I really want to sit outside for two hours under the hot sun listening to people drone on about random experiences and offer advice for my future? I have so much to do and so little time, maybe I should just jump off a cliff and forget about it.

Continued on Page 2...



Professor Gallagher and his controversial technique of simultaneously confronting the fear of heights, snakes, and the dark.

**HOW TO SURVIVE FINALS**

Sadly, it's that time of the year again when all you want to do is sleep or go to the beach but those evil final exams are looming over your head. Your Super Ego is yelling at you to study while your Id is whining because it wants to goof off. What is your poor Ego to do? Well don't worry. Your friendly DAs have done

extensive research in this area, staying up all hours of the night so you won't have to! That's not exactly true, but we do have some great tips on how to make it through finals with a decent GPA and your sanity. The first tip is to **eat good food at good times**. So many people don't realize that what they can get out

of their brains and bodies is only as good as what they put in them. \*Eating breakfast is key to everyone's functioning (yes, that means you!). \*Try eating protein rather than carbs in the morning so you don't get that low in the early afternoon. Continued on Page 2...

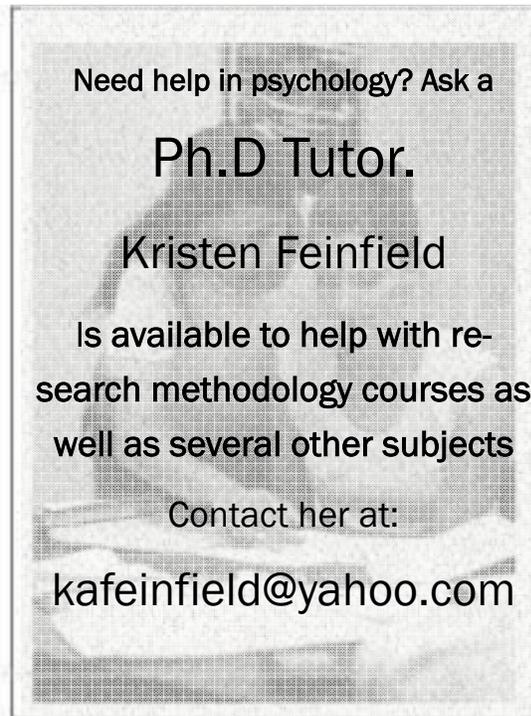
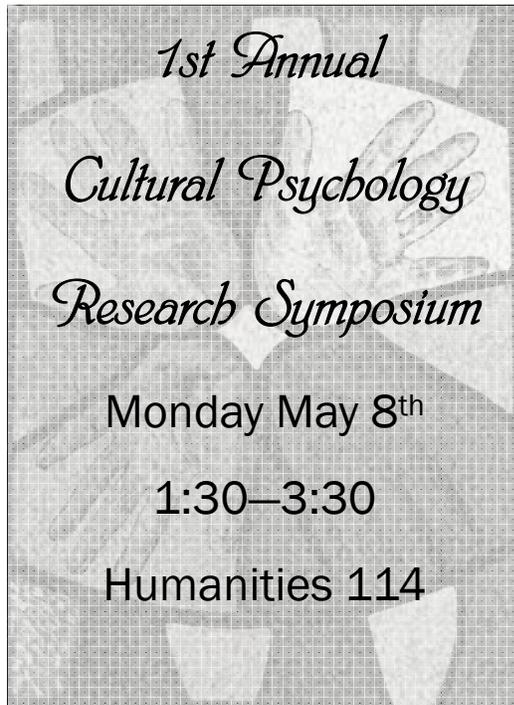
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## HOW TO SURVIVE FINALS CONT.

\*If you're studying all day and night, make sure you have some healthy but filling snacks on hand. Your neurons use up a large percentage of your calories normally, but add in all that brain activity from studying and it almost doubles. Some good choices for snacks are nuts and trail mix, vegetables and fruit, crackers and cheese, beef jerky, a tuna sandwich - basically anything but straight sugars or fats.

The second tip is to **avoid unnecessary stress**. Feeling stressed out is one of the most unproductive states a person can be in. It inhibits your creativity, makes it difficult to concentrate, and puts a general damper on your day.

\*If there is someone (or several someone's) who just drive you crazy, try to avoid them during finals week or whenever you're studying. This seems pretty obvious but you'd be surprised how many people feel obligated to hang out with or talk to others that do nothing but cause them stress.

\*Pamper yourself! That doesn't mean you can stop studying, but taking a couple study breaks for a nice warm bath/shower or to watch something fun on TV isn't only not bad, it's actually good for you.

\*And of course, effective time management is crucial for avoiding unnecessary stress. I'm one of the worst procrastinators out

there, but when it comes to finals we just have to force ourselves to sit down and start studying. If you know that Physiological Psych final is going to be a pain, start studying for it earlier than normal. (Come on, we're all psych majors here - we know the benefits of repeated exposure.)

Remember that every person has a unique method of studying that is helpful for them. If sitting in the Library for 8 hours isn't your thing, don't worry about. Do whatever works for you. And as always, the DAs are here to help with anything we can.

Good luck, everybody!

- Cory Tripp

*“every person has a unique method of studying that is helpful for them”*

## CLU GRADUATE EARNS PH.D

Melissa Muller, a CLU graduate and former psychology assistant, defended her dissertation in March of this year. She finished the experimental psychology program at Kent State Ohio, received her PhD, and was immediately offered two teaching positions as a college professor. Congratulations to Melissa Muller for achieving her PhD and becoming a college professor!

**A LOOK INSIDE THE MIND OF A SENIOR CONT.**

What will change in my life, anything?  
 What is expected of me once I'm a college graduate?  
 I don't feel that much smarter than when I started four years ago.  
 Will I ever see my friends again?  
 What kind of shoes do I wear to the ceremony?  
 Should I wear a skirt or can I just wear shorts?  
 I have so much to do and so little time, maybe I should just jump off a cliff and forget about it.

Those are just a few of the thoughts that have been going through my mind these last few days. I have found that graduation has had more of an impact on me than I had expected. I was thinking that nothing much would change since I am staying in Thousand Oaks and coming to CLU for grad school in the fall. However, despite the fact that

it seems as though my life will change very little, I have had a great many emotions about graduation. I will miss a lot of my professors VERY much. I don't know what life will be like without G building and all of the excitement and humor therein. I will have to get a real full time job to pay bills while I'm going here for grad school. I will finally have to grow up and be out on my own. College is such a safe haven where you have to grow up a certain amount and be somewhat on your own but it is like a sheltered bubble where you have friends and professors available when you need someone to go to. Being out of the college scene is frightening. All that I have known for the past 16 years is how to go to school and learn. Yes, I have had my share of jobs but they come second to school. Now I am going to have to start really making money and actually living on my own. It's a

little scary. Well, it's really a lot scary. But there is also that sense of pride in knowing that I have accomplished something. And the certainty that no matter what happens I will be ok and my professors and friends will still be there for me even if I don't see them every day.

My advice for future seniors is to make the most of your time here. Become close with your friends and professors. Enjoy every minute. And stay on top of all of the paperwork that has to be done to graduate. There is a lot of it. Get it done and then you can relax. Apply to grad school early in your senior year. Oh, and you WILL get senioritis so plan a light load of classes in your final semester if that is at all possible. But most of all have fun and make wonderful memories!

- Bekka Enke

**CAMPUS QUOTES: "WHAT IS THE MOST VALUABLE THING YOU HAVE LEARNED THIS PAST YEAR?"**

**Marianne Harris:**



*"Time management. Because I'm taking harder classes and working two jobs."*

**Seth Fenton:**



*"Studying hard pays off."*

**Garrett Mosley:**



*"Staying awake in class and paying attention makes cramming a lot easier."*

**Alicia Shearer:**



*"Don't burn 'bridges' too often because you never know when you might need that 'bridge'."*

## CONGRATULATIONS CORY!

The DA's and psychology faculty would like to congratulate Cory Tripp on her Student Research award presented at the \_\_\_\_\_ conference on \_\_\_\_\_

## FUN FACTS ABOUT FACULTY: DOUG SADDLER



Dr. Saddler, our favorite (and only) Statistics professor, will be leaving CLU after this spring semester. He has been teaching off and on at CLU for 24 years, both in the graduate and undergraduate programs. Some of the classes he's been involved with are Developmental Psychology, Psychological Assessment, Systems of Counseling and Psychotherapy, Psychopathology, Statistics, Research Methods, and Adult Development and Aging. After all his hard work with us, Dr. Saddler just wants some time to relax. He and his wife will be going to their second home in Idaho for some peace and quiet. And maybe they'll even raise a mule or two—Don't ask. Of course, since a professor's job is to dispense knowledge and wisdom to his students, I couldn't let Dr. Saddler leave without giving all of us some final words of advice:

"Looking back, don't take yourself too seriously," he says. "Hard work pays off, however don't become a workaholic. It's good to strive for your job, but it can't be the only thing in life. You have to temper the hard work with other things, for yourself and your family. Unless you're a [great psychological] genius like B.F. Skinner."

Now we know which school of thought Dr. Saddler follows.

So, everyone make sure to say goodbye to our beloved Dr. Saddler before school lets out for the summer. Thank him for all the great things he's done for you, like making you sit through hours of lecture on ANOVAs and T-tests. Just kidding, Dr. Saddler. From all of us in the DA's office, we wish you the best in Idaho and thank you for all the work you've put in to our lives!

## OPINION: TOP TEN REASONS WHY CLASSES SHOULD BE OVER IN APRIL

Since I am in charge of the opinion column this month, I have decided to change the format from a logical, intelligent, and carefully researched opinion article into an outlet for pent up frustration. With graduation merely days away, my current goal in life is to survive until May 13<sup>th</sup>. Senioritis has taken over, and as a result, I have created ten reasons why classes should end immediately.

1. If classes were over, students could spend time on more important things, such as packing everything they own into their cars, cleaning their dorms for the first time, and patching nail holes to avoid end of the year charges.
2. Doing work when you have lost all motivation will only lead to lower grades and lower self esteem. And no one wants that.
3. Acute levels of high stress and the stress hormone cortisol can eventually lead to cell death in the hippocampus, as well as manic states and psychosis.
4. Healthy interpersonal relationships are related to well-being. Time spent doing homework and going to class se-

verely limits social activity and peer interaction. Your friends protect you from depression...overwhelming 30 page papers create depression.

5. Because no one wants to write their research methods paper when it's 80 degrees outside. That's just cruel.

6. If classes ended in April, we would already be done! Those 15 assignments due in the next three days would already be turned in! There would be no stress... at all!

7. Severe sleep deprivation is not good for you. If classes were over, you could start decreasing your sleep debt by sleeping more than four hours a night.

8. Pulling all-nighters, writing three papers in one day, and general stress leads to increased calorie consumption. If school ended in April there would be time to lose the "Finals Week Five" before heading to the beach in May.

9. Think of the emotional breakdowns that could be avoided if classes ended three weeks earlier. We would still be fresh and motivated during finals week.

10. Because it just makes sense.

There you have it. Forcing students to actually do work during the last three weeks of school leads to weight gain, sleep deprivation, low self-esteem, increased end of the year charges, emotional breakdowns, mania, and psychosis. Obviously something must be done... but until someone realizes this idea is genius and actually implements the 12 week semester, you will just have to remain positive and keep counting the minutes until that last test. Good luck on finals and take a look at Cory's article for finals week survival tips!

- Lisa Brodigan

***Do you want to be heard?*** E-mail your own opinion article to the any of the DA's and you may see it published in the next issue!