

Counseling Center Offers Help

Do those Winter Blues Have You Down?

By Vicki Koon

Look inside the doorway and you will see blue and yellow beanbags stacked against one wall; a receptionist wedged between colors, smiling and eager to assist; on the wall, an uneven dual highway of green and yellow, which if you follow will lead you to a door covered with outrageous postcards and the largest geranium you will probably ever see. The sign over the doorway says, "Counseling Center." It is that and much more.

Probably a more accurate title for this multi-purpose office would be the "Personal Development Center," for everything that Marian Krieger and Ed Beck offer is geared toward growth and development. Whether you want to learn how to relax in stressful situations, learn how to study more effectively, become more assertive, get guidance in career or education goals, or just get personal counseling, Room W-117 is the place to go.

Do you get so anxious when taking a test that you actually forget the answers to questions that you knew the night before? Stress not only restricts the flow of blood to the brain, it also causes heart disease, ulcers, and high blood pressure. Through the Stress Reduction Workshop, which will

be run Tuesdays, March 31 through April 28 from 12:15 to 1:45 or Wednesdays, March 25 through April 29 from 3:15 to 4:45, you can learn to recognize the warning signals that stress gives throughout your body, and how to relax when those signals present themselves to you.

Possibly you have trouble saying what you really mean, being direct, and uh, you know...expressing yourself. You can learn to be more assertive without violating the rights of others through the Assertiveness Training given on Tuesdays, February 17 through March 24 from 12:15 to 1:50.

If you need to brush up on your study skills, would like to learn some new strategies for test-taking, or maybe improve your retention skills, you can get help through Study Effectiveness Training. The S.E.T. seminars have started already, but there are a few spaces left for latecomers. These workshops are also held on Tuesdays and Wednesdays. Don't be shy, just one session could be a help.

Maybe you are thinking of attending graduate school. If you are, you need to sign up for the GRE/GMAT/LSAT at the Counseling Center. While you are there you might as well peruse the bookshelves. The Counseling Center has catalogs and indexes from over 2,500 graduate and professional

programs. Don't go by hearsay, look up the school catalog. Anyone is welcome to come in.

Last, but by far not the least, the center offers free and confidential counseling to all members of the campus community. If you have a problem that you are not sure how to deal with, why not try talking to someone who is trained to help you. Sometimes all you need is to have someone tell you, "Hey, you're okay."

Visit Room W-117 if you want to sign up for one of the workshops, look at the catalogs, or would like to talk to Marian or Ed. Don't hesitate to visit.

Student Court Clears Docket

By Jan Travers

For any system of government, there must be a court which interprets the rules. So it is with the Student Court. The Student Court, judicial arm of the SGA, underwent a total change of personnel in October 1986. Under the direction of Chief Justice Todd Hammaker, the eight member court dealt with a large backlog of cases from Spring 1986. "We did a lot of work and put in long hours to catch up," said Hammaker.

Presently, the court caseload deals primarily with traffic violations. Any student who receives a parking ticket has the option of filing an appeal form in Police Services. The appeal is forwarded to the Student Court. If the student wishes to appear in person, he is notified when his case will be reviewed. When the court has reached a decision, Police Services is informed whether the party is liable to pay the fine or has been exonerated. The decision is binding though a student has an option to reappeal under certain circumstances.

Though traffic cases

make up the bulk of the cases, Hammaker would like to try to expand the areas of responsibilities of the court. "I'd like to see the court get more recognition and authority in serving the university," said Hammaker. This expansion, according to Hammaker, could start with the appointment of the two student representatives on both the Campus Hearing Board and campus Appeals Board coming from the Student Court.

A major goal of the court this year has been the rewriting of the SGA constitution. In addition, the Student Court constitution will be redefined to comply with the new SGA constitution.

Even though no specific practical background is need to be a justice, the present justices are primarily public policy or criminal justice majors. "All the justices have had some work with constitutions, and many served on hearing boards at previous campuses," said Hammaker. Anyone interested in being a justice for the 1987-88 school year must file an application by the beginning of Fall semester.

Academic Integrity

(from p. 4)

Although South maintains that the underlying assumption of the policy of academic integrity is that students are honest, he says that the initial responsibility of upholding the policy is the instructors'. Because the characteristics of individual courses differ, South encourages instructors to clarify, early in the semester, the policy's applications to their courses.

He advises students first

to have a clear commitment to learn, and, second, to understand the tenets of academic integrity. "If those two things were to happen, then there'd be no need for any concern with academic integrity--other than the presumption that it exists," South says.

Finally, he reminds, "People, you are choosing to join this community. In so doing, you're making a conscious decision to accept the rules of this organization and to abide by them."

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