

## To Be Or Belong

BY LOUISE MARR

The need to belong is natural, or is it? Did we come into the world belonging—an integral part of humanity, a piece of the cosmic puzzle with its shape intact, designed to fit the whole, knowing ourselves to be part of the big picture? And did we lose that knowing in the shaping and the training and the molding, now feeling we have to bend, stretch, or reshape to fit? And is the puzzle we're trying to fit into a warped, twisted version of the original, so far from its intended design that it is unrecognizable? Have we, as a product of this monstrosity, lost sight of who and what we are as well as the image of the original picture? Has the fitting in become so automatic that we don't see the loss, the giving up, the conformity? Do the so call "misfits" have an advantage because from a distance they have a better chance of seeing the picture more clearly? Are they even misfits or swans amidst the ducks, their differences seen as strange or weird?

The college years—a time of transition, of developing individuality and independence—are a good time to take stock and assess where you are in relation to the surrounding picture...a good time to stand back and ask yourself:

- Is this something I want to fit into?
- Do I like what I would be in it or what I am in it?
- Am I having to bend, change, or squeeze to fit?
- Is belonging going against the grain?
- Does belonging mean living a pretense, wearing a mask, fabricating false self?
- Is the belonging real, genuine, enduring, or a temporary fix, an illusion?
- Am I giving up my "self," my true nature to become a part of this?
- Is it steering me farther away from myself, making the road back harder down the line?

You were the right shape from the beginning, with all that was necessary to be you, like every living thing begins with all that it needs to be what it is. At the core, you're still that intact puzzle piece. Be that, know that, and eventually you'll come to the place you belong.

## Counseling Clarified

BY LOUISE MARR

The word counseling, commonly associated with giving advice and defined as such by the dictionary, is a misnomer in terms of the counseling provided by the Career and Personal Counseling Center. Being stuck with a name that easily conjures up misperceptions, we felt the need to clarify the meaning.

Talking with a counselor does not signify weakness or mean that you can't "handle it yourself," or that you have a serious psychological problem. On the contrary, because by nature it involves an honest, intense look at oneself, it requires strength, guts, and psychological stamina. It is "handling it yourself," but with a partner in the struggle, so to speak—someone who listens, supports, facilitates, encourages, and maybe even advises if appropriate.

Definitions and approaches to counseling are numerous. The process varies due to these factors as well as differences in people, situations, and individual counselors. A definition, therefore, is less accurate than a somewhat loose description of component parts, examples being:

- a safe place to express feelings, emotions, and thoughts with assurance of confidentiality
- a process of gaining insight and awareness through self-exploration
- a supportive relationship based on a nonjudgmental, accepting attitude
- dealing with grief, loss, crises
- dealing with relationships, family issues, etc.
- identifying problems, exploring options, working toward solutions

This is by no means a comprehensive list, but hopefully will give you a clearer picture of what we're about. We welcome and encourage you to make use of the services available at the Center.

## A Letter From the Editor

BY MOLLY SCOLES

Well, The Lance is back, better than ever, and we could not have done it without the help of some very dedicated journalists and the guidance of Trudy Smith.

We need your help in keeping the paper on top of everything going on around campus, so if you have anything to contribute, such as poetry, story ideas, placing items

## Dealing with Sexual Harrassment

BY MOLLY SCOLES

Janet Schilling, manager of the campus bookstore, and Dr. Bill Faw, associate professor of psychology are the St. Andrews sexual harassment counselors. The two deal day to day with cases of harassment on campus.

The program began in 1988 and has been a "quiet" success. Many students are unaware of the prevalence of harassment primarily because Schilling and Faw stress the importance of confidentiality.

When a student or faculty member has a complaint, Schilling advises that he or she keep a record of each incident and go talk to one of the counselors. Many times the situations can be resolved by talking out

the problem with those involved. If the situation is serious, and/or the offender does not stop the harassment, charges may be filed a hearing is held, headed by a group of faculty and staff not involved in the case.

Schilling and Faw said that they work for free, putting in long hours at times outside work to resolve situations. When asked to rate the St. Andrews sexual harassment policies, Schilling said she was "extremely satisfied."

If you have a problem, or simply wish to talk about sexual harassment with one of the counselors, Janet Schilling can be contacted at ext. 5308. Bill Faw can be reached at ext. 5242.



in the classifieds, or problems for "Dear Gabby", drop them off in the box outside SAGA.

Now on to other business. I've heard many comments from the "older generation" here on campus, those who have been here for three or more years, and they all say the same thing. St. Andrews just isn't what it used to be. I have to agree, to a certain extent, but without tearing the school apart.

I've been around school of and on for four and a half years, plus I've lived in the Laurinburg community

for eight years. One thing I've come to realize is that things change. As people, we change all the time. As a community we change. It is a part of life—good or bad. It is how you accept change, and deal with what it brings that makes the difference.

I have strong ties with this school and have no intentions of turning my back on it. I hope those who comment on it's state do the same.

I hope everyone has a good semester and tries to make a difference,