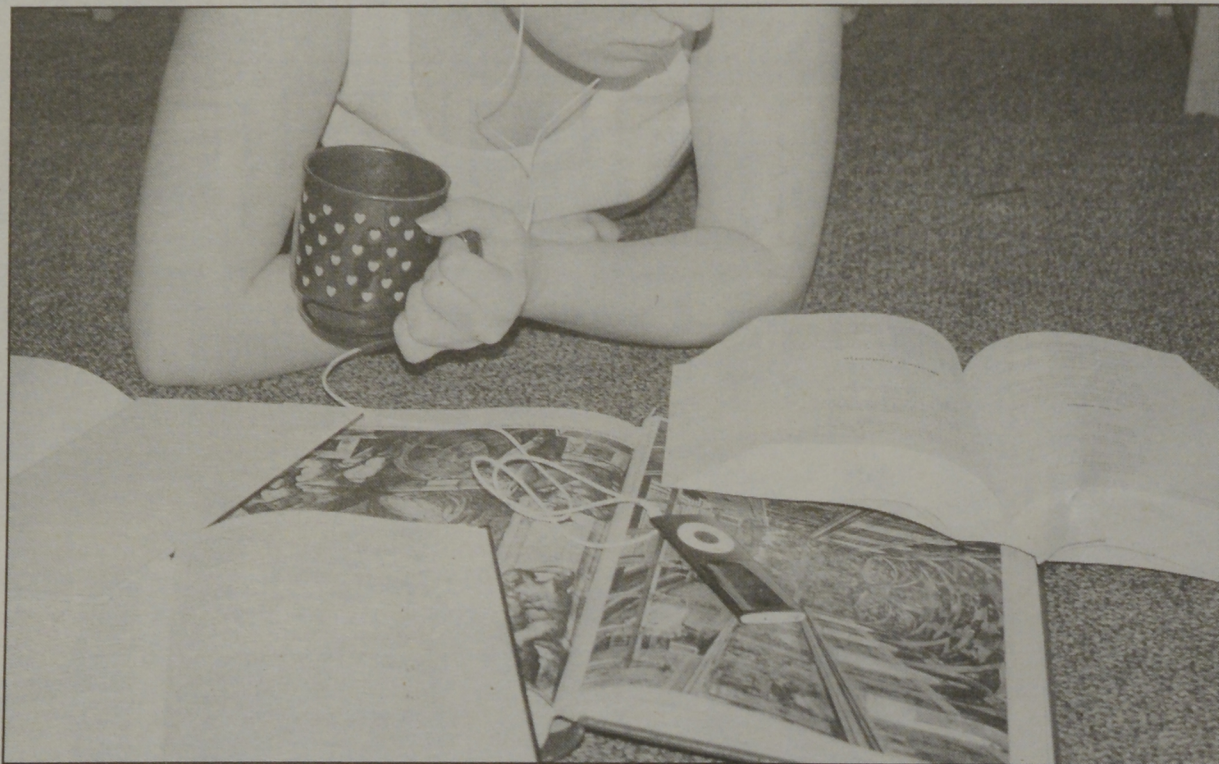


Creatures of habit

From choice of music to eating routines, studying is what these students do best



Kathryn Chase / The Brunswickan

It's clear that students engage in both extremes of the procrastination scale, with major differences in study habits and routines across the board.

SARAH FARQUHAR
THE BRUNSWICKAN

Ever rocked out to Jimmy Rankin while doing a prelab? Do you find that you can only accomplish any kind of work when wearing comfy clothes? Studies show that the music we listen to, as well as the environments we choose, can have a real effect on our work. We all have our quirky little study requirements that must be fulfilled, but some of us haven't found our groove. If you're suffering from a low GPA and want some advice from successful students, you may find what some of them have to say rather surprising.

Ariel Taylor is a first year student studying science and arts.

"My study habits are practically non-existent. I usually end up putting things off to the last minute then cramming for a test or midterm. This does not often apply to writing essays or papers, as they require some forethought

and research. Using this method, I have been able to maintain straight A's throughout my school years, and currently have a 4.2 GPA in university. I know procrastination is not a great idea, but it is a habit I am unwilling to break because I enjoy it so much. In the few instances that I do study, I simply read my text or notes, rewriting major points on a piece of paper, in silence. Music is distracting to me, not relaxing."

Procrastination around midterms on our campus is as abundant as empty roll up the rim coffee cups- but to some it

is actually a study aid. How? Pressure to complete an assignment at the last minute seems to both motivate and inspire students such as Taylor.

Another procrastinator stresses the importance of group work:

"I find that the only way for me to study or do work is to work as a group, as working alone leaves me unmotivated and unproductive. Most of my assignments are completed the night before they are due, although this often results in being up into the wee hours of the morning," says Jean-Guy Guindon, a 1st year BScEche student.

In contrast, Robyn Christensen (1st year BA/BSc) has a very anti-procrastination approach to studying: "If I really need to study intensely for an exam or midterm I go to the library for hours on end. To make the information stick in my head I usually need to rewrite all my notes and will often draw little diagrams and things to go along with

up her energy up and makes studying more worthwhile. Geneva McSheffery (1st Year BAS) is quite the opposite and prefers to listen to less distracting music, such as Simon and Garfunkel, Mozart and Bach. Both girls expressed their concern for noise level, or, as Geneva so eloquently put it, "I hate it when there's a bunch of people at the HIL giggling and whispering with friends in the quiet study areas. This really pisses me off. On more than one occasion, I've wanted to shove someone's phone up their ass as well."

Nikita Smith (1st year, BA) says that she will do homework and other studying that requires practice by herself, but has a different approach to work when it comes to understanding concepts:

"I find it helps to talk to people about the subject or associate the material with something else in my life. An odd thing I've found that works really well is taking

my material and explaining it to someone who has no clue what I'm talking about, the more they don't understand the better—because

the more in depth you have to get with your topic. All the things you can't explain, give a reason for, or say them in more detail—you should study."

Other UNB students have reported such odd study habits as needing a glass of water at their side constantly (frequent bathroom trips are also a break from staring at the computer screen) and snacking to alleviate boredom. Whatever your study habit groove, the *Brunswickan* will always be here when you need to read something other than English Lit's latest Margaret Atwood assignment.

"I KNOW PROCRASTINATION IS NOT A GREAT IDEA, BUT IT IS A HABIT I AM UNWILLING TO BREAK BECAUSE I ENJOY IT SO MUCH"

- ARIEL TAYLOR

the notes. Sometimes I will even create a test for myself from the material I'm studying."

Christensen also says that her studying preferences vary according to subject. Reading, memorization and essay writing are all activities that she must do in seclusion, while calculus and chemistry are easily focused on in loud environments.

Various students expressed the key role music plays in their success. Margot Smith (1st year BSc) listens to mostly rap and rock saying it helps her keep

Hagerman's hoary horoscopes

Aries

(March 21st - April 19th)

You will find yourself feeling a little older this week, dear Aries. Lately, it feels like you've been getting older every day. Then you'll snap out of your paranoia and remember that you're the Highlander, and are thus immortal and probably Scottish. Your lucky Ancient Old One is Cthulhu.

Gemini

(May 21st - June 21st)

The constant droning of your professor's voice will be very tiresome this week, dear Gemini. You will awake from your lecture-inspired coma to discover that your professor is actually a bee. You have only one decision: take the honey and run! Your lucky Tom Cruise movie is *Legend*.

Leo

(July 23rd - August 22nd)

Feeling your joints creaking lately, dear Leo? It's not due to aging, it's due to your forgetting to apply oil to your joints. If you forget to continuously apply your oil, you'll rust up! Don't worry, you definitely have a heart. Your lucky personification of a season is Old Man Winter.

Libra

(September 23rd - October 23rd)

You will hear some amazing stories around the campfire this week, dear Libra. However, because of all the snow outside, the fire will melt all of the snow, extinguishing your fire. Boo-urns. Your lucky English is Old English.

Sagittarius

(November 23rd - December 21st)

You will notice considerably more grey hairs than usual this week, dear Sagittarius. Luckily, they will all be from your grey cat, who is shedding excessively. His name is Sheddy. Your lucky Walt Disney animators were the Nine Old Men.

Aquarius

(January 21st - February 18th)

A debate will occur between you and your friends this week, dear Aquarius. Remember to keep in mind that whether you spell the word "old" or "olde," it's still not appropriate to get into fistfights. Your lucky Aretha Franklin song is "Respect."

Taurus

(April 20th - May 20th)

You will start to think that your hair is getting lighter this week, dear Taurus. Fortunately, you will soon realize that your hair is the same colour, but your face (and only your face) has been getting darker. Now you should wonder why your face is randomly darkening. Your lucky biblical person is Methuselah.

Cancer

(June 22nd - July 22nd)

The gum you left under your desk at the beginning of the year will transform into something amazing this week, dear Cancer. Years of piling pieces of gum on top of each other will result in the creation of a stalactite. Your lucky Oscar Wilde novel is *The Picture of Dorian Gray*.

Virgo

(August 23rd - September 22nd)

You will notice the colours in the world becoming increasingly grey lately, dear Virgo. You're not going crazy, it's because you're in the Matrix. Actually, scratch that, you are crazy. Your lucky Randy Newman album is *Good Old Boys*.

Scorpio

(October 24th - November 22nd)

You will win the award for being the World's Oldest Person this week, dear Scorpio. Unfortunately, you are not actually the world's oldest person. Fortunately, you will keep the award and be complemented on how good you look! Your lucky stage of canonization is "Venerable."

Capricorn

(December 22nd - January 20th)

You will notice something especially unusual this week, dear Capricorn. Everyone will begin to revere you and gaze longingly at your legs. Little do you know, your legs have been replaced with elephant legs. Your lucky town in Essex, England is Grays.

Pisces

(February 19th - March 20th)

Your master painting skills will come into the limelight this week, dear Pisces. Through your deft applications of black and white colours, you will create the most radiant shade of grey that the world has ever seen. Your accolades will pile to your neighbour's ceiling! Your lucky wrestler is Mike Awesome.



Spectrum series presents a
free German screening

Sommersturm (Summer Storm), a film by director Marco Kreuzpaintner, will be screening at Tilley Hall 303 on Mar. 13. Show time is 7 p.m. and features a special introduction by Dr. Chris Lorey. The film details the emotional confusion of young people at the threshold of adulthood. Casting includes award-winning young Robert Stadlober (Best Leading Actor at the Montreal Film Festival, 2001).

this week in brunswickanfilm



Reading at the film series

This week's Monday Night Film Series on Mar. 16 features Stephen Daldry's *The Reader* at Tilley Hall. Screening is at 8 p.m., in the usual room 103. The Reader follows the story of a teenager in post-World War II who becomes ill before being attended to by a complete stranger. Their relationship quickly develops into a secretive affair that flourishes through their deep physical connection and shared enthusiasm for such literary works as *The Odyssey* and *The Adventures of Huckleberry Finn*.