

Stress reduction workshop planned

The Counseling Center will sponsor a six-session stress reduction workshop to be led by Dr. Ed Beck, Counselor.

The workshop will be held on Tuesdays from March 27 through May 1, and will run from 3:00 to 4:30 p.m.

The purpose of the workshop will be to help participants learn and practice techniques for identifying and coping with personal stress at school, home and on the job.

Registration is free. Interested persons should schedule a 15-minute appointment with Dr. Beck in the Counseling Center, Room W-117, by March 22.

Eric Rosser concert scheduled

The music of Eric Rosser will be featured in the Olmsted building auditorium on Tuesday, April 13, at 12:15 p.m.

Rosser's repertoire includes classical, jazz, ragtime, rock and blues compositions. His professional experience includes nightclub and concert performances, recordings of his own material and a brief time spent as pianist in the band of rock star John Cougar.

G.R.E. registration deadline near

March 23 is the regular registration deadline for the April 28, 1984 G.R.E. examination.

Late registration will run from March 24 through April 3, but a late fee will be applied.

For further information see Dr. Ed Beck in the Counseling Center, Room W-117.

S.G.A. plans semester change forum

There will be a student/faculty forum sponsored by the S.G.A. and Faculty Council on Wednesday, April 11, 1984 at 3:00 p.m. in the auditorium to discuss problems that affected the student body during the semester transition.

The purpose of the forum will be to evaluate a survey conducted by the S.G.A. during the Spring Semester. The results of this survey will serve as questions at the forum.

All students and faculty are welcome to attend. Refreshments will be served immediately following at an informal reception in Room 216.

Amish country marathon scheduled

The Second Annual Amish Country Half-Marathon, co-sponsored by the Lancaster Road Runners and the American Cancer Society, will take place Sunday, April 8, at 12:00 p.m.

Over \$10,000 in gifts and prizes will be awarded for the 13.1 mile run that will start and finish at Americana's Host Farm Resort on Route 30 in Lancaster.

For registration and entry forms, please contact the American Cancer Society, Lancaster Unit, at 625 Manor Street, or phone 397-3744.

In order to avoid a late fee, participants are encouraged to pre-register for the run before April 1, 1984.

XGI plans semi-annual blood drive

XGI fraternity will hold their Semi-Annual Blood Drive on Monday, March 26 in front of the Olmsted Building.

Screening will be held outside the Gallery Lounge. Sign-up sheets will be posted in the nurse's office and in the XGI lounge. Free coffee, juice and donuts will be available throughout the drive.

Free testing, hair styling at Health Fair

Health Services and Pi Sigma Chi will sponsor a Health Fair in the Multi-Purpose building from 9:00 a.m. to 4:00 p.m. on March 26 and 27.

The fair is an opportunity for the students, faculty and staff of Capitol Campus, as well as the general public, to have free testing done for anemia, blood sugar count, glaucoma, high blood pressure and hearing. Hair styling, manicures and facials will also be provided by the Empire School of Cosmetology.

Summer financial aid programs open

Summer 1984 student aid applications are now available in the Financial Aid Office in the Undergraduate Admissions Center. Applications must be received no later than April 9, 1984 in order to be considered. Credit requirements for summer aid programs are as follows:

National Direct Student Loan (NDSL) -- If funds are available to make NDSL awards, six credits will be considered full-time.

College Work Study Program (CWSP) -- Only full-time CWSP is available for summer '84. Students requesting full-time CWSP may be enrolled for any number of credits or not enrolled for the summer term. This is a change from previous policy which limited the credit load to less than full-time. However, please note that only students returning to Penn State for the 1984-85 academic year (as full-time) are eligible to apply for summer full-time CWSP.

Guaranteed Student Loan (GSL) -- The Guaranteed Student Loan program considers six credits to be full-time for the summer session. Part-time students carrying not less than three to five credits are also eligible to apply. The processing of summer GSL's will begin shortly.

Pell Grant -- A Pell Grant for summer session is only available to students who did not receive a full-year award for 1983-84. The award amount for summer '84 is determined in proportion to the enrollment of: six credits, nine credits, 12 credits or more.

PHEAA Grant -- Students must complete 12 or more credits to be eligible. Because of the abbreviated enrollment periods, students may elect to enroll for a total of 12 credits over two consecutive summers (e.g., six credits per summer) to receive one payment of the PHEAA Grant. Disbursement would be made upon completion of the 12 credits.

Those electing to apply in this manner must submit the summer PHEAA application during the summer that disbursement will be made. The first payment for students electing this option would be summer, 1985. Applications for the PHEAA summer payment become available in late April.

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Editor's note: Events are published free on the "Briefly" page. Organizations can pick up information forms in the Student Activities, or Capitol Times offices, and return them to Michele Haley, Events Editor, c/o Capitol Times.