

Ask Louanne: *Louanne tackles loneliness*

Dear Louanne,

I never thought I'd be homesick. I'm a pretty independent person, but I miss home and friends terribly. I feel like I'm really different. I'm not into partying. I don't drink. I end up spending most of my time in my room, and that's really depressing. My roommate is okay, but she's always with her boyfriend and they go home weekends. I don't even like to go to Dobbins, especially alone. I feel like just giving up and going back home.

Signed, Miserable

Dear Miserable,

I wish I could get everyone together who feels like you do. There must be dozens of you up there hidden away in your rooms every fall.

First of all, know that it is not abnormal to feel the way you do, and it is very painful. You're not going to want to hear this, but believe it or not, homesickness is the pain of growing, learning to deal with emotions, and to deal with others. You will get better. You'll broaden your comfort range, feel better about yourself and feel truly independent.

So in the meantime how do you cope?

1. Accept your feelings as normal. Calm down, you will survive.



Ask Louanne

The Collegian Advice Column
by Dr. Louanne Barton,
Psychologist

2. Analyze yourself. What are you missing most? It sounds like you are missing friends with similar interests and values.

3. Look for places to find people like yourself. It might be in organizations like the Newman Club, Inter-Varsity Christian Youth Fellowship, interest groups, or service organizations. Go to the Student Activities office in the Reed Building and check out what is available.

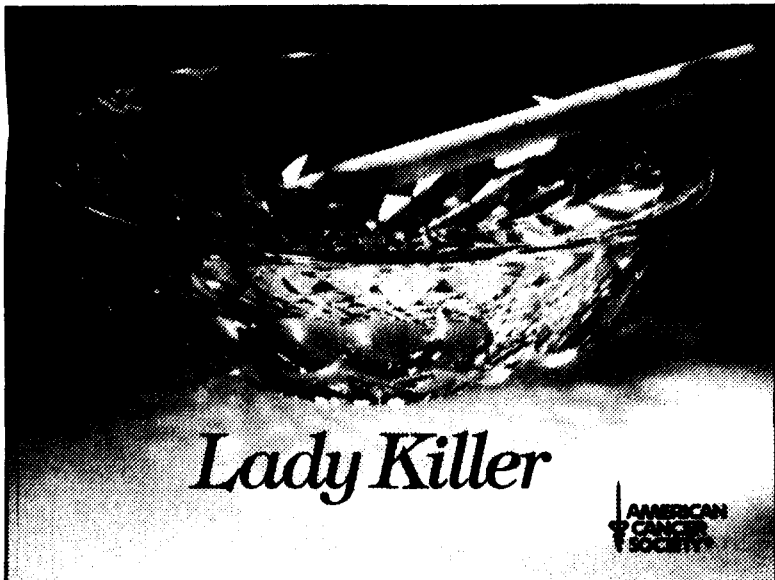
4. Take action and structure your time. Don't allow yourself too much time to sit in your room, alone. Take risks and try at least one new experience each week.

5. Talk to people on your floor. Say hello and smile first. Talk to your R.A.

6. Plan your next trip home or your next phone call with family or old friends. Write letters.

7. If nothing seems to help come to the personal counseling office and talk to me or Libby (our new graduate intern). We are in the Counseling and Advising Center, first floor, Reed Building (ex. 6164). Remember, the pain of homesickness does ease with time.

Send your letters in the campus mail to Louanne Barton, personal counselor, Reed Building.



Lady Killer

AMERICAN
CANTATA
SOCIETY

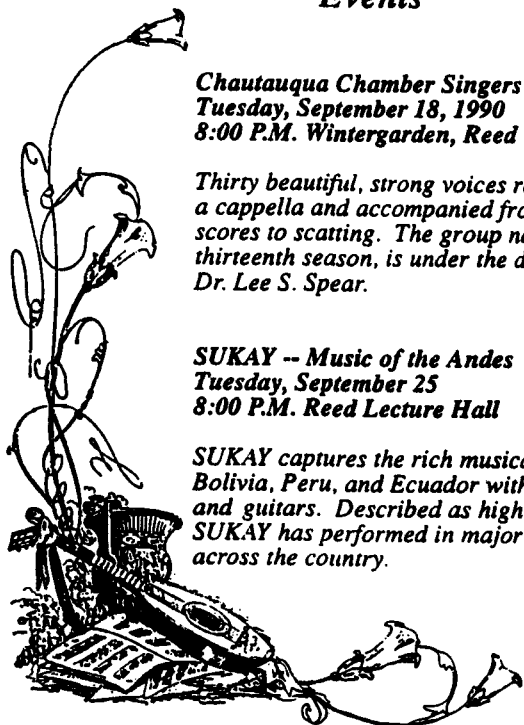
Upcoming Cultural and Performing Arts Events

Chautauqua Chamber Singers
Tuesday, September 18, 1990
8:00 P.M. Wintergarden, Reed Union Building

Thirty beautiful, strong voices raised a cappella and accompanied from classical scores to scatting. The group now in its thirteenth season, is under the direction of Dr. Lee S. Spear.

SUKAY -- Music of the Andes
Tuesday, September 25
8:00 P.M. Reed Lecture Hall

SUKAY captures the rich musical cultures of Bolivia, Peru, and Ecuador with pan flutes and guitars. Described as high energy music, SUKAY has performed in major consort halls across the country.



PENN STATE-BEHREND PARENTS AND FAMILIES WEEKEND FRIDAY, OCTOBER 12 THROUGH SUNDAY, OCTOBER 14, 1990

FRIDAY, OCTOBER 12, 1990

- 4:00 p.m. - 9:00 p.m.
Registration - Reed Union Building, Winter Garden (First Floor)
- 6:00 p.m.
Welcoming Reception - Reed Union Building, Winter Garden (Sponsored by the Student Government Association)
- 7:00 p.m.
50's Dinner (\$7.00/person. Tickets pre-ordered and available at registration on a first-come, first-served basis. Students on a meal plan may use meal cards.) - Reed Union Building, Wintergreen Cafe (Second Floor)
- 9:00 p.m.
Concert: "Four Guys Standing Around Singing" - Reed Union Building, Lecture Hall (Second Floor). The "Four Guys Standing Around Singing" have been wowing Chicago audiences for over a year with their unique four-part a cappella sound. They are seen nationally in a "McDonald's" television commercial and heard in various regional and national radio shows. Sponsored by the Student Programming Council (FREE)
- 10:00 p.m.
Campus Bonfire and Pep Rally: Come cheer on Penn State-Behrend's Soccer Team as they prepare to battle Washington and Jefferson on Saturday, October 13. - Niagara Field (Sponsored by Alpha Phi Omega Service Fraternity.)
- 11:00 p.m.
Student Programming Council Movie: Stella - Reed Union Building, Lecture Hall (Second Floor) (Admission Free)

SATURDAY, OCTOBER 13, 1990

- 8:00 a.m. - 4:00 p.m.
Registration - Reed Union Building, Winter Garden (First Floor)
- 10:00 a.m. - 12:00 noon
Campus Tours - Depart on the hour from the Registration Table, Winter Garden
- 11:00 a.m. - 1:00 p.m.
Picnic (\$5.50/person. Tickets pre-ordered and available at registration on a first-come, first-served basis. Students on a meal plan may use meal cards.) - Wilson Picnic Grove
- 1:00 p.m.
Men's Varsity Soccer Match Penn State-Behrend vs. Washington and Jefferson - Soccer Field
- 4:30 p.m.
Reception for Parents, Families and Students. Sponsored by Dr. John M. Lilley, Provost and Dean, and Mrs. Gerie Lilley - Reed Union Building, Winter Garden (First Floor)
- 6:30 p.m.
Candlelight Dinner (\$8.00/person. Tickets pre-ordered and available at registration on a first-come, first-served basis. Students on a meal plan may use meal cards.) - Reed Union Building, Wintergreen Cafe (Second Floor)
- 8:00 p.m.
Speaker Series Program - Frank Carlucci, former Secretary of Defense and National Security Advisor under the Reagan administration. Topic: "Peace in the East: Security in the West." - Erie Hall (Admission Free)
- 10:00 p.m.
Student Programming Council Movie: Stella - Reed Union Building, Lecture Hall (Second Floor) (Admission Free)

SUNDAY, OCTOBER 14, 1990

- 10:00 a.m.
Brunch (\$5.50/person. Tickets pre-ordered and available at registration on a first-come, first-served basis. Students on a meal plan may use meal cards.) - Reed Union Building, Wintergreen Cafe (Second Floor)

