

INSIDEOUT

production office extension: 27117
insideout@thesil.ca

Say so long to the summer siesta

When it comes to your university game plan, are you a studious overachiever or a chic slacker-type?

KAITLIN PETERS
ASSISTANT INSIDEOUT EDITOR

Who among you is psyched for the upcoming school year? Note: psyched does not mean having the necessary pencils, pens, and fluorescent sticky tabs for all of your classes. Psyched means psychologically ready; are you ready to get back into the habit of not sleeping in till noon every day and wearing clothing other than a bathrobe and Birkenstocks?

For some people who have been suctioned to the couch for the past four months because McDonald's decided they were too good to hire them, the transition can be likened to taking a cold shower after sitting in a hot-tub. It's going to be an unpleasant shock and it might take a couple of failed midterms before a workable routine is underway.

Everyone has a particular mindset coming into September which most likely effects their experience throughout the year. By the time you have hit fourth year, you have probably got a pretty good routine going on in terms of how you're going to approach the upcoming school year. Charmaine, a fourth year Social Work student, remarked how she started caring more about marks as the years went by. In her final year, she said she now has a good rou-

tine developed by picking up study strategies from friends.

But if you're an incoming first year, you may be unsure just how eager you should be in regards to classes and partying. Maybe you think that university is like an extended high school experience and can be approached in the same way. Or maybe you've decided to pull up your socks after four years of enjoyable adolescent slacking.

Eric, a first year Social Science student, decided that after slacking off throughout high school and relaxing all summer he's going to straighten up and study.

Typically there are three main types of students coming into university; the overachiever, the slacker, and something between the two. Naturally, each of these mindsets have their pros and cons and, of course, one is not necessarily better than the other (although yes, maybe one is).

If you've decided to emulate a "slacker-type chic" this year, one might say you are a shirker of work and responsibility (according to wordnik.com). It seems you just can't let go of that relaxed summer attitude. What's more, you avoid any kind of pressure and put in the minimum amount of effort to scrape by in the important classes. The upside to this type of



SILHOUETTE FILE PHOTO

University can be a trying time for both overachievers and slackers alike.

mindset is that you actually have some kind of social life and seem to avoid developing a nervous tick during finals. Unfortunately, being on academic probation usually ends the party pretty fast.

On the other hand, you may be an "overachiever", which according to wordnik.com is someone who experiences more success than their IQ would indicate. This

definition seems a bit harsh, but this type of student will probably get the ultimate returns in terms of academics and extracurriculars. After four years though, you may have come to realize that Friday nights could have been used for socializing as well as colour coordinating your notes.

All in all, the purpose of this spiel is the same thing

your mothers have been telling you since you were little tots and that is "all things in moderation". University should not be a prison where all one does is study and write exams, but you probably should put a little effort into being here. Hopefully you will graduate with some type of growth (non-fungal hopefully) and be a better person because of it.

SEX and the STEEL CITY

NATALIE TIMPERIO
SENIOR INSIDEOUT EDITOR

Remember that awful "tisk tisk" your mother would silently utter under her breath when you forgot to say "excuse me" upon leaving the dinner table? Or, worse yet, dredge up the more appalling incidences in which your grandmother would whack you with a wooden spoon until your wee hands burned an intense shade of scarlet when you refused to finish the food on your plate – really though, who can stomach Brussels sprouts?

If you've experienced anything remotely related to embarrassing and painful punishments in the name of "good man-

Learning proper bediquette

ners" then you know that the word etiquette often instils a fear and outrage all at once (and admittedly a secret pleasure in knowing that dear mom has no idea of the shenanigans that you are about to get into now that you're back at university—talking with a mouth full of food never felt so good).

Thankfully, learning bedroom etiquette, if not already learnt, need not be so painful. However, I can't promise that it won't be any less embarrassing.

For both young men and women alike, it can become somewhat of a chore to maintain manners while in the bedroom. But unlike protocol at the dinner table, bedroom etiquette can't be com-

promised. So for those of you who are clueless when it come to business in the bedroom, or for those of you who simply need a refresher, here are some basic do's—and don't's—of bedroom etiquette.

1. If you're doing the dirty, don't be dirty...literally.

Let's be honest, no one likes to be a smelly nelly. Even more so, no one, well, almost no one, likes the smell of another's body odour. So please, for the sake of your dignity, soap up and shower down your entire body, especially those cracks and curves that have a tendency to accumulate

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insideout@thesil.ca

Meetings Monday
at 1p.m.