

# Foundations help students to adjust

By Erik Unger  
Staff Reporter

Note taking. Time management. Test taking.

Because many University of Nebraska-Lincoln freshmen seem to lack in these areas, the University Foundations program was designed five years ago, said a professor who teaches the course.

Vernon Williams, an educational psychology professor at UNL, said the three-credit course helps freshmen students get accustomed to college. One of the ways foundations teachers do this is to help freshmen develop their study skills.

James McShane, director of the

University Foundations program, said many students who come to the university don't know how to study. Some students come here with study skills, but others don't, he said.

Williams said the troubles of studying can be attributed to the differences between studying in high school and in college.

"Almost everyone studies outside of class at the universities," Williams said.

Most students could get by without studying in high school, he said.

Williams said he teaches several study techniques in his class, including taking notes, preparing for exams and getting the most out of

reading.

Williams also teaches students to concentrate by relaxing. He said he tells them to focus their attention on a restful scene in their mind. They have to concentrate hard to focus on that scene, yet it relaxes them, he said.

"If they can relax well, it helps them concentrate," Williams said.

This technique also helps students who have trouble retaining the information they read, Williams said.

"The rest is up to the individual student," Williams said.

The University Foundations program works closely with the Academic Success Center, directed by

by Ken Kiewra.

Kiewra, along with graduate student Rayne Sperling, teaches a foundations class and shows students how to use effective learning skills to get better grades.

Kiewra said he brings speakers into the foundations class to help teach students to work together and practice effective learning techniques.

Freshman students also need help in time management, he said, so foundations instructors "try to get the students to make school an eight-to-six job."

McShane said most students never had to manage their time in high school and are used to someone else telling them when to do something.

"It is a different kind of world than they are used to," McShane said.

McShane encourages students to get help regardless of their studying problem. He also forces his students to read books, which will improve their study skills.

"Foundations exists to help students survive, so later they can thrive," McShane said.



Butch Ireland/Daily Nebraskan

Nebraska Wesleyan students Laura Garcia, center, and Jennifer Beaty, right, study at Perkins, 121 N. 48th St.

## Perkins doubles as study area

By Stacey McKenzie  
Staff Reporter

Students are digging into more than the pancake short stack at Perkins Restaurant, 121 N. 48th St. They are digging into their books.

Finding the appropriate atmosphere for studying is sometimes difficult but according to some students, Perkins Restaurant has that atmosphere.

Perkins, open 24 hours daily, is a place to get away from the atmosphere of school, said Gene Deyoe, associate manager of the restaurant.

"Some students study until four or five in the morning," he said.

Deyoe, who usually works at night, said he seldom has problems with the students who study Monday through Thursday although on Friday and Saturday nights, students may come in -- not for studying purposes -- after going to the bars and get somewhat rowdy.

For the studier, though, coffee

seems to be the hot item at Perkins. One can get a hot pot of coffee at Perkins for \$1.58.

"The coffee's a lot better than at our house," said Jay Elfeldt, a sophomore accounting major at the University of Nebraska-Lincoln. "It's a lot cheaper than buying it at other places and it's easier than making it yourself."

Steve Mack, a UNL sophomore business major, said he likes to study at Perkins because he isn't bothered by people talking to him.

"I haven't seen anybody I know yet, so they can't talk to you," he said.

There are a lot of study regulars at Perkins, said Sonny Pinzon, who has been a waiter at Perkins for eight years.

"I get along with everybody," he said in reference to the students. "I make everybody laugh."

A lot of the laughter is due to a name tag Pinzon sports. When the name tag is flipped over, typed colorful phrases are revealed.

"Everybody asks about it," he

said.

Two UNL seniors who share an apartment said they would nap instead of study if they remained in their apartment.

"Our beds are a big distraction," said French major Beth Read.

Shelly Atgilbers, Read's roommate, said she doesn't like studying at places on campus, especially at night.

"The library depresses me," she said. "I don't feel safe going to the library by myself to study."

For some students, Perkins is good for group study sessions.

Three UNL freshmen taking a course together said they study at Perkins because it is located near each student's place of employment.

"It (Perkins) is the only place that's still open where you can sit down for a while," said Misty Owens an elementary education major.

The group was meeting for the second time this semester and said they would stay at Perkins "as long as it takes to get this (classical mythology) figured out."

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