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UA12/2/1 Stress Busters

WKU Student Affairs

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STRESSBUSTERS
Final Exam Schedule according to http://www.wku.edu/Dept/Support/AcadAffairs/Registrar/fall/finals.html
THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS
1 F ibs
5 G rumpy or Sneezy
10 Heartburn cause
14 Margin
15 Foyt or Unser
16 Created
17 Thin opening
18 Amphitheater
19 Pump __; lift weights
20 Declare under oath
22 Envoy’s residence
24 Destiny
25 Nerd
26 “Bye, Jacques”
29 Owns
30 Air freshener brand
34 Be flexible
35 Singer Tormé
36 Truck fuel
37 Take __; leave
38 Steal
40 F raternity letter
41 W ent off course
43 W rath
44 Not severe
45 W as mistaken
46 Y oung socialite, for short
47 M are or stallion
48 D iners
50 Tavern
51 Commotions
54 Retirees’ check
58 Norway’s capital
59 Chinese region whose capital is Lhasa
61 Heavy volume
62 At no time, to a poet
63 Clear the slate
64 Rams mates
65 Whirlpool
66 Fender bender mementos
67 Talk excitedly

DOWN
1 I n case
2 D oing nothing
3 P ersonalities
4 __ for; was content with
5 C urrent of air
6 C autious
7 H ighest spade
8 E xtends one’s subscription
9 P icture border
10 F riendly
11 Taurus & Prius
12 W edding vows
13 Opposite of acknowledge
21 D ebtors’ note
22 Start
23 W ord
24 Over
25 Marbles
26 Read between the lines
27 T hat girl
28 Moving about
29 B argains
30 G et away from
31 Soft, wet dirt
32 A pproach
33 Pass away
34 Brake or accelerator
35 Soft, wet dirt
36 F eat
37 P aret
38 F orest
39 Stuntman (MGM) (1903–1960) (3)
40 T hrow a party in honor of
41 T hrew a party in honor of
42 P ride
43 A sh
44 L ook for
45 T hrow a party in honor of
46 S care
47 T hrew a party in honor of
48 B eat a horse
49 F orest
50 T hrew a party in honor of
51 F emur or rib
52 U p; spent
53 D ownhill glider
54 N uisance
55 D es Moines, __
56 F oreboding sign
57 B ird’s home
60 P rohibit

SOLUTION ON PAGE 9

GMAT REVIEW

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Official offers tips to avoid stress during finals

By AARON FRASIER
news@chherald.com

For many students, finals week can be the most stressful time of the semester.

But Brian Van Brunt, director of the Counseling and Testing Center, had some tips for making it through the week unscathed.

Stress peaks at this time of the year for two reasons, Van Brunt said. The first reason is that many professors organize their subject matter around a final project to demonstrate the full range of knowledge gained in the course, he said.

The second reason is that students don’t always work as hard throughout the semester and are encouraged by outside forces to catch up and finish the semester strong, Van Brunt said. A note to students for future semesters is to not slack off, but to work to their full potential all semester.

There are many ways to combat the stress that finals bring.

“Spread the work out throughout the semester,” he said. “Since it may be too late, given the time of the semester, I would suggest focusing on the tasks that would yield the most results. Work smarter, not harder.”

Van Brunt suggested not spending eight hours to catch up on homework assignments that are worth five percent of the grade and then two hours on a paper that is worth 25 percent.

“Too often we spend time sitting at the desks looking at our books for hours but not really accomplishing anything,” Van Brunt said.

Horse Cave freshman Nathan Puckett’s views were similar.

“Don’t study all at once,” Puckett said. “It’s better to relax and take a breath.”

Another way for students to deal with the stress of finals is to do things to take their minds off of it.

New Albany senior Sara Clifton suggested students take things from their childhood and recreate them as a college student.

“Things like human bowling,” she said.

Van Brunt recommended making a list of everything that needs to be accomplished and dividing the list into categories of A, B and C.

The As are the things that need to be completed immediately, the Bs can be done tomorrow or the next day and the Cs are the ones that need to be done before the end of the semester.

“Avoid the ‘C’ fever, that of spending your time on the things that are important but don’t need to be done right now,” Van Brunt said. “The old saying goes, ‘The house is never cleaner, the rugs better vacuumed, the dishes washed and put away, than when a paper is due.’”

Library hours for finals week

Helm Library and the Cravens Graduate Center and Library will be open two extra hours during finals week, thanks to $600 from the Student Government Association. Here are their hours:

■ Sunday, 1 p.m. to 2 a.m.
■ Monday - Thursday, 7:45 a.m. to 2 a.m.
■ Friday, 8 a.m. to 4:30 p.m.
■ Dec. 18 - Jan. 2, CLOSED

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THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS
1 Cow’s remark
4 Lent a hand
9 Nefarious
13 Hubbubs
15 Choicest; best
16 LSD, to users
17 Sleep
18 __-pocus
19 Bookish fellow
20 In __; prepared
22 June 6, 1944
23 Lather
24 __ trip; self-fulfilling action
26 Supportive friends
29 Prepare eggs, perhaps
34 Nourishes
35 __-pocus
36 Civariate
37 Sound
38 Quarrels
39 Part of a royal flush
40 Tight __; football position
41 Idaho’s capital
42 Agate
43 Collecting of information
44 Made of a lustrous fabric
46 Fond du __, WI
47 Formal combat
48 Brainstorm
51 Enveloping
56 Freeway entrance
57 Cook in an oven
58 Close at hand
60 Muhammad and Laila
61 Penetrate
62 Strong wind
63 Dry as the Gobi
64 Long & slender
65 Cushion

DOWN
1 Irate
2 Skunk’s defense
3 Sooty, as a firefighter
5 As a chimney, __
6 Yeast
7 Australian birds
8 __-suzette & crème brûlée
9 A t __ haphazardly
10 Frosted, as a cake
11 Italy’s dollar before the Euro
12 Singer/actor Nelson
14 Shore
15 Member’s fees
21 Member’s fees
22 Argo or xenon
23 Following
24 Africa’s Sierra
25 Argon or xenon
26 Following
27 Africa’s Sierra
28 Loans
29 Great success
30 Gave medicine to
31 Urge
32 Rish forward
33 Encourage
34 “Beowulf” or “Paradise Lost”
35 Sheep’s cry
36 Was dishonest
37 Go by, as time
38 Gain medicine to
39 Sheep’s cry
40 Middle East rulers title
41 Valley
42 Tree secretion
43 Enveloping
44 Go by, as time
45 Zest
46 Festive event
47 Gave medicine to
48 Tax-deferred accts.
49 Valley
50 Middle East rulers title
51 Freeway entrance
52 Zero
53 Destiny
54 __ tide
55 Festive event
56 Freeway entrance
57 Cook in an oven
58 Close at hand
59 Maroon or scarlet
60 Muhammad and Laila
61 Penetrate
62 Strong wind
63 Dry as the Gobi
64 Long & slender
65 Cushion

SOLUTION FROM PAGE 2
SOLUTION FROM PAGE 3
SOLUTION FROM PAGE 7
SOLUTION FROM PAGE 7
SOLUTION FROM PAGE 7

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Congratulations!

December 2010 Graduates of the Honors College

**Honors College Graduates**
These students have completed a minimum of 33 credit hours of Honors coursework, including a six credit hour Capstone Experience/Thesis.

- Courtney Aldrich
  Social Work
- Matthew Jenkins
  Middle Grades Education
- Alexandra Kerns
  Corporate and Organizational Communication
- Jonathan Williams
  Political Science
- Dunja Zdero
  News Editorial Journalism & Spanish

**Honors Program Graduates**
These students have completed a minimum of 33 credit hours of Honors coursework.

- Keri Bowen
  English and Allied Arts
- T.J. Cataldo
  Social Studies & History
- Regina Durkan
  Broadcasting & English
- Drew Eclov
  Broadcasting
- Brandon Logan
  Biology
- Luke Miles
  Meteorology
- Mandy Simpson
  News/Editorial Journalism & English
- Allison Sterbling
  Corporate and Organizational Communication
- Josie Theisen
  Psychology
- Heather Vaught
  Family and Consumer Science
- Chad Phillips
  Chemistry
- Caitlin Richard
  Broadcasting

All Graduates of the Honors College are recognized at the WKU Commencement ceremony by special notation in the Commencement Program and by wearing an Honors Medallion.

The Honors Medallion and Certificate of Completion will be presented to all Graduates of the Honors College by WKU President Gary A. Ransdell and Dr. Craig T. Cobane, Honors College Executive Director, at the Honors College Graduation Luncheon, held on Thursday, May 12th.
THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS
1 F or what reason?
4 R un after
9 S ource of dietary fiber
13 Schlep
15 Reigns
16 UncleBens product
17 Norway s largest city
18 Map within a map
19 Shade trees
20 Grave marker
22 Pub orders
23 Enemies
24 Sup
26 Evaluate
29 Rod with engine wheels attached
34 Filthy __; ill-gotten gain
35 Monikers
36 Scottish denial
37 Uproars
38 Penalized monetarily
39 Not taped
40 Gent
41 Poultry shop purchase
42 Buffalo
43 __ town; small community
45 Meningitis symptoms
46 “ __ to Billy Joe”
47 Refer to
48 Short note
49 “Who has __ the wind?...”
50 “ __ Billy Joe”
51 Femininity
52 Hertz rival
53 African nation
54 5280 feet
55 Have a feast
56 Zealous
57 Steer clear of
58 Surrounded by addition
59 __ Jones
60 Gent
61 One with an unending term
62 Casino game
63 Downhill glider
64 Very high
65 Just purchased

DOWN
1 W hich person?
2 C hopped meat concoction
3 8 log; holiday fireplace blaze
4 U rgent situations
5 S earches
6 A dditionally
7 “Who has __ the wind?...”
8 R espered
9 O ut of __; panting
10 Small brook
11 High point
12 Crime fighter
13 Eliot __
14 Comfy shoes
15 Prescribed amount
16 Hertz rival
17 High schoolers
18 Popular teatime nosh
19 “So be it!”
20 Licorice-like flavoring
21 Prescribed amount
22 Evergreen tree
23 Food fish
24 Girl in “Little Women”
25 Donkey
26 Hertz rival
27 African nation
28 Popular tea-time nosh
29 Long boat
30 “So be it!”
31 Licorice-like flavoring
32 In __ of; for
33 High schoolers
35 Sips of liquid
36 Good-bye
37 Evergreen tree
38 “So be it!”
39 Red planet
40 Wicked
41 Food fish
42 Girl in “Little Women”
43 “ __ be it!”
44 Like a parka
45 Dressy clothes
46 Like a parka
47 USNA student
48 Red planet
49 Wicked
50 5280 feet
51 Ear warmer
52 Hodgepodge
53 Ear warmer
54 Foretelling sign
55 Have a feast
56 Zealous
57 Steer clear of
58 Surrounded by addition
59 __ Jones
60 Gent
61 One with an unending term
62 Casino game
63 Downhill glider
64 Very high
65 Just purchased

Puzzle Solved

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