

SAC offers students free workshops

The following is a list of free workshops and support groups sponsored by the Student Assistance Center of Penn State Harrisburg:

Workshops:

Study Effectiveness Training (S.E.T.)

A workshop on successful strategies for test taking, time management, note taking and improving recall and retention skills.

Adult Children of Alcoholics

A workshop to explore the impact and influence of parental alcoholism on childhood and adult development. Campus and community resources will be presented.

Graduate School Preparation

A workshop for prospective graduate students. Tips on how and when to apply, making choices, and developing useful strategies.

Assertiveness Training

Learn how to express yourself openly, honestly and directly.

Communication Skills

A workshop that teaches you how to get

your message across, both in your personal and professional life.

Career Concerns

Tips on career decision making, resumes and cover letters, job search strategies, and interviewing techniques.

Stress Reduction

Learn and practice techniques to help identify and cope with feelings of personal stress at school, home, and on the job.

From College to Work

A two-session workshop to ease the transitions that come from graduation from college and entering the real world of work and life.

Valuing Differences

A workshop to explore cultural, ethnic and individual differences from a human relations perspective.

Financial Aid Planning

Get the jump on financial aid paper work. Learn up-to-date procedures and meet the deadlines. Forms available.

Please contact the Student Assistance

Center for the dates and times, and registration deadlines of workshops.

Support Groups:

Gay and Lesbian Issues

A support group for the homosexual community.

Mothers Without Custody

A support group for student mothers without child custody.

Survivors of Sexual Abuse

A support group for victims of incest, rape or other forms of sexual abuse

Separating/divorcing Students

A support group for students in the process of marital separation or divorce.

To register for these support groups, which are free and confidential, contact Dr. Ed Beck, Coordinator, Counseling Programs, Student Assistance Center, Olmsted W-117, (717) 948-6025. All inquiries are regarded as confidential. Arrangements will be scheduled to suit student needs.

ACOA Workshop

Adult Children of Alcoholics (ACOA) is a term you may hear often these days. There are a large amount of books, articles and support groups dealing with this problem that was seldom mentioned five years ago. What does this all mean? If you are the adult child of an alcoholic parent, there is a very good chance your life was significantly affected by the alcoholic environment.

As a child, the ACOA often lived in an unstable environment. This situation results when alcohol becomes what Stephanie Brown calls the "central organizing principle" of the family. This means the needs of the alcoholic take precedence over the day to day needs of the other family members.

When a family member is an alcoholic, the rest of family expends a great deal of energy trying to normalize what is essentially an abnormal situation. This circumstance can be compared to having an elephant in the living room and nobody mentioning it. The parents drinking is absorbed into the family's routine and goes without comment. The alcoholic's problem gets ignored because the realization is often too painful to face. The child learns to deny or defer needs the parent is unable to satisfy.

If the child is resourceful and manages to cope despite his or her developmental needs being short changed, isn't that a positive thing? In the short run, yes. ACOAs tend to be unusually resourceful people. The difficulty arises in adulthood though, when the crisis-based coping skills are no longer necessary and the individual must learn a more flexible range of behaviors.

It is very common for the ACOA to become an alcoholic or marry an alcoholic because the crisis situation is so familiar, and the ACOA already knows how to operate in the alcoholic environment. This situation exists even though most ACOAs say they will not repeat their families' history.

There are a number of ways to break this destructive pattern. The most effective aids are based on education and/or group and individual therapy. Self-help groups, which are free and based on the Alcoholics Anonymous model, have been beneficial to many.

The Student Assistance Center (SAC) will be offering an ACOA workshop this fall, September 7 and 14, 3:30-4:50 pm. The workshop is open to both ACOAs and interested friends. Campus and community resources, including the new additions to the SAC library will be presented. For further information, contact Linda Meashey, 948-6025, or ask for the workshop registration form in W117 of the Olmsted building

Did you know that the *Capital Times* offers free classified advertisements to students? If you want to sell something, buy something, rent something, or find a roommate, why not place a free classified ad in the *Capital Times*? It won't cost you anything. Bring your classified advertisement to room W-337. Next deadline for classifieds is Sept. 9

Resume

John Yagecic
Capital Times Staff

The other day I came to the realization that, despite all appearances, I'm going to graduate someday.

I figure its about time I got a job in my field. You know, pre-graduation experience and all that.

The first step in getting a job is to send out a resume.

I've never *really* written a resume before. (The fast food industry is more concerned about their employees knowing the difference between a frozen burger patty and road kill than they are about whether or not they ever worked for a Fortune 500 company.)

I've always had a few ideas about the qualities of a good resume...

- most of the spelling is correct
- no mustard or coffee stains
- not sent 'postage due'

It wasn't until recently, however, that I found out just how picky employers are about resumes. I have presented here, a few tips for resume writing taken from "Get a Job or Die: A Modern Guide to Resumes" that you may not have previously considered.

1) Wear a fine brand of cologne or perfume when you type your resume.

Employers are known to have superior olfactory glands, and they can smell those 'fake' fragrances a mile away.

If your prospective employer even suspects that you wear 'Old Spice,' your resume will be promptly burned, your name will be put on the 'employee black list' and you'll never ever get a job. You might as well start looking for a rock under which to spend the remainder of your unemployed life.

2) Legally change your middle name

Racket

to something exciting or interesting. For example...

Herbert Waldo Blinstrom - This says 'schnook' to an employer.

Herbert Maximilian Blinstrom - Now here an employee who's creative yet dependable, educated yet practical. He'll be CEO within 5 years.

3) Quote German philosophers in your cover letter. I don't know why this works. I guess most employers are so curious to see what kind of knucklehead would quote a German philosopher in his cover letter that they grant you an interview just so they can take polaroids for their next corporate party.

Be subtle with the quote. Try something like this...

"...and I have excellent leadership qualities. Goethe, the dead German Philosopher once said of leadership, "blah blah blah."

4) Send sample packets of shampoo and conditioner, or a few herbal tea bags with your resume.

This unexpected nicity will surely warm the heart of any corporate executive.

5) Hand deliver your resume to your prospective employer, preferably in his own home. Hide out in a closet or someplace and wait for that 'moment of vulnerability.' Just imagine how surprised an employer would be to see you walk into his bedroom with a white envelope and say "Howdy, Mr. or Ms. so-and-so, uh will you give me a job?"

They'll be putty in your employment-seeking hands.

Remember, job hunting should be enjoyable. You should make the most of the experience. And, if at all possible, you shin win the Lotto and forget all this employment garbage.

By enrolling at Penn State Harrisburg, you have made a personal commitment to expanding your horizons - educational and personal.

However Penn State Harrisburg represents a microcosm of the "real world" of 1989.

Opportunities exist to gain first-hand knowledge of the

world beyond Central Pennsylvania through associations with the International Students on

campus, who represent countries from Africa, Asia, Europe and the Americas.

Or, venture yourself into those far-off lands by taking advantage of the Education

Abroad opportunities offered by Penn State.

For further information, please contact Joan Swetz,

International Student Advisor, W-117 Olmsted, Telephone: 948-6017.