

Stress: the disease of the '80s

University students today have less inhibitions but suffer more stress than the previous generation, says Dr. William Kirtner, director of the University Counseling Center.

Where university students were once too inhibited, the pendulum now has swung and children are being raised with too few constraints placed on them, says Kirtner, who has worked at five universities.

"Parents are placing too much reliance on the child for its own development," he says, adding that he would prefer a "golden mean" somewhere between the extremes.

So even though today's students are less inhibited, they're no less likely to be spared emotional challenges.

In fact, just being part of the "university process" seems to create depression and anxiety in students whether they're part of the class of '54 or '84, he says.

But help is available at the counseling center, which provides a staff of professional psychologists with doctoral degrees in counseling or clinical psychology as well as advanced doctoral and masters students in the same fields.

Besides individual counseling, the center offers group counseling, career planning, crisis counseling, couple therapy, an outreach program and a testing service.

The counseling center is located on the second floor of the student health center, its phone number is 686-3227.

Porkers grace calendar

FIRTH, Neb. (AP) — They don't play football and they look awful in bikinis, but the pigs in a new pig calendar could bring home some bacon for a photographer here.

Unlike similar spreads on the "Men of Nebraska" and "Women of Nebraska," the "Pigs of Nebraska" calendar, created by Firth photographer Eric Byorth, doesn't have people sitting poolside with water glistening on their bodies or standing beside a 10-speed bicycle wearing the latest in preppie fashions.

No, these unperturbed little

porkers are in their natural environment:

Miss September has her bottom planted firmly in some dirt. And the twins of August are rooting joyously in thick, gooey mud.

The April entry glances provocatively at the camera, muddy snout and all.

Miss July is caught napping by a wire fence.

"I was getting in a rut," explains the 30-year-old Byorth. He said recently he did the calendar because he was "looking for a way to stay creative."

Honors College seeks excellence

By Melissa Martin
Of the Emerald

The University Honors College, one of only 12 in the nation, avoided publicity in its younger days out of fear the rest of the University would accuse it of "elitism."

Today, the Honors College uses its high-quality program on a public education campus as a defense to elitism, says Alan Kimball, the program's director for the past six years.

"Our goal is quality that is not inferior to anywhere in the world," he says.

Kimball says the Honors College wants to "exhaust all areas of the University," and not just exist as a secluded world on campus.

The Honors College is located on the third floor of Chapman Hall, the former 1939 home economics office. The kitchenette and cozy fireplace in the seminar room are still part of the building.

"Good students committed to and identified with studies" make up the main ingredient in the "extra high level" of education the Honors College offers, Kimball says.

Honors College students, who average about 15 students to each professor in the classroom, are not ashamed of being dedicated to studies and this "spills over to everything a good student does, from athletics to having a beer on a Friday," Kimball says.

Even though the Honors College maintains three resident faculty members hired from a national search of more than 100 applicants, the college still relies on more than 35 of the 1000 University professors Kimball describes as "excellent."

The Honors College resident professors are active, successful and publishing scholars, Kimball says.

"They are outstanding people committed to teaching," he says.

Kimball defines the academic goals as a "high level challenge in eight different areas of study."

Partly influenced by well-rounded classical Greek education, the Honors College caters to the student serious about learning and not just concerned with getting a job after graduation.

More than 400 students are enrolled in the Honors College — almost breaking the record of 460 in the mid '60s, the director says.

"I'm confident within a couple of years the Honors College will have roughly 500," he says.

After completing the four-year honors program which includes a thesis and an oral examination, students will have a solid, comprehensive transcript behind them which shows they've done well in their studies.

Kimball, who does not consider himself an administrator, says he is fulfilling his teaching experience by meeting the frightened students entering the program and watching them grow.

"This is the rewarding part of the job."

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