SCS provides academic counseling Tuesd

Battalion Classifieds

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is taking applications for immediate route openings. Pay is based on per paper rate & gas allowance is provided. The route requires working 3 hours per day. Earn \$500.-\$700. per month.

If interested call James at 693-7815 or Julian at 693-2323 for an appt. 49t11/0

OVERSEAS JOBS, \$900. - 2000. month. Summer, Year round, all countries, all fields. Free info. Write: IJC, P.O. Box 52 - TX 04, Corona Del Mar, CA. 92625, 74:02/13

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PAINFUL URINATION
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 LOW BACK PAIN

G&S studies, inc. (close to campus) 846-5933 17t10/31

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Volunteers needed for streptococcal tonsillitis/pharyngitis study
* Fever (100.4 or more)

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G & S Studies, Inc. (close to campus) 846-5933

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oral contraceptives for 6 months
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Volunteers will be compensated. For more information call: 846-5933 G & S studies, inc. (close to campus)

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Drinking water for .3¢/gallon. For one week free trial call: 696-9438 (after 2:00p.m.) 846-4910

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Program helps students dealing with break-ups Po

Development of the "other education," that of social and extracurricular involvement, may come easy for most students, but the road to academic success usually is not so smooth.

By Sherri Roberts

STAFF WRITER

Through various academic and career programs, the Student Counseling Services offers students the opportunity to sharpen study skills and explore career interests.

Workshops offered throughout the semester include topics on test anxiety, conquering finals, power learning techniques, and a career interest clinic.

"Our goal is to help students succeed," Mary Olona, SCS counseling psychologist, said.

Olona said failing to meet academic performance expections can damage the self esteem of many stu-

'A lot of students think they are what they get, but that's not true," she said. "A grade of 'C' does not mean you're an average person, or an 'F' that you've failed life." One of the SCS's most popular

workshops, she said, is the test-anxiety workshop.

Offered twice a semester, the three-week workshop gives test tak-ing strategies and relaxation techniques to help students manage their anxiety before, during, and after

causes one to freeze up, a certain amount helps one to perform, she Workshops try to help students develop the stress level needed to

Although too much stress often

achieve optimum performance. Other workshops offered include "Conquering Finals" workshop,

By Andrea Warrenburg

REPORTER

The Student Counseling Service is putting together a program to help students deal with the pain and reject-

ion caused by broken relationships.

The title of the program is "Relationship Issues," but the primary focus will be on overcoming rejection in romantic relationships.

"Rejection is an inevitable part of life, especially for students who in college are experiencing their first powerful relationship," said Dr. Ted Stachowiak, a counseling psychologist at SCS. "They are exploring relationships for the first time and breaking up can cause an intense sense of loss.

Stachowiak and Bea Garrett, a doctoral psychology intern at the counseling service, will be leading the small support group.

"The actual rejection experience may cause people to feel like a failure or unlovable and may begin to affect all parts of their lives," Stachowiak said. "We will help them through a five-stage recovery process that in volves members so they can get in touch with their emo-

tions and gain support from others."

The five stages most people go through while reco

ering from a breakup include:

 Manuevering — trying to figure out how to handle it by blaming others. orcyclist

Concluding — forming beliefs about the situation

Containing Definition and the state of the s

• Re-emergence — getting on with their lives and

trying new relationships. 'We want them to recognize what stage they're in s they can gain hope from knowing there is an end to the pain," Stachowiak said.

The support group will be no larger than 10 members, but if interest increases more groups may be se

up.
"Individuals who have never had group counseling may be hesitant," Stachowiak said. "But if they can be may be hesitant," Stachowiak said. erate the initial anxiety they will realize how supporting

and caring others can be. ng on a Interested individuals can call the counseling service

for more information at 845-4427.

which deals with time budgeting and anxiety reduction techniques, and special topic workshops such as "Increasing Academic Motivation" and Memory Improvement.

A career exploration workshop provides information to help students explore possible career paths through self-assessment of interests, values and skills.

In addition to workshops, SCS offers an academic and career walk-in service to students who have previously used the academic or career services at SCS or who have issues needing immediate attention.

The service requires no appointment and is available on a first-come, first-served basis Monday, Tuesday, Thursday and Friday from 1-4 p.m. at the SCS on the third floor of the YMCA Building.

The Career and Academic Re-

sources Library, also on the third floor of the YMCA building, contains grade distribution books which list the names of professors and the grade distributions of their classes in

previous semesters. The library also contains occupa-

gionally and nationally. Though these services are available

Cou their student services fee, man not take advantage of them, Olo "Many students are afraid the

able to all individuals who have pa

lose their social life, but that's no true," she said. "We try to tead them ways to study effectively and efficiently so they can have a social To receive more information

tional information and projections about SCS services or to sign upfor of occupational demand both re-workshop, call 845-1651.

Abstinence education bill draws support

AUSTIN (AP) — A bill that would increasing sexual activity of teen-agrequire school districts that teach sex education to include information on abstinence as the only 100 percent effective method of preventing sex-ually transmitted diseases and unwanted pregnancies drew support from several groups Monday.

Sen. Kenneth Armbrister, the father of two teen-agers, said studies indicate sex education courses that teach various forms of birth control — but do not make abstinence the thing to do to be engaged in that — courses including abstinence already goal — "may actually be a factor in that it's not a shield that they can are in place in seven school districts."

Armbrister, D-Victoria, said current sex education courses reflect the attitude of "Well, you know how it was when you were that age,' or, 'Kids are going to do it anyway.

"We're here to tell you that Texas youngsters don't always feel that that's true, that not all kids are engaged in premarital sex, not all youngsters think that it's the right

hang up as an award," Armbrister told a news conference. "It should be the other way

He said he had been asked if the bill was an attempt to impose morals on young people, and he said his answer was, "Probably absolutely, yeah, we are. We think it's important that this be taught.

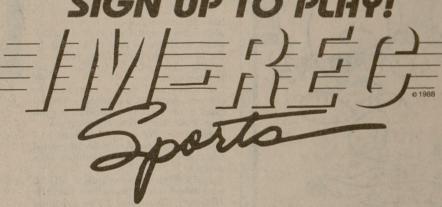
Armbrister said sex education courses including abstinence already

Appearing in support of the Am brister bill were representative of Project Sex Respect; Texans for Better Health; Concerned Women for America; Citizens for Excellence: Education in San Antonio; and Sta Board of Education member Joh lied on "

Shields, also of San Antonio.

"Kids need to know the truth, and by the ci that truth includes that saving for marriage is the healthiest d they can make," Ann Newman of San Antonio organization, said.

SIGN UP TO PLAY!



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TEXAS A&M UNIVERSITY IM-REC SPORTS DEPARTMENT

SPORT OR ACTIVITY: Basketball DIVISION(S): Co-Rec B

SIGN-UP DATE(S): Entries Close January 24, 1989 TIME: 5:30 p.m.

Rec Sports Office, 159 Read Bldg. PLACE:

SPORT OR ACTIVITY: Team Bowling DIVISION(S): Co-Rec B

Rec Sports Office, 159 Read Bldg.

SIGN-UP DATE(S): Entries Close January 31, 1989 TIME: 5:30 p.m.

PLACE:

SPORT OR ACTIVITY: Wallyball

SIGN-UP DATE(S):

DIVISION(S):

DIVISION(S): Co-Rec B

Entries Close February 7, 1989 8:00 a.m. - 5:30 p.m. TIME:

Entries Open January 30, 1989

PLACE: Rec Sports Office, 159 Read Bldg.

SPORT OR ACTIVITY: Archery Doubles

SIGN-UP DATE(S): Entries Open January 30, 1989

Entries Close February 14, 1989 TIME: 8:00 a.m. - 5:30 p.m.

PLACE:

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