

CAMPUS



Students Make Leadership Conference a Success

Victoria Cuscino
Capital Times Staff

"We Are Penn State!" rang through the Capital Union Building (CUB) on January 27, 1990 during the semi-annual Student Leadership Conference at Penn State Harrisburg.

Students and staff--approximately 50 attendants--gathered from 8:30 a.m. until 4:30 p.m. to learn stress and conflict management, share motivational techniques and meet new friends. The conference consisted of three main sessions and included breakfast, lunch and a wrap-up.

Students and staff carried sleeping bags and pillows to Dr. Ed Beck's session on relaxation/stress/time management. No, these people were not tired nor bored! They carried their bedding to the quiet study and learned important skills and techniques to help combat stress and better manage their time. The group combined found that approximately 80 factors contributed to the stress in their lives. By the end of

the session many attendants completed Dr. Beck's exercises and felt relaxed and less stressed than when they began the session.

The Student Assistance Center (SAC) staff conducted Session II, dealing with negotiating techniques. Attendants broke into groups and learned how to work with people who might have differing personal opinions. Each group contained an "experimentalist", a "cautious" participant and a moderator. The group had to draw up a contract to show how they would work together in the future so they might achieve a "Win-Win" situation.

The Student Leaders took over during the third session on Motivation, with Saul Pellicano "rapping" directions to the crowd. Participants divided into their respective clubs and designed shields to symbolize: who the club is; what makes the club unique or special; goals of the club; activities the club has planned; and a public relations statement that worked best during the year. Following the artwork, club

representatives presented their shields. Some clubs decided to follow Pellicano's lead and "rapped" about their shields to show their creativity. Resident Student Council, WPSH radio station, and the Cap Times staff rapped, but the Cheerleaders--not being able to "rap"--demonstrated their motivational techniques to the other participants. They began with a chant the crowd could repeat, which included some arm motions and a dance step! All 50 participants "raised their hands high in the air" and yelled along with the cheerleaders. Following the chant, the Cheerleaders performed a jazz dance

routine and then ended their demonstration by leading the crowd in the cheer, "We Are Penn State!"

"I am very glad we had the student component," said Janet Widoff, Director of Student Activities. She said students helped plan the conference from the beginning and will continue this in the future, because student planning is essential with a student-centered conference.

Samples of the club shields and pictures from the conference are on display outside the Student Activities Office (room 211). Two different shields are on display each week.

PSH Students Named Who's Who in America

Pat Clawges
Capital Times Staff

When the 1990 addition of Who's Who Among Students in American Universities and Colleges rolls off the press, the names of five Penn State Harrisburg students will be among those represented 1400 schools across the country. The Student Affairs committee selected Becky Eckstein, Judy Farina, Aleta Johnson, Toni Mandronico, and Cindy Vartenisian to represent the campus. The women were among those students nominated by faculty, staff and students on the basis of academic performance and extracurricular activities.

Eckstein--from Greencastle, PA--is a senior majoring in Humanities/Business. She is vice president of Beta Chi Business Club, a Student Government Association (SGA) Senator at Large and a member of several committees including Campuss Compact and Faculty Council. Currently Eckstein serves an internship with Lancaster Lumber Company, PennDu Incorporated assisting and developing international contracts.

Farina, of Camp Hill, is a first semester graduate student majoring in Humanities. She co-edits Tarnhelm Magazine and serves as secretary of SGA. Her honors include the SGA Leadership Award and Club President Award. Farina is also a member of Delta Tau Kappa (DTK), a social services honors club.

Johnson--originally from New

Columbia, PA--is a senior majoring in Behavioral Science. She serves as an SGA Senior Senator, president of DTK, and treasurer of the Psychology Club. In addition, Johnson participates on the child-care committee, the SGA publicity committee and Campus Compact committee. Her honors include membership in the Golden Key Honor Society.

Mandronico--of Chalfonte, PA-- is a senior majoring in Public Policy and president of SGA. She also participates on the Meade Heights Community Council, DTK, Capitalite staff, and International Affairs Association. Mandronico spent the 1989 summer studying at the Janus Pannonius University in Pecs, Hungary.

Vartenisian, from Williamsport, is a senior majoring in Secondary Education Social Studies. She currently is student teaching in the Middletown School District. In addition, she serves as a Meade Heights Resident Assistant, president of International Affairs Club, and vice president of Chi Gamma Iota Veterans Club. She has been a staff member for both Tarnhelm and the Capital Times, and chaired the Hurricane Hugo Disaster Relief Drive committee.

A University of Alabama undergraduate, Pettus Randall, began Who's Who Among Students in American Universities and Colleges in 1934. He and his wife were the only staff members during early years of publication.

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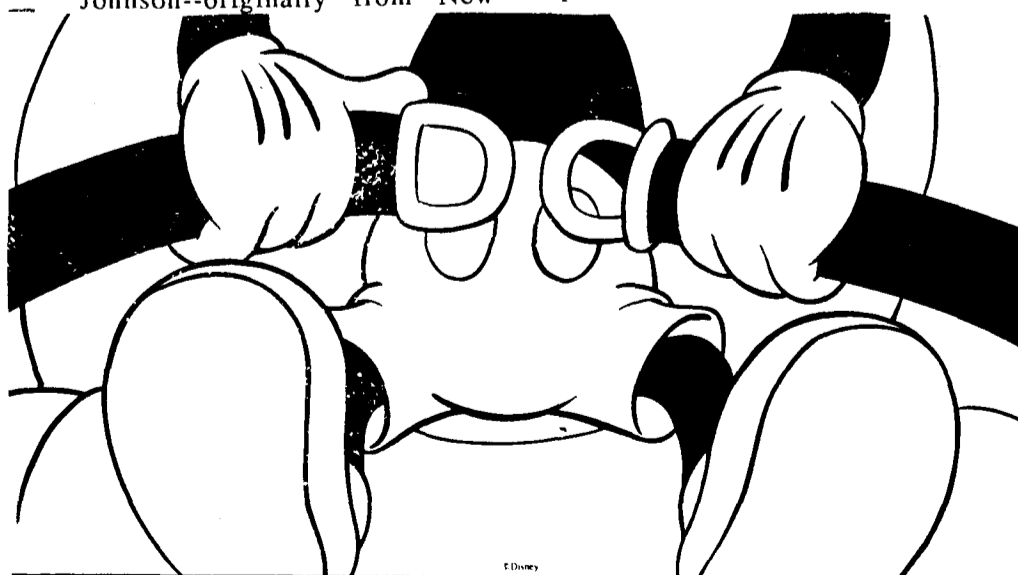
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