

Counseling group aids minority students

By **DEBBIE HOWLETT**
Of the Emerald

Often times a "counseling" session is thought of as a visit to a "shrink" with a goatee and a leather couch.

In reality, counseling more often than not helps to educate rather than analyze, says Phyllis Richardson, a counselor at the University Counseling Center.

In recent years the direction of counseling has changed to more of a group experience than an individual encounter.

The counseling center offers many group sessions in the form of support groups and/or learning experiences. Groups range from a first term student support group to stress management workshops to weight control meetings.

Richardson, says "we're trying to meet specific student need." She says the variety of the counseling efforts is a "good start" in that direction.

She maintains counseling is more of an educational process than most people think. "Counseling is about 90 percent education," Richardson says.

Joe Wade, an intern in the counseling center, is heading a group which educates themselves. Wade's group, a support group for first term students, is basically a session designed for the "displaced" minority students.

"They're able to gain strength from association, one with the other," says Wade. He says a lot of the minority students are either from small towns or

from very large metropolitan areas and there is a lot of adjustment to be made during the first few terms.

Wade says the group learns to cope with the everyday situations that arise, having someone of a like culture or background can make all the difference whether a student will succeed or not.

Wade understands the problems "displaced" minority students suffer, having left Los Angeles for Corvallis and Oregon State University, himself. That transition was enough in itself, but Wade had to also cope with a completely different attitude toward blacks.

He finds it easy to understand the situations that happen in Eugene. Wade says that his support came from a local

person who took him under his wing.

Problems arise because there is not a large minority population at the University says Wade, and the black population is even proportionately smaller. Wade says the difference between the minority and the "majority" is that there is less of an outlet for discussion and interaction with a peer group that shares the same types of problems.

"It's tough for a minority to know if they're being discriminated against or if they are receiving the same treatment," says Wade.

Wade says the focus of the group is to "have a positive impact on the retention of minority students at the University."

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Opportunities

GET INVOLVED

Applications are still being accepted for the EMU Program rep, ASUO Program rep, and "at large" positions on the EMU Board of Directors. Help make policy, planning, and budgetary decisions. Position descriptions and applications available in Suite 4, EMU. Applications due Thursday, October 22. We are an Affirmative Action/Equal Opportunity Employer. 284:10-22

Wanted

LOOKING FOR HOUSE IN QUIET EUGENE AREA. Need 2 bedroom & 1 bath private from rest of house. Need separate living room not connected to entrance or dining area. House will be well cared for. Lease \$200-\$400 or purchase. No children or pets. references. 682-5029. 10-21

ANYONE INTERESTED IN CONTRIBUTING

your outdoor-related drawings, photos, articles, poetry with readers of the Outdoor Program's winter edition of "Free Country Times," come to organizational meeting, October 21, 4:30 p.m., at Outdoor Program. 281:10-21

Help Wanted

OVERSEAS JOBS Summer/year round. Europe, South America, Australia, Asia. All fields. \$500-\$1200 monthly. Sightseeing. Free info. Write IJC, Box 52-0R-2, Corona Del Mar, CA 92625. 11-6

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FEMALE OR MALE ROOMMATE wanted. Nice 2-bedroom apt. with fireplace. S.E. Skinner's Butte area. \$150/mo. Mike. 345-9396. 10-21

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Wednesday, October 21, 1981