Mary Had a Big Exam

By Jan Morris

Mary had a big exam
Of stuff she had to know
And every time she thought of it
Her blood pressure would grow.

And then her poor amygdala
Would join into the game
“I don’t remember anything,
Not even my own name!”

Her heart would race, her lungs would fill
As if she’d seen a bear.
And hormonal adrenaline
Was racing everywhere.

Her blood sugar would increase
And her digestion would slow
And stress hormones like cortisol
Made sure she got a cold.

“I surely can’t go on like this.
It’s not a healthy state.
I’m having trouble sleeping
And my period is late!

My sympathetic nervous system
Has no sympathy.
It’s slowly wreaking havoc
On my memory and me!”

But then her hippocampus said,
“Hey, you’ve done this before.
You’ve taken other big exams
And gotten real good scores.”

“You know, you’re right,” said Mary,
“I can pass this stupid test.
No need for me to get stressed out
‘Cause I’ll just do my best!”

And that’s exactly what she did
The day of the exam.
She did her best and then declared,
“I think, therefore, I am!”

“Life shrinks or expands in proportion to
one’s courage.” ~Anais Nin
# December 2016

## Three Sundays
- **Get Fit Smith - Zumba**
  - 4pm, Ainsworth 304 (has the climbing wall)

## Three Mondays
- **Bell Ringing Practice**
  - 5-7pm

## Three Tuesdays
- **(Occasional) Bell Ringing Practice**
  - 12noon

## Two Wednesdays
- **Meditation Series**
  - 1st two Weds.
  - Led by Ruth Ozeki
  - 4:30—5:30pm Bodman Lounge

## Two Thursdays
- **Soup, Salad & Soul**
  - 12:15—1pm, Bodman Lounge, Chapel

## Grief Support Group
- 1:15—2:30pm
- Register by emailing counselingservices@smith.edu

## SEC MOVIE Night
- Weinstein Auditorium
  - 7:30pm, https://smith.collegiatelink.net/organization/sec

## Three Fridays
- **Soup, Salad & Soul**
  - 12:15—1pm, Bodman Lounge, Chapel

## Three Saturdays
- **Smith-To-Do**
  - Art & Crafts Projects (Always free!)
  - Davis Ballroom, 9pm
  - http://www.smith.edu/ose/programs_to-do.php

## December 4
- **Wear Brown Shoes Day!**

## December 5
- **Five College Early Music Recital**
  - 7pm, Earle Recital Hall

## December 6
- **Ross Gay Poetry Reading**
  - 7:30pm Chapel

## December 7
- **Bastketball vs. Worcester Polytech, 7pm**

## December 1
- **Bare Bones Dance Concert, 8 pm**
  - Scott Dance Studio

## December 2
- **Northampton Book and Book Arts Fair, 11am-9pm, Carroll Rm**

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## December 10
- **Smithereens Jam, 6pm**

## December 11
- **Smiffenpoof’s Fall Jam, 7pm**
  - Chapel Sanctuary

## December 12
- **Voces Feminae Fall Concert, 7pm**
  - Sweeney

## December 13
- **30 Poems in November**
  - 7pm, Weinstein Aud.

## December 14
- **Music in the Noon Hour**
  - Music by Bach and Piazzolla, 12:30pm, Sweeney

## December 15
- **Wailing Banshees Fall Concert, 7:30pm Earle Recital**

## December 16
- **National Chocolate Covered Everything Day!**

## December 19
- **National Ugly Sweater Day!**

## December 20
- **National Bathtub Party Day!**

## December 21
- **National Ding-a-Ling Day!**

## December 17
- **Card Making**

## December 22
- **National Bake Cookies Day!**

## December 23
- **National UgLy Sweater Day!**

## December 24
- **Winter Break: December 24 - January 2**