

Counseling Center Offers Help in Many Areas

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 Counselors 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, 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.

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.

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.

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.

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AIDS Misconceptions

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Furthermore, there has not been a single case of AIDS among those living with persons who have AIDS, except, of course, for their sexual partners or children born to parents with the virus.

Who gets AIDS?

So far, in the United States, more than 90 percent of the people with AIDS belong to three groups: homosexual and bisexual men, male and female drug users who share needles, and people who have received blood for medical reasons.

When an epidemic begins and what groups of people are the first to be at risk are largely matters of chance. No epidemic has ever stayed confined to a single group of people, and AIDS is no exception.

What precautions should be taken to avoid infection with the AIDS virus?

The best advice for individuals is to avoid the exchange of all body fluids such as semen, blood, urine, feces or vaginal secretions, with potentially infectious persons. Research indicates that anal intercourse may be particularly dangerous since the anus may tear, creating an entry site for viral infection. Vaginal intercourse also appears to be a method of transmitting the disease. The degree of risk with oral sex and other sexual practices is not well documented.

Condoms provide excellent protection when properly used to prevent the exchange of body fluids.

Sexual contact with one infected person puts you at high risk. So it is important to know if your partner is at risk or has had other sexual partners who may have been at risk for AIDS. Choose your partners carefully and make sure they do the same. Talk to potential sexual partners about your concerns.

Experimenting with drugs always carried some health risk but, in light of what we know about AIDS, the sharing of needles by those who use IV drugs is more dangerous than ever.

AIDS is a serious public health problem. Knowledge is the key to preventing the spread of this disease and the irrational fears that surround it. By taking personal precautions, keeping abreast of new developments, and supporting research and education efforts, everyone can play an important part in the battle against AIDS.

Counseling Center Fall Schedule

Study Effectiveness Training

Students in all divisions are welcome to the Tuesday workshops. If that time is not convenient Monday night is available for students in the following divisions: Behavioral Science and Education, Public Affairs and Humanities. Thursday night is available for students in the Business Administration and Science, Engineering and Technology Divisions.

Tues: Sept. 8, 15, 22, 29
12:15 - 1:30pm

Mon: Sept. 14, 21, 28, Oct. 5
5:45 - 7:00pm

Thurs: Sept. 10, 17, 24, Oct. 1
5:45 - 7:00pm

Register in Room W-117, Olmsted Building,
by Tuesday, Sept. 8.

Graduate School Preparation

Thurs: Sept. 17
12:15 - 1:30pm
or
7:00 - 8:00pm

Held in Gallery Lounge
No registration required

Assertiveness Training

Tues: Oct. 6, 13, 20, 27
12:15 - 1:45pm

Register in Room W-117 by Monday, Oct. 5

Stress Reduction

Tues: Nov. 3, 10, 17, 24, Dec. 1
12:15 - 1:45

or
Wed: Nov. 4, 11, 18, 25, Dec. 2

Register in Room W-117 by Monday, Nov. 2

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