

Students get tips on managing time

By Christie Wallace
Gazette education writer

A petite, blond girl hesitated apprehensively outside McAuley Auditorium on orientation day at Mount Mercy College.

Like the thousands who had preceded her down the hallways of the college on the hill, the girl was leaving behind summers of adolescence to embark on a new career as an adult student.

Inside the auditorium, incoming freshmen and other new students were beginning to congregate for a session on time management.

"Time. It's a pretty important factor, if not the most important factor for you as beginning college students," Director of Placement Judy Fuller told the students who had just settled into their seats.

During the college years that are so full of learning and social opportunities, it is necessary to balance time and energy, she continued. "The use of a minute can make or break your day."

There is more freedom with a more intensive curriculum as the student moves from high school to college, Fuller explained in a later Gazette interview.

For many students, that can be a problem. Consequently, the orientation session on time management is used to help get the student moving immediately, she said.

Effective habits

A student doesn't have to be brilliant to be successful, she told the students.

Educators have discovered that the best and most successful students are not necessarily the smartest. In addition, good students have been known to study fewer hours on the average than poor students, said Fuller.

It all gets down to effective study habits.

Fuller offered the new students the following suggestions for a study routine:

- Schedule study time for required course work during periods that you can work most efficiently. In other words, don't plan on studying late at night if you don't normally function efficiently then.

- Give yourself time to socialize, to participate in campus activities and be with your family. "All of your education does not take place in the

classroom," said Fuller. There is a lot to learn about different kinds of people from different backgrounds.

- Build study habits that avoid conflict. Don't expect to absorb what you're reading if the television set is blaring your favorite show.

- Avoid guilty feelings that sometimes result from not studying. Stick to a schedule, the director suggested, and then you can "reward" yourself by going to a movie or taking a walk with a friend. You don't have to feel guilty if you've accomplished your work and have the time — that others may not — to enjoy yourself a little.

"It's amazing how much you can accomplish and how much better you feel about yourself," she said of a well-thought-out plan.

But don't let that plan become an albatross around your neck either, Fuller warned. Be realistic.

To start, she suggested scheduling study in 20- to 50-minute blocks. Later, these periods may need to be shortened or lengthened, depending on the student's attention span.

Then, you may want to break for 10 minutes before resuming another block of studying, she said.

Develop awareness

Develop an awareness of how you function best, Fuller told the students. Don't be afraid to adjust the length of study time and switch the subject being studied.

Be careful not to schedule too large a block of study time for a subject that you don't really like that much. But if such a situation can't be avoided, break up that large block with smaller blocks devoted to a more favored subject.

Learn how to "change gears" and be flexible, she said.

Leonard Ranson, director of student affairs, explained that time management is one of the topics of greatest interest to this year's incoming students at Mount Mercy. It is topped by financial aids and followed by academics and career planning.

The reason for covering the topics in the orientation session, he said, is to begin to show the students how to cope — not only at the college but when they leave to find jobs.

ON THIS DATE in 1585, French statesman Cardinal Richelieu was born.



Gazette photo by Tom Merryman

Lebanese reunion at Johnson

Twelve Johnson Elementary School students line up for a reunion picture with their former principal and teacher in Lebanon. Wanita Haddy, far left, is the principal, and her brother, Issam Haddy, back center, is a teacher at the small school in Ain Arab, Lebanon, that many of these students attended before immigrating to the United States. The Haddys, who are visiting cousins in Cedar Rapids, stopped at Johnson for a reu-

union with the students and a tour of the Cedar Rapids school, which is located in a neighborhood where many Lebanese families have settled. There are currently 14 Lebanese students at Johnson, the highest concentration in any of the Cedar Rapids Community schools. They are tutored in the English language by Mrs. Sam Nassif. Ten other Lebanese students have gone on to junior high from Johnson since 1975.

Education page guidelines

The education page is a weekly Gazette feature during the school year. Cedar Rapids educators are invited to submit items about the activities and awards of their schools. Typed news releases for the Wednesday page should be re-

ceived no later than Tuesday noon. Each should include the name and daytime phone number of the sender. Submissions may be sent to Christie Wallace, Cedar Rapids Gazette, 500 Third Ave. SE, Cedar Rapids 52401.

C.R. schools seek volunteers

The Cedar Rapids Community Schools are seeking volunteers for the new school year.

Volunteers are needed to work individually with students on reading and mathematics; help with typing, filing and collecting of school materials; and assist teachers on field trips and with arts and crafts projects.

There are also opportunities for those who would like to share their skills and hobbies with students. Some of the volunteer work can also be done in the volunteer's home.

Those who would like to contribute services on a periodic or regular basis are asked to call the district's volunteer office at 398-2125.

Sandee Thompson scholarship offered

Applications are being accepted for the first Sandee Thompson Memorial Scholarship.

The \$500 annual scholarship was established in memory of Sandee, daughter of Mr. and Mrs. Richard Thompson, 2816 Glen Elm Drive NE. She was a Kennedy High School student when she died of a brain tumor at age 16 in 1978.

High school seniors and college students are eligible to apply for the first scholarship, which will be awarded this fall in commemoration of Sandee's 18th birthday anniversary. Applications should be made by October.

Thereafter, the scholarship will be awarded in the spring. Applications for next spring's award, should be made by March 15.

Applicants must be "dedicated to serving humanity" through a medical or religious-oriented profession. Physical therapy is an area that will be given high priority.

Those wishing more information or application forms may write to 2816 Glen Elm Drive NE, Cedar Rapids 52402.

Bankruptcies

The following persons have filed bankruptcy petitions in U.S. District Court in Cedar Rapids:

Terry Bernabe, 319 11th St., Marion. He listed debts of \$3,424.28, assets of \$75, and claimed \$75 exempt.

Thomas J. Bading, 806 Wellington St. SE. He listed debts of \$12,546.80, assets of \$2,350, and claimed \$650 exempt.

Robert J. Van Nevel, Marshalltown. He listed debts of \$16,740, assets of \$400, and claimed \$400 exempt.

LaVern E. Lewig, 1804 Sixth Ave. SE. He listed debts of \$28,837, assets of \$205, and claimed \$200 exempt.

Katherina Lewig, Waucoma. She listed debts of \$22,662, assets of \$6,800, and claimed \$6,800.

Gerry W. Garner, 1530 Seminole Ave. NW. He listed debts of \$11,874, assets of \$525, and claimed \$500 exempt.

Colbert L. Beets, 1019 Sixth St. SE. He listed debts of \$16,879.54, assets of \$17,275, and claimed \$15,275 exempt.

Juan L. Vasquez, 1240 Sierra Drive NE. He listed debts of \$18,889.68, assets of \$12,021.41, and claimed \$200 exempt.

Dale D. and Patricia A. Tallman, Springville. They listed debts of \$11,988, assets of \$18,233, and claimed \$1,730 exempt.

Ralph E. and Christina J. Sprague, Conrad. They listed debts of \$7,745.29, assets of \$1,220, he claimed \$870 exempt and she claimed \$150 exempt.

Robert M. Gillette, Ely. He listed debts of \$5,509.54, assets of \$1,550, and claimed \$200 exempt.

Sidney H. Johnson, 2818 A Ave. NE, Apt. 4. He listed debts of \$4,574.55, assets of \$550 and claimed no exemption.

Sale 9.60

Reg. \$12. Prep boys' sweater-shirt is acrylic knit, sporting chest and sleeve stripes, fashion collar. Sizes XS, S, M.

Sale 7.60

Reg. 9.50. Boys' hand embroidered ski sweater is acrylic knit in great color combos. S, M, L, XL for sizes 8 to 20. Sizes 4 to 7. Reg. \$7. Sale 5.60

Sale 5.60

Reg. \$7. Little boys' long sleeved sweater classic is striped acrylic knit. S, M, L for sizes 8 to 18. Reg. \$8. Sale 6.40

Sale \$6

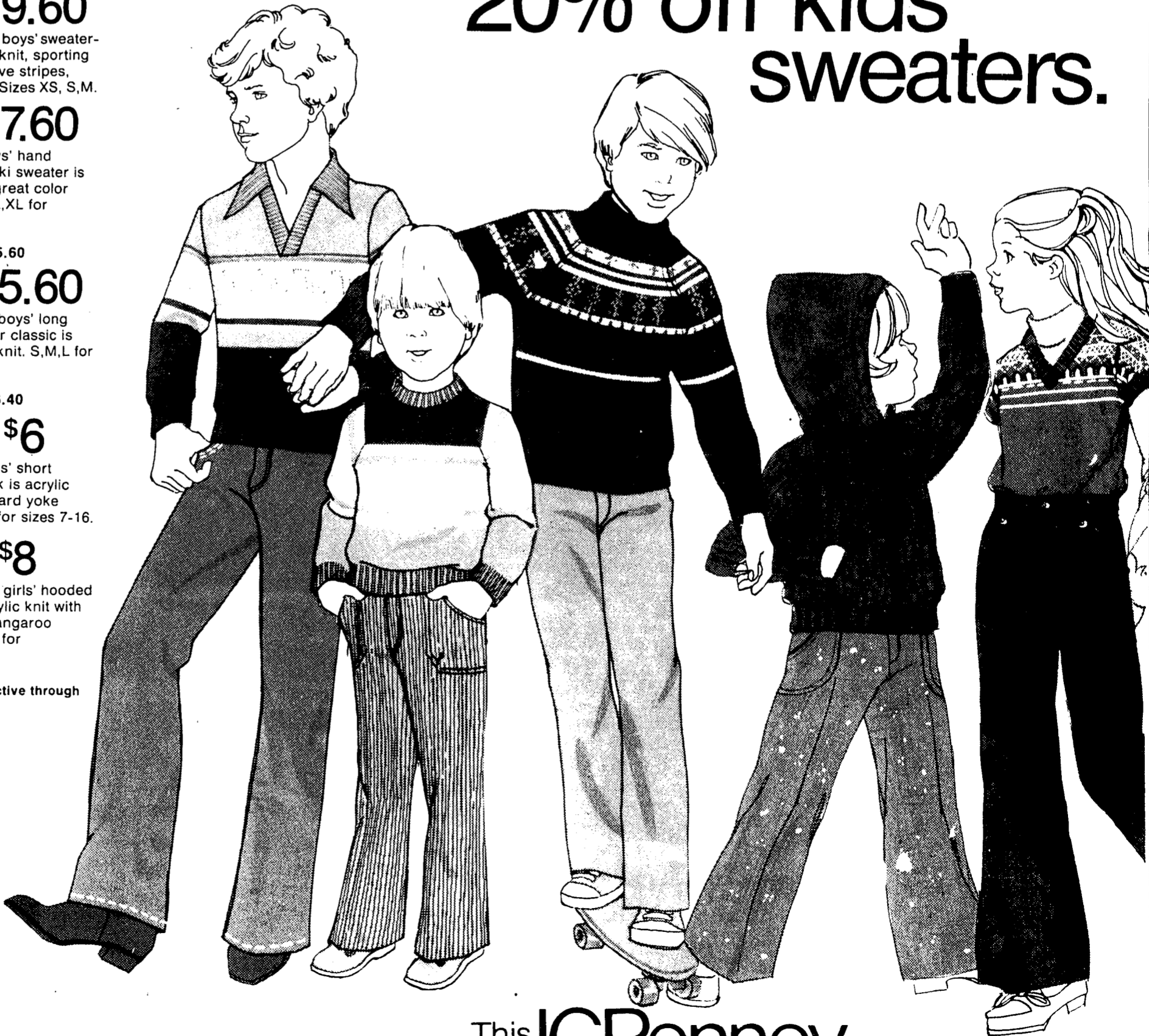
Reg. 7.50. Girls' short sleeved V-neck is acrylic knit with jacquard yoke design. S, M, L for sizes 7-16.

Sale \$8

Reg. \$10. Little girls' hooded cardigan is acrylic knit with zip front and kangaroo pockets. S, M, L for sizes 4 to 6x.

Sale prices effective through Saturday.

20% off kids' sweaters.



This is **JCPenney**

Open Weekdays 9:30-9

Saturday 9:30-5

Sunday 12-5