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Come in or Call for Great Tasting Pizza!

Cures for finals frustrations

Students can find relief in jogging, pigging-out or screaming

By Dionne Searcey
Staff Reporter

Bogged down from studying for finals? The Academic Success Center suggests that students take a break from cramming once an hour. The center's ideas for relieving stress include taking a walk or viewing a sitcom on TV.

But watching underachiever Bart Simpson probably won't inspire the general studies major to go back to reading 200 pages in that Introduction to Nutrition book assigned in early September.

Students should get away from their studies and try something unusual to break the tension caused by finals week.

Vent frustrations by taking a short shopping trip. Breaking in a pair of Birkenstocks or sporting a new polo sweat shirt has been known to relieve stressed minds.

Jam out to some groovy tunes — nothing too philosophical though. Wilson Phillips or Winger should work fine.

Jog on over to Campus Rec. Stomp out all the stored hatred felt for the person who invented exams on the Stair Master. Or go for a swim and drown all those studying sorrows.

Play "musical study areas." Noses

buried in books for too long tend to get numb. Wake them up by changing study locations often. The short jog from Nebraska Hall to the Abel South study lounge to Burger King in subzero temperatures will cool off burnt-out minds.

Are language finals a sobering

Are language finals a sobering thought? Take advantage of the downtown bar scene. O'Rourke's opens at 9 a.m. An early morning buzz could inspire students to speak a unique language of their own.

thought? Take advantage of the downtown bar scene. O'Rourke's opens at 9 a.m. An early morning buzz could inspire students to speak a unique language of their own.

Along the more traditional side of study breaks, wallow in a few of the great pizza specials offered by

almost all of Lincoln's finest during Dead Week. Pigging out always prepares the mind and soul for hard-core studying.

Study breaks are a great time to take advantage of the University Health Center's services. How about a dental check-up? Measles season is almost here — look into the various vaccinations provided at the clinic.

Bother other studiers. If you can't study, why should anyone else? Walk around Love Library with headphones cranked loud enough for everyone in the building to know the words to "Ice, Ice Baby" by heart before you leave. Sit in the crib and cough annoyingly for 10 minutes straight. Or stand on a chair in The Coffee House and shout, "I tasted veal, and I liked it."

Has all hope run out? Look for help from above. Many area churches have special services during this holiday season.

But for the ever-studious sophomore who locks him or herself in Love Library for all of Dead Week, the most useful study break is less time consuming.

A simple primal scream will go virtually unnoticed among everyone else taking advantage of this relatively cheap and satisfying method of study breaking.

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