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# THE LANCE

A Weekly Journal of News and Events At St. Andrews Presbyterian College

Volume 18, Number 15

Laurinburg, North Carolina

Ides of March, 1979

## Counseling Our Depression

By John Fewell

Serving as a counseling, testing, and occupational-educational research resource, the Career and Personal Counseling Center located on campus maintains "a close relationship" with the college, according to Dr. Alfred Thomas, Director of the Center and of counseling for the Presbyterian Synod of North Carolina.

The center here is the largest of two operated by the Synod in North Carolina and is one of only three counseling centers in the entire state which is approved by the International Association of Counseling Services.

Under an agreement with the college the center provides its services free of charge to St. Andrews students whom utilize its resources through such means as freshman testing, which is built into the program of the college, or also on an individual basis.

The center is staffed by three counseling psychiatrists who are available for counseling in personal problem areas, educational planning, and career counseling. It also features an occupational-educational library which students can utilize on their own without having to see members of the center's professional staff.

"I would say it would be very rare for a school other than a major university to have the extent of the resources that are potentially available to a student here," said Dr. Thomas, who has been Director at the center since 1970.

The counseling program of the Synod was begun in 1951 on the campus of Flora McDonald College and at that time served to provide a career guidance experience for young people from the churches throughout the Synod.

Its first director was Dr.

Rodger Decker whom is presently Director of Rehabilitation Services and Professor of Education and Psychology at St. Andrews.

Since that time the program has expanded to include a large adult population from a wide geographical area, most of whom come for 2 or 3 day career development programs in which, as Dr. Thomas explained, the participants seek to "assume more initiative in giving direction to their future rather than just reacting to whatever happens around about them."

There are also 2-day programs for high school students (and some students from other colleges) who come to the center to discuss and plan their education and career objectives.

The center is also visited periodically throughout the year by area college groups who come to look at its resources and to learn about its operation.

Dr. Thomas emphasized that all counseling is kept strictly confidential. "That's basic to the counseling process," he said.

The following is a dialogue by Dr. Thomas during our interview. Some of the dialogue has been left out for brevity's sake and to avoid repetition. I asked Dr. Thomas to discuss in general terms the problems and concerns that were representative of the St. Andrews students with whom the counselors at the center are involved. DR: THOMAS: "First of all I would make a generalization...and that is that it is my impression that the students at St. Andrews now and for the last couple of years or so have been characterized by I would say more emotional stability and maturity and whatnot than we were experiencing in the early '70's and perhaps even in the late '60's, even though that was before I came, when

there was much turmoil just in general in the country and that seemed to be reflected in the individual lives of a lot of college students who were wrestling with very significant moral and ethical issues and that became very personal issues."

"And of course there's no question that what the drug issue was as big problem with which we were heavily involved with students in the early '70's. We're not as involved as much now so I would assume from that there's less of that problem; I have no statistics one way or the other."

"But we do not get involved with as much of that though we certainly do get involved with particular students who are having problems related to drugs. Of course drug problems are often related to other kinds of problems too, so you can't really isolate that."

"Drugs may be a means that a given person is using to cope with some other problems so to say that it is a drug problem may be speaking symptomatically as much as anything else. But in general we do not get as involved now as 5 to 6 years ago with drug-related programs."

"Depression, which seems to surface more as exam time approaches, is an ongoing kind of concern with which we deal among students. I don't want to say that's a tremendous problem, it's not in terms of the number of persons we see."

"But it is found often enough to say that is a concern among a number of students, often related to particular issues such as exam time, often related to breakups with sweethearts or close friends, whatever, sometimes related to family problems back home and in trying to deal with it 'in absentia' depression sets in; not necessarily what we would

define as clinical depression which is highly debilitating, but at least it is bad enough that it is inhibiting and makes it difficult to function effectively as a student."

"And we find that then it takes the form of not going to classes, not getting work in on time, doing a poor performance, a performance that is not at the level or earlier indications of what the student can do."

"Another kind of problem that we deal with a good bit, and there's a sense in which that may be more than any other single category simply because that is also a specialty area of the center,

and that is problems in making career decisions which may then have a relationship to educational decisions."

"So this would not be so much in a personal problem area except than any decision to be made is a personal issue. But certainly in terms of numbers of students with whom we work those that we see in helping them to make decisions about the future in career and lifestyle terms could be a significant part of that."

"That would be more of what I would call a growth

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The activity was fast and furious during the 1st Annual Alumni Phonathon conducted in the President's Dining Room last week. Twenty-four students participated in the effort and obtained 235 pledges to the St. Andrews Annual Fund.

## Alumni Phonathon

By Steven J. Kunkle, Editor

The First Annual St. Andrews Alumni Phonathon was conducted in the Student Union on March 5, 6, and 7. Students from Albemarle, Concord, and Highlands Dorms, and also representatives from WSAP Radio, called more than 400 alumni during the three day period.

The Phonathon is part of the Alumni Division of the St. Andrews Annual Fund. The goal for the Alumni Division is \$35,000 for 1978-79 with the overall goal of the Annual Fund set at \$525,000.

The Phonathon netted a total of 235 pledges, which by far exceeded the goal of 120 pledges.

Greg Piccola and Steve Newton's determined efforts on behalf of WSAP led the radio station to a first place finish with 98 pledges received. For their efforts, WSAP will receive \$100.

Highlands Dorm was second in number of pledges received with 44. Leading the Highlands effort was Bill Knight. For this they will receive \$50, the second place award.

Carol Carpenter, Marion Bowden, Paula Sleter were the leading solicitors from Albemarle, while Kim Parker and Catherine Carroll led the Concord effort.

It was the first time students had participated in an alumni phonathon drive, but according to Ron Leitch, director of development, it won't be the last.

"Alumni Annual Fund Chairman Joe Chandler, '64, and I were delighted with the results," said Leitch. "The 24 students who participated all performed like seasoned veterans. They should all be proud of what they have done for the future of our college."

## Time Charges Forward

By Joey Sherr

Many students are by the tape spanning the length of the west corridor in the Liberal Arts Building for the past couple of weeks.

Despite speculation that Maintenance was using the tape to keep the building from falling apart, the tape is actually a time line depicting the relative occurrence of events leading to the formation of our solar system and Earth as we know them today.

According to Dr. Thomas Blackburn, who conceived the idea, "The time line is a project to help STMS students visualize the linear relationship of periods of time since the beginning of the solar system, which occurred approximately 4.8 billion years ago."

Although the tape is 100 meters long, or 328 feet, man's span in this time is only 6.5 centimeters, which is about 2.6 inches.

Blackburn hopes the tape

will last through the spring term, so students can use it to study for their STMS exam.

"We originally wanted to paint a gold strip the length of the causewalk, since it is longer than the corridor in the Liberal Arts Building," said Blackburn. "However, we were reluctant to try doing anything outside because of all the rain."

Blackburn plans to try again next year to paint a line the length of the causewalk for the project.