

# Christmas Message For The Student

Christmas is that time of year when the student experiences a jubilant feeling known as "The Great Lift"!! But...the period directly preceding Christmas is a time of unbelievable pressure caused by mammoth studying sessions (or cramming) We see too many sunrises, get too little sleep, eat too much junk food, and our bottoms become spread out in a semi-permanent fashion from sitting for hours on end. We become round shouldered, chain smoke, our feet fall asleep, and we suffer from manual difficulties such as a writer's cramps, and the two finger tic, for those who type.

How can that hopeless state of semi delirium we all go through be explained? Everyone knows that panicked feeling of "Will I ever know enough for the exam?" or "How can I stretch this paper to 1,000 (2,000;3,000; 10,000) words?" or "God, will I ever finish this project?" and yes, I'm sure you are all familiar with those desparate time rationing.

"O.K. - It'll take me five hours to read the book. Then I guess maybe ten minutes for supper. O.K. Then I got another five or six hours for the rough draft. Then I guess I'll take an hour off for Hawaii 5-0 (geez, what a luxury!!) And then I'll get down to the copying (typing)out. Then, sleep...for three whole hours, (another luxury during exam time!) I should set two, no, maybe three alarm clocks, because if I miss my morning class I may as well kill

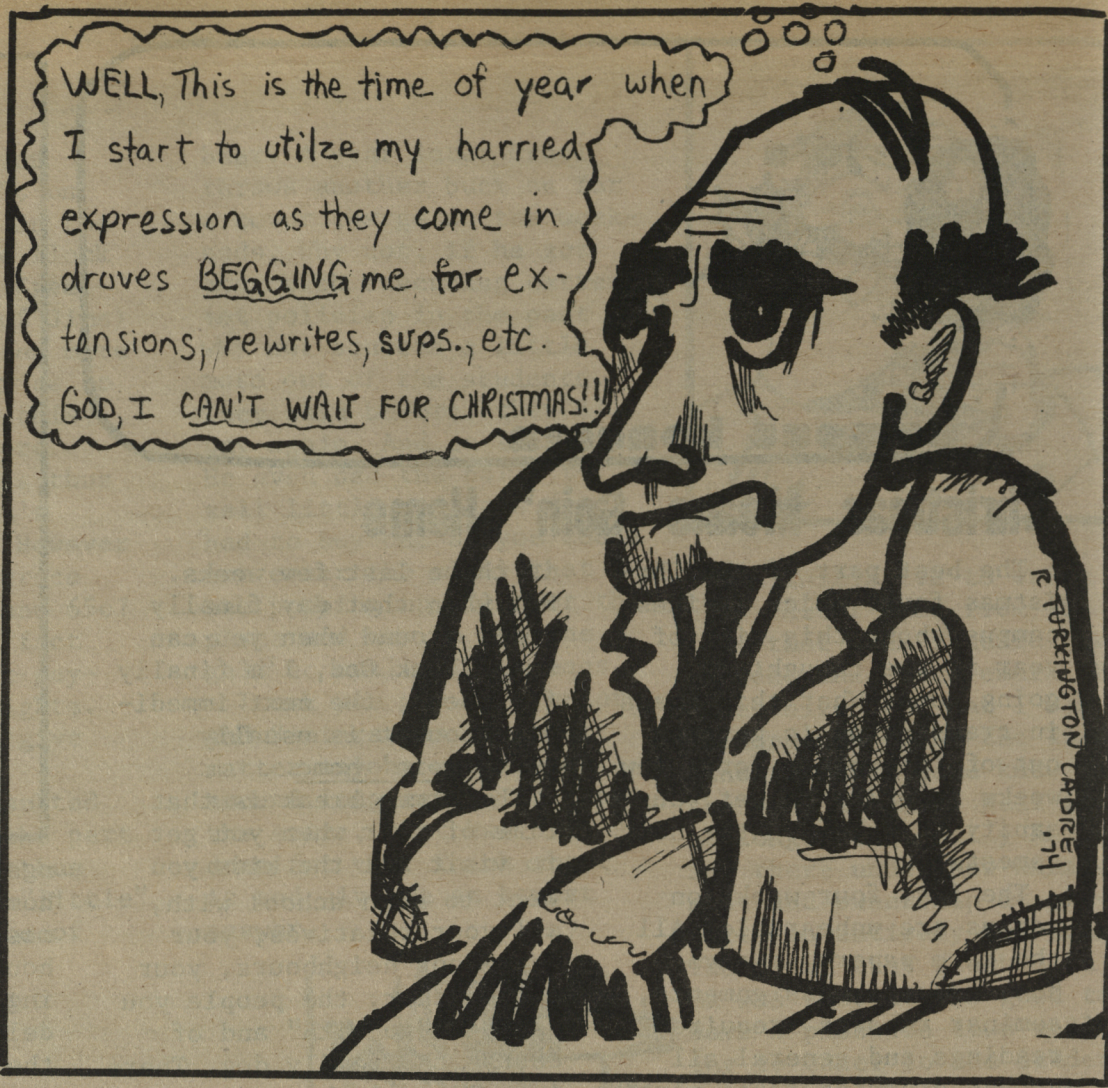
myself!"

I don't think any segment of the population threatens themselves as much as students do in this pre-Christmas period. Common statements at this time of year are:  
 "If I don't do such and such, I'll - a. kill myself  
 b. commit suicide  
 c. say goodbye to this cruel, cruel world."

Our senses of humour become warped. A student who is in the deadly grip of the cramming stage will find almost anything that is not connected to the higher intellectual pursuits funny: somebody passing wind or burping suddenly, or the thought of the professor of whose exam you are studying for passing wind or burping suddenly in class, or the RAUNCHIEST of dirty jokes. Once laughter hits the study scene, it becomes hysterical and can take up to an hour to subside.

Days, and then weeks (and maybe a couple of months if you are extremely diligent) of this studying can cause you to wish that maybe you could drop dead, it can make you get insane feelings that your brain is overcrowded and all those things you are trying to stuff to the front of your memory will get sick of the slum conditions of your mind and move out before the exam! This phenomena can be called the "Blank Panic". However, once you get into the exam room, things have a 50% chance of "coming back to you".

Yes, we all know the in-



sanity, the pressure, the exertion...Those days when 1400 supposedly normal, healthy people in a supposedly normal, healthy environment of higher learning hover close to the brink of that collegiate psychological disorder known as a "break-down".

But, suddenly, it's over. The papers and projects get done, the exams are taken. Paper by paper, exam by exam...you reach that formerly unattainable recovery period known as Christmas. You may weigh ten pounds more or less, you may have broken out from eating all that junk food and not getting enough sleep and you may feel extremely frazzled but there's something that

makes up for all that... RELIEF! Oh, wonderful, beautiful, exhilarating healing relief! You can now sleep, get drunk, go Christmas shopping, or go home to your folks. You become filled with an overwhelming goodwill that heightens the general nice feeling of Christmas itself and you vow you will never procrastinate again. Oh, it's wonderful! The final stage of recovery is when you can actually look back at the last month or so, and, although you won't remember much of it, you will be able to smile, maybe even laugh about the whole miserable thing! In fact...it actually won't seem as bad as it really was. MERRY CHRISTMAS TO YOU ALL!



"Congratulations! You're the tenth person whose Term Essay is titled: 'Twenty-five Interesting Reasons Why I'm late with my essay!'"

**CRAFTSMEN'S ANNUAL CHRISTMAS SALE**  
 Royalty Mall Saturday Dec. 7 10A.M.-5P.M.  
 Quality hand crafted goods available for purchase from the craftsfolk  
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**Typist**  
 Desperately required by the Cadre for the New Year  
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