

Advise to cure registration blues

By Mary Jo Pitzl

Two officials in the Office of Registration and Records said they have advice to save students hassles during early registration for summer and fall semester courses.

Don Osborne, assistant director of registration and records, said early registration begins Monday.

Students should register during the priority periods detailed on page three of the schedule booklet. These periods give students the best chance of getting the courses they want at the desired times, Tony Schkade, an assistant director of registration and records, said.

Osborne said all early registration packets for the summer sessions must be returned to window 5, room 208 Administration Building by March 28 for students to get priority.

Early registration for the fall session should be submitted by April 18 to entitle students to free drop and add during finals week. That way, Schkade said, students can finish their fall schedules before leaving for the summer.

Complete all forms

All registration packets must include the worksheet, course registration form (what the student's schedule is based on), the fee card and the \$25 deposit. Osborne and Schkade urged students to make sure all the forms are completely filled out, that they have used the correct call numbers and that the check is not post-dated. Post-dating prevents a check from being cashed right away and will throw a student off his priority period.

No deposit is due for summer school registration.

Schkade and Osborne gave the following registration advice:

When listing alternate courses, do not write in alternate sections of the same course. Doing so will foul up the computer and the student will wind up with no course listed or with the same course listed twice.

Fill out a change of address form at the Administration Building if the address listed in the records office is not accurate.

Do not guess

If no call number is listed for a course, call the corresponding department for the number. Do not guess, Schkade said.

Make sure to register for the corresponding lab, quiz or recitation section of a class, or risk being arbitrarily placed in an undesirable section.

If the student is not paying the \$25 deposit, he should indicate on his fee card which agency is to be billed.

Schkade also said students with physical handicaps should indicate this on their forms so their registration can be processed specially.

Early registration packets for the fall session are available at the Nebraska Union north desk, the East Union, Agriculture Hall, residence halls and window 5 in the Administration Building. Summer early registration packets are available only from window 2 in the Administration Building and at Ag Hall.

Schkade emphasized that the most common mistakes stem from students not checking their registration forms. A second look to ensure that all signatures, call numbers and blanks are filled in is worth the hassles it will prevent, he said.

Stress . . .

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Eager said students seem better able to handle stress without becoming ill than the general population, possibly because they have to deal with a large number of "less stressful stresses." These include such things as a change in recreation, social activities, living conditions, sleeping habits, vacations, and the beginning or ending of school.

When people realize they have a lot of stress building up, Eager said, they can try not to add more stress at that particular time.

"Some isolated situations you may deal with very well," she said, but it's when stresses build up that problems have a wearing effect on bodily and mental health, she said.

Grant said that "somehow there's a correlation between stress and relaxation techniques."

Coping with stress is the second step after recognizing the problem, she said. A person should list the positive and negative ways he copes with stress and then rank them in order of the frequency they are used.

Positive ways to relieve stress include physical exercise, writing out or talking out your problems, cutting down on extra activities—or starting anything else that helps such as reading, listening to music, hobbies, cleaning or cooking.

Negative stress-relievers include sex, drugs, alcohol, sleeping and eating just because one is under stress.

"Biofeedback is one of the things that's available at the health center," Eager said. She explained they have machines to measure muscle tension and hand temperature to determine the amount of stress on the body.

AVOID THE LINES (Next Fall)



Early Registration for 1st Semester begins Monday, March 17. Packets are available at Window 5, Administration Bldg, and at both Unions.

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