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Health Education Workshops

All workshops are free to registered students. Call 346-4456 to preregister.

Weight Management

This is a six-week workshop to assist participants in weight loss & weight management. Behavior change strategies, nutrition, exercise and relapse prevention planning will be discussed. The last class will be a low-fat cooking demonstration.

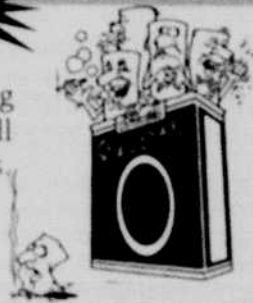
Mondays, 3:00-4:00 p.m., April 17-May 22
Medical Library, Student Health Center



Smoking Cessation

An eight-week educational support group for those wanting to quit smoking and those who have already quit. Emphasis will be placed on recent findings and overcoming perceived barriers.

Wednesdays, 3:00-4:00 p.m., April 5-May 24
Medical Library, Student Health Center



Relaxation

A four-week workshop for those who want to learn a variety of relaxation techniques. We will explore yoga, meditation and massage. A great way to relieve stress and enhance your life.

Tuesdays, 4:00-5:30 p.m., April 18-May 9
77 Esslinger Hall



Vegetarianism

A four-week workshop for those interested in becoming vegetarian and for those already vegetarian and looking for new recipes or are concerned with proper nutrition. The last two classes will be cooking demonstrations.

Tuesdays, 3:30-5:00 p.m., April 12-May 3
Medical Library, Student Health Center



Self Defense

A four-week workshop for both men and women covering basic self defense. A great way to learn more about prevention, how to construct a safe environment and increase confidence and self awareness.

Thursdays, 4:30-5:30 p.m. April 27-May 18,
77 Esslinger Hall



Student Health Center
Health Education Program

ET ALS

MEETINGS

Student Health Advisory Committee will meet today at 3 p.m. in the Student Health Medical Library. For more information, call 346-4447.

MISCELLANEOUS

Race Task Force will meet today from noon to 1 p.m. in the EMU Multicultural Center. For more information, call 346-3236.

Muslim Student Association will sponsor a lecture about Islam tonight at 7 in Room 107 Esslinger. For more information, call 346-6798.

Lane Community College Downtown will sponsor "International Career Opportunities" with Jake DuDell Satur-

day from 8:30 a.m. to 12:30 p.m. at LCC Downtown Center, 1059 Willamette St. There is a \$9 fee. For more information, call 726-2252.

Career Center will have sign ups for an interview today and Monday for the following organizations: Pacific Office Automation, Enterprise-Rent-A-Car, Symatec, JC Penney, PetSmart, Copeland Lumber, Corner, Dictaphone, RH Macy's, American Greetings, Ford Motor Credit and Cintas. For more information, call 346-3235.

Pacifica Forum will have a report, "Update on Nicaragua," by Leah Kaphan-lidis today from 11:45 a.m. until 1:15 p.m. at the Wesley Center, 1236 Kincaid St. For more information, call 346-4694 or 344-0483.

COMPUTERS

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"This budget is a wake-up call," said Art Foley, chairman of the committee. "This \$600,000 is buying you access to information, and not access to hardware."

The committee also made the recommendation last year for the mandatory \$50 technology resource that every student pays each year in addition to tuition.

The fee helped pay for universal student access to the Internet via Gladstone, 64 high-speed modems, free access to the EMU computer lab, and computer lab expansions in the Knight Library, Science Library and the Social Science Instructional lab.

Some of the committee's recommendations for the \$600,000 include:

- \$125,000 to maintain Gladstone. The University Computing Center anticipates more than 10,000 Gladstone users by June 1995.
- \$150,000 to purchase 200 additional modems next year. By May 1995, only 226 modems will be available for 1,500 users. The Computing Center projects the student, faculty and staff user-base will grow to more than 15,000 during the 1995-1996 academic year.
- \$120,000 to upgrade EMU computer lab equipment. Sixty obsolete PCs will be replaced by 35 new Power Macs. Students with portable computers will find additional docking ports in the lab.
- \$100,000 for the Educational Media Lab.

PROGRAM

Continued from Page 1

tion by a program counselor with the interested teacher, parents of the kindergartner and the child. If all agree to try the program, each one signs a contract.

An important part of the program is that everyone, including the child, agrees to participate, said Bruce Stiller, the program's behavioral consultant.

The CLASS component works on a point and reward basis that involves the entire class even though only one or two students are involved in the actual program.

For the first six days, the consultant works closely with the child, displaying cards for good and not-so-good behavior.

When the child is shown a green card, he or she is praised for good behavior and earns points. If the child is acting out or not staying on task, he or she is given a red card and points are deducted.

A certain number of points are needed to earn rewards, some of which include extra play time and games. However, if the child doesn't earn enough points, it's announced to the class that he or she can try again the next week.

Ryan's classmates enjoy the rewards, Craven said, and they also help him and remind him to act appropriately. The CLASS component lasts six weeks with the teacher taking the consultant's place after the first week.

Ryan successfully finished the CLASS component Wednesday, earning enough total points to get not one, but two rewards: The first was a Lego "Aqua-Shark" from his proud parents.

The second reward Ryan had been planning for weeks. An avid space-fan, he had the class build space stations and rockets Thursday. He was quick to point out his favorite planet is Saturn, and one might be surprised to find how knowledgeable this kindergartner is.

Craven said she appreciates the program and would use it next year if she has the opportunity.

"Most students who are acting out only get negative attention, and this also draws attention away from the other students," Craven said. "This program allows me to give Ryan positive attention, which is very effective."

Home Base, the other component, works with parents of at-risk kindergartners to teach their children behavioral and social skills in order to get a good start in school.

The consultant meets in the child's home once a week for six weeks, and the parents and child are expected to practice the skills at home.

Ryan's parents, Meredith Keene-Wilson and Dennis Wilson, said they have learned numerous skills in promoting not only good behavior, but also calming Ryan down when he gets bursts of "explosive energy."

"The program has reinforced old skills that we just got lazy with," Keene-Wilson said. "It made us focus on our follow-through." She added that Ryan is much more cooperative at home now and realizes it's easier to just do his tasks rather than complain about them.

First Steps is currently in its second year of the research phase where it is being offered in the 4J School District. Next year, the program will be rewritten to make it more user-friendly, Stiller said. Then it will be published and "packaged" for other schools to adopt in Oregon school districts as well as across the nation.

The program has already received enormous support, founder Walker said. The head of the Kentucky school system was so impressed by the program — even in its research stage — that he had some project coordinators travel there to train teachers to start the program.

Results from last year's study of 24 children, parents and teachers have been very positive, Walker said.

"I've never seen cross-year maintenance effects as positive and as high as these in my entire career," Walker said.