

Patrick  
MACDONALD

# Oh, the agony!

## Don't suffer from post-spring break syndrome



“While you were away, your professors and TA's had time to add 10,000 more problems to their lesson plans.”

So you have returned from South Padre Island, Cancun or other parts where warm climates prevail. After this much needed respite, I have to believe many of you are reluctant to jump right back into the grind.

It is with this in mind that I now present my return-from-vacation shock therapy. You will be happy to know that I do not charge a fee for this service.

First, let's be honest. I know that a number of you tried to get cloned during spring break. While you are still enjoying the beaches, your clone is here doing his/her best to greatly reduce your GPA. So for you clones out there reading this, call your progenitor (what do you call the original anyway?) and tell them to get back here — pronto. That is if they want to be able to fend for themselves in the future.

So now you have to blow the dust off your books, put fresh batteries in your TI-85s, boot

up your computers and finish what is left of this semester.

**Shock No. 1:** Nebraska weather is still the most unpredictable thing on earth. Your chances of winning the PowerBall Jackpot are better than guessing what it will do tomorrow.

**Shock No. 2:** All of your classes are picking up right where they left off. Imagine that. So taking a quick refresher on integration-by-parts won't save you. Ancient history is now four centuries later and you were left in the dust two centuries ago — and all of those papers that were due the day after spring break are now overdue.

**Shock No. 3:** You still can't find a decent place to park. 'Nuff said about this one.

**Shock No. 4:** You don't get to sleep in anymore. That annoying sound that wakes you in the morning has returned with a vengeance and hitting the snooze button doesn't make it go away.

**Shock No. 5:** You have to find something clean to wear, and because you have been stockpiling laundry since the day you left, this may prove to be a significant feat.

“Laundry, I don't have to do no stinking laundry.”

Maybe not, but this is a sure-fire way to lose friends and alienate people.

**Shock No. 6:** The construction all over campus is not diminishing with the nicer weather. So welcome back to the constant sounds of sledgehammers on concrete, saws ripping through lumber, a virtual cacophony of construction or maybe its destruction.

**Shock No. 7:** Schedules, deadlines and other assorted nastiness. For an entire week, all you had to worry about was when you should turn over to get an even tan. Now, it's that 10 minutes of hell trying to get from Brace Laboratory to Nebraska Hall.

**Shock No. 8:** You have \$3,000 of bills waiting for you when you return, and the trip you just took cost you all of that. By the way,

mom and dad have moved and did not leave a forwarding address.

**Shock No. 9:** Homework. While you were away, your professors and TA's had time to add 10,000 more problems to their lesson plans. During these last few weeks, you will get to see most of them. Research papers — you mean we still have to do those? Group projects? I can't even remember who was in my group.

**Shock No. 10:** Finals are just around the corner. OK, I had to bring it up. Just want you to be prepared.

So what do we do to recover from post-vacation shock? Have plenty of aspirin on hand, find a quiet place to go where you can let out a blood-curdling scream (a library would not be the place to choose for this) and jump in with both feet.

If this is not your idea of what it takes to relieve the shock, perhaps a hot bath, soft music and one-hour photo developers are what you need — not necessarily in that order.

I have heard that exercise reduces stress-induced shock, but I can neither confirm nor deny this.

While these may not be the best solutions, we can look forward to a couple of things — graduation and summer.

MacDonald is a freshman electrical engineering major and a Daily Nebraskan columnist.

Paula  
LAVIGNE

# Nothin' on Padre

## Break at LeaderShape challenges impossible



I earned a C over spring break. And I'm very proud of it.

The C meant I displayed conscientiousness. (I would have earned a D with a little more dominance.)

My “grade” came from a personality test given at Nebraska's first LeaderShape Institute where I — and more than 50 UNL student leaders — sacrificed a road trip to South Padre Island for a gravel road to Ashland.

For six days of spring break, those leaders learned how to lead and guide with integrity. They left with a vision. They will reach that vision after hurdling several short-term goals — and you will benefit from those goals.

Even though a few days of drizzling damp weather at Camp Carol Joy Holling didn't compete with the sunny shores of South Padre, the spark given off by the motivated students rivaled the fires of any beach's sunset glow.

I admit, I went into it less poetically. I was regretting what I could have done with a vacation. I also swore that the first time we held hands in a circle and sang “Kum-Ba-Ya” I'd be hitchhiking on Interstate 80 back to Lincoln within seconds.

Instead, I found the the conference to be a little utopia of trust. We kept our doors unlocked, and we kept our minds open to how we, as leaders, can help each other build a similar community at the University of Nebraska-Lincoln.

And if LeaderShape could intrigue a serious cynic like myself, imagine the conquest it will have over the many apathetic students at the University of Nebraska-Lincoln.

LeaderShape's path to UNL began when the program's success at other universities attracted the attention of UNL administrators. UNL sent select students to the institute near Champaign, Ill., where it was founded in 1986.

Those students came back with rave reviews and turned their training into leadership, especially for one LeaderShape student who was elected ASUN president.

The first students for LeaderShape Nebraska came from ASUN, the Residence Hall Association, Campus Recreation, various colleges and ethnic and minority groups and greek organizations.

I was there representing the Daily Nebraskan as next year's editor, and I received an incredible amount of feedback and input, which I guarantee will put a new student face on the DN for next year. I realized the responsibility of realizing student interests and putting those interests to print. I realized that as much as we complain and write about student apathy, we should take charge and change it.

This desire to make a difference is part of the LeaderShape mission.

LeaderShape's goal to shape leaders who lead with integrity was broken down into six themed days: “Building Community,” “The Value of One, the Power of All,” “Challenging What is, Looking to What Could be,” “Bringing Vision to Reality,” “Living and Leading with Integrity,” and “Staying in Action.”

We started to define a community and realized that leadership is journey. We moved to defining our personal styles of leadership with feedback, listening and dropping masks.

Much of the rest involved developing a vision for yourself or group, examining those involved in your vision and plotting the steps to get there — keeping in mind the ethical values that should guide you along the way.

A typical LeaderShape day started at 7:15 a.m. and ended around 10 p.m. Depending on the schedule, we'd either join in a large group, break into nine-member “family clusters,” or engage in one-on-one discussions.

Though LeaderShape was intense, almost 24-hour learning, it wasn't boot camp. Aside from setting my goals, I learned how to country dance, make elaborate food in aluminum foil, build towers of balloons and relate every word in the English language to sex.

The learning and the fun together broke a lot of stereotypes among people of different organizations — mine included.

Outside their organizational elements, Panhellenic, Afrikan People's Union, the Residence Hall Association and all the others can make the meanest web of rope tough enough to break any 8-foot post — which we did ... on the ropes challenge course.

While much of our training was inside on overhead projections, a lot of it was physical. Falling backwards into a stranger's arms builds trust pretty quickly when two hours later you're letting five people pass you through a small hole five feet above the ground.

The games also were about letting your guard down and being able to make a complete fool of yourself in front of influential people — thus said: You have to act like children sometimes to know what it is to be an adult.

Children think they can do anything, and they're really honest about that. Somewhere in there, we lost our “healthy regard for the

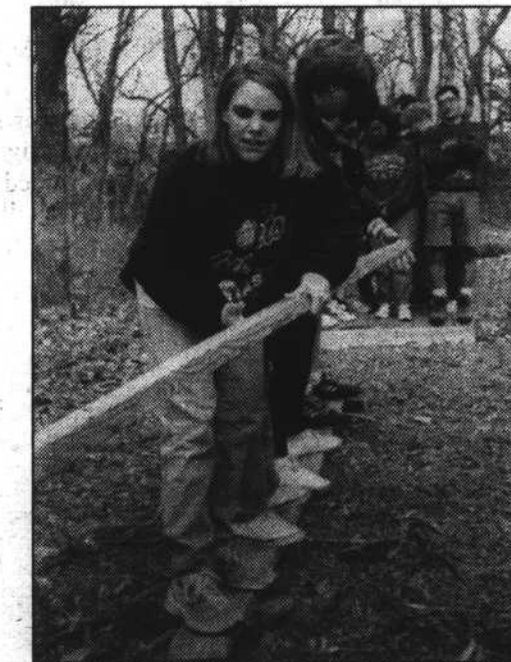
impossible,” and our leadership can be tainted with doubt.

Hopefully, the University of Nebraska-Lincoln and other organizations will continue to fund LeaderShape; its value to the university and its leadership are priceless.

The university needs good leaders who can keep any group of people on the right train of thought.

One-two-three, OOOO-Rah!  
(See, you just had to be there.)

Lavigne is a senior news-editorial major and the Daily Nebraskan managing editor.



PAULA LAVIGNE/DN  
DANA VANLANNINGHAM, a veterinary science major, passes a board to Renee Ritchie, a horticulture major, and Marilyn Bugenhagen, director of Student Involvement, during the LeaderShape challenge course.