THE DAILY CLIPS

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Public Forum

Community loses with ECU soccer decision

As a leader in youth soccer for Greenville, I can't comprehend why ECU has terminated its men's soccer program. Soccer has seen the largest growth in player development than any other sport in the greater Greenville area. As president of the Pitt-Greenville Soccer Association, I've seen soccer grow in the area steadily over the past 10 years; we now have soccer programs in all high schools and most middle schools.

I have been associated with the ECU men's soccer program for the past 14 years and have never seen much in the way of support for the program by ECU. The ECU soccer field has been situated most recently in the obscurity of the new baseball stadium and before that, it was located literally in the shadow of the football stadium.

The practice field also doubles as a tailgating parking lot for the football games. The relatively small chunk of money that this program survived on was money well invested and has helped promote soccer throughout Greenville and Pitt County. The coaches of both the men's and women's ECU soccer teams have volunteered many hours in support of the local soccer community by way of soccer camps, coaching clinics and expertise. Many soccer teams at PGSA relied on players from ECU to act as coaches and mentors for both the boys' and girls' teams and will be missed by the parents and kids alike.

Instead of cutting the men's soccer program, ECU should consider fully supporting this relatively inexpensive sport as other universities in this area have. UNC, Duke and N.C. State all enjoy nationally ranked programs and benefit from their success in this exponentially growing sport. The local high school soccer programs are now seasoned with quality players who have grown through the PGSA soccer program and travel teams. These high school players would like to play soccer at ECU if there was any comparison in facilities and support. Instead, these players will be forced to leave the area, as many already have, to attend other schools such as UNC. Apparently "Tomorrow starts here" at ECU but not for men's soccer.

BILL SYPAWKA
president, Pitt-Greenville Soccer Association
ECU student takes seat on Newport board

By Paul Dunn
The Daily Reflector

Here's the political history Newport's newest and youngest town commissioner was up against that hot, muggy June day when he began his first-ever political campaign: Iran-Contra. Broken tax pledges. Monica Lewinsky. Weapons of mass destruction.

And youth. Don't forget that. And the dismal history of college students in local municipal elections.

During Eric Lindblade's lifetime — from presidents Ronald Reagan to George W. Bush — the American public has watched with cynical amusement the blunders of our political leaders. The embarrassments have scared away some potential political candidates.

Not Lindblade.

"I want government to be as transparent as possible," the fervent candidate told voters over and over again. "We have an obligation to our constituents to let people know what's going on."

Lindblade, a 22-year-old East Carolina University student, had another history of sorts riding against him: the woes ECU students usually face when seeking municipal public office.

In November, for instance, ECU student Matt Cohen, 21, failed to win the Greenville mayoral seat, following other ECU students in the past who've suffered similar defeats. Cohen received 371 votes to Mayor Don Parrott's 3,491.

But Lindblade, a senior political science major, set his sights on his hometown of Newport, where voters would elect two, four-year town commissioners. He even took off this semester at ECU to concentrate on the race. Lindblade's mantra? Campaign hard, get to know people and focus on the issues.

"I didn't want to be a novelty candidate," he explained. "I had to work twice as hard as some candidates, and I had to convince citizens that even though I was 22, I knew what I was talking about. I wanted to run an issues-based campaign of substance."

It worked.

The red-haired wunderkind garnered the most votes in November's Newport Town Commission election, beating out four other candidates who looked to be about twice his age, he said.

Lindblade is the only ECU student in recent memory to win a municipal election. That's not unusual, given the political climate of the time, said Carmine Scavo, director of the ECU Masters of Public Administration program. Students are influenced by what Scavo calls "political socialization."

"It's not only about how their parents raised them, but what they learned in school, what they see on television and in the media and how their friends are situated," Scavo explained. "Parents and friends point to all the scandal and ask their children, Why would you ever want to run for office?"

There's a lot of negativity in the environment, and it takes a particularly strong-willed type of person to run and win."

Enter Lindblade, riding the political torpedo.

Newport's young commissioner was scheduled to take the oath of office Tuesday night. He was a bit nervous.

"I hope I don't flub the oath," he said Monday. "I've almost got it memorized, but not quite."

Lindblade was born in Elizabeth City, moved around a few times with his parents, and in 1998 ended up in Newport and has been there ever since. Lindblade can't remember a time when political juices didn't course through his veins.

"I've always been interested in politics," he said. "I was always reading newspapers and magazines as a kid, and that has contributed a lot to my interest in public service."

By his own admission, Lindblade ran a tough, but fair campaign. By election night, Nov. 6, he'd heard all he wanted to about being the "boy in diapers" and how his opponents boasted about their 24 years of experience.

All that talk vanished after about 15 minutes of vote counting that night, Lindblade recalls.

"I was in the lead at that point, and it was a bit of a shock," he said.

By the end of vote counting, Newport citizens had named the young upstart on 26 percent of the ballots. As he stood there basking in victory, Lindblade couldn't help pinching himself.

"He'd done it. All the work, all the worry, all the campaigning had been worth it, he told himself."

"That moment was kind of like Christmas morning, winning the Super Bowl and the lottery all at the same time," he recalled. "It was much better than when ECU beat Marquette in basketball."

So what now?

"I guess I have to govern," he said.

He's especially concerned about Newport's future growth, he says. He's urging what he calls "planned" growth, as opposed to "controlled" growth.

"Growth will happen in Newport whether we want it or not," Lindblade said. "I want to look for things to benefit the community and offer as many opportunities to citizens as possible. I don't want to just rule some things out without examining whether they will benefit us."

Also on Lindblade's agenda: Newport's own parks and recreation department and a focus on Newport's historical Civil War tourism.

Returning to class also is on his to-do list. Lindblade plans to start classes in January. Newport has one meeting a month, so Lindblade said he believes he can balance the demands of class and public service.

Once the boy wonder has transformed Newport, there may be no stopping him.

Public service is his life, Lindblade said, and he hopes it will lead him someday to the North Carolina governor's mansion.

"If I can find my way to the governor's mansion, it's wide open from there," he said.

Who knows? Once he's located the Raleigh statehouse, 1800 Pennsylvania Avenue couldn't be far afield.

"Well, I just want to keep my options open," he said. "If I can make a difference in any position, it will be worth it."

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ECU students show off skills

The Daily Reflector

ECU technology students showed off their design, engineering and computer skills during a robotics contest held Tuesday night.

East Carolina University's Department of Technology Systems held the contest in the lobby of East Carolina University's Science and Technology building.

Teams were required to maneuver remote-controlled robots through a maze and collect small items with the robotic arms. The project is designed to teach engineering-related skills such as interpersonal communication, presentation, teamwork and electrical and mechanical knowledge.

The winning team consisted of driver Chris Miller and members Tracy Martz, Lauren Howard, John Hinson, Domingos Tereira, John Wyatt, Van Nguyen and Bennie Deans.

The department, formerly the Department of Industrial Technology, offers a number of undergraduate and graduate programs, including the year-old engineering degree.

Launched in the fall of 2004, students can earn undergraduate degrees in three areas — systems engineering, engineering management and bio-engineering, according to the university's Web site.

For more information about the program, visit www.tecs.ecu.edu/tsys.
More incentives needed to keep teachers in N.C.

By Gary D. Robertson
The Associated Press

RALEIGH — Karen Smith must have wondered if she would ever finish school.

The 45-year-old teaching assistant at Moss Hill Elementary School in Kinston had been taking courses here and there at East Carolina University over the years. But the constraints of a full-time job and her three own three kids complicated the journey to a bachelor’s degree.

“I just couldn’t give up my job,” Smith said. “I was going at night and during the summer time. I could only get one class per semester. I just couldn’t take time away from my children.”

But thanks to a new program that lets students earn a four-year education degree through 18 community colleges in eastern North Carolina, Smith will pick up her diploma Dec. 16.

Smith and the 15 other graduates of Wachovia Partnership East Coastal Consortium represent a crop of teachers who want to help narrow — if only by a little — the 11,000 new teachers North Carolina public schools must hire annually. Many of them will remain in eastern North Carolina.

“I am a permanent resident. I’ve had the same address for 25 years,” Smith said. “It’s home.”

The difficulty in hiring new teachers has received lots of attention this year from the General Assembly, Gov. Mike Easley and educators. While plans for higher pay and lesser licensing standards should help superintendents hire more teachers, education leaders say more innovative ideas such as the consortium are needed to solve the problem.

“We do have a long road toward teacher recruitment and retention,” said Rep. Becky Barney, D-Mecklenburg, a primary co-sponsor of a teacher licensing bill this year.

Easley unveiled a plan in October to raise teachers’ salaries to the national average by 2008. The state budget included millions of dollars more for teaching scholarships, professional development programs and statewide surveys on working conditions for teachers.

The State Board of Education has altered its teacher licensing rules three times this year to satisfy the concerns of district superintendents and legislators worried about stringent requirements to receive a North Carolina teaching license.

The latest change came last week, based on the recommendations of a special committee formed after Easley vetoed a licensing bill that he said would lower standards for North Carolina teachers. The changes should make it more attractive for teachers with less than three years’ experience to get a permanent license in North Carolina.

“Our local people indicate that being able to recruit teachers from out of state will help them meet the teacher shortages they are facing,” said June Atkinson, state superintendent of public instruction.

About one-third of the teachers hired annually are new graduates of the state’s colleges and universities, a third are out-of-state teachers and the rest are people changing careers.

A Department of Public Instruction report found local school districts still had 971 vacant teaching positions as of October, a 4 percent increase compared to October 2004. Permanent substitutes often are hired in these classrooms until licensed teachers can be found.

Local school districts are setting up exhibits at education job fairs in northern states and offering signing bonuses and supplement pay to attract more teachers. In Lenoir County, school officials offer recruits a free month of utilities or no required deposits.

“Anything we can do to get people who want to be a part of helping our future, the children of tomorrow, is great,” Terry Cline, associate superintendent of the Lenoir County Schools said. The system had 22 vacancies in October, compared to 12 a year ago. Less than 10 remained vacant as of late last week, he said.

Lenoir and other eastern districts will benefit from Wachovia Partnership East. Most students in the first graduating class from ECU completed their general education requirements at area community colleges. They took classes from East Carolina online or at the campus of Craven Community College in New Bern.

The University of North Carolina at Wilmington and Appalachian State University offer similar programs to help school districts offset an annual teacher turnover rate of about 13 percent.

The Durham County Schools, which has a 17 percent turnover rate, hired 30 full-time mentors this fall to work with first- and second-year teachers. Each mentor works with about 15 teachers to help them acclimate to the demands of public school teaching.

The hope is the personal attention will encourage the young teachers to remain in the profession, said Fred Williams, Durham’s executive director for recruitment and retention.

While hiring mentors may sound expensive, hiring and training new teachers isn’t cost-effective, either, Williams said.

“Ultimately, we’re not looking at a recruitment problem, but a retention issue,” he said.
ECU’s elimination of soccer program surprises players

By Nathan Summers
The Daily Reflector

A revolving door for coaches, some transfers, some injuries, a lot of losses and now this.

East Carolina soccer player Mike Crowley chose ECU after being recruited by a handful of other schools, including some much closer to his home of Chadd’s Ford, Pa.

Crowley said he picked ECU because it was tops on his list. When he got to Greenville, played his first season under a partial scholarship and met star player Clyde Simms, Crowley said he proudly wore his purple and gold ECU garb everywhere he went, including his trips home to the Keystone State.

The former team captain for the Pirates was shocked, as he said he fielded a dozen or so phone calls Monday night asking him what happened. What happened was the termination of the ECU men’s soccer program, something Crowley said he’d heard only in rumors that predicted the program’s death in three years without vast improvement.

Crowley, who was previously picked as the players’ representative for a coaching search committee formed to replace former head man Michael Benn, said athletic director Terry Holland didn’t give the soccer team much of a chance to better the poor record Holland used as backing for his decision.

“We figured a new coach would come in. We were all looking forward to it,” said Crowley, a junior who said he wants out of ECU in hopes he’ll get to play his senior season somewhere else. “We started this season losing our coach, then we lost two players. The year just went downhill from there.”

According to Crowley, the list of names of interested coaches for the position — which came open when Benn left the post last July — was extensive.

Crowley said he was to be given the chance to weigh in on the potential new coach by narrowing a list of applicants he said was over 100 down to five. He never got the chance, and said he was not present Friday when the vote was made to terminate the program.

“Plenty of qualified people, plenty I felt were perfect — assistants from across the country, coaches from outside the country,” Crowley said of the resumes he plowed through. “I was not in any meeting where they discussed getting rid of the program. They never discussed anything about it. I was supposed to write down four or five top candidates, then help them choose people to interview. We never got to that. I never got to do anything.”

Crowley said Holland met with the team Tuesday morning to discuss the school’s decision, mainly to remind them of their choices for the future. It was also to explain how the team’s budget and the university’s overall athletic budget would not support the changes Holland felt the program needed.

That message was received by players who had just learned the news and who had no idea what they’d be doing next.

“No one said anything for 10 minutes,” Crowley said. “Everyone knew what he had done because guys had talked about it beforehand. Guys asked him the question of where is all the extra money going (for funding of the soccer program). I don’t know what the team’s budget was, but he kind of just avoided it. He said he wasn’t sure.”

While Holland said the school would gladly grant releases for soccer players seeking transfers, Crowley said the decision was announced too late to apply for many schools’ spring semesters.

It compounds a question for which Crowley said many junior and sophomore players have no immediate answer — what now?

“(Holland) came in and said all this stuff about transferring. He made it sound so easy to do,” Crowley said, noting the deadline for applications at many schools was Dec. 2. “It’s extremely hard to transfer. Maybe not to walk on, but to go and talk to coaches about getting the same money and to make sure school is getting paid for. Not to mention trying to get onto a roster and get on the field next season.

“Especially a guy like me. I have one year of eligibility left. I’m stuck. The fact that Terry Holland waited until after the date to apply to other schools didn’t help.”

With just a handful of scholarships to go around, Crowley said many players have inured large out-of-state tuition debts because of their commitments to ECU’s soccer team. Another problem, according to Crowley, is finding a school that will accept enough transfer credits to not drastically alter players’ present and post-school academic plans.

“They’re student-athletes and they have to worry about school, but they still have a dream to play soccer at whatever level they aspire to,” said Mark Gibson, a former ECU player and supporter of the program through the Pirate Club, ECU’s principle source of athletic funding from outside donors.

Gibson, who played for the Pirates in the late 1980s, recalled talk about the program’s potential demise 15 years ago, but said it died as merely talk. It resurfaced when Mike Hamrick was athletic director, but again nothing happened. This time, Gibson said, the school jumped quickly at the idea.
“The AD comes in and says you know what I’m here for. They didn’t know. It’s hard to fathom how they felt,” Gibson said, referring to Holland’s meeting with the team Tuesday. “I think they did as best a job as they could, but they should have told the kids first. They’re the ones who are going to have to live with it the most.”

Speculation about where, if anywhere, soccer fell in the university’s sports pecking order likely played the biggest role, in Gibson’s eyes, in the cancellation of the program.

Although Holland noted in his press release Tuesday he planned to continue exploring the possibilities of a future soccer program at ECU, Gibson said he had seriously doubts it will happen, mainly because of a refusal to devote the funds and attention the sport needs.

“It shows the ineptness of the Pirate Club,” Gibson said. “The program’s been around for 20 years. Does it come down to funding? They’re still building athletic facilities. Did they put the (football) turf field in? I live close to the university and saw all those things going on.”

As for the team’s poor on-field performance, Crowley contended the team’s close losses last season showed how close the Pirates were to competing.

He pointed to ECU’s 3-2 loss to Duke — a Final Four team — on the road and the fact that one more conference win in 2004 would have boosted the Pirates into the C-USA tournament as signs of a team ready to compete.

“I agree with it on some level, and on some level I don’t,” said former ECU men’s coach Bob Lust (1988-90). “It’s a business decision, and there weren’t necessarily the wins to deny it. But if you look at the track team, they figure out a way to find a nationally-competitive relay team every year. I can’t remember the last time the men’s basketball team had a winning record either.

“I don’t see any way that ECU is going to find the money (for a future program). There was never a coach there long enough, and they did not have the time for the program to develop any kind of fan base. Plus, they play games at 3 p.m. on Friday afternoons.”

At the community level, Gibson expressed his disappointment in the potential effect the loss will have on numerous youth programs which benefit from or are directly linked with ECU men’s soccer.

“I seriously doubt they’re ever going to add a men’s program with 24 spots on the team,” Gibson said. “If the Pirate Club raises the money, are they going to spend it on men’s soccer? Highly doubtful.”

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Holland: Lack of wins, resources forced decision

By Nathan Summers
The Daily Reflector

Citing the program’s lack of success and its need for considerable upgrading in order to becoming competitive, East Carolina University cut men’s soccer off its list of active sports Tuesday.

After what director of athletics Terry Holland described as a two-month evaluation that ran concurrent with ECU’s search for a new men’s soccer coach, Holland announced he and a panel of senior athletic administrators reached the decision in a unanimous vote to terminate the program immediately.

Following the departure of coach Michael Benn, who returned this summer to his alma mater at Lehigh (Pa.) University as an assistant, ECU began seeking a replacement for interim coach Chad Halverston. According to a statement issued by Holland, the search exposed the immediate need for a “significant increase in resources” in order to begin turning around a program which finished the 2005 season 0-15-1, and which hasn’t had a winning season since going 7-4 in 1974.

In his statement, Holland said the only way to give ECU’s soccer team the help it needed financially to compete in Conference USA would be to take funds away from the budgets of other sports.

Ultimately, the decision was based on the lack of wins needed to justify such a move.

“It has become obvious to us that our current strategy has become ineffective in terms of on-field performance,” Holland said. “Of even greater concern is the record against our conference opponents during a total of 23 years in Colonial (Athletic Conference) and C-USA.”

ECU’s record since making the move to C-USA is 7-37-3, including two wins against conference teams in the last three seasons.

According to the Holland, all scholarships for current and recently-signed players will be honored. The school will also assist players who wish to seek transfers to continue playing.

“As a soccer person, someone with a love of the game of soccer, you never want to see something like this happen,” said Halverston, who said he was aware of the university’s evaluation process. “It was a decision for the administration. From my eyes, eliminating soccer is something you don’t want to see happen.”

Holland said ECU will spend the next three years evaluating the possibility, if any, that a viable soccer program could be developed in the future.

Halverston said his ties to Greenville will make him weigh heavily the opportunity to stay at East Carolina. The former assistant under Benn who accepted the role of interim head coach July 22 has been offered the post of assistant coach under current ECU women’s soccer coach Rob Donnenwirth.

Despite saying the athletic administration sought his input on the future of the soccer program, Halverston said he thought the school was mainly seeking advice on its next head coach.

“From what I understood, they had every intention of finding a replacement for coach Benn,” Halverston said. “Because of the position I was in — it was after the season — most of their questions were about a new head coach. More of the discussions were on my opinions of a new coach.”

Halverston confirmed Tuesday he’d spoken to his players about the university’s decision.

Their reaction, Halverston said, was one of surprise.

“We spoke. They had basically the same reaction. They’re soccer guys too,” Halverston said. “Disappointment and frustration. Shock, I guess.”

Holland said the chance for success on the field is the main factor in his future considerations for a men’s soccer program.

East Carolina fielded a team for 41 years, and in that time, the 1974 team was the lone winning season for the program.

“While we all regret the effect that this decision will have on current men’s soccer players enrolled at ECU, we believe that continuing the current course is just as unfair to those young men, as well as to future recruits and staff members,” Holland said.

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Honoring Broad

Nearly 400 people are expected to attend a black-tie dinner tonight in Chapel Hill to honor retiring UNC President Molly Broad. On the guest list: past and present leaders of the 16 universities, student and faculty representatives, legislators and members of the state's congressional delegation.

The event at the Carolina Inn will include musical performances by campus groups and a video tribute to Broad, who has led the university system for eight years. The gala is estimated to cost $30,000 and will be financed by private and corporate contributions, UNC officials said.

By staff writers Dan Kane, J. Andrew Curliss, Lynn Bonner and Jane Stancill. Kane can be reached at 829-4861 or dkane@newsobserver.com.
Halverson said Tuesday's decision was not a complete surprise. Holland had been searching for a permanent coach and evaluating the program.

"In our discussions with coaching candidates, it became clear that a significant increase in resources would have to be made available to men's soccer to improve our competitive position in Conference USA," Holland said in a statement.

"The only source for the needed resources would be from the budgets of our other programs, and we do not feel that any of our programs could withstand a significant budget reduction without an equally significant loss of competitiveness for the team(s) involved."

Holland could not be reached for further comment.

Halverson said he would remain at ECU as an assistant with the women's soccer team, which was 8-12-1 this past season.

By J.P. Giglio
STAFF WRITER

At Cary, the men's soccer final four is this weekend.
At East Carolina, it's just final.

ECU announced Tuesday it is folding its men's soccer program after a winless 2005 season and just one winning season since the program began in 1965.

ECU athletics director Terry Holland cited a lack of competitiveness and the lack of funding to become more competitive as the reasons for discontinuing the program.

The Pirates went 0-19-1 in 2005 and have won two Conference USA games in the past three seasons.

Chad Halverson, the interim coach, broke the news to his 18 players on Tuesday morning. Halverson replaced Michael Benn, who left for Lehigh before the season started.

"It's been a tough and crazy day," Halverson said. "Right now, I'm just trying to be supportive and help these guys. Ultimately, that's who it will be the hardest on."

Holland said the school will honor all the scholarships to the current players. ECU will also help players who wish to transfer to another school. Halverson said the team shared 9.9 scholarships with no one player on a full ride.

Staff writer J.P. Giglio can be reached at 829-8938 or jlgiglio@newsobserver.com
Activists urge the National Institutes of Health to sanction UNC-CH over lab offenses.

BY RICK WEISS
The Washington Post

WASHINGTON — Animal rights activists are asking federal officials how many times a university needs to violate animal welfare regulations before it gets hit with some kind of punishment.

At the center of the storm is UNC-Chapel Hill, which has twice hired animal laboratory technicians in the past four years who were undercover agents for People for the Ethical Treatment of Animals. The first instance produced video taken by the employee. One clip showed a lab worker using scissors to cut the heads off baby rats while saying: “I don’t put them to sleep. Maybe it’s illegal, but it’s easier.”

The video led to a damning report from the federal Office of Laboratory Animal Welfare. But no sanctions came down from that office, part of the National Institutes of Health, because it had determined by the end of the investigation that the problems had been corrected.

By then, however, PETA had managed to have a new agent hired by UNC-CH. After an 11-month tour of duty, that employee released a new batch of evidence, including more photos and videos, and the animal welfare office opened a new investigation.

The recently released report of that second investigation is remarkable for its similarity to the first report, PETA activists note, including its conclusion that no action needs to be taken because of reassurances that the university has again resolved the problems.

“We looked at the new report and thought, ‘Did they just cut and paste the old one or what?’” said Kate Turlington, the PETA investigator who conducted the first undercover operation.

In a letter to National Institutes of Health Director Elias Zerhouni, PETA Vice President Mary Beth Sweetland called for sanctions, such as a suspension of UNC-CH’s federal animal research license.

“Surely it should not take a third PETA undercover investigation of UNC to convince NIH that its practice of taking federally funded research institutions at their word is ineffectual,” Sweetland wrote.

Tony Waldrop, UNC-CH’s vice chancellor for research and development, said many of the problems found in the second inspection were remnants of problems from earlier on.

“It was not new information,” he said, noting a follow-up inspection resulted in “an absolute clean bill of health and full accreditation.”
COUNTDOWN TO FINALS

Despite the warnings, cramming's still a popular tactic

BY LANTITA WITHERS
Staff Writer

GREENSBORO — Valerie Underwood hasn't taken her first college final exam, but she's already feeling the pressure.

It's nerve-racking, said the UNCG freshman, "just knowing you have to do this, that you have to pass your exam."

For the thousands of college students in the city and surrounding areas, final exams — crunch time — is here.

Freshmen can hear all sorts of battle stories about finals, said James Harrington, the assistant director of counseling services within UNCG's student success center.

"They listen to rumors and the rumors go from one extreme to the other on a continuum," he said.

Some upperclassmen tell freshmen "finals are a piece of cake." Others tell them "that final exams are a mind blower. I tell students that, actually, finals are somewhere in between those two extremes."

THE STUDENT UNION
A crossroads for college news, events and trends

Classes at most colleges and universities in the area end next week, followed by about a week of final exams. Even if the finals have been marked on calendars weeks in advance, they sometimes catch collegians off guard.

"Students tend not to realize that finals are going to be upon them right after Thanksgiving," said Candice Johnston, the dean of students at Greensboro College.

N.C. A&T freshman Aasiya Townsell already has a plan: study each subject for about an hour the week before the exam. That way, "the week of the exam, you just review," she said.

According to college administrators, Townsell's on the right track.

Plan ahead instead of cramming, said Melissa Daniel, the director of the academic skills center at Guilford College.

"Breaking material down into smaller chunks and studying over the semester makes for a less stressful and more successful exam time."

Of course, cramming is still a staple of college life. A skill that students, like UNCG senior Joel Hare, seem to perfect.

Hare, a geography major at UNCG, said he plans on studying the night before his exams.

"If I study before (then), I'll forget it," he said. Studying the night before the exam, "I usually make a pretty good grade ... it's the best way for me. Everybody's different."

Other students say they learned the hard way what works for them. Darkus Jenkins, a first-year chemistry graduate student at A&T, said she crammed early on during her undergrad years, but doesn't recommend it.

If you cram, "you won't remember (the information) come the final," she

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MORE: Holiday happenings and other campus news. B5

Finals

Continued from Page B1

said. "You blank out."
• Now, she studies throughout the semester. "Start early and don't stop," she said.
• Here are other study tips:
  • Stick to your normal routines for exercise and sleep.
  • Don't forget to eat, but stay away from convenience and high-fat foods; they aren't ideal brain food.
  • Stay away from alcohol. It can stay in your system for three days and affect your ability to prepare.
  • You can't remember what you don't understand. Seek out a tutor and make sure you understand the concepts.
• Take study breaks.
• Study where you won't be distracted.
• Break up study time for similar subjects. If you have to study chemistry and biology, for example, break up the two sciences by looking over something unrelated, like English. Doing so will help avoid boredom and manage stress.
• Work in groups with peers who are similarly motivated. A good tip is for each member to take a section, master it, then teach it to others in the group.
• Be prepared when you go for your final with ample supplies, such as a calculator, paper, pencils and pens.

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