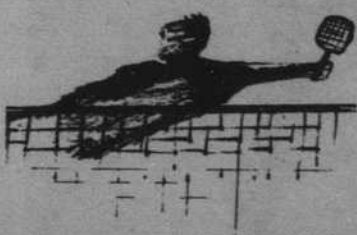


SAVE  
for Spring  
Registration

# THE CONTINUATION CENTER

IN ASSOCIATION WITH  
THE COLLEGE OF HUMAN DEVELOPMENT AND PERFORMANCE  
WOMEN'S STUDIES PROGRAM  
THE DEPARTMENT OF LANDSCAPE ARCHITECTURE  
THE DIVISION OF COUNSELING & EDUCATIONAL PSYCHOLOGY  
SPONSERS THE FOLLOWING SPRING TERM

CONFERENCES • WORKSHOPS • SHORT COURSES



## HEALTH AND FITNESS IN THE WORKPLACE

Fourth Annual Conference  
April 11th and 12th  
Eugene Conference Center  
1 Credit HDEV 408G (TLN 7947)  
Sponsored by the College of Human Development and Performance  
\$25.00 Student Conference Fee  
Includes entrance to all presentations, materials packet, Thursday luncheon and evening social and a microcomputer-generated health practices assessment.  
**Health Promotion**  
Len Tritsch, Health Promotion Specialist and Physical Education Consultant, Oregon Department of Education.  
**Program Evaluation & Corporate Benefits**  
James Terborg, University of Oregon.  
**Stress**  
Randall Cottrell, University of Oregon.  
**Options in Fitness Testing**  
Doug Seelbach, University of Oregon.  
**Corporate Fitness**  
Ronda Gates, Owner, Systems Fitness, Lake Oswego, Oregon; Secretary/Treasurer, Association for Fitness in Business.  
**Understanding Corporate Politics**  
Susy Wagner, RISK Manager, City of Eugene; Lauren Chouinard, Director, Employee Health/Fitness, City of Eugene  
**Career Counseling**  
A panel discussion with Randall Cottrell, W. Brent Arnold, Susy Wagner, Lauren Chouinard, and Doug Seelbach.

**Medical Self-Care and Lifestyle**  
Jody Krall, Western Region Marketing Manager, Center for Corporate Health Promotion.  
**Developments in Health Promotion**  
Nancy Stevens, Regional Health Educator, Kaiser Permanente, Department of Community Medicine.  
**Xerox Corporation and Employee Fitness**  
W. Brent Arnold, Author, Consultant and Manager, Physical Fitness and Recreation, Xerox Training Center.  
**Benefits of Leisure in the Workplace**  
Christopher Edginton, University of Oregon; Gaylene Carpenter, University of Oregon  
**Microcomputers for Health Promotion**  
Blair Irvine, University of Oregon; Ernie Andolfi, University of Oregon.  
**Making Your Fantasy Weight a Reality**  
Mark H. Gibbons, Director, Center for Health Promotion, Providence Hospital; Susan J. Meyerott, Coordinator, Weight Management Clinic, Providence Hospital.



## STEPFAMILIES: UNDERSTANDING THE DILEMMA DEVELOPING SURVIVAL SKILLS

Workshop April 20th  
Central Presbyterian Church  
1 Credit CPSY 408G (TLN 7941)  
Sponsored by the Division of Counseling and Educational Psychology

\$25 Student Workshop Fee  
Includes entrance to all presentations and materials packet.  
Featured speakers: Judge William Beckett; Attorneys John Gartland, Jim Melamed and Jane Gordon; Educational Policy Specialist David Percy; Mary Dwan, and Juvata Rusch.  
Topics include: Stepfamilies' unique psycho-social structure; typical dynamics and case histories; a judge's perspective on stepfamilies and attorneys' responses; will, visitation and custody arrangements; how children's developmental stages affect stepfamilies; practical suggestions for daily life; videotapes of teens from stepfamilies and responses by local children and teenagers from stepfamilies; information on stepfamily support networks.



## NORTHWEST RENDEZVOUS '85 "OREGON COLLAGES"

Conference April 18th-20th  
University of Oregon Campus  
1 Credit LA 406G (TLN 7943)  
Sponsored by the Department of Landscape Architecture  
\$25 Student Conference Fee  
Includes entrance to all presentations, Thursday evening reception, Saturday lunch and Saturday Bash.  
Featured speakers: Al Urquhart, Ron Lovinger, Garrett Eckbo.

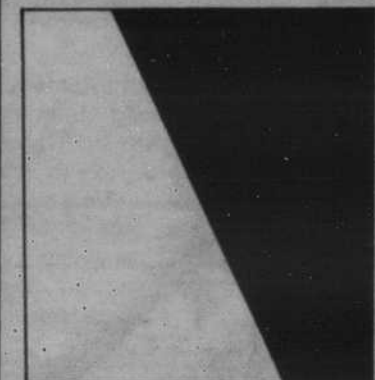
Damon Ohlerking, Alcibiades Tsolakis, Art Kruckeberg, Robert Melnick, John Hoge, Cornelia Oberlander, Randy Hester, John Benson, Steve Lindsay, Kenneth Helphand, Peter Berg, David Vala, Jim Burns, and Tom Forster.  
Topics to be covered: historic preservation, design process, land reclamation, environmental art, landscape ecology, solar ordinances, bio-regionalism, the Chinese landscape, and more.  
In addition, a Friday Evening Film Presentation will feature Sue Yung Li, Filmmaker and Landscape Architect from San Francisco, with her film series: "A Taste of China."  
All those interested in exploring the world of the designer are invited and urged to participate in what promises to be an extraordinary three-day event.



## BODY IMAGE

A New Spring Term Course  
Tuesday evenings 7:30-9:20  
Room 260 Condon Hall.  
2 Credits WST 410M (TLN 7940)  
Sponsored by Women's Studies  
Barbara Weinstein, instructor  
\$20.00 Self-Support Fee  
Includes all course materials.  
"Body-Image" addresses the pursuit of thinness as a female ideal and the rise of eating disorders. It places abnormal eating behaviors and attitudes toward the female body in a cultural context, drawing connections between health, food supply, women's role in society, and stereotypes of beauty.

Topics to be covered: changing stereotypes of female beauty, diet and culture, reducing diets, selling women as a commodity, appearance of the "femme fatale," changing dietary patterns in America, eating disorders including anorexia, bulimia, compulsive overeating and obesity, understanding fat and thin in context of a women's place in contemporary society, and practical solutions for modern American women.



## YOUTH: ALCOHOL AND DRUGS

Workshop May 4th  
Eugene Conference Center  
1 Credit HS 408M (TLN 7315)  
Sponsored by the Department of Human Services  
\$20.00 Student Workshop Fee  
Includes workshop presentations, lunch, materials and parking.  
Featured speakers: Richard Schlaadt, Department Head, School and Community Health, University of Oregon; Mikal Krummel, Youth Program Manager, of Drinking Decisions in Eugene; Mary Kay Brent, R.N., Nurse Therapist at Sacred Heart Hospital Adolescent Care Unit; Stephanie S. Miller, Therapist in the Eugene Area and Youth Alcohol Counselor with Looking Glass.  
Presentations include: Perspective on Drugs; Outpatient Therapy; Focus on the Family; Inside Contemporary Teenage Drug Use; Talking to the Youth; Adolescent In-Patient Treatment.

## MICROCOMPUTER LABS

**INTRODUCTION TO MICROCOMPUTER APPLICATIONS.** This course is designed to help students become familiar with the microcomputer and several of the more popular microcomputer applications. Students will learn how to operate microcomputers and gain experience with word processing, spreadsheets and database management. Topics will be introduced in the lecture and a two hour hands-on lab section will assist students to gain a "working" knowledge of the application. No prior microcomputer experience is required.  
CIS 199. TLN 1759M. 3 credits. Meets Wed. 10:00-11:20 124 Condon School, plus lab. P/N only. Alternate section available (Wed. 13:30-14:50, TLN 7124M) All labs meet in 124 Condon School.

**WRITING WITH COMPUTERS.** This course, designed for students in history, social sciences and humanities, is an introduction to composing and editing on a word processor and database management. Topics will be introduced in the lecture and a two hour hands-on lab section will assist students to gain a "working" knowledge of the application. No prior microcomputer experience is required. Each student will have as an objective a brief report on a designated body of data. Possible topics might include the arms race or voting patterns in the state of Oregon.  
HST 199. TLN 7325. 3 credits. Meets Thur. 15:30-17:20 in 242 Gilbert Hall, plus lab. P/N. all labs meet in 310 Gilbert Hall.

### FOR FACULTY AND STAFF ONLY:

**BEGINNING LOTUS 1-2-3:**  
This is a beginning level class using the Lotus 1-2-3 Spreadsheet Program on the IBM Personal Computer. We will begin with an introduction to the IBM computer and work through most major areas of the Lotus program. This class will be held each Wednesday for 5 weeks, April 10th through May 8th, from 8:00AM to 10:00AM, in Room 309 Gilbert Hall. To register please call Ext. 4231. Cost for this class is \$45.00 per student.

**INTRODUCTION TO MICROCOMPUTERS IN BUSINESS.** This course is an introduction to microcomputers in a business setting using the Apple Macintosh. Areas to be covered include word processing, spreadsheets, database management, business graphics and critical path scheduling. The emphasis of this course will be in business related applications. Topics will be introduced in the lecture and a two hour hands-on lab section will assist students to gain a "working" knowledge of the application. No prior microcomputer experience is required.  
BE 199. TLN 7125. 3 credits. Meets Mon. 15:30-17:20, 138 Gilbert Hall, plus lab. This class must be taken concurrent with BE 199: Special Studies: Micros, TLN 7953, 1 credit. All labs meet in 310 Gilbert Hall.

**INDEPENDENT STUDY MICROCOMPUTER.** This is for students who would like to improve their computer skills by spending more lab time on the computer. There will be an orientation session. The remainder of the class will be spent in the lab and two meetings with the instructor. Each student will develop a contract stating the skills they intend to acquire and develop over the term. After the contract is accepted by the instructor, the student will come to the lab for independent study. Information regarding the time and meeting place of the orientation will be available at Mac Court MICROLABS table.  
PPPM 410G. TLN 7471. 3 credits. 127 CONDON SCHOOL. P/N.

**BEGINNING WORD PROCESSING:**  
This is a beginning level class using IBM Wordproof and Microsoft Word on the IBM Personal Computer. This class should prepare you to use the word processor to do most of your typing and memo preparation while on the job at the University. The class will be held each Tuesday for five weeks, April 9th through May 7th, from 8:00AM to 10:00AM, in room 309 Gilbert Hall. Cost for the 5 week class is \$45.00 per student. To register please call Ext. 4231.

DETAILED COURSE INFORMATION AND BROCHURES ARE AVAILABLE AT  
THE CONTINUATION CENTER • 333 OREGON HALL • 686-4231