

Local

# Academic Counseling offers telephone tapes

By MERIL EDWARDS  
Campus Staff

Mike won't ask Becky out because she's afraid she'll say no, Susan feels she can't handle the pressure from her studies any longer and Jim is having trouble making friends.

The Texas A&M University Academic Counseling Center last semester began a telephone tape program to help students with common problems like dating, coping with homework and friendship building.

Dr. Betty Mayfield, a psychologist at the Academic Counseling Center, said the CounselLine Self-Help Tape

Program is aimed at those students who normally wouldn't come in for personal counseling.

The set of 49 tapes was purchased from the University of Texas where the tapes were compiled by psychologists in the Austin community, Mayfield said.

"UT receives thousands of calls," Mayfield said. "Our response has been good, but the word isn't really out."

Mayfield stressed that the program is an anonymous service. The caller asks for a tape by number and then at the end of the tape, phone numbers to the Personal and Academic counseling centers are given if

further discussion of a topic is desired.

"This is not counseling by phone," she said, "but an information-giving service."

"The most frequently called tapes are those on dating, infatuation and love, coping skills and how to say no."

Mayfield said the counseling center is developing some of their own tapes to add to the series. These mainly deal with study skills such as reading textbooks and time management.

"If the demand increases," she said, "we'll add more tapes and consider extending our hours."

# Telephone tape list

These tapes are available through the Academic Counseling Center's CounselLine Self-Help Tape Program from 8 a.m. to 9 p.m. Monday through Thursday and from 8 a.m. to 5 p.m. Friday. The number is 845-6826.

- 1 Friendship Building
- 5 Fighting Constructively
- 6 Expressing Negative Thoughts and Feelings
- 7 Dealing With Constructive Criticism
- 8 Dealing With Anger
- 9 Understanding Jealousy
- 10 How to Say "No"
- 16 Becoming Open to Others
- 18 Dating Skills
- 30 Anxiety and Possible Ways to Cope With It
- 32 How to Deal With Loneliness
- 33 How to Handle Fears
- 34 Increasing Self-Awareness
- 35 Building Self-Esteem and Confidence
- 36 The Value and Use of Self-Talk
- 38 Coping With Stress
- 39 Female Sex Role: Changes and Stresses
- 40 Male Sex Role: Changes and Stresses
- 44 Learning to Accept Yourself
- 61 What Is Therapy and How to Use It
- 70 Infatuation or Love?
- 71 Things to Consider in Looking for a Mate
- 73 Positive Communication and Sexual Fulfillment in Marriage
- 74 Fair Fighting in Marriage
- 75 Common Marital Problems and How to Handle Them
- 76 Preplanning for Children
- 77 Parenting Skills
- 80 Divorce — It Could Happen to Us
- 81 Dealing With the Realities of Divorce
- 82 The Death of Marriage
- 83 How to Cope With a Broken Relationship
- 84 Death and Dying
- 85 Understanding Grief
- 90 Helping a Friend
- 160 Early Signs of an Alcohol Problem
- 161 Responsible Decisions About Drinking
- 300 Burglary Prevention
- 301 Retirement
- 402 Self-Assertiveness
- 411 Contracts in Intimate Relationships
- 412 Examples of Contract Building
- 431 What is Depression?
- 432 How to Deal With Depression
- 433 Depression as a Life Style
- 478 Becoming Independent From Parents
- 479 Dealing With Alcoholic Parents
- 491 Suicidal Crisis
- 492 Recognizing Suicidal Potential in Others
- 493 Helping Someone in a Suicidal Crisis

# Skylab astronaut speaks on engineering's future

By JANA SIMS  
Campus Staff

An engineer can make futuristic dreams happen, the Skylab 3 crew commander told the American Society of Mechanical Engineers, and the space program proves it.

Gerald Carr, speaking last night in the Faculty Engineering Center, implanted visions of industry, energy sources and even human habitation in space.

Skylab, the third major project of the space program, followed the Gemini-Mercury program — a rudimentary transportation system — and the Apollo program — a more sophisticated transportation system. Carr said Skylab's task was to "set up housekeeping in space."

Scientists had learned that in the absence of gravity the heart muscle atrophies and the human skeleton loses calcium and becomes less dense. They were worried that a man who returned from space after some length of time would not be able to arrive on earth. Carr said the scientists "needed to fool Mother Nature" and Skylab 3 did just that.

Carr and his fellow crew members exercised everyday for 1 1/2 hours, which greatly reduced the calcium loss.

The crew members combated the heart problem by exercising very heavily (such as by riding a bicycle) and fastening their lower bodies into a device resembling an iron lung. With pressure, the device formed a vacuum, "fooling the heart" and forcing the heart muscle to exercise by circulating the blood.

"We proved to ourselves and the medical community," Carr said, "that man can stay in space in a weightless environment for an indefinite period of time if he will exercise and take care of the heart and calcium-loss problems."

Another accomplishment of Skylab 3 was a solar observatory which the crew set up in space. Carr said the ozone layer surrounding the earth blinds earth observatories and Skylab was able to gather a lot of information.

The third main task that we had on Skylab was to look back down at the earth and try to interpret what useful information we could gather from space looking down at the earth," Carr said. With training in many subjects, such as oceanography, geography and meteorology, the crew studied the ocean currents and boundaries and could locate mineral deposits.

Skylab 3 also offered the first



Gerald Carr, ex-astronaut, speaks at the ASME meeting.

Also, there are plans for a shuttle crew to build a beam in space to enable the crew to learn how to construct in space. One construction project might be a solar satellite designed by Dr. Peter Glaser which will beam solar power to earth by microwaves. Even though the satellite's efficiency is low — about 40 percent — Carr stressed that the power in space is free and it could be one of the answers to the energy problem. By the year 2030 or 2040, Carr said, there could be an array of solar satellites.

The shuttle will carry a pilot, copilot, flight engineer, payload specialist and up to six passengers.

Initial testing of the first shuttle was done a year ago with the shuttle — named the Enterprise — riding atop a 747.

The second shuttle, the Columbia, is being prepared for launch in the fall.

Carr said each vehicle is designed to fly 100 times and the ultimate goal is to build five shuttles.

"Once we get this transportation system of ours squared-away," Carr said, "what we're going to want to do is get another habitat going in space."

He said several universities have taken on as graduate projects the design of space habitats. Princeton leads the way, Carr said, with a concept of a habitat that will hold 10,000 people. With this kind of habitat people might live their whole lives in space, and would not take many generations to create a split in the human species because of the earlier problems of heart and skeletal weakening, he said. Future space-species might be a human with a small heart, body and small bones.

"He may look a lot like the drawings you've seen done by people like Ray Bradbury," Carr said.

"If some guy can dream up something, some other guy — some other engineer, can make it happen."

# Baby research conducted

By DENISE CRENWELGE  
Campus Reporter

A study about babies' temperaments and parents' influence on them is being conducted at Texas A&M University.

Jackie Walters, working on her psychology master's thesis, is observing babies from birth to 2 months of age to see if she can find a stable temperament in them.

She said her major question is in finding if a baby's temperament stabilizes and, if it is not stable during his first two months, what changes have occurred.

Walters is working with two groups of couples. The first group is given questionnaires when the mother is 2-5 months pregnant and again two months later. The questions deal with each parent's attitude about things like changing diapers, caring for the baby and what each thinks the baby will be like.

The second group is given the same questionnaire when the mother is 8 1/2 months pregnant. With this group, Walters and two

assistants visit each baby and parents within two days after birth while he is still hospitalized.

After all the information has been gathered, Walters said she will look at attitude changes in the mother, father and baby.

Walters said anyone interested in volunteering for the project should call Lutes in the psychology department (845-7145) or Walters (693-8927).

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