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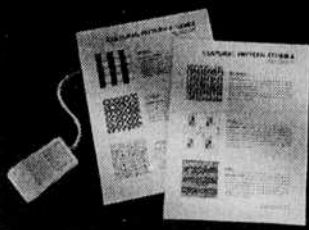


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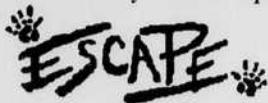
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# Center helps solve problems

**■ COUNSELING:** From homesickness to management skills, the University has a program that can help

By Ben Kwasney  
Higher Education Reporter

Students who experience depression, social anxiety, stress and relationship problems are the most common visitors to the University's Counseling Center, said Nancy Taylor Kemp, staff psychologist and outreach coordinator for the Center.

"We want to help facilitate student development and help students meet their academic goals," she said.

The center helps students through individual and group sessions.

"Group is very effective in helping people work through those types of problems," she said.

Workshops and group sessions are offered in the counseling center and residence halls.

### COUNSELING CENTER

- **WHERE:** Second floor of the Student Health Center
- **DROP IN HOURS:** 9 a.m.-12 p.m., 1-4 p.m. M-F, emergency hours 8-5 p.m. M-F.
- **SELF-HELP AND OTHER INFORMATION:** <http://oregon.uoregon.edu/~gtistadt/counsel.html>

"We try real hard to have them be down-to-earth and [provide] practical information people can use," she said.

Some of the workshop topics include eating disorders, multicultural support, relationship issues, lesbian/bisexual support and stress management skills.

"The helpful thing about working with the University population is that a lot of students are at a point in their lives where they are really curious," she said. "They're very willing to grow."

First-time clients of the Center can come in on a drop-in basis to meet a counselor and discuss the

severity of the problem and a course of action.

The primary courses of action are typically problem-solving sessions, individual or couples counseling, group therapy or referral to another University or community resource.

If a student's been feeling unusually down for at least two weeks, they should consider visiting the center, Taylor Kemp said. She also said students who are having trouble attending class should seek help.

Emergency assistance is available Monday through Friday from 8 a.m. to 5 p.m. An example of an emergency situation would be a person in danger of harming themselves or another person, she said.

In Oregon, all conversation with clients is confidential unless the client agrees to waive that right. The Center can choose to break confidentiality in cases of child abuse or other harmful situations, Taylor Kemp said.

# Smokers urged to take healthy hike

**■ QUITTING:** Acupuncturist will be on the scene to help stave off nicotine cravings

By Patty Wentz  
Freelance Writer

Smokers have a new challenge. The Student Health Center is challenging people to prove how healthy their lungs are by hiking up nine flights of stairs to the top of Prince Lucien Campbell Hall.

The hike is being organized in honor of today's Great American Smokeout. The "Walk of Life," which will take place at 3 p.m. today, is the main event in a week of activities designed to help people stop smoking.

Annie Dochnahl, an educator with the health center, invites

anyone, smoker or otherwise, to show up at 180 PLC to join the vertical trek. Walkers will be entered into a grand prize raffle to win cross country ski lessons.

Smoking is a problem, whether you are a daily smoker or just bum cigarettes at social events, Dochnahl said.

"There is no acceptably safe level of smoking. While there are studies that show having one drink a day provides cardiovascular benefits, there are none that show smoking causes anything but harm," she said.

According to the 1996 Student Health Center Survey, 50 percent of respondents consider themselves to be smokers. Sixty-six percent of the respondents were freshmen and sophomores.

Dochnahl said studies show the more educated people are, the less likely they are to smoke.

She encouraged people who think it's too late for them to quit. Smokers just have to quit, something people do everyday, she said.

The health center will have an information table in the EMU today and "Buddy Packets" for people who don't want to do it alone. A pair of smokers can provide moral support for each other, or a non-smoker can sign up to help someone they know who wants to quit.

The health center also is providing an acupuncturist to help people through the cravings and anxiety that can come from quitting in a cold turkey fashion.

The Emerald is now accepting applications for next term's staff. The following positions are available:

- Managing Editor
- Editorial Editor
- Copy Editor
- Higher Education Editor
- Higher Education Reporter
- Community Reporter
- Multicultural Issues Reporter
- Photographer
- Page Designer/Graphic Artist

The deadline to apply is **Wednesday, Nov. 27**. Applications can be picked up at our office in Suite 300 of the EMU. Please submit a resume and work samples with your application. The *Oregon Daily Emerald* is an Equal Opportunity Employer committed to a culturally diverse workplace.

