

BARNEY

CABLES

**Homemade Soups
Char-Broiled Burgers
Bud on Tap
& A Cozy Atmosphere**

375 E. 7th

484-7085

Counseling center helps allay stress

By GINGER BARNES
Of the Emerald

"The University is a very stressful place to be. You must remember that at Harvard — our first University — the 14 students were flogged.

"Students today are still flogged, only in different ways," says Saul Toobert, associate director of the University Counseling Center.

Toobert speaks from experience when he talks of stress and the University community. He and three other psychologists, as well as a staff of six interns and 12 practicum students, offer free counseling to University students on a daily basis.

Students struggling with depression, career or personal values decisions, or areas of dissatisfaction in their lives may contact the counseling center and its counterpart, the crisis center, for help.

The majority of the patients seen at the center are concerned about their relationships with others, Toobert says. But he and his associates offer a wide range of psychological support, from reduction of anxiety using biofeedback and hypnotic techniques to crisis intervention during on-campus emergencies.

"Skills for living, themes for

living and life transitions" are dealt with in group interactions coordinated by the counseling center each quarter. The groups provide a non-traditional learning experience to supplement academic learning and to help students realize their potential, according to a center representative.

The center also offers educational and training outreach programs across the campus. Dorm resident assistants, for example, currently are taught skills that enhance their ability to help students deal with problems.

If requested, Toobert and his associates will even visit a class on its first day to help "warm the class up, to get it socially 'un-frozen.'"

The crisis center keeps its phone lines open evenings and weekends to help people deal with problems that continue after regular office hours.

From 5 p.m. to 8 a.m., students who need someone to listen can call 686-4488 to talk about what's on their mind, says director Candy Reynolds.

"Generally, people just need to talk and need to have someone with an objective ear to listen," she says.

Reynolds explains that the word "crisis" is defined simultaneously as a danger time and as a time for opportunity. People at this point have a chance to grow from the experience and usually are willing to make changes, she says.

"At this point in their life, it isn't too difficult to come up with a small, workable plan. It doesn't need to be a real big step."

Calls range from suicide threats to drug overdoses to people facing loneliness and depression. Calls about financial problems have increased drastically since last year, Reynolds says.

"The University community is definitely more stressed out about making something of themselves now. There is anxiety about getting a good job and trying to be perfect. I basically just ask them, 'Is this realistic?' and 'What does this leave you?'"

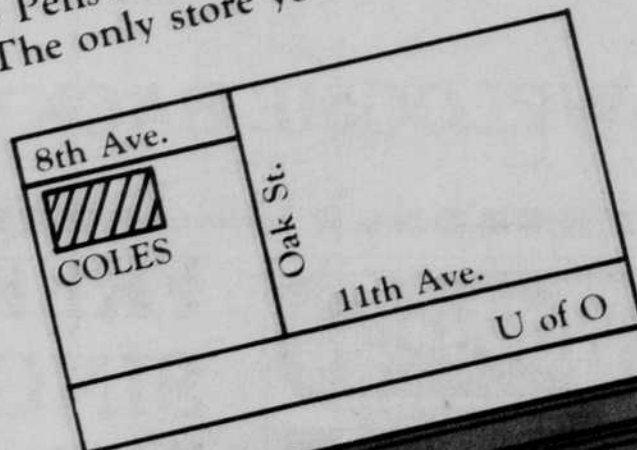
Volunteers will be needed fall term to work at the crisis center. Four workshops will be offered as training in crisis intervention and a class offered this fall, Counseling 410, will provide similar education.

The counseling center is located in Susan Campbell Hall and can be contacted by calling 686-3227.

STOREWIDE SALE
SAVE 20%
on all your art supplies for the year!

Cole's is trying to make going back-to-school just a little easier! We've marked down every item in our store 20% for all U of O and LCC students from September 24th through October 3rd. Bring in your student body card and save 20%!

Back-to-School Special
Reform Refograph Pen Set
4 Pens and Drawing Ink Only \$18.95
The only store you can buy it in Eugene!



142 W. 8th
683-5232

**Kinko's
Copies**

4¢ Self Service

- Reductions
- Two-sided copies
- bindings
- passport photos
- laminations

344-7894 764 E. 13th

OPEN 7 DAYS