

Counseling Center Not Just for Careers Anymore

BY JENNIFER MOYER
STAFF WRITER

"If I stick with my major, I plan on going to medical school, but I'm not even sure that's what I really want to do. I'm frustrated. I want to get on track."

Does this dilemma sound familiar? Chances are, this situation is common to many. But the number of daily worries that students encounter could be alleviated through an awareness of the programs and services offered by the University Counseling Center in Nash Hall.

Previously known as the Student Development and Counseling Center, the University Counseling Center has offered valuable experience to students for many years. Those who work at the center recently have been concerned about students' lack of knowledge about their services.

"It provides to all students personal counseling, career counseling, tests, learning disability assessment and group workshops," explained Maureen Windle, one of seven psychiatrists at the center.

According to the center's statistics, students use career counseling the most, she said. Personal counseling is the second most popular service at the center. All counseling services are kept confidential.

Many students who are having trouble with their career choices might resort to University Career Services. But Windle distinguishes between the counseling center and University Career Services.

"University Career (Services) offers help to students who have a clear idea of their career but need help with going about getting there," Windle said. "Here at the University Counseling Center, we work

Groups	Starting Date	Times Offered	No. Sessions
Assertiveness Group	Oct. 26	3:30 p.m. - 5 p.m. Tuesdays	Four
Intimate Relationships: Changing Old Patterns	Oct. 27	3:30 p.m. - 5 p.m. Wednesdays	Six
Stress Management	Oct. 4	2 p.m. - 4 p.m. Mondays	Four
Dissertation Support Group		3:30 p.m. - 4:30 p.m. Thursdays	Ongoing
Brothers	Sept. 9	6 p.m. Thursdays	10
Black Graduate Women's Support Group		Call for details	
Workshops	Date(s) offered		
Strong Interest Inventory Interpretation Session		Call for details	
Career Exploration		2 p.m. - 5 p.m. Oct. 28; 2 p.m. - 5 p.m. Nov. 9	
Optimizing Your Academic Potential		2 p.m. - 5 p.m. Oct. 13	
Assertiveness Workshop		2:30 p.m. - 5 p.m. Oct. 5; 2:30 p.m. - 5 p.m. Dec. 1	
Coping With Stress		2 p.m. - 5 p.m. Nov. 16	

with students who know what they want to major in but don't know how to make it into a career."

Career counseling might be the most popular service with UNC students, but it is only one of many available.

Meredith Griffen, a senior from Raleigh, recalls her first experience with the center. "In high school, I was told I had a borderline learning disability in math. When I came to college, I had trouble with foreign language, and I wanted to eliminate the possibility of that being a learning disability as well."

Griffen eventually determined through the testing at the University Counseling Center that she did not have a learning disability in foreign language. "But I found out where my weaknesses were, and I was

recommended to other services on campus that I would not have known about."

Griffen's favorable experience at the University Counseling Center is only one example of how its services can help students. 1992 statistics show that more than 800 students used the center for individual counseling, and 1,500 students took advantage of outreach programs.

Windle, who is working to create workshops and groups, hopes even more students will learn about the services offered.

One new group this year is titled "Intimate Relationships: Changing Old Patterns."

"I'm developing this group especially for women to think about unsatisfactory patterns that keep repeating themselves in their relationships," Windle said.

ated with the housekeepers' movement, said all professors brought personal biases into a classroom.

Jon Spencer, an African and Afro-American studies associate professor, declined to comment, but in The Black Ink article, he said he thought it was possible for white instructors to have a passion for Afro-American history but that it was a different passion. "What students see sometimes is perhaps (white instructors) can't bring the emotionalism that certain students seek," he said.

Even so, Janken believes students should try not to prejudice professors, as profes-

Other group discussion sessions offered by the University Counseling Center include an assertiveness program to help students express their thoughts and defend themselves through constructive anger, and a stress-management group that will explore the sources of students' stress and help them develop ways to deal with it.

Windle also is developing workshops related to academic problems. A workshop in career exploration will help students identify their career alternatives and formulate a career plan, she said.

A second workshop that might be of specific interest to many students is called "Optimizing Academic Potential," Windle said. The program will address topics such as procrastination, test preparation, test anxiety and public speaking.

Kelly Burkert, a freshman who did not know about the University Counseling Center, said it sounded helpful. "I will definitely use it because I'm really having trouble with my workload so far this year."

Burkert was somewhat relieved to hear of the University Counseling Center's programs designed to help people like herself who are having trouble getting on schedule and working to their maximum potential.

"I think if more people knew about the services offered, they would go. It sounds like it's got something for everyone," Burkert said. "I think it's great that you can get professional help for free because many students who may want professional help like this may not be able to afford it."

Griffen also commented on the advantage of the free service. "For all the time and effort the workers put in, it's wonderful that it is free to all UNC students. I'm definitely going back."

sors try not to prejudice students.

"Students shouldn't look at me as 'there's a white guy teaching,'" he said. "Why define me based on race? Judge me on what I have done."

Many African-American students said they could respect white professors as long as the respect was mutual.

"I don't have any problem respecting white professors," Smith said. "Not as long as he has the facts; not as long as he knows what he is doing and respects not only me as a black student, but also respects the black experience; a not as long as his heart is in his work."

Series Offers 'Free Travel' With Shared Experiences

BY NAM VO
STAFF WRITER

Free travel for anyone interested! That is the lofty goal of Ross Pipes, who founded the program Travel Talk in February.

Travel Talk does not actually offer "free" travel, but through listening to the experiences of well-informed travelers, people can travel vicariously to the destinations themselves.

"I wanted to have a way for my customers to talk about their travel and exchange ideas," said Pipes, owner of The World Traveller Books & Maps Inc. "It's a nice way for people to get to know each other and talk about travel."

In July, the travel agency Explore! Cruises and Expedition joined The World Traveller to co-sponsor the talks.

"In conjunction with our neighbor (The World Traveller), our travel agency decided to sponsor these (talks) together," said Cheryl Reavis, owner of Explore! Cruises and Expedition.

During the informal presentations, audience members may ask questions or share their own experiences.

The people who give the talks travel extensively, are professional tour guides or are former residents of a foreign country. The World Traveller recruits the presenters based on their knowledge and willingness to share their experiences.

Subjects include various destinations from Zambia to the Amazon to New Zealand and Australia.

Presentations vary with their presenters, said Liesel Pollvogt, an employee at The World Traveller. Some bring slides, video tapes, native crafts and artifacts to share with the audience. Some presenters just talk about their experiences without

any visual aids. Pollvogt, a UNC graduate student and former resident of Germany, will discuss the northern cities of Germany. Pollvogt said the presentations gave interested travelers a background in the history as well as other specific interests.

William Peck, a UNC religious studies professor, will share his Guatemalan experiences. Peck, who lived in Guatemala for the first 13 years of his life, is fluent in Spanish and Mayan languages. During the past seven years, he has returned to Guatemala to conduct field studies.

"I am giving the talk so that prospective travelers will have a more interesting trip," Peck said.

Peck believes that knowing the social and religious aspects of a culture enhance a trip. Such knowledge encourages travelers to seek new angles on the situations of the country rather than to be just tourists, he said.

The public has been quite responsive to this relatively new program, sponsors said. The audience ranges from children to adolescents to senior citizens.

"There is quite a diversity in the group of audience," said Katherine Betz, manager of The World Traveller. "Our travel talks have grown to where we have to use another facility."

With today's rising global awareness, Pipes believes that Travel Talk is a way for people to learn about different people and their cultures.

The program is held at 7 p.m. every Tuesday in the Galleria Center on 400 S. Elliott Road in Chapel Hill. Admission is free and refreshments are provided. The businesses have scheduled 10 talks in the fall and 10 in the spring.

"Everyone is welcome," Peck said. "It will be an illuminating experience."

Campus Calendar

TUESDAY

5 p.m. Passed Out (a juggling club) will meet at the flagpole on Polk Place. Rain site: Carmichael Ballroom.

6 p.m. SEAC Wildlife Committee will meet in front of the Campus Y.

The Arab-American Anti-Discrimination Committee will meet in Union South Gallery.

AFRO II will have a dance class in Women's Gym, Studio B.

N.C. Student Legislature will meet in Union 226.

The Bell Tower Toastmasters Club will offer SPEECHRAFT for \$10 in the Burnett-Womack Building.

7 p.m. The Greengames Games Power Team will meet in the Campus Y.

The Leadership Development Office will present "Marketing Leadership Experience" in 101 Greenlaw Hall.

SEAC/CEEJ will meet in Union 205.

8 p.m. UNC Young Democrats will meet in Union 206.

ITEMS OF INTEREST

The Spanish House has room for one more female student. Applications will be accepted until Thursday. Contact the Spanish House.

Circle K encourages all UNC men to apply for the Mr. UNC contest by today. Applications can be picked up at the Union desk.

University Career Services will hold an International Careers Conference Oct. 30 at the George Watts Hill Alumni Center. The program costs \$15. Go by UCCS, 211 Hanes Hall, for program information and registration form. Deadline Oct. 7.

Student Congress Funded Groups must contact Philip Charles-Pierre (932-9805) to sign up for the Pit exhibition of student groups.

University Career Services will sponsor the Job Hunters' Network to talk about job searching. Will meet Wednesdays beginning Oct. 6 in 307 Hanes Hall at 3 p.m.

The Curriculum in Peace, War and Defense will sponsor Dr. Sergei A. Kondrashev, former KGB Lt. General, speaking on "Soviet Secret Services: An Insider's Perspective," Tuesday at 7 p.m. in the Hill Hall Auditorium.

Students for the Advancement of Race Relations will meet Wednesday at 7:30 p.m. in the Campus Y upstairs lounge.

The Graduate and Professional Student Federation will have a Senators' Reception in Phi Chamber New East.

The Curriculum in African and Afro-American Studies will present Professor Berkt Habte Selassie speaking on "Criminal Injustice in Africa: Aspects of Public Law and Policy in the Post-Colonial State" in the Faculty Lounge of Morehead Planetarium.

Alpha Phi Alpha Fraternity Inc. will present The Great Hall Comedy Jam Thursday at 8 p.m. in Great Hall. Tickets are available in the Pit and at the Union box office.

The TANNERY

1 Month Unlimited \$45

20 Visits \$52

10 Visits \$30

5 Visits \$22

Open Till Midnite 7 Days a Week

169 E. Franklin Street • Near the Post Office

929-5409

Duke University Union Major Attractions presents

Widespread Panic

THIS WEDNESDAY! September 29

Page Auditorium • Duke University

Tickets Available at Page Auditorium Box Office/684-4444. Doors Open 7:30 pm.

Carolina Union Activities Board presents

Juliana Hatfield

with special guests

Dillon Fence

October 19-UNC Memorial Hall

Tickets Available at Carolina Union Box Office 962-1449; UNC Student Tickets ONLY \$10

Tickets for both shows also available at Schoolkids (Chapel Hill & Raleigh) and Poindexter (Durham)

SENIORS

What's Your Next Move?

Explore Your Options at the Carolina Career Fair-Oct. 7

LET US GIVE YOU

\$40

DOLLARS THIS WEEK

• 2 HOURS PER WEEK • EASY, SAFE... JUST RELAX

Plasma donors can earn over \$100 each month while they relax, read, study or chat. First a simple medical evaluation, then approximately 1 hour, twice a week donating life-saving plasma.

(New donors and any donor who has not donated within the past 30 days.)

Present this ad when you come in.

SERA-TEC BIOLOGICALS

109 1/2 E. Franklin St. 942-0251

Expires 9/29/93

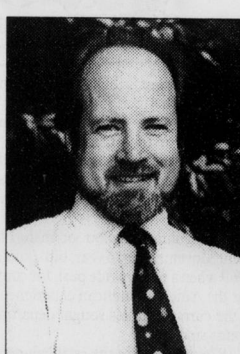
Please Come To A Reading

BLAND SIMPSON

will read from his new book


THE MYSTERY OF BEAUTIFUL NELL CROPSEY

THE MYSTERY OF BEAUTIFUL NELL CROPSEY is a true whodunit set in turn-of-the-century North Carolina



Thursday, Sept. 30

at 12:00 pm




Bull's Head Bookshop

UNC Student Stores 962-5060

Different Yolks For Different Folks.

OUR SUNRISE SPECIAL FEATURES 2 EGGS, COOKED TO ORDER; COFFEE; GRITS OR TOMATOES; TOAST OR BISCUIT; PLUS A SIDE ORDER OF HAM, BACON OR SAUSAGE. ALL FOR \$1.99.



310 W. Franklin Street, Chapel Hill, 933-3767

Howard Hughes Medical Institute

Predoctoral Fellowships in Biological Sciences

1994 Competition

66 fellowships will be awarded for full-time study toward the Ph.D or Sc.D. degree in cell biology and regulation, genetics, immunology, neuroscience, structural biology, biostatistics, epidemiology, or mathematical biology.

Fellowship Terms

- Three-year initial awards, with two-year extension possible
- \$14,000 annual stipend
- \$12,700 annual cost-of-education allowance

Eligibility

- Less than one year of post-baccalaureate graduate study in biology: college seniors; first year graduate students; M.S., D.O., D.D.S., D.V.M., students or professionals
- If an M.D./Ph.D. student: not in a funded program
- No citizenship requirements: U.S. citizens may study abroad; others must study in the United States

Schedule

- Application deadline: November 5, 1993
- Fellowships start: June 1994-January 1995
- Awards announced: early April 1994

For Program Announcements, Eligibility Guidelines, and Applications

Hughes Predoctoral Fellowships
National Research Council Fellowship Office
2101 Constitution Avenue
Washington, DC 20418
Telephone (202)334-2872

The Howard Hughes Medical Institute welcomes applications from all qualified candidates and encourages women and members of minority groups to apply.