

Relaxation Group Helps Students Cope

Two groups of Brevard College students meet once a week to train themselves in self-relaxation under the direction of Drs. Sherry Bowers and Abe Klein.

A relaxation group first met last year as an interest session for the psychology club. Soon afterwards the club was called a Hypnosis group. However, with students' misconceptions of the meaning of hypnosis, the group again changed its name, and is now referred to its current name. The group has basically two

goals. The first is to have positive thoughts about something that you had never felt positively toward before. The second is to relax and relieve tension and stress.

With Drs. Bowers and Klein as advisors, the group meets for an hour every Wednesday to discuss such issues as study habits, alcohol, sleep, and diet.

Each individual's goals are discussed and imagined. Visual imagery, says Dr. Bowers, is used to place a picture in the mind; then one should concentrate totally on this picture with regards to

its positive aspects.

According to Dr. Bowers, this positive picture may lead to positive suggestions and thoughts which aid in solving problems. Or it could result in coming closer to one's goals.

Both of these goals are aimed at helping the student cope with college--academically, socially and personally.

During an average session, students are told to get into a comfortable position, and they are instructed to imagine their muscles are "melting" in order to achieve a state of relaxation.

Following this step, Dr. Bowers reads a story (or makes up one) and the entire group visualizes the story. The story contains positive connotations to improve the student's thoughts about his or her problems or goals.

Participants are taught self-relaxation techniques so that they may relax at any desired time. Several students said their training at these sessions has helped them get to sleep. Others stated the training aids them before tests.

SHARING GROUP

A second group which meets regularly on campus is a "sharing group". This group's goal is to develop a "group spirit" by sharing concerns and supporting one another, Dr. Bowers explained.

Dr. Klein urges the participants to develop a feeling of commitment for the group. He believes that consistency is an essential ingredient to have a successful session.

This group gathers in Dr. Klein's office and discusses anything a student wishes to talk about, thus helping to alleviate college stress.

"Those who come always feel a sense of relief," stated Dr. Klein.



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BC Student Elections Set For Thursday

By Phil Monte

The Student Government Association has mainly been busy lately planning the upcoming election of executive officers for next year. A new Student Government Association President, Social Board Vice-President, and

Judicial Board Vice-President must all be elected for 1984-85. A president, and vice-president of each dormitory must also be elected said current SGA President David Mobley.

All candidates must have at least a 2.3 or better grade point

average to be eligible to run for election. Actual campaigning began last Friday.

The election will be held this Thursday in the lobby of the cafeteria during lunch hours of 11 a.m. to 1:30 p.m. No election posters may be exhibited inside the lobby of the cafeteria, or anywhere within 50 feet of the polling pole on election day. All campaigning posters and advertisements must be removed from the campus before this Friday.

Dormitory elections shall take place on April 7 at a time to be announced by the current dorm president. To sign up, students should see the current president of the dorm they intend to live in next year. Campaigning may begin on Friday.

Wind Ensemble

Performs Tonight

The 50-member Brevard College Wind Ensemble will present a spring concert in Dunham Auditorium tonight at 8:15 p.m.

Under the direction of Dr. John Upchurch, this musical group will perform a program of selections which are sure to please even the most demanding audience.

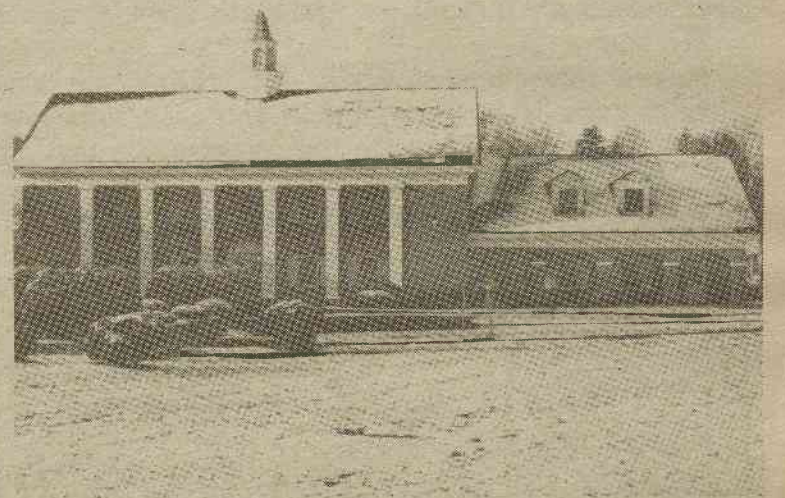
The program opens with the Overture to the opera, *The Poet And Peasant*, by von Suppe. This highly technical, and musically demanding work contracts raped scales with waltz themes in the style of Johann Strauss.

Following the overture, the percussion section will be featured in a work by the late John Barnes Chance, entitled *Incantation And Dance*.

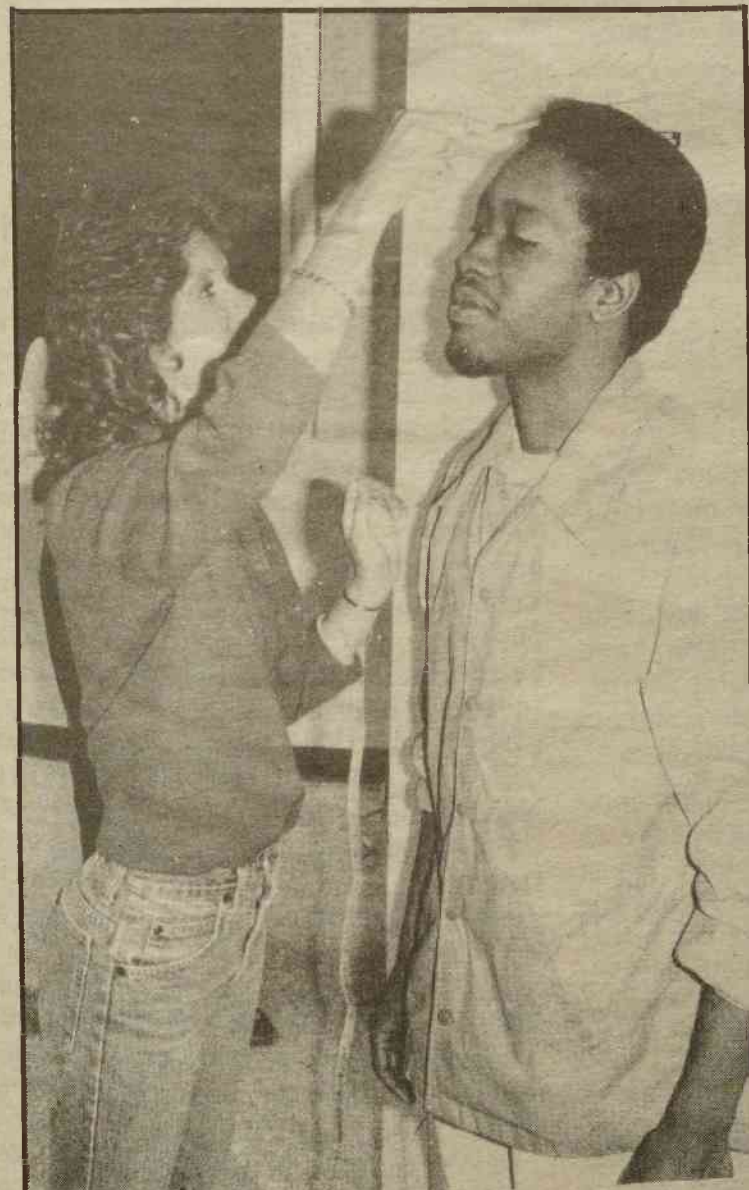
The ensemble will also perform melodies from the popular musical *Annie*.

The program concludes with the *Finale* from the *New World* symphony by Dvorak.

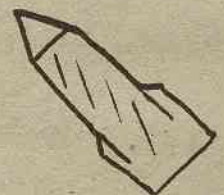
Attendance to tonight's performance is free.



This is spring? The BC community thought it was early last week...until Wednesday night when "Old Man Winter" returned for a two-inch encore.



Sophomore Monta Davis sizes up classmate Lewis Monroe for graduation cap and gown as the Sophomore Class prepares for the upcoming graduating ceremonies which will take place Sunday, May 8. About 151 sophomores hope to earn their degrees.



Peace/Security Group Sponsors Essay Contest

Are you a PEACEMAKER in this troubled nuclear age? Can you tell someone else why you are?

Transylvanians for Peace and Security is sponsoring an essay contest for Brevard College students to express themselves on this topic. Contestants should submit 500-600 word manuscripts which deal subjectively and specifically about their perception of the world they live in, their responsibility for being a peacemaker, and what they are presently doing or willing to do to be a part of peacemaking in the world. The judges seek nitty-gritty realities, not philosophical vagaries.

Forty dollars worth of books or magazine subscription of the winner's choice will be awarded to 1st and 2nd place papers. All wor-

thy documents will be published, and authors invited to read or share their work at designated meetings. Each participant will be presented with a Certificate of Recognition.

Entries will be judged on ideas and clarity, not literary perfection. Students who do research in preparing their papers should document their sources. The seriousness with which a student researches his idea will weigh in the prize determination. Documentation need not be limited to current research; it may include previous reading matter that has been an influence.

Manuscripts should be submitted to Mr. Preston Woodruff (M.G. 235) by April 15th. Please include a self-address stamped envelope if return of the paper is desired.