

Editorials

A Point Of View On Counseling

This rather perfunctory exposition of counseling and the role and function of the counselor is based on my view of the nature of man, our contemporary historical setting, and guidance gained from the literature. It is not the intent of the composition to espouse the point of view that should be adopted but to present information that may increase alternatives.

There are those who believe that man is "evil" by nature and that he must be taught the "good". Others say that man is fundamentally "good" and that he will eventually discard "evil" and choose good. I feel that man is born with the potential for both good and evil and is continually making choices.

Our contemporary historical setting has placed us in a system of political and economic organizations which demand the making of choices. The cornerstone of a democratic political system or capitalistic economy is the opportunity for decision-making.

An examination of the literature reveals the tenet of choice. From the psychoanalytic theory of Freud—that employs the ego to filter the rampant wishes of the id so that choices may be made which are more in consonance with reality—through the directive-ness of E.G. Williams and the non-directiveness of Carl Rogers to Victor Frankl's Logotherapy, the notion of choice persists. Frankl's introduction of the Spiritual Dimension of man to go along with the somatic and the psychological dimension—offers the temptation to take the thesis all the way back to the garden and to suggest that choice began there.

In light of the aforementioned parameters, what

then is counseling? What is the role and/or function of the counselor? "Counseling is one of those words that everybody understands but no two people seem to understand in precisely the same way." "One way of formulating a definition of counseling, for the professional or for the man in the street, is to say that it is a process designed to help a person answer the question, "what shall I do?"

Counseling may be defined as the process through which individuals are able to make good choices and thus improve their relationships to the world and to their fellowmen, as they set the pattern for their own unique pattern of development.

The role and function of the counselor is that of being a facilitator of choices. We sometimes confuse the role of the counselor with the characteristics of the person. The person possesses (or should) empathic understanding, congruence, unconditional positive regard, the ability to listen expertly, confidentiality, etc. Many times counseling is used as a rough synonym, and in some instances as a euphemism for psychotherapy. The clear distinction is that the aim of therapy is generally considered to be personality change of some sort. Counseling refers to a helping process, the aim of which is not to change the person but to assist him in utilizing the resources he now has for coping with life.

How does the counselor facilitate choices? The counselor facilitates choices by expanding and increasing alternatives through the provision of information to the client about himself and his environment. He, of course, personifies those sterling attributes that I have used to

describe him.

The foregoing would suggest a model of **Guidance as Decision-Making** as espoused by Jones and Myers, or Katz or a model of **Developmental Guidance** as espoused by Chapman, Peters, Mathewson, and others. The idea is that

counselors should be doing something for all the students as they utilize a developmental approach as opposed to a "crisis oriented" model in which counselors wait for the few students who come to them.

It has been my intent to

facilitate the choice of an approach to counseling by providing you with some information.

Mr. Otis Fluker, Director of Testing, Guidance and Counseling.



A New Year's Resolution

Dear Students:

Final examinations are here and I wish you all the best of luck. However, success does not come through luck. Success is achieved through a process known as work and doing your best at it. If you have worked hard, you know the outcome of your courses. Likewise, if you have done nothing, you too, know your outcome. May your accomplishments be great.

While education is the main reason we are here, we must live here as well. It takes just as much work to keep our living area clean as it does to make an "A" in any course. All of us

live at home, and no doubt we keep our house clean, especially the kitchen. Then what about our cafeteria? Why can't we keep that clean, just as we do at home? It takes only a few movements of the hands and feet to take our trays up to the dishwasher after we have finished eating.

We all eat to survive, so why not give ourselves the best Christmas gift yet, and make it a New Year's Resolution, "TAKE UP OUR OWN TRAY."

May the Joy and Peace of Christmas be yours today and throughout the new year.

Barbara A. Threatt, Editor

A Christmas Prayer

Let us pray that strength and courage abundant be given to all who work for a world of reason and understanding; that the good that lies in every man's heart may day by day be magnified; that men will come to see more clearly not that which divides them, but that which unites them; that each hour may bring us closer to a final victory, not of nation over nation, but of man over his own evils and weakness; that the true spirit of this Christmas Season—its joy, its beauty, its hope, and above all its abiding faith—may live among us; that the blessing of peace be ours—the peace to build and grow, to live in harmony and sympathy with others, and to plan for the future with confidence.

CONGRATULATIONS
TO
ALL NEOPHYTE OF:

ZETA PHI BETA
PHI BETA SIGMA
ALPHA PHI OMEGA
GAMMA SIGMA SIGMA
KAPPA ALPHA PSI
SIGMA GAMMA RHO
DELTA SIGMA THETA
OMEGA PSI PHI
ALPHA KAPPA ALPHA
ALPHA PHI ALPHA

A Together Christmas

The Family of ECSU—Would like to shout
Christmas ain't no Christmas without Vikings about
Living it up and doing it to death
Celebrating, partying, and watching our wealth
We'll be the family that's outta sight—
You're solid right—We're dynamite!

MERRY CHRISTMAS FROM VIKING LAND!!!!

Faye E. Smith

A Black Christmas

- We're dreaming of a Black Christmas
- One filled with love and joy
- Maybe not all that special-trimming
- That other people might adore
- We'll feast on fatback meat and beans
- But we'll know it's Christmas
- It's not all that fancy stuff
- All decorated to a "T"
- It's the small amount that you barely get
- And often that's not enough
- But it's Christmas in our hearts
- The time will never change
- For whether with or without alot
- The meaning of Christmas will remain part of being all Black.

Faye E. Smith