

## Personal Support Team Offers Help With Personal Problems

by Brian Kennedy

Penn State Delco's Personal Support Team (PST) is an organization that cares about students. The PST is composed of staff and faculty at Penn State's DELCO Campus who are doing their best to help students who are suffering from emotional problems.

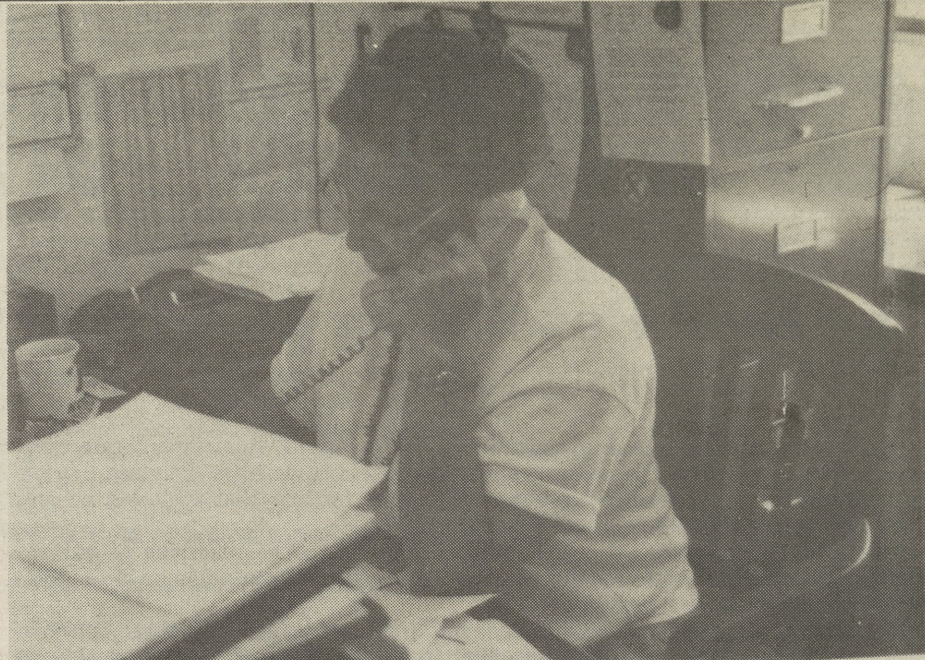
Mrs. Phyllis Touchstone, the campus nurse, is in charge of the program. She explained PST is needed because the campus has no part or full-time psychologist on staff.

Nurse Touchstone describes PST as "a mechanism for short term non-therapeutic and emergency support for students experiencing emotional distress. A team member will act as a liaison, and a source of referral to off-campus help for an identified student. In this way we will assure early recognition of developing problems, and prompt, effective remedial action in the presence of recognized problems."

The first step of the procedure is to recognize the problem and then find the correct treatment for it. The PST offers the student a number of different choices and the decisions are always left to the individual student. Any problems

discussed are held in the strictest confidentiality unless the team member finds it necessary to disclose information for the safety of a student.

Mrs. Touchstone and the other team members expect great things from the program, and with student cooperation it is sure to be a success. For further information about the PST, contact Phyllis Touchstone in Room 114 of the Main building, or any of the team members: Mrs. Filippone (106 Main), Mrs. Lindsey (206 Main), Mrs. Campitelli (106 Main), Ms. Kamau (106 Main), Dr. Ousey (315 Main), or, for evening students, Ms. Yaonnonne (105 Main).



Campus Nurse Phyllis Touchstone talks confidentially to a student seeking help through the Personal Support Team.

## Not Sure About Life After PSU? Then Check Out the CDPS Center!

by David Clements

Do you know what you want to do after you get your degree from Penn State?

If this is a hard question for you to answer, stop by the Career Development and Placement Service Center (CDPS) in Room 106 Main and see Mrs. Filippone, and you can well be onto a career that best suits you.

The Center offers individual counseling during which you have the opportunity to meet with a professional counselor to discuss career, academic, or personal concerns that may be affecting academic performance.

The Center also has computerized career counseling by way of "Discover." This program is available to assist you in developing clear, realistic career plans through exercises to clarify interests and skills. It's easy to use and fun!

Each semester the Center provides free workshops on various topics, such as major selection, job search strategies, resume writing, summer jobs, and others.

The Center can also assist you with preparing for the job search process and locating employment in your field. CDPS also receives job notices from

local companies who are seeking part-time and summer help.

You say you still have no idea what to do, or you have found your career and do not know how to write a resume? Don't cry; the center has two ways to help this year: The Career Library, where you can borrow books for three days on a particular field, or the Resume Consultation, by appointment, can help put together a resume, review drafts, and have it laser printed on MacIntosh disks for the final draft.

The Center will be sponsoring two major programs: Career Day in April and the Summer Jobs Fair. It is also developing a new program, The Alumni Career Connection, where students will have the opportunity to become a Little Brother or Sister to an alumni in their field of study.

If you are interested in any of these services, stop by the Center and make an appointment to see Mrs. Filippone and she will assist you into getting into the field that is just right for you.

UNSURE OF THE MAJOR THAT'S

RIGHT FOR YOU?

CHOOSING A MAJOR WORKSHOP

WEDNESDAY, SEPTEMBER 26

12:30 p.m. - 1:20- p.m.

219 MAIN

SPONSORED BY CAREER DEVELOPMENT  
AND PLACEMENT SERVICES



"I'VE HEARD THIS IS A VERY COMPETITIVE FIELD."



Relaxing on campus is one of the things Delco Students do best!

— Remember to Recycle! —

SEPTEMBER

### Campus Paperback Bestsellers

1. **Presumed Innocent**, by Scott Turow (Warner, \$4.95.) A shocking tale of betrayal and murder.
2. **Clear and Present Danger**, by Tom Clancy. (Berkley, \$5.95.) C.I.A.'s battle against Colombian drug cartels.
3. **The Joy Luck Club**, by Amy Tan. (Ivy, \$5.95.) Destinies of Chinese immigrant women and their Chinese-American daughters.
4. **50 Simple Things you can do to Save the Earth**, by the Earthworks Group. (Earthworks Press, \$4.95.) Saving the environment.
5. **A Brief History of Time**, by Stephen W. Hawking. (Bantam, \$9.95.) Theory on the origins of the cosmos.
6. **All I Really Need to Know I Learned in Kindergarten**, by Robert Fulghum. (Ivy, \$5.95.) Uncommon thoughts on common things.
7. **Weirdos from Another Planet!**, by Bill Watterson. (Andrews & McMeel, \$7.95.) More Calvin & Hobbes cartoons.
8. **The Pillars of the Earth**, by Ken Follett. (NAL/Signet, \$5.95.) Intriguing events surround the building of a cathedral.
9. **It's Always Something**, by Gilda Radner. (Avon, \$4.95.) Story of her life and fight with cancer.
10. **A Prayer for Owen Meany**, by John Irving. (Ballantine, \$5.95.) Owen Meany lives his life believing he's God's instrument.

Compiled by The Chronicle of Higher Education from information supplied by college stores throughout the country, August 18, 1990.

### New & Recommended

A personal selection of Dee Dee Allen, Univ. Bookstore, Little Rock, AR

**The Cat who Talked to Ghosts**, by Lilian Jackson Braun. (Jove, \$3.50.) Reporter and his two cat companions set out to solve a mysterious death.

**Nice Work**, by David Lodge. (Penguin, \$4.95.) A comic head-on collision of life-styles and ideologies, motives and methods set in an industrial town in the English midlands.

**Apollo**, by Charles Murray and Catherine Bly Cox. (Touchstone, \$12.95.) The dramatic behind-the-scenes account of America's ten-year race to the moon.

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