

Rap Around Rap Aro

Equal Time

How do you cope with problems?
OUR LADY OF MERCY

CINDY WITNER
Senior
basketball

"I usually talk with friends and talking problems over with the family helps a lot. You have to be open to suggestions and ideas. I feel when I have a problem I'm the only one that has it, then when I talk with my friends I learn they've had the same problem long before me. I get very moody when I'm under stress and tend to withdraw into myself which I'm trying to change. Sometimes kids think that they are the only ones having a problem and they become obsessed with the idea and then don't know what to do about it."



Laurie Wiedemer
Senior
Student Government president

"I try to talk with my friends and sit down and work it out before it gets too big. I talk with my parents and they're a big help and understanding. I get up tight when I'm under stress. I get a very rushed feeling — too much to do and not enough time to do it in. My friends have the same problems as I do but at different times. There's many problems for the young adults; preparing for college, finding jobs, breaking away from home — there's more decisions that kids have to make themselves."



Laura Roman
Senior
Math club

"First of all, I pray to the Lord about it then talk with my parents and friends. I get understanding from my friends and parents and I feel a lot better when I talk about problems. I feel stress and it doesn't make my day. It slows me down and shows in my attitude. I try to cover it up but it doesn't always work. I think stress is big in the senior year because of college. It's a big decision."



Donna Goetz
Senior
Mercedes

"First, I think them out and then I go to my friends. Then if I really run into trouble I go to my parents. Most people are willing to listen and most of them understand because they're having the same problems. I recognize stress most of the time. It comes through pressure from my friends in class and there's a lot to cope with. I become frustrated. Society is putting so much pressure on kids today."



Michelle Delorm
Senior
soccer

"I usually work out my problems by myself. If they become too difficult I talk to my friends. They all have the same problems and they are understanding. I don't find it hard to talk about problems. Peer pressure causes the most problems for young adults — like following the crowd and competing with them especially in sports. My reaction to stress is frustration and disappointment."



Mary Ann Simmons
Senior
riding club

"Well, basically I'll call up a friend and we'll talk about it. Sometimes I'll talk to my parents and then sometimes just sit in my room, turn the music on and think things through — that way you don't get into a panic and find yourself in a corner. You have to have a chance to relax and breathe. Stress is a big thing today especially in the job field and trying to get into a college. Money is a big problem with kids especially with those wanting to go to college."



Jane Murphy
Senior
Quill reporter

"I go to my friends. Or I try to figure them out myself. When there is a lot of pressure I start calling my friends and they listen to me because they understand. If I had a crisis situation, I'd go to my parents. I do think the kids of today have deeper problems."



Sharon Dewolf
Senior
cheerleading

"I usually talk with my parents to see what they think. Then I think about my problems and try to make the decision which is right for me. I don't have any difficulty discussing problems. I feel everyone tries to understand. When you're a senior there's more stress and my reaction to it is moodiness and I become short-tempered."



Winners Circle

RapAround weekly will run a photo of a group of students taken somewhere in the diocese. One person will be circled and if that person brings the clipping to the Courier-Journal before noon of the Tuesday following our publication date, he or she will receive \$5. This week's photo was taken at Cardinal Mooney during a pep rally. The person circled above should bring the clipping to Joan M. Smith, Courier-Journal, by noon, Tuesday, Nov. 7, to receive \$5.

Niagara University



Niagara University is an independent co-educational Catholic university enrolling over 3,000 undergraduate students. Fully accredited by the Middle States Association and the National League for Nursing, Niagara offers over 40 traditional, career-oriented and pre-professional programs in five academic divisions: the College of Arts and Sciences, the College of Business Administration, the College of Nursing, the School of Education, and the Institute of Transportation, Travel and Tourism.



For further information please write or call:
ADMISSIONS OFFICE
NIAGARA UNIVERSITY
Niagara University, New York 14109
Phone (716) 285-1212