

Sessions help students adjust

■ **COUNSELING:** The shift to the University can be hard on students, but help is available

By Tom Potter
Student Activities Reporter

The University is a new place for some. And with it can come new problems.

Adjusting to a new environment can be difficult for some students. Having to deal with possible loneliness, isolation, homesickness and even cultural differences can leave students feeling left out.

But students suffering from these feelings can seek help. Counseling sessions for students suffering from these feelings take place every Wednesday afternoon from 3:30 to 5 p.m. in Carson 152.

"I think there is a lot of need," said Mark Evans, staff psychologist for the Counseling Center. "A lot of students have trouble connecting. Our goal was to talk about those things."

The meetings focus on freshmen and transfer students who are feeling out of place. The gath-

erings are open to any student who wants to talk about his or her situation. The counseling sessions are conducted by Evans and Rick Ginsberg of the counseling center.

One student who went through the counseling sessions said being able to talk about his problems really helped resolve his feelings about living in Eugene.

Tom Morgan, who came to the University after one year at a Washington community college, said coming to the University and living in Eugene was hard for him because there was a lack of things for him to do.

"It's nice to talk to somebody that's impartial," Morgan said. "If you talk to this guy, he cares and helps you sort it out."

After living in the Seattle area where he was a musician and played in a band, it was hard to live in Eugene because there wasn't the same opportunity to play his music, Morgan said.

"I think any time people move and do something new, there is the loss of familiarity," Evans said.

Morgan went to the counseling

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sessions because he wasn't sure whether he should go back to Seattle or stay here, and he was dealing with pressure from his parents to return home.

However, after going to the counseling session and talking with Evans, Morgan said he felt better even though he still hasn't decided what he is going to do.

"[Evans] didn't even say anything, he just sat and listened to me talk, and it made me feel better," he said.

Students can check out the sessions to see if it is what they are looking for without fear of any commitment, Evans said.

"We'll talk about whatever comes up," Evans said.

Kazutaka Uchida Stonecarving Workshop

Arts 408/508 3 Credits \$295 Tuition; \$80 Materials Fee
Dec 14-Dec 22 9am-5pm Rm 103A North Site Sculpture Building

The Uchida Stone Carving Workshop is an opportunity for sculptors of all ability levels to work with and learn from the distinguished Japanese artist, Kazutaka Uchida. Uchida is one of Japan's foremost artists.

The workshop is an intensive 9 day experience in both traditional and contemporary techniques and approaches to carving. Working in the sculpture studios and courtyard of the University of Oregon sculpture area, participants learn from Uchida; University of Oregon Professors Laura Alpert and Tom Urban; and guest artist/instructors. Workshop assistants are on hand to help participants with tools, techniques and questions.

For more information and registration forms, contact the Department of Fine and Applied Arts, 198 Lawrence Hall, 346-3610.

New Art Course! Open to all UO Students

"Understanding Contemporary Media" Art 208 Foundations
(CRN#25749)

Winter, 1997
(Painting/Fibers/Metalsmithing)

Spring, 1997
(Electronic Media/Multi-Media)

"Understanding Contemporary Media" is:

- Four credits
- Tuesday/Thursday
- 12:30-13:50
- 177 Lawrence

A series of lectures by faculty and visiting artists from the Department of Fine and Applied Arts. Lectures will examine contemporary developments in specific fields of visual expression with emphasis on the materials and processes that result in contemporary works of art. Curriculum will include regular visits to exhibitions and events that relate to the contemporary visual art content of the course.

ET ALS

MEETINGS

EMU Board will meet today from 4 to 6 p.m. in the EMU Board Room. For more information, call 346-3720.

ASUO Women's Center will sponsor a meeting of the Women in Transition discussion group from noon to 1 p.m. today in EMU Century E. For more information, call 346-4095.

LGBT Educational and Support Services Program will sponsor

a drop-in group for lesbian and bisexual women today from 3:30 to 5 p.m. at the Koinonia Center, 1414 Kincaid St. For more information, call 346-1134.

ASUO Student Senate will meet Thursday at 7 p.m. in the EMU Oak Room. For more information, call 346-3749.

Running Club will lead a meeting for interested students today at 8 p.m. in EMU Century A. For more information, call 346-8449.

MISCELLANEOUS

Office of Academic Advising and Student Services will sponsor a workshop for students thinking about applying to nursing school, held from 3:30 to 5 p.m. today in 164 Oregon Hall. For more information, call 346-3211.

University Women's Club will sponsor a lecture by Professor Lauren Kessler titled "Why People Do Not Trust the Media" today at noon in Gerlinger Hall. For more information, call 895-2143.

CHARLES H. LUNDQUIST COLLEGE OF BUSINESS PRESENTS

BROWN BAG RESEARCH SEMINAR SERIES

Family-Owned Businesses: Particulars, Pitfalls, and Payoffs

PROFESSOR PAUL FRISHKOFF

Find out about:

- Demographics—some surprising—about family-owned businesses
- Unique problems (and how to avoid them) and rewards of family-owned businesses
- Resources available for research and in-depth learning

Ample time for Q&A

FRIDAY, NOVEMBER 8
NOON 330 GILBERT
UNIVERSITY OF OREGON

FOR MORE INFORMATION: 356-3353

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Information Session

Date: November 18, 1996

Time: 5:00pm - 7:00pm

Place: Fir Room, Student Union*

We will be recruiting for the following groups:

Planning and Logistics
Materials and Corporate Services
Accounting
Finance

* Check confirmed room location with Career Services Placement Office on campus.

For more details, see us on the World Wide Web at
www.intel.com/intel/oppty

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