



## INSIDE CCL

### Tours of NCSU Library

You think you have finished researching a major paper. Then, you find reference to an article in a journal that is not owned here at Meredith. It seems too good to overlook. The librarian tells you that it is owned by NCSU. You can go over there and use it.

BUT, you've never used State's library; in fact, you have no idea where the library is! You try to find someone to go with you. No luck. Do you forget about the article and risk missing some crucial information? Or do you gather up all your courage and find your way on your own?

Plan ahead. Take a tour of NCSU Library. A van will leave Campbell Library and take you to State where you will be given a tour of the library and information on how to find materials and use equipment; then the van will bring you back to campus. Tours will last approximately one hour.

DATE	TIME
February 13	3:00 pm
February 16	10:00 am

Come to the Reference Department of the Campbell Library to sign up for the tour. Only 15 people per tour, so sign up now!

### Meredith Establishes Art Scholarship

Meredith College has announced the establishment of the Norma Baker Cook Art Scholarship. The scholarship, which will be awarded annually, has been funded through an endowment from Meredith Alumna Ms. Norma Baker Cook of Raleigh.

The purpose of the scholarship is to provide financial assistance to a Meredith student who has chosen art as her major; preference will be given to students aspiring to become professional artists.

Ms. Cook was the former owner/president of the John Robert Powers School of Fashion Careers in Raleigh.

# Program Offerings of the Personal Growth Center

### EATING DISORDER SUPPORT GROUP

—A group designed for those struggling with Bulimia and Anorexia. We will explore mutual concerns of recovery in an environment that is confidential. Participants will share responsibility for the shape of the group. Although the priority is sharing concerns, hurts, and fears among "friends," the group will also provide an educational context for exploring a few of the deeper issues of eating disorders — nutrition, "addiction to perfection," rites of initiation in the move from adolescence to adulthood, and the recovery of the repressed feminine.

The 6 week session will run **March 16-April 20**. Sign up must be completed through the Counselor's office by **March 13**.

### DYSFUNCTIONAL FAMILY THERAPY GROUP

— A group designed to explore the interpersonal and personal dynamics of those who have families of origin with some identifiable dysfunction such as alcoholism or abuse. Issues of shame, grief, self esteem, rage, co-dependency, and others will be dealt with in a setting providing feedback from others with similar struggles. Several books will be referred to as resource

materials for those interested in exploring the topics more completely.

**Dates/Times** — This group will be offered in a 6 week series and may be continued according to the discretion of the group after the 6 sessions. It will be offered **February 15-March 29, Wednesdays from 4-5:30 pm**. Sign up must be completed in the Counselor's office by **February 1**.

**WINGS SUPPORT GROUP** — A pilot group will be offered Wings and other re-entry students for the purpose of providing a context to explore the needs of non-traditional students which may be addressed via the small group context. Anyone interested in participating should make an appointment with the Counselor before **February 1** to discuss her expectations/needs of such a group. Initially the group will meet for 6 weeks once a week. Continuance of the group will be assessed at the close of the first series.

**Dates/Times** — This group will meet **February 16-March 30, Thursdays at 12:00 noon**.

Look for a complete listing of wellness programs soon to be announced.

Meetings meet in Personal Growth Center, 2110 Gate Center.

## Casey's Corner

### Putting the Book in the Other Hand

by Casey Bass Bunch

Sighs of relief filled the air as I re-entered Joyner Hall for classes this semester. It was wonderful to be back in school as a student, to be able to wear sweatpants, and to sit back and let somebody else decide what material we were going to cover. Don't get me wrong, I enjoyed my student teaching experience. I was, and still am, relieved to have one more semester of learning before I enter the real world of educating.

I was not quite prepared for the awe I began feeling for things I had taken for granted over the past seven semesters. My professors here at Meredith all handed me a syllabus, with an outline for the entire semester, during the first week of class. As a student teacher, I was excited if I knew what I would be doing for a whole week! These people know what we will be doing in April. I also found myself defending the professor who didn't return papers the class period after they were turned in. I, too, used to feel that any paper worth handing in was worth grading and returning immediately. However, experience has taught me that immediately is sometimes postponed by things such as lesson plans and student conferences. Besides, students only turn in one paper each; the teacher gets one per student. Students should figure that into their ideas of when a professor ought to return papers.

Yes, I am planning to enjoy my final semester here at Meredith. You see, I have been on the other side of that big desk, and I look forward to being there again. But for now, I am going to let someone else tell me what I need to know and when I need to know it. However, I am going to be especially careful to learn that material. I remember all too well my feelings for unmotivated students.