

# Class relieves anxiety on paper

In all our lives we have some fears and anxieties, some more than others. Some of us have stage fright, some are afraid of heights, and some are afraid of water. Those who have a fear of writing need fear no more.

"The Writing Process: Anxiety Reduction," is a fall class designed to rid those

of the fear of writing. Taught by Mary Oldford, the class deals with that "interior critic," who prevents us from taking a writing class, math class or singing in front of an audience.

The negative interior critic comes from negative input the student receives from various

sources, said Oldford. "The class is designed to calm the interior critic down so the student can write."

"If a student doesn't think he or she is going to do well, he won't," said Oldford. "In this class, there will be no good or bad, but questions like, 'Did this work?' If not, 'Why not?'"

'And what can be improved?'"

Oldford plans to get a person to be in charge of his or her writing skills. She will use strategies in her class, including the holistic method of learning. This uses a variety of strategies, including visualization and meditation, to involve a per-

son's mind, body and spirit in learning. "Holistic education is designed to appeal to both the right and left brain. It is directed at all the creative areas," said Oldford.

The class is offered through the Psychology Department on Thursdays from 1-4 p.m. in Barlow Hall, room 103.

## CCC Cafeteria

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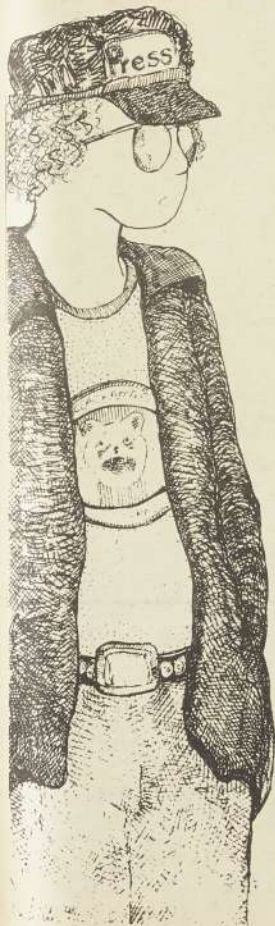
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