

Student Bar Association sponsors lectures

Basic legal rights and remedies will be the topic of a series of free lectures sponsored by the University Law School Student Bar Association beginning Wednesday.

People's Law School, which will host the series, is a community education program created to provide basic legal information for those who may not be able to purchase that information, said Edward Gerdes, PLS co-director.

"The students felt that they had a responsibility to the community to give back some of the knowledge they are learning to the community," Gerdes said.

"PLS also gives law students an opportunity to express what they have learned in a setting which is beneficial to understanding how legal theories are applied in practical settings," said Jill Allyn, PLS co-director.

Because People's Law School teachers are

law students, law prohibits them from giving specific legal advice, Gerdes said. However, teachers can explain what specific rights the law provides.

Now in its 16th year, the program is being offered after a one-year absence. PLS, which has been in planning since August, is composed of three co-directors and 20 first-, second- and third-year law students who will teach the courses.

Originally, PLS was a subgroup of the National Lawyers Guild, but has since become its own independent group.

The classes will be held on Jan. 29 at Santa Clara Elementary, 2658 River Road, Eugene; and on Feb. 26 at Springfield Middle School, 1804 G Street, Springfield. Participants need not register and there are no required books or readings, Gerdes said.

The schedule for both nights includes:
•Getting Legal Advice — When do you

need it? What community resources are available? What if you are dissatisfied? 7:15 p.m.

•Landlord-Tenant Law — What happens to your security deposit? Can you be evicted? What rights do you have? 7:15 p.m.

•Using Small Claims Court — What is a small claim? What's involved in making a claim? How should I prepare for the court appearance? 8 p.m.

•Juvenile Rights — What special rights do juveniles have? Who can assert those rights? 8 p.m.

•Buying and Selling a Home — How do you put a house on the market? What are your rights as a buyer? What is an earnest money agreement? 8:45 p.m.

•Creditor-Debtor rights — Can your creditor take that new car? What can you do to protect property from overzealous creditors?

For additional information call 686-3882.

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really dependent on making the correct choices as to what you're going to put off," she said.

Students who get a handle on procrastination are more likely to graduate, or at least to "get through life more gracefully," she said. "It will be the difference between getting what you want or not."

There are eight styles of procrastination, and most people fit into at least three of the categories, Cornyn-Selby said.

"We say procrastination and we think it's this huge thing," she said. "You need to find the definition that fits you."

The action-junkie procrastinator, the perfectionist procrastinator, the crazy-making procrastinator and the "nice" procrastinator are some of the eight procrastinating styles.

There are benefits to each style of procrastination, so Cornyn-Selby does not recommend giving up putting things off, but instead recommends

understanding and modifying styles of procrastination, she said.

For example, the action-junkie procrastinator often puts things off until the last minute because it's more exciting, Cornyn-Selby said.

"People say 'I work well under pressure,'" she said. "A lot of people can't work well unless they wait."

Because this type of procrastinator craves action and excitement, the procrastination can stop if the person receives action in other ways, Cornyn-Selby said.

Procrastination is one of the worst forms of self-sabotage, she said.

"It is, simply, when we say we're going to do something and then we go about making sure it doesn't happen," according to her book.

"People are sabotaging their own efforts," Cornyn-Selby said. "People will say they need to lose weight while eating a hot fudge sundae."

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