

PSH NEWS

Workshop says 'Study Smarter, Not Harder'

Mike Givler
Capital Times Staff

The key to studying is time management said Linda Meashey, coordinator of academic development, during her three part workshop entitled "Study Smarter, Not Harder."

Time management is the "solid foundation," Meashey said. "Students can add techniques after this is mastered."

Meashey, whose workshop was presented by the Student Assistance Center, said some people don't have a clear picture of their goals and they don't know if they are reaching their targets. Meashey handed out semester sheets so students can look at the whole semester and break down their work.

Meashey advised the students to set target dates for different steps in their homework schedule, but she also insisted they allow times for hobbies, sports and doing nothing.

"A schedule is like a custom-made

suit," Meashey said. "You don't think about it if it fits well."

Meashey added that a schedule lets people know where they are going and this helps them relax. She said people can learn more when they are relaxed which is why people can recite the words to their favorite songs.

Meashey said the best way to learn something is in small chunks. She said that 20 minutes is tops for studying a page of notes before your mind begins to wander.

"You should be able to ask yourself what you have read," Meashey explained. "If you can't talk about it you haven't learned it."

Meashey also handed out a daily schedule to structure times that should answer the question: "What should I be doing now?" She added that this schedule will be filled with the unchangeable times such as job hours and classes, but it should also have a part of the week for yourself.

"This schedule will let yourself waste time and you won't feel guilty about it," Meashey said. "Even race horses can't run all the time."

Meashey said students can also use computers in the SAC which will help them find out where their weak areas are and what they can do about it. A film

called "Where there's a will, there's an A" is also available in the SAC.

Andrew Zemaitis, a junior EET major said this semester looks overwhelming, but he thinks the schedule will help. The 25-year-old Harrisburg resident said he can now "see the light at the end of the tunnel."

Session teaches solid communication skills

Robin Price
Capital Times Staff

Anyone passing by room W242 on Tuesday Mar. 12 might have thought they were seeing a game of "charades". The students painstakingly waving their arms in sign language were part of Karen Bowser's plan to prove her point - there are three parts to any communication; sender, receiver, and message. If anything hinders one of these parts, said Bowser, communication cannot effectively take place.

Bowser, learning and writing support specialist assisted by Debbie Jackson, student support counselor, led this opening exercise as part one of the three part communication skills workshop, sponsored by the Student Assistance Center. It didn't take the class long to get the point, after a few minutes of frustration as the "charades" became more difficult, Bowser proceeded with a discussion of three things which can get in the way of effective communication.

With the poise of a Shakespearian actress, Bowser discussed the importance of personality, voice, and body language, in promoting the best conversation possible.

Phoniness, in a listener or speaker, bothers us all, said Bowser. Another

barrier to communication according to Bowser, is bad grammar. "Communication ain't gonna occur if you're using bad grammar," Bowser said jokingly. "Bad grammar gets in the way no matter how intelligent the speaker is," Bowser said.

Mannerisms can also be distracting, Bowser said. She suggested asking a friend if you have any annoying mannerisms.

Bowser also suggested some ways to improve conversations. "Remember you are important in any conversation as both the speaker and the receiver," Bowser said. "Don't monopolize the conversation," she added.

Bowser said the same basic hints apply to public speaking as well as meeting someone new at a party.

Robert Sandrock, 24, public policy major said he found the workshop "informative".

"I think I will find these skills helpful in the work force - particularly my internship (with the Dept. of Health)," Sandrock said.

Deborah Friday, humanities-business major said she enrolled in the workshop to gather information for next year, when she will have to take a public speaking course. The workshop gave her "motivation" she said.

PSH hosts children's art exhibit

Penn State Harrisburg is playing host to an exhibit of children's art from around the world. The theme of the exhibit is the story of Noah's Ark as visualized by 40 ten and eleven-year-olds from Israel, Korea, Qatar, Kenya, Hungary, Brazil, New Zealand, Cyprus and other countries.

Professor Al Hurwitz, Department Chairman Emeritus of Art Education at the Maryland Institute College of Art, has collected this work during his frequent travels abroad. Hurwitz, an internationally known art educator and the author of eight books on art education, read the children the story of Noah (often through an interpreter) and

then allowed them 45 minutes to respond artistically to the tale. There was no further intervention.

The colorful results of this project are on display in both the Humanities Division Gallery and the Education Department Suite through April 19. The information accompanying the exhibit notes ways in which the culture affects both the points that are emphasized and the stylistic traits of each piece.

The exhibit was arranged by Linda Ross, associate professor of humanities and education. Ross provided written commentary on the works and was assisted by students Rebecca O'Malley, Kelli Burdick, and Cynthia Carlson.

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center and financial office were located in different areas of the college. There were no student support services or academic assistance counseling, he said.

Beck said that he drew up the blueprint for the current Student Activities Center in the mid-80s and later turned it over to Donald Holtzman for implementation. "One goal which never materialized was to centrally locate all student services in the CRAGS Building," he added.

During his employment at the college, Beck has dealt with students' problems from the Vietnam era through the Iraq War.

"I've seen it come almost full-circle," he said. "When I started, we were at war and when I finished we were at war."

"Students today are very directed as opposed to years ago when there was more of the self-discovery and self-searching."

"When I started counseling, students were looking more towards 'how to change the world' and how to make the world a better place. I think students today are much more vocationally and career oriented - looking for the keys to

success. They want and demand a high-quality education," he said.

Beck says he is worried that higher education is leaning more toward a formula education, where importance is placed only on right answers, as opposed to teaching people how to think; leaning more toward indoctrination than education.

"I'd like to see students getting back to some self-discovery and thinking of where they are in relation to the world," Beck said. "I've seen some indication of that - more of an awareness."

"Again, we've come full-circle. We went from people trying to find themselves to people becoming completely vocationally oriented. Now they're coming back, taking their skills and finding a balance of where they fit in the world. Once that balance is achieved, you'll have people with good skills who know how to deal with the world."

"I'd really like to see the college return to its original mission of being a school that caters to non-traditional students - those not in the 18-to-22 age bracket. That has been the strength of Penn State Harrisburg and what has kept me there for 18-plus years."

"The strength of the school is as much the students as it is the faculty,"

he said. "I don't think that is always appreciated."

Beck said that he was in awe of the way students were able to cope with severe problems and still manage to keep up with their school work.

"The beauty of my work was in going to graduation year after year, knowing the problems people had to go

through to get their degrees," he said. "Our students are highly motivated and I have great affection for their ability to overcome extraordinary circumstances."

Beck started working with Penn State Harrisburg students as a counselor in 1972 and was appointed to the faculty in 1975. He received his doctorate from the University of Pennsylvania in 1983.

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