

Counseling and Enrichment Center: What Goes On?

By Sara LeFever

I've always wondered what went on in the little white house across the street from the science building parking lot. I knew it was the Counseling and Enrichment Center but that is as far as my knowledge stretched. Out of curiosity, and the fact that perhaps other students wonder themselves, I decided to visit the center and talk with Diane Hill, the center's director. From her friendly revelation I now feel enlightened about what goes on in the cozy building on Marshall highway.

For a very condensed history - two years ago the Counseling and Enrichment center did not exist. The white house was used as a men's residence. A need for the center arose; Diane and her husband Dennis were hired and came here to establish the center. "I really like it here," Diane said to me. I did too. The atmosphere in her office was homey and relaxed. I felt comfortable.

"So what goes on here?" I asked. The three main areas the center concentrates on are enrichment, personal counseling, and career development. The two Diane focuses on are personal counseling and enrichment.

Counseling - you need help, information, support, a sounding board, a more objective outlook, or someone to help you figure out what's going on and decide what you want. Depending on the need, aid would come from Ms. Hill, David Mathews (Career Development Counselor) or any one of the several professionals associated with the center who are working primarily in other areas of the college. "My goal is to provide the student with as many options as possible. I don't want to force myself on anyone," explained Diane. Many faculty members also do a lot of counseling. Counseling can occur in group or on individual basis. In all respects it is totally confidential. "What comes here stops here." Only in extreme crises when the student could harm himself/herself or another person could this right be revoked.

Enrichment - helping healthy people function better. Most students link a college counselor to their former high school guidance counselor. The difference is vast. High school guidance counselors deal mainly with discipline and academic affairs. "We are very different from that," Diane pointed out. The center wants mature, responsible students, who know what they want, to come to the center for consultation - NOT just crisis problem people. This enrichment program, also offered in group or individual sessions, can help a person discover potential and develop plans that will create a more satisfying life style. "It excites me to see students know what they want," says Diane, "and it excites me to know I can help them get there."

Not only is Ms. Hill's office a warm and comfortable place, but the entire center is. An open invitation stands for all students to come in and browse. There is a counseling center library with an assortment of books which can be checked out. There is the group room with comfy looking bean bag chairs all around it. Diane hopes that the walls of this room can be soon be decorated with a display of student art work.

The center offers a number of group programs such as "Preparation For Marriage," "Training in the art of Caring," and "Life and Career Planning." New workshops will be offered next semester. Diane wishes more people would take advantage of the programs. "I am trying to involve more faculty and staff and students. A lot of people would be happier if they would only take the right steps." Busy as she is, Diane also serves as a consultant for other groups such as C.S.M. and H.C.P.

In a concluding comment - I would like to say that I felt really comfortable at the center. There was nothing white-walled or uptight about it. I feel this is important and I urge students to benefit from such a place as the cozy white house on the corner.

The Ostrich as Mascot

COURSE 101: PREMATURE PARENTHOOD — Prerequisite: Irresponsible Sex. It's a snap course. Pass or fail. No exams, term papers, not even any classes. All that's required is complacency about your own sexuality and a basic naivete that's sure to keep you from being in control of your sex life.

If your general attitude on the subject of sexual relations is not unlike Scarlet O'Hara's "I'll think about that tomorrow", and if birth control is something you choose to leave up to "him" or "her" or to "fate", this course is for you.

Women will learn to shorten their college years considerably and reduce lifetime earning power substantially through the birth of an unwanted child or deal with choices, such as abortion or early marriage.

Men will explore the joint decision-making process on issues such as abortion, marriage, paternity, etc., perhaps ultimately experiencing the opportunity of learning to deal effectively with irate parents, social pressure, fatherhood, divorce, child support and so forth.

The foregoing course description is fictitious. It is an attempt to raise the sub rosa issue of premarital sex and to call attention to the fallacy that ostrich-like behavior will eliminate having to deal with the danger of unplanned or unwanted pregnancy. To bury one's head in the proverbial sand most assuredly will not eliminate that possibility and, with the ostrich as a mascot, one day your luck is apt to fly right out the window.

The focus of attention appears to have shifted in recent years from the sexual behavior of college students toward that of teenagers in general and of younger teenagers in particular, thus statistics regarding intercourse on campus (which is notoriously difficult to estimate) are not very current. Nevertheless, in the early part of this decade, it was estimated that on a national average about 65 percent of male college students engage in "coitus" and about 50 percent of college women.

In any case, the New York Times points out (as recently as June, 1978) that "Half of the 11 million sexually active U.S. teens used no contraceptive the last time they had intercourse." Furthermore, it is believed that one out of every ten teen-age girls aged 15 or over in the U.S. will become pregnant this year; and roughly 30 percent will bear illegitimate children.

Theories are lately being put forth to explain this epidemic of teenage pregnancy: that fear of pregnancy is not as great as it once was and that motherhood is subconsciously desirable as a substitute identity and rite of passage into adulthood. One women's magazine indicates that "many girls think that sex should be spontaneous and that contraception would make it calculated and unromantic."

Richard F. Hettlinger, M.A., author of several books and articles on sex among young adults, particularly college students, writes: "I suspect that sexual behavior on campus is more often less free of convention than it appears. Rather than being based on independent values, it frequently seems to be motivated by a con-

tinuing need to reject traditional mores. It continues to be an extension of the necessary adolescent celebration of escape from the confines of establishment sexualism, rather than a mature and considered pattern based on reflection and critical judgement."

A study done by Greer Litton Fox for the Merrill-Palmer Institute, published in 1977, reports that "patterns of contraceptive use among collegians, taking account their increased maturity, education, independence and presumably greater access to contraception . . . do not seem to differ very much from teenage patterns."

Apparently confirming this lack of responsible sexual behavior at the college level, Richard Hettlinger points out in his book, *Sex Isn't That Simple*, that "we often assume quite wrongly that any girl who agrees to heavy petting or intercourse has automatically equipped herself for casual sexual activity. Many fail to realize that their partner is protected, and some couldn't care less whether she is or isn't. Some men and women assume that because abortion is available as a last resort there's no reason to worry about pregnancy, ignoring the fact that abortion is not just a matter of a simple visit to the doctor's office."

In defense of collegiate morals, Hettlinger says, "Unwanted pregnancies (at least among college students) are much more likely to occur if a couple are struggling to avoid intercourse than if they have accepted it. Babies are often conceived because the parents, not wanting to admit their desire or accept responsibility for their actions, failed 'on principle' to take adequate precautions and were carried away by passion. It is not the promiscuous who get caught, but the idealists who discover (too late) that they were not able to control their sexual needs and find their marriage starting out with the heavy burden of an unwanted child."

We propose that you be the judge. Ask yourself whether the statements that have been made about you are on target. Ask yourself whether you and your friends are adequately informed and behaving realistically and responsibly toward sex.

Perhaps you're right on top of the latest contraceptive developments. But, if not, how effective they are and how safe they are. Why not find out what you don't know? Seek information on campus, if available, or contact a branch of Planned Parenthood. Call or write: Family Planning Information Service, 300 Park Avenue South, New York, New York 10010 (telephone: 212-677-3040).

The Population Institute in Washington, D.C. will assist any college student organizing a project to develop or improve campus birth control services in cooperation with college health departments. Academic credit may be arranged.

Take the initiative. Act as peer counselor to your fellow students. Stop behaving like the campus ostrich.

Carelessness and indifference about contraception are never justified, and can't make a problem go away by pretending it isn't there.

S.C.
By Sara
Vice Pres
Heaton ope
meeting of
risma and c
meeting to
tober 11 at
At a time v
be at ease
made it a
was too.
Roll was
after Brent
prayer. En
portance
made clear
hard work
takes on pa
any membe
than twice
bership wo
acted by hi
spring.
Following
duction of
were made.
Dalrymple,
Committee,
Council, Be
ions Comm
of Defense,
General.
The swea
was next or
and took th
on. ("W
that, ya'all,
this was the
come direct
Rodge
will reope
The m
also won a
playing th
was comp
Gaznor an
The s
stationed
ation - ov
deBeccue's
daughter o
Direct
the produ
the plays
formance
All sea
ing the bo