

Local

Handling stress in college life

Group therapy helps students

By CATHY ANDERSON
Battalion Reporter

The task of coping with everyday stress can be made simpler with a little help from some friends. For example, group counseling sessions at Texas A&M University's Personal Counseling Service can help students cope with stress caused by college life.

Larry Roe, Personal Counseling Service assistant director, said group therapy helps students learn how to deal with life. In groups people have to learn how to give and take, he said.

Group situations also help students develop social skills by having them share their experiences among other people who have similar concerns, Roe said.

The PCS offers 13 group sessions on such topics as stress management and eating behavior control.

Roe said some of the most popular groups are the graduate student group, the women in transition group, the relaxation training group and the personal growth group.

The biggest advantage in using group therapy is that service can be offered almost immediately, Roe said.

The PCS has a waiting list for

individual counseling. After a preliminary appointment, a student may have to wait up to six weeks to begin counseling.

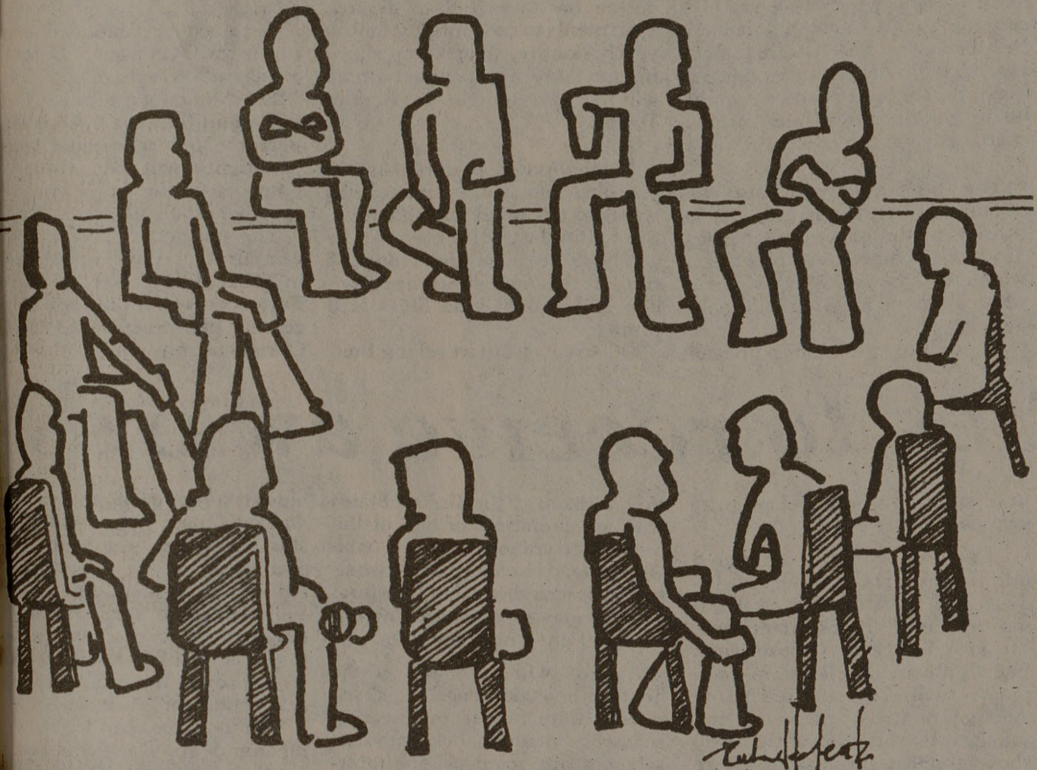
Roe said group counseling sessions are also economical in terms of time because counselors can see more people at once.

However, some people don't work well in groups, Roe said. "Some students tend to fade into the woodwork or monopolize the group," he said. Individual counseling is offered for these students.

Roe said the PCS counselors spend about three-fourths of their time in individual counseling sessions. Some problems faced by students lend themselves to more intense involvement than a group can give, he said.

Generally, as people progress through individual counseling, they are moved into groups, Roe said, they can learn how to interact with others, he said.

Students interested in group participation or who have a particular concern and would like to discuss it with a counselor can contact the PCS. The service is located in the basement of the YMCA Building.



A&M research funds hit record total

Research funding at Texas A&M University during fiscal year 1981 totaled a record \$84.4 million, for an increase of more than \$12 million over the previous year, announced Dr. Frank E. Vandiver, Texas A&M president.

Texas A&M's total of \$71.8 million for research in 1980 ranked first among universities in Texas and the Southwest, according to a compilation by the National Science Foundation. The annual NSF survey also has shown Texas A&M to have ranked among the nation's top 20 research and

development institutions for the past decade.

Vandiver said he was pleased with Texas A&M's volume and growth, but he said he was even more gratified by the underlying confidence expressed in the University and by the quality and potential of many of the individual projects.

"You have to be pleased when you are among the leaders nationally, and the growth rate for research here is certainly healthy," Vandiver said, "but I take even greater pride in the fact that offi-

cial and representatives of so many different agencies and organizations — public and private — have expressed such confidence in the ability of our faculty members and other researchers.

"That confidence, of course, seems to me to be well founded. I continue to be impressed with the quality and breadth of research here and the potential for solving some of the pressing problems of today and enhancing man's basic knowledge."

The federal government con-

tinued to account for the largest share of support at \$38.4 million, up from \$31.9 million last year. The largest percentage increase,

however, was in funding from private organizations, which increased almost 50 percent — from \$8.3 million to \$12.3 million.

Aggie engineers end wire machine search

They called it "Doug's folly" when Douglas Kaspar of Shiner contacted an engineering laboratory at Texas A&M University, his father, and asked them to build a machine that exists nowhere else in the world.

Executives at Kaspar Wire Works Inc. of Shiner had searched for an advanced computer-controlled, wire-forming machine that would control the movement of wire off a giant spool and through rollers, formers and cutters.

"We looked worldwide for a machine of this capability and it simply didn't exist," said Kaspar, who graduated from Texas A&M last year. His father, Donald G. Kaspar, Class of '49, is president of the wire works.

The Kaspar plant makes display racks, wire grills, soft drink racks, guards and baskets, and their search for the wire-forming machine is over: the machine is being readied for production.

The machine was developed by Dr. Robert Young, an assistant professor of industrial engineering at Texas A&M, and his students in the industrial automation laboratory.

In the lab, miniature machine tools are constructed using plastic parts from West German toymaker to simulate full-scale factory machines that can cost millions of dollars. Computerized controls and stepping motors make the miniature machines work like the real thing.

Young assigned graduate student Gus Reid of Dayton, Ohio, prime responsibility for developing the Kaspar machine as a project for a special problems course. Several other students helped in the work.

Kaspar Wire Works bought the microcomputer system needed for the project and loaned it to the Texas A&M lab for development of the software.

"We created the design so that an operator doesn't have to have any computer knowledge. The program checks for errors automatically," Young said. "The operator feeds in data on how much wire to feed, where to make the bends and cuts, how many parts to make and the machine does the rest."

"The computer doesn't know whether it is working with a model

or the real thing," Young explained. "We can 'de-bug' software systems for computer machine control at a fraction of the cost of doing it the normal way."

Plastic toy models of tools are essential in testing the theory, Young said. "Nobody is going to give us a \$1 million piece of equipment to work with while we test our assumptions," he said. Young built his first plastic machine tool while as assistant professor at Wayne State University.

The small machine tools also are used to teach students about a new tool that is revolutionizing industry — robots.

General Electric and the Vought Corp. have also worked with Young's lab on creation of new machines.

SCUBA Roatan
Special Thanksgiving Rate
\$639 includes everything
Nov. 21-28 Only 11 spaces
Jim McCall 779-1170 845-3452

TEXAS A&M AGGIES

SPIRIT BANDANNA

Ideal for:

- Waving at sporting events
- Wall decorations
- Gifts
- Promotional give-a-ways
- Fashion wear/head scarf

Featuring:

- Authentic school colors
- Colorfast
- 22" x 22"

Please send _____ Bandanna(s) at \$3.98 each, plus 50¢ for postage

School Name(s) _____
Name _____
Address _____
City _____
Zip _____

Send check or money order to:
Janco Ltd.
P.O. Box 59862 Dallas, Texas 75229

Moi Rae Boutique

★ **DANSKIN** Headquarters

A Complete Line of Danskine Dancewear For Men & Women Junior Misses & Pre-Teen Fashions

Manor East Mall 779-6718
Bryan, Texas

BESELER

67CP Enlarger

NEW... A Beseler enlarger for people with small budgets and small spaces.

Now you can have famed Beseler quality at a very affordable price! And the new Beseler 67CP enlarger is also the most compact Beseler ever... ideal for advanced darkroom workers with limited space too!

- Makes prints up to 11" x 14" on easel.
- Accepts negatives and slides from 110 thru 6 x 7 cm.
- Compact—just 14" x 18 1/4" of counter space needed.
- Standard condenser head ideal for black-and-white and color too.
- Available with Dichro 67 colorhead.
- Rugged die-cast construction.
- Includes interchangeable lensboard and 35mm negative carrier.

With 50 mm f/3.5 enlarging lens, and 35 mm negative carrier. **\$179⁹⁵**
interchangeable lens board

With optional Dichro 67 colorhead. **\$219⁹⁵**

pm1A Color Analyzer

\$175⁵⁰
Prices through Sat., Oct. 3 only.

FOCUS

PHOTO & CAMERA, INC.

1603 S. Texas Ave. — Culpepper Plaza — 693-1402
"Professional Assistance & Service With Every Sale."

PRE-LAW SOCIETY

Reception for Law School Deans

From
Boston College Law School
Loyola Law School (New Orleans)
New York Law School
Washington Univ. Law School
(St. Louis, Mo.)

WEDNESDAY, SEPT. 30
ROOM #145 MSC
7:30 - 9 p.m.

The "New" LSAT will be discussed

Basketball Shoes. Why Not The Best?

LEWIS'
Shoe Stores

Culpepper Plaza
M-Thurs. 10-8
Fri.-Sat. 10-6

NIKE Hi-Top White/Black Swoosh.

CONVERSE "All Star" Hi-Top or Low Quarter.

PONY Canvas Hi-Top. Also available in Low Quarter.

SIZES: 6 1/2 to 12, 13 (not all styles).
PRICED: 19.99 to 49.99 according to style.