

# Marks pressure leads to stress

BY PAULA LAM

In addition to the daily stresses of going to school, extra-curricular activities and part-time jobs, many high school students have the added pressure of getting top marks to get into the post-secondary programs of their choice.

"It's really competitive...I think it's harder to get a 90 per cent now than when my parents went to school," says 19-year-old Vanessa Nunes, who just graduated from Markville Secondary School.

At Canadian universities and colleges, personal statements, interviews and SAT scores are not required.

Therefore, student grades are the primary factor upon which universities and colleges base their decisions.

Grades must match the post-secondary program entrance requirements for acceptance into the program.

"A mark is just a number that rates you on your knowledge of a skill. It doesn't describe who you are, but at the same time, you need to get the marks required to get into the university or college program that you want," says

Jennifer Valino, a 16-year-old Grade 11 student from Father Michael McGivney Catholic Academy.

"I think a lot of stress comes from your parents. Sometimes parents don't realize how much influence they have on students," says Evelyn Suim, an OAC student at Brother Andre Catholic High School.

Jennifer believes parental support is key to overcoming the stress and pressure to achieve good marks. Parents as a constant part of a student's life can be a huge positive force in reducing stress and attaining goals, she says.

An added stress for Ontario students is the "double cohort". In 2003, the first students in the new four-year high school program will graduate at the same time as those in the OAC year of the old five-year program.

As a result, Jennifer believes there is a huge demand to get good marks, especially with the new curriculum.

"Getting stressed over the double cohort will not be productive, as you have no control or impact on some

aspects of the process," says Anthony Gradini, head of the guidance and career education department at St. Augustine Catholic High School.

"However, knowing what you can control and working on those aspects can make the transition less stressful.

"Students cannot control university entrance requirements; they can only control themselves.

"So students need to become well-informed to reduce anxiety."

Paula Lam is a student at St. Augustine's Catholic High School in Unionville.

# Some students find college better than university

From page 16.

program before leaving. After taking an introduction to media course as an elective, she realized the program was wrong for her.

But instead of going back to university, she chose to attend college.

"University is a great stepping stone," she admits. In fact, she plans to return to university after she graduates from college.

"I need the hands-on experience from college first," she said.

Curtis Hsiang, 19, from Thornhill is also happy with his decision to go to college. He is attending Sheridan College in Oakville for art.

"I got flack for choosing to go to college," he said.

"But I had made my decision." This was partly because Sheridan's world-famous animation program is not offered at university.

Some may disagree with Curtis' decision, but you can't argue with his

approach - to make a decision based on his own goals and interests.

So, please, when choosing between college and university, don't allow others to make the decision for you.

Determine your vision for the future, define what you need - and make the decision that's right for you.

Nicole Franke is a student at Unionville High School.

students need to become well-informed to reduce anxiety.



## Dale's Pharmacy

**Your Family Pharmacists**

**EXCLUSIVE PROVIDER OF APOTHECARE HOME MEDICATION MANAGEMENT SERVICES**

**471-1234      881-1616**

377 Church St., Markham (next to Markham Stouffville Hospital)      8200 Bayview Ave., Thornhill (1 blk. S. of Hwy. #7)

**OPEN 7 DAYS A WEEK      • FREE DELIVERY SERVICE**



## Meadowbrook Golf and Country Club

11939 Warden Avenue  
(located just minutes north of Hwy. #7)

**ANNOUNCEMENT**

Membership Applications for the 2002 Season are now being accepted.

Meadowbrook Golf Club offers:

Championship 18 hole golf course and an Executive 9 hole Par 3 course.

A practice facility, including a state-of-the-art driving range, bunker, and pitching green.

Member owned golf club

Limited memberships available

**5 year payment plan**



For more information on joining this exclusive, private Golf Club, please call (905) 887-5801 and ask for Tracy Decent, (e-mail: [tracy@meadowbrookgolf.net](mailto:tracy@meadowbrookgolf.net)), or visit the website at [www.meadowbrookgolf.net](http://www.meadowbrookgolf.net).

## MARKHAM WALK-IN MEDICAL CLINIC

**Dr. D. Gorman**  
**Dr. M Caturay**  
**Dr. Y. Huang**

Effective April 2nd we are moving to a larger location at 5293 Hwy. #7,  
(S.E. corner of McCowan & 7)

**New Phone # 905-294-7111**  
**Family Practise & Walk-in Care**

Great Savings from the Best  
Canada's Neighbourhood Lawn Care

We are now offering:


Free Lawn Estimates & The Lowest Rates in town  
Friendly & Professional Service  
Professional Lawn Care Team with years of lawn experience.

Our Services Include:

Aeration      Leaf Clean-ups  
Free Lawn Estimates      Edge Trimming  
Pattern Lawn Cutting      Weed & Insect Control  
Fertilizing & Seeding

Call Now to Save & we will bring beauty to your lawn  
For Info & Free Estimates Call:

**(416) 802-0455**



## Chronic Bronchitis

- Are you 40 years of age or older?
- Do you suffer from Chronic Bronchitis?
- Do you currently have a respiratory infection and have not used any antibiotics for it?

If so, you may be eligible to take part in a clinical research trial using a common antibiotic.

For further information please contact:

**1 800 300-7252**

## Old Country Inn

*Fine Cuisine of Austria*



**Easter Sunday**  
Roast Leg of Lamb  
Served with New Potatoes and Garden Peas

**Book Early Please**

**OPEN EASTER MONDAY**



Easter Greetings from Hans and the staff. Any rumours you may have heard are **not true**. We are here as always to serve you.

**OPEN 7 DAYS**  
198 Main St. Fully Licensed Mon.-Sat.: 12:00-11:00p.m.  
Unionville 905-477-2715 Sunday: 12:00-10:00p.m.

# WELCOME TO THE 5<sup>TH</sup> ANNUAL GOOD FRIDAY BREAKFAST

ENJOY:



- A buffet style breakfast
- Good fellowship
- Music and A Reflection on Good Friday



Place: Stouffville Baptist (6273 Main St.)  
Date: Friday, March 29th  
Time: 8:30am

**Everybody is welcome. Don't miss it!**  
**Admission is free.**