

Leaders' stress reduced at workshop

By Barbara Myers and George P. Yanoshik, Jr.

"Burnout" and "Stress Reduction" were topics of discussion when 63 student representatives met earlier this month for the third annual Student Leadership Workshop.

The workshop, according to Student Activities Coordinator Kathy Branigan, was "designed to re-motivate seniors in their respective club activities, to introduce the new junior officers on campus, and to offer leadership skill-building techniques to all involved."

Over 30 clubs and organizations on campus sent representatives to participate in the workshop which was held in the Multi-Purpose building and was coordinated by Branigan; Dr. Jerry South, Director of Student Affairs; Leslie Zuidema, Administrative Assistant to South; John Pellecchia, Assistant Residential Living Coordinator; and Diane Buhay, SGA Treasurer.

"I thought the workshop was good," said Tom Halley, SGA President. "The sessions touched on a lot of different things and helped the junior leaders get a feel for the job. We are able to address personal problems that leaders have, such as burnout and apathy."

"The most valuable part of the workshop for me," said Jamie Cole, SUBOG representative, "was the opportunity to get together with other student representatives and staff and share ideas."

Branigan said that programs such as the leadership conference are designed to provide an opportunity for students to have their voices heard.

"It is a way of acquainting student leaders with our staff and we want them to know we're on their side and we are here to help in any way we can," she said.

"It was good in that it let everyone see that others are having many of the same problems, and it was a way of finding out how to get back on the right track," he added.

Techniques for getting back on the right track were incorporated into sessions on "burnout" and how to deal with it effectively, "Creative Problem Solving" and "Stress Reduction and Relaxation." These sessions were conducted by Ed Beck, Capitol Campus counselor, and Trum Simmons, Student Leadership Counselor at HACC.

"The most helpful part of the workshop for me," said Kim Guzzi, Capitolite Editor, "was the stress reduction workshop. I now know techniques which will enable me to relax and lessen the tension when the pressure get to be too much."

Maureen Abernethy, SGA Vice-President, said that she felt the most valuable part of the workshop was the Creative Problem Solving.

"It showed us that, as leaders, we need to listen to all ideas - no matter how crazy they may seem. We need to encourage people to give feedback so we don't discourage others who might have ideas," she said.

The agenda for the program was set up according to previously expressed needs and desires of students who attended the Fall Leadership Conference at Stone Valley, and those who have made their ideas and interests known in the Student Activities office.

"The leadership conferences is also a stepping stone to making changes," says Branigan. "For example, the 'Lion's Den' had previously been known as 'Vendorville' and it was through a con-



Photograph by Pat Wenger

ference of this nature that students initiated the process to change and renovate that area."

Most campuses in the Penn State system are now developing and conducting leadership seminars for their students. The January workshop at Capitol Campus is a spin-off of the annual Fall Leadership Conference which has been held at Stone Valley.

This year, due to the change to the semester system, the Fall '83 conference will be held outside of Mifflinberg, PA, instead of Stone Valley. It will be conducted over a three-day period using the same format as the previous Stone Valley Conferences.

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