Senior Max Eisenbraun stands shoeless inside Violette Hall after walking to class without shoes in the cold. "I don't wear shoes because it's healthier," he said. "I basically just like being barefoot."

Eisenbraun and another student were just two of many who went on "naked" on campus that day. By the end of the week, 30-40 people were going barefoot and several professors required presentations in their shoes.

"They'll start out showing them pictures of it," said the professor. "You can overcome it this way. It will be traumatizing at first, but then they'll keep doing it until at some point they'll actually have one in the room with them."

People should also be prepared for the possibility of "sensory-satiety," said Eisenbraun. "If there are many, many items, they tend to become less sensitive to images of things."

Despite this, people must eventually overcome their fears. "One of the best things that happened to me was that I was able to overcome my fear of heights," said Eisenbraun. "I basically just kept hugging them and not doing it."

The Fear of the Unknown

"I don't get too many phobias," Eisenbraun said. "I think they're funny," Faul said. "But it kind of adds a little mystery to life if you choose not to."