

History and Help at PSU/Hazleton

by Matt Harris

Starting on November 11, 1985, a new counseling service became available to students of the Penn State Hazleton Campus. Conceived by a committee of concerned staff and students, the newly formed program will deal with students who are experiencing difficulties such as dealing with stress and coping with problems. This program is supported by Dr. Dennis Heitzman, Director of Counseling and Psychological Services at University Park, and it is the first of its kind at any of the commonwealth campuses at the Pennsylvania State University.

Mr. Joseph Mule, the Director of Outpatient Services at Hazleton-Nanticoke Mental Health Center, will be spending one half day each week at the Hazleton Campus with students who are encountering difficulties in dealing with personal adjustment. Mr. Mule has counseling experience with all age groups.

During a recent interview, Mr. Mule expressed a serious concern for the early identification of coping difficulties and the ramifications that could develop from not recognizing troubled students.

"The majority of college students are under tremendous pressure," he said. "Keeping up with grades, paying for expenses, and dealing with personal problems--these are just a few examples of such problems. Also, family troubles and dealing with life away from home have a great bearing on the stability of the college student. When troubles like these arise, anxiety and depression set in."

In addition, Mr. Mule stated that it is normal for college students to undergo coping difficulties and that there comes a time in everyone's life when he or she is unable to cope with problems alone. He stated that there is help, and help should be sought.

"Signs showing that anxiety and depression are setting in are lack of sleep, lack of appetite, lack of motivation, shakiness, difficulty in breathing, and sweating. It is important for these students to seek help and not let the situation get out of hand," Mule stated.

Each individual of the Penn State Hazleton Campus should be grateful that such a program has been implemented into the life-line of the campus. We are very lucky in the sense that none of the other commonwealth campuses or the Main Campus possess such a program. Whether or not we admit it, we should realize that everyone has problems and that no one should feel ashamed to seek counseling. All problems can be dealt with effectively. Remember: having the courage to seek counseling is the first step in making a better "you."

If anyone feels the need for counseling, he or she can schedule an appointment for Mr. Mule through Sue Cervasio in Room 215 of the Administration Building.

(NOTE: Since the printer is incapable of accentuation, Mr. Mule was spelled incorrectly throughout the article. Please excuse this omission.)

Up With People

If you enjoy meeting people, learning about different cultures, performing, and are between the ages of eighteen and twenty-five, then consider spending a year on the road with Up With People cast.

The highly acclaimed Up With People show was sponsored in Hazleton by Jaycees and the Standard-Speaker. The performance was held September 10 at 7:30 p.m. at St. Joseph's Gym.

Up With People, a non-profit independent organization, provides men and women with a unique learning experience with a combination of travel, musical performance, cultural interactions, community involvement, living with host families and planned educational programs. Students are accepted into the program based upon a personal interview rather than an audition. Maturity, personality, motivation, interest in the world around them, ability to communicate, and the desire to serve others are among the attributes for which Up With People is looking for. Musical talent is not a necessity.

During one year's participation in one of Up With People's five international casts, students travel an average of 32,000 miles on two continents, along with 120 other young people from approximately fifteen other countries.

A year in Up With People is regarded as an experiential supplement to a formal education program that results in personal growth and the development of specific skills in business, marketing, communication, the performing arts, and many other areas. College credits are available through the University of Arizona and many students have received credits from their own universities through independent study.

Students interested in applying or just wanting information about the program should contact Scott or Wade here in Hazleton at 454-3371, or write:

Up With People
3101 N. Campbell Avenue
Tuscon, AZ 85719
(602) 327-7351

ORANGE BOWL TICKETS

The Pennsylvania State University has accepted an invitation to play in the Orange Bowl on January 1, 1986 8:00 pm (Eastern Time) in Miami, Fla. The opponent will be the University of Oklahoma.

Arrangements have been made for ticket applications to be accepted by mail from Commonwealth Educational System students. The actual sale for these students will be via a lottery. Ticket orders must be received at the University Park Ticket Office by 5:00 pm, Friday, December 6, 1985. There is a maximum of 2 tickets per order. Those placing orders must be currently enrolled, full-time students.

Ticket Price: \$25.00 per ticket

Checks/Money
Orders Payable to:
The Pennsylvania
State University

Send Orders
directly to:
Student Bowl Tickets
Athletic Ticket Office
Beaver Stadium
University Park, Pa.
16802

Include ticket payment, students full name, student number, name of campus attending, address to which tickets are to be mailed.

Inquiries can be made to: (814)865-7567.

No ticket orders can be accepted over the telephone.