

Wasting Time

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oneself but is not considered too healthy.

T.V. 12—Class is held in the basement of the Commons Building any time during the mornings and afternoons. Favorite topics for observation: Were our parents this strange? (Happy Days), Insanity can occur in your child. (The Gong Show), "As The Stomach Turns" (soap operas).

Hunger 62—This course requires a small participation fee which is collected at class location. Course includes Breakfast Class at McDonald's, Lunch Class at Burger King, Afternoon Snack Class at Pizza Hut.

Class location may vary with personal taste.

Beer 207—This course is offered along with Hunger 62 but only at Pizza Hut. This course is in great demand but many are turned away due to age requirements.

Sex 14—For those who can handle the extra work load, this "quickie" course can possibly be squeezed between other major courses. Prerequisite: Birth Control 13.

Pot 21—No explanation needed. Only requirements: sunglasses and chewing gum.

How To Handle a Crisis

University Park, Pa.—Everyone encounters crises in their lives, triggered by common events such as adolescence, aging, family moves, money shifts and deaths of loved ones or by unpredictable events like rape or drug overdose.

How well will you cope with your next crisis? The answer depends on how much you know about yourself, the nature of crisis and the help services available, according to Dr. Lois K. Waters, assistant professor of nursing at The Pennsylvania State University.

"Crisis can either make you or break you," says Dr. Waters. "A crisis is a teachable moment, a turning point, an opportunity to learn new coping skills and to come out healthier than before. Or a crisis can be a crushing event that makes you less competent to cope with future crisis."

What spells the difference is the kind of help you receive during a crisis, she says. "You don't have to be a psychiatrist to help a person cope with a crisis," Dr. Waters says. "You could be a friend, a

nurse, a family member. But the more you know about crisis and agencies that help with crisis, the better.

"In a crisis, your coping ability breaks down. Your usual problem-solving ability does not work. This may be because of extreme anxiety or because you perceive the situation as an unusual threat to you. It may be you have never encountered the situation before and just don't have the repertoire of problem-solving skills to cope with it."

You can recognize when you are in a crisis "because you really get to the end of your rope and you feel very anxious," Dr. Waters says. "You feel within yourself that you have become desperate and that you need help."

She notes that "one's own perception of a stress situation determines whether it is a crisis or not. What is a crisis for one person would not be a crisis for another."

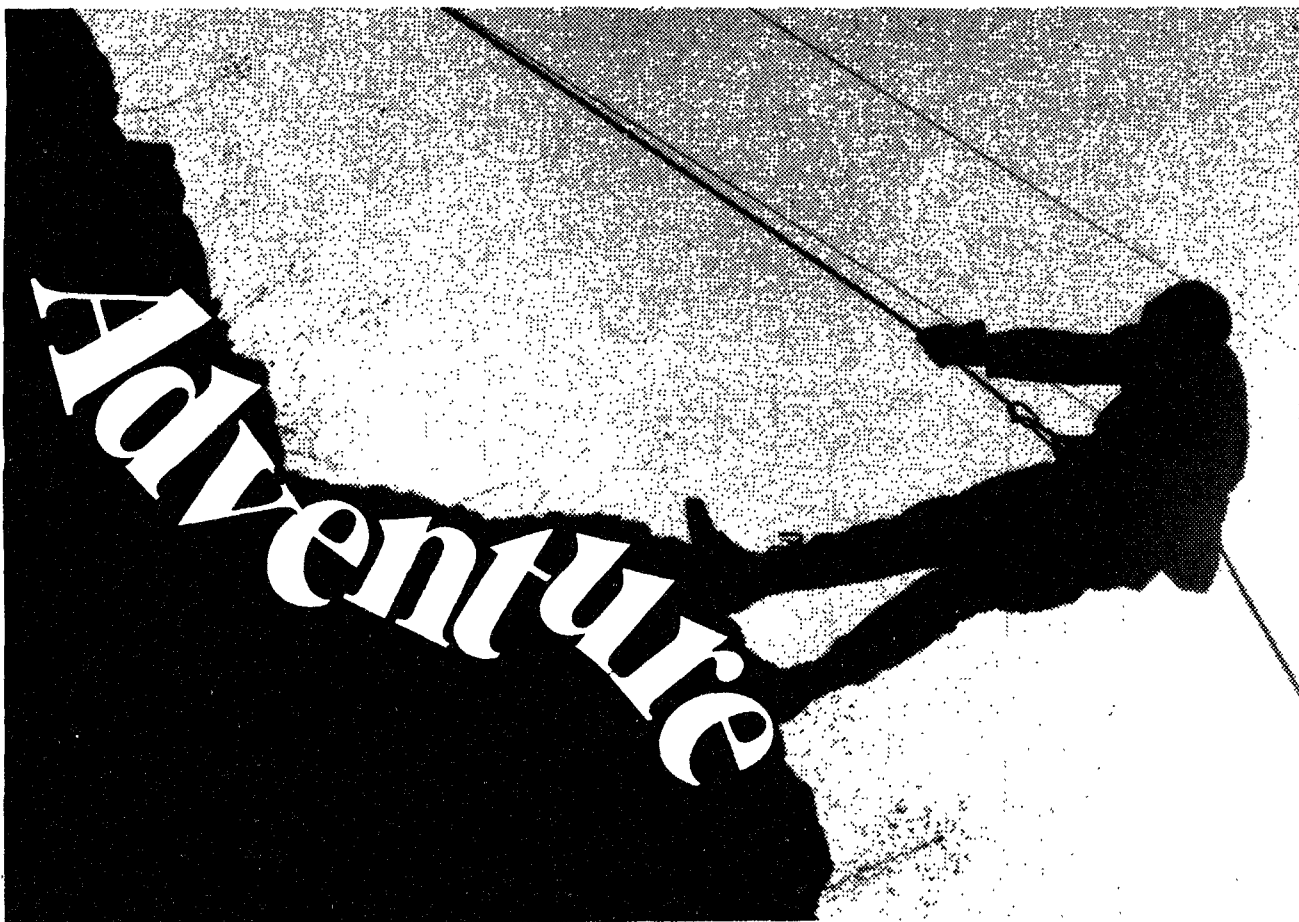
"Sometimes by changing your attitude toward the event itself and putting it in proper perspective which a psychotherapeutic approach could do for a person, you could say 'well, this is pretty disconcerting but it isn't something that is going to crush me.'"

For instance, a person who always felt success in business was paramount and yet was not successful "might tend to learn a different way of measuring success. Success is not always measured by monetary gain," Dr. Waters says. "Perhaps this individual could learn to be happy with less or perhaps the individual needs to learn to recognize his own limitations and to live happily within those limitations."

She also advises persons of all ages that "another way to prevent crisis is to not invest all of your love and interest in one person. Have a variety of friends and interests. Don't put all of your eggs in one basket."

The persons most vulnerable to crisis are "people who don't have the support, the family, the close friends, the community group, the church, with which they can validate reality," Dr. Waters says.

AUGHHH..... finals



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