

Outlet to accomodate women

by Kelly Laughlin
The Print

Under the direction of Chairperson Bernie Nolan, the Focus on Women program, with 10 seminars and eight regular classes scheduled, is moving into high gear for the spring term.

One course, *Upward Mobility for Working Women*, is headlined as an excellent class to sign up for by Nolan, who said, "it will be taught by Amy Trost, who has worked in managerial seminars all over Oregon. She is a consultant and management development specialist with a wide background in training and education. She is doing workshops for other places, and charging a lot of money for her services. We have her available for a class. Part of the strength of the Focus on Women program is bringing in specialists."

According to Nolan, Trost will be helping her students look at goals, whether they be a task or a promotion in

business, and become equipped to realize their dreams, large or small. Energy, time, attention, and other costs will be discussed.

Women as Winners, will focus on acquiring a basic understanding of Transactional Analysis and self awareness. Nolan said the program will provide women with the theory and experience necessary for increased awareness of the self. Another course, *Women and the Arts*, which is in its third term of existence, "will explore all the different things that women are involved in music, writing, painting, and all the other art forms."

Nolan talked about some of the problems that will be dealt with in Educational Development—Re-Entry Women, offered on a seminar basis in the spring. "The class is basically for women who are re-entering school after five years or more out. One of the problems we will be talking about is when you come in to school, and you feel like an odd ball, you have the feeling that your brain is

kind of rusty, and you're not able to handle it. It is scary for almost anyone who has to change lifestyles. Some have the pressure of thinking that they have to be academically superior to survive. In a community college, that just isn't true."

The other thing that women find, Nolan said, is that their brain is really much sharper than it was at age 18. "The experiences that you have had, coupled with your maturity, have an educational orientation. They are also more goal oriented. They know what they want to learn, and they have a glow about them, an excitement about learning."

But guilt is another problem that they will have to deal with, Nolan said. They feel that some how they have to be with their families, and home. "You've been taught that you go home and fix dinner for your family, and that is your job for evermore. When women return for school, there won't be time to deep-clean the stove, and cover all those

bases. Someone else will have to help."

In this respect, it is a great growth process for kids, Nolan added. "Instead of whining and making demands, they will learn to help and be more responsible."

A recent drop-out problem in the college nursing program has pointed out the need for a wife-student transition program at the College. Nolan said the most primary need is for the women who feel "they don't know if they can continue with this kind of pressure. Sometimes they just need people encouraging them to go on and giving them support. Last term there was a large drop-out in the nursing program simply because they felt they could just not take the work load," she said.

When the mental health enters into this difficulty, Nolan stated that the most pressing need is for women to be given support by women. "In the school readjustments, the work readjustments, all of these kinds of problems deserve some kind of support group at the College," she said.

The strongest change that Nolan sees women going through currently is a role change, not always brought about by choice. "When you are standing out there with the storm at your back, you have to make a decision that somehow you will survive. Women are no longer taking care of a family as much, and there are many that, because of divorce or separation, become economically independent," she said.

Additionally, women are looking at themselves differen-

tly. "Instead of saying, 'Well, who am I? I am Joe's wife,' now they are beginning to say, 'Yes, I am me.'"

But Nolan continued that women will have to handle the egotistical aspects of a working role just as men have for much of history itself. "They will have to be careful about feeding their ego, to handle the 'dragon' in the work world."

Working without pay for nearly three years in the Focus on Women program, Bernie Nolan was ready to give up. "It was very difficult for me to handle the burden of coming in late at night and putting in all that extra time." But Nolan conducted a seminar in January, and with the holidays on the onslaught, along with winter, she didn't expect an overwhelming turnout. "We had 27 women show up. What was really exciting to me was that out of this number, only three were students at CCC. The fact is that the seminars have become a touching point for people in the community," she said.

Currently, Nolan is receiving a minimal fee for her efforts as Focus on Women director, and she is excited about having specialists talk in their field. "It is really a benefit to the College to have name people available to do seminars and classes."

Although the budget is limited, Nolan said Focus on Women has attracted two nationally recognized speakers, Nancy Friday and Susan Gilmore. "They cost a lot of money to get in, but the steering committee will have to discuss that to see if we should keep this kind of thing in existence," she said.

Center to aid handicapped

The college's Handicapped Resource Center, now open daily from 8 a.m. to 8:45 p.m., is being staffed by three physically handicapped students, Rebecca Reise, Jim Huskey and Assistant Director Jean Seibert.

The center is currently recruiting a full-time director, and several applicants are being considered, according to Human Services Director Larry Crosby.

The HRC will staff a table in the Community Center Mall during spring registration so that persons who have "hidden handicaps" and other physical disabilities can obtain more information on the services available at the College, Seibert said.

The assistant director outlined several facets of the Handicapped Resource Center. It will provide instruction, serving as a training site for human service specialists who want to work with handicapped persons in a college or community setting.

"Community participation must be the strong arm" of the HRC, Seibert added. "If the center has strong community participation, it can better meet the needs of handicapped students both on campus and in the community."

The center will also be working on publicity to keep the community informed on events and activities offered.

"Too often, handicapped persons are seen as a problem rather than as a resource by the community," Seibert added.

The correct that problem, the center will set up a volunteer clearinghouse to benefit the community.

The clearinghouse will be manned by disabled students from the

College, he said.

Seibert believes the center's advocacy and referral service "is the most important phase of the HRC." The Center will maintain information files, updated regularly, about agencies and the services they provide. "Follow-up will be done to insure that each person's needs have been met, and all files on clients will be kept confidential," Seibert said.

Self-help of handicapped students will be fostered through peer group counseling and rap sessions, volunteer service to the HRC and by task forces to study and advocate for the needs of the handicapped, Seibert said. He said the College operates a buddy system for new students.

Another major focus of the center is on "resource mobilization," said the HRC assistant director. He said the center has already received

help from the Clackamas County Department of Human Services, CETA, Vocational Rehabilitation and many volunteers. "There is a need for resources if the center is to remain open and realize its potential for services to the College and the community," Seibert said.

In addition, there is a need for volunteer support of the center, he said.

For more information about the Handicapped Resource Center, call Seibert at 656-2631, ext. 317, or visit the center, located in Trailer D.

"It's time for all of us to realize that the lack of sight, the absence of hearing, loss of a limb, or the label of being a former mental patient can no longer be used as an excuse to isolate or discriminate against 36 million persons who are handicapped," Seibert said.

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