



# LIVIN' ON THE **EDGE** NEWSLETTER

November 2003

Volume 2, Issue 2



## *Calendar of Events*

### **Progress Report 2 & Spring Advisement**

November 10-14 & 17-21

(Make an appointment with your advisor to go over your progress and set your schedule for Spring)

### **Myers Briggs Type Indicator Workshop**

November 14 1-5 pm Room 1416

(Learn about your personality and how to work with people with different personalities than yours)

### **Stress Reduction Workshop**

November 21 1-2 pm Room 1416

Presented by Diana Lang (HHPC)

### **Thanksgiving Holiday**

November 27 & 28

Campus Closed

## *ESCAPE Scoop*

\*Congratulations to Lainna Newman (EDGE Intern) and Betty Lewis who won a weeks work of lunch at the SUB from ESCAPE's first fundraiser.

\*Buy See's Candy from any club officer, member or @ the EDGE office from November 10-24. Prices range from \$4.00-\$26.00. Excellent Christmas gift for that special someone or that person who has everything!

\*ESCAPE and EDGE will be having a End of Semester Christmas potluck on Wednesday, December 10, 10:30am - 3:30pm. Sign up at the EDGE office to bring a dish. All EDGE participants, their families, faculty mentors and tutors are welcome.

**"Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust and hostility to evaporate."**

Author:Albert Schweitzer

## *Dealing with Procrastination: A Last Minute Effort at an Article for the Newsletter*

When I mention procrastination, I hear nervous laughs from all around.

Everyone has procrastinated at one time or another and most wish that they didn't! Some people procrastinate more than others (you know who you are) and we all know that procrastination can negatively impact our school work. That goes without saying. However, by looking at WHY you procrastinate, it may be possible to get rid of this bad habit.

So why do people procrastinate? There are many reasons, but most fall into one of the following categories. Lack of relevance is the first. If you are not interested in a topic and do not feel it is relevant to your major, life, whatever the case may be, you might procrastinate because you simply don't want to do it! Another reason is fear of the unknown. If you are uncertain about your ability to do a project or are unsure of exactly what you are supposed to do, you might put off starting it. On a similar note, the third category is perfectionism. Perfectionists often put off tasks until the very last minute because the high goals they set for themselves are unattainable. Lastly, if one is anxious about evaluation or scared of doing poorly, this anxiety may make it difficult to start a project.

So now that you understand WHY you are procrastinating, what can you do about it? There is no one, perfect answer, unfortunately but I do have some suggestions. Hopefully one or more of them might get you on the road to becoming a "recovered" procrastinator.

Examine (though it may be scary) what your procrastination is doing to the attainment of personal and career goals.

Break down big projects into smaller segments.

Reward yourself for both small and big accomplishments. Don't let the "baby steps" go unrewarded. They are pushing you towards your bigger goals!

Make yourself accountable to the person who will be evaluating you. An example of this would be working more closely with an instructor to get help along the way, instead of just for the final results.

Be reasonable about what you can accomplish.

Schedule relaxation time.

Ask for help if you need it! We are only human and owe it to ourselves to ask for help once in a while.

- Emily Carter

## NORTHERN ARIZONA UNIVERSITY & THE GRAND CANYON



Grand Canyon Gang



NAU Gang

On October 24 & 25, the EDGE staff and 15 students visited Northern Arizona University, in Flagstaff and camped at the Grand Canyon. The visit to NAU was cool, because we got to see an example of a great campus, with a very student friendly atmosphere. NAU provided lunch and everyone enjoyed spending some time with Keith, our old Counselor/Advisor. We had an awesome tour guide, Cammy, who not only answered all of our questions, but could walk backwards while she did it. (In case your curious, tuition for out-of-state residents is \$5000 a semester and it takes two years to establish residency.) One of the biggest highlights of the tour was when Eric posed next to a very "buff" statue of a lumber jack ,both of them flexing their muscles. We had a great time with Cammy and she said that she had never quite had a group of tourists like us and thanked us for the entertainment. Everyone really liked the NAU campus and several EDGE participants are considering transferring there. After NAU, we went on to the Grand Canyon. We set up camp and enjoyed each other's company, stories, and impersonations around the campfire. The next morning we packed up our belongings and drove down to the first of many overlooks of the canyon. A few of the braver folks ventured to do some rock climbing, but no one fell into the canyon (WHEW!). Lots of pictures were taken and souvenirs bought. All in all, a pleasant time was had while visiting northern Arizona.

-Brian Begay & Valerie Matlock



L-R: Steve Wurtz, Cammy (our tour guide), Eric Swaim & Brian Begay

Grand Canyon



Eric & Lumberjack



Statue outside of the library @ NAU



Camping @ Grand Canyon

