

Mental health division offers counseling, advice to students

By DEBORAH MOOSE
Staff Writer

A male student realizes that he is fond of his roommate and wonders if it means he is gay. A woman in the midst of crowded dorm life is concerned she may have an abnormal need for privacy. A student is anxious about his inability to concentrate.

Emotional problems affect everyone at one time or another, but sometimes it seems college students face them more often and to a greater degree.

College itself causes stress in addition to the changes that most persons age 18 to 25 go through, says Dr. Myron B. Liptzin, director of the mental health division in the student health service. Most persons in this age group are beginning the process of leaving home and finding an individual identity as an adult. They begin to seek closeness with others and explore their sexual identity.

"Life in college is going to be stressful and you can't eliminate it," Liptzin says.

College students experience a number of common emotional and interpersonal problems. According to notes for resident advisers prepared by the mental health division, the most common problems that students face are adapting to university life and separation from family; difficulties in relationships with roommates and friends; recurring self-doubt, tension, depression or insomnia; constant problems with concentration and studying; over-concern with sexual adjustment; drugs or alcohol abuse; and difficulty in making decisions or commitments.

Women today face special adjustment problems, says Sharon Meginnis, mental health division counselor. The women's rights movement has provided women with more options for their lives but also more pressures. Instead of modifying the traditional roles of women, society piles new role demands on top of the old ones, she says.

Meginnis says that women who want to marry and have children often feel guilty for not pursuing a career "What I call the 'Superwoman Syndrome' happens when the woman feels that she must do everything," she says.

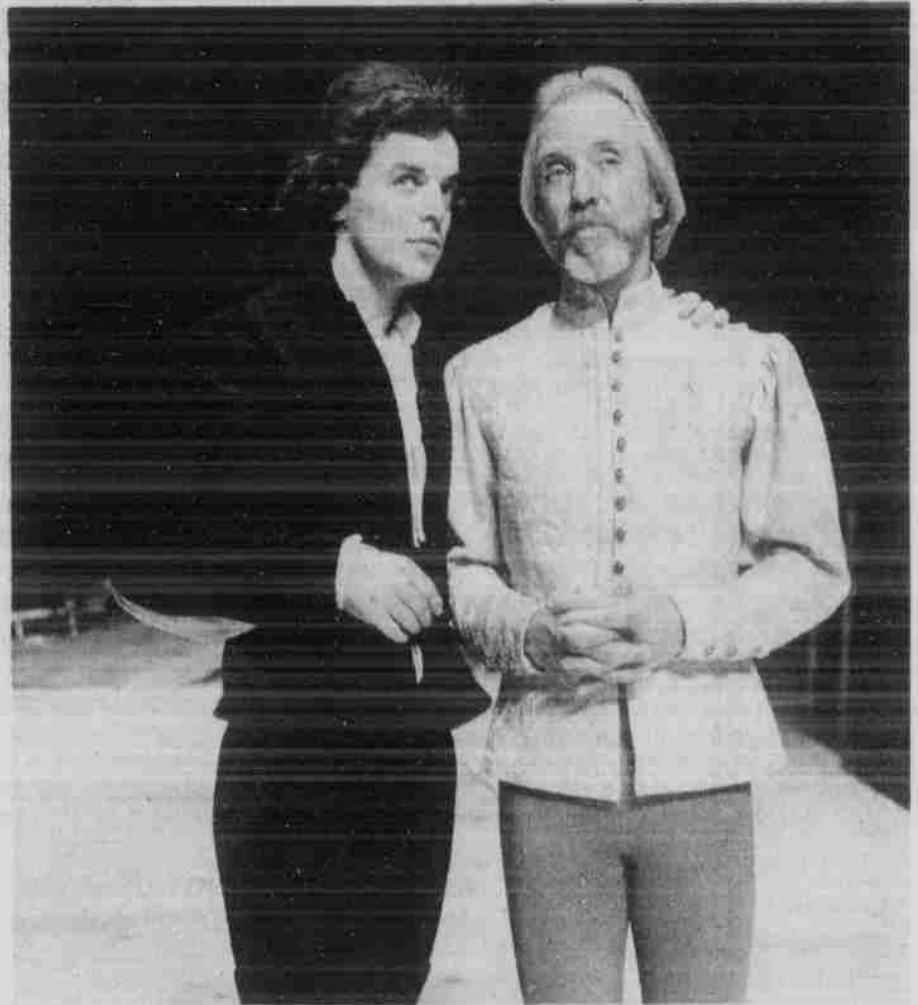
The mental health division provides free treatment to UNC students, and all visits are kept confidential. According to Liptzin, most students who come in are seen for individual short-term counseling of four visits or less.

In a crisis situation, such as a death or other traumatic events emergency care is available around the clock. The division also offers counseling for couples, group therapy and problem pregnancy counseling.

The Contraceptive Health Education Clinic is held each Tuesday night to provide information to students on forms of contraception. Problem pregnancy counseling is provided to women who receive a positive pregnancy test.

Meginnis says that during the last academic year about 200 women were seen in problem pregnancy counseling, and 120 women have come in so far this year. "This doesn't necessarily mean more women are getting pregnant but

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Ray Wise (left) plays the melancholy Dane, Hamlet, in the Playmakers Repertory Company's first production of the new year, opening next Thursday. Frank Raiter plays Polonius and PRC Artistic Director Tom Haas directs the play, which is now in rehearsal. Academy Award nominee Catherine Burns will appear as Polonius' daughter Ophelia.

Baroque recorder workshop

For those who go for baroque music, virtuoso recorder soloist Steven Rosenberg will present a free public baroque workshop at 2 p.m. Saturday, Jan. 14 at the Hill Hall rehearsal hall. The session will include a discussion of performance technique and the literature of baroque and renaissance wind instruments.

instruments.

Rosenberg also will give a free public concert of baroque music, at 4 p.m. Sunday in the Hill Hall rehearsal room. He will perform on several wind instruments of the baroque and renaissance periods.

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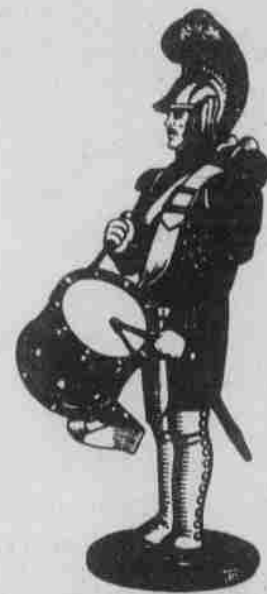
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