Numerous seniors have been working hard on applications to secure one of five prestigious national awards that will allow them to study for up to three years at a foreign university after graduation from Holy Cross. These are the Rhodes, Marshall and Mitchell Scholarships, Fulbright grants, and Watson Fellowships. In each competition, applicants need the endorsement of the College’s Committee on Graduate Studies and Fellowships. A preliminary application, due September 13, will give the Committee a basis for interviewing each student, assessing the quality of the proposed study, and guiding the endorsed students to complete their final applications before the deadlines, which loom in early October. The effort is intense but the potential payoff is remarkable.

Rhodes Scholars study for two to three years at Oxford University in England in any subject that is offered, earning either a Master’s Degree or a second Bachelor’s. Marshall Scholars can choose any British university (including those in Wales, Scotland, and Northern Ireland) for a similar program. Mitchell Scholars may select one of the eleven Irish universities in either the Republic of Ireland or Northern Ireland for a one-year degree program. Each of these three honors is among the most prestigious awards a graduating senior or recent graduate can earn. Only 32 Rhodes Scholars, 40 Marshall Scholars, and 11 Mitchell Scholars are named each year nationwide.

Fulbright grants support study for one academic year in over 100 countries worldwide. Research grants fund expenses to conduct a project of one’s own design. Winners have a year to explore themselves and their relationship to the world in hopes that they will go on to live as exemplary world citizens in the future. Successful projects must be deemed feasible but also must be creative and expressive of the applicant’s long-standing interest and commitment to a certain discipline or study. The project is a means for self-development and personal growth, not necessarily a “study” in the formal sense, since it need not be academic.

The Graduate Studies Office sent all current seniors a packet in June describing these and other opportunities and outlining the application process. Last Wednesday, more than 50 students picked up preliminary applications, which were due September 13. At the end of the month, interviews will be conducted with each of the applicants. Then final applications will be endorsed and submitted. Rhodes and Marshall Scholarships involve two additional interviews, with winners announced by Christmas. To be invited even for the first of these represents a great honor. Finalists in the Mitchell competition are also interviewed. Fulbright applicants are notified in January whether their proposals were “recommended” by the screening committee in New York; if so, they are sent to the selection committees in each country for final decision, which may come as late as June.

Watson Fellows are chosen from among four students nominated by each of 50 selective liberal arts colleges, including Holy Cross. Each of the 200 nominees are interviewed by a Watson Foundation representative, and 60 winners are announced in March.

Last year Holy Cross seniors won a Watson, two Fulbright research awards, and five Fulbright teaching assistantships, allowing them to travel to Italy, Ukraine, India, Sri Lanka, Korea, France, Germany, and Austria. Although Holy Cross has not had Rhodes, Marshall or Mitchell Scholars recently, students have won them in the past and have every opportunity to win one or more this year. It is important to encourage the current seniors in their efforts, and for those who are not yet seniors, to think about how one might use such generous and prestigious support. Feel free to stop by the Graduate Studies Office, Smith 213, and talk your ideas over with the Graduate Studies Advisor, Prof. Ledbetter.

Who’s Who

By Kiera McKendrick
CRUSADER NEWS STAFF

The alarm clock rings. A woman yawns, stretches, and slowly opens her eyes. She dresses, puts on her makeup, and begins preparing for the busy day ahead of her. Whether she is a Holy Cross student, a single mother, a homemaker, or a working professional, there is a large chance that she has not gotten the proper amount of sleep to sustain her throughout the day.

Amy R. Wolfsen, an associate professor of psychology at Holy Cross, has researched extensively on this problem of lack of sleep and the effects that one’s sleeping habits can have on the body and mind. Her research has led her to participate in and pilot numerous programs that educate people about the need for sleep. Recently, she wrote “A Woman’s Book of Sleep: A Complete Resource Guide,” a book designed not only to educate women about the fundamentals of sleep but also to offer suggestions on how to maintain healthy sleeping habits.

Professor Wolfsen first became interested in sleep research as a doctoral student at Washington University in St. Louis, Missouri. Her professor had been researching insomnia, and Wolfsen became involved in the project. Her small interest at this time eventually grew into a career filled with extensive sleep research, as shown by her recent book.

In the eighties and early nineties, most of Wolfsen’s studies were directed towards the sleeping/waking patterns and day/night habits of infants, children, and adolescents. Her research in these fields led Professor Wolfsen to begin educating adolescents about their sleeping habits and to advocate for a later start to the school day, so that adolescents could get the sleep they need.

Within the past five years, Wolfsen’s research has taken a slightly different turn. Due in part to her association with women’s studies, Professor Wolfsen has focused on her interest in the study of the sleeping patterns of women. She has found that while numerous medical and self-help books offered many tips about proper nutrition and exercise, they failed to recognize the importance of good sleeping habits as a means to achieving a high energy level.

Professor Wolfsen’s book is a guide for women of all ages and professions. She helps women understand their need for sleep in a society that is often fast paced and riddled with time constraints. She, a busy woman herself, can relate to her mother’s and her own sleep habits. She is familiar with the limited time and stresses involved with every day life, Wolfsen felt the need for more women’s sleep research.

She spent much time compiling data, and conducting various studies with her research assistants and colleagues, four of whom graduated as Holy Cross undergraduates. She began the project with the intent to write a book with the data she had obtained, so when New Harbinger Publications approached her to write about women’s sleeping habits, Wolfsen was more than thrilled. By writing and publishing “A Woman’s Book of Sleep,” Wolfsen feels that she can help women understand and perhaps improve their sleeping habits.

The book serves as a resource for health-care providers at a time when sleep research, especially in regards to women, is not as readily available as other facets of women’s health.

In her book, Wolfsen addresses both the psychological and physiological aspects of a woman’s sleep patterns and the factors that contribute to her troubled sleep. She breaks the book into several chapters, each directed towards different aspects of women’s sleep. She first concentrates on the factors of normal adult sleep and the change in those sleeping patterns as one develops from a teenager to an adult.

Then, she addresses the ways in which women differ from men in regards to sleep. She tackles many problems in her book, such as the fact that women are twice as likely to complain of insufficient sleep than men. She explains how different stages in a woman’s life, like pregnancy, post-partum, and menopause, can affect their sleep, and also addresses how the certain hormonal periods in a woman’s menstrual cycle can contribute to sleeping difficulty. Wolfsen discusses how everyday stresses, physical health, and emotional stability have an effect on the sleeping patterns of women. Finally, she provides the reader with valuable information about different types of sleep disorders. All the while, Wolfsen gives the reader recommendations on how to deal with their sleeping problems.

Professor Wolfsen’s book is a guide for women of all ages and professions. She helps women understand their need for sleep in a society that is often fast paced and riddled with time constraints. She, a busy woman herself, can relate to her mother’s and her own sleep habits. The book serves as a helpful resource to all families. “A Woman’s Book of Sleep: A Complete Resource Guide” is available on amazon.com.

HC reacts to national tragedy

Terrorist attack, from page 1

Key Society helped to orchestrate the effort and provide drivers. Unfortunately, the first wave of students who made their way to the donation center were greeted with crowds of a six hour wait as they discovered that many of their neighbors in Worcester shared their concern. In light of this difficulty, we accommodated the sheer volume of donors, the Red Cross requested that Holy Cross reschedule its efforts. Following this announcement, Professor Driscoll, Director of Student Programs, assured the community that shuttles ushering blood donors from the Hogan Campus Center to the donation center will resume service on “either Saturday or Monday.”

As the day drew to a close, many questions remained unanswered. Not only were the perpetrators of the attack yet unidentified, but also many students remained unable to establish contact with loved ones. Summing up the gravity of the events, Paul Killeullen ‘04 reflected, “Our lives will never be the same again whether you have been impacted directly or not.” Meanwhile, Father McKeon expressed faith in the strength of God’s love and the Holy Cross community’s resolve. “You can see a sense of solidarity and God at this time. We find God in one another and through worship.”