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MSC OPAS

NOW ACCEPTING APPLICATIONS FOR NEW MEMBERS

Applications may be picked up in the Student Programs Office 2nd Floor MSC, Room 223

Applications are due Friday, March 31 by 5:00 p.m. Interviews will begin April 3rd

Orientation Meeting for all Potential Applicants:

March 22nd, 8:30 p.m.
502 Rudder Tower
or
March 29th, 8:30 p.m.
410 Rudder Tower

QUESTIONS?
PLEASE CALL THE OPAS OFFICE 845-1661

HEALTH TIPS

Communication key to relationships, experts say

By Jen Bricker
A.P. BEUTEL HEALTH CENTER

How can couples conquer communication conflicts?

You can find the answers by asking questions such as: What? When? Where? and How?

In the dating scene, many couples find it difficult to communicate about sexual issues. However, the fact remains that communication is the only way two people can get to know each other and see if the relationship meets their expectations.

Therefore, it is important to communicate on how sensitive issues such as sexuality can be discussed.

"Good" communication skills are difficult to define.

As you grow, you watch your family communicate and model its behavior. However, you and your partner could learn different ways of communicating.

One way is not necessarily better than the other, just different.

When talking to each other, the two of you need a mixture of communication skills.

Communication skills improve the more you talk to people. Therefore, the emphasis on "good" or "bad" communica-

tion styles is unnecessary.

Instead, the emphasis should be on how you can bridge the communication gap in relationships to make them more satisfying.

First ask, "What is the need for communication?"

Being able to express thoughts and feelings to someone you care about may bring an acceptance and decrease the anxiety you experience.

For example, if you have been dating someone and one of you wants more intimacy while the other is satisfied with things as they are, a lack of communication can cause problems.

Communication is also vital to build a common bond of trust.

Next you may ask, "When is a good time to talk?"

You may feel a need to talk about a sexual issue, but since everyone handles situations differently, what's right for one may not be right for the other.

Here are some good suggestions.

First, once you are in a sexual situation, whether intimate or compromising, talking about certain subjects becomes harder.

Therefore, always try to discuss issues like sex, personal limits, birth control or desire

for abstinence before the situation occurs. Then, you and your partner can discuss and agree on what is best for both of you.

Second, discuss sexual issues when you are sober.

Alcohol decreases emotional sensitivity, makes it harder to use good judgment and can lead to unnatural behaviors.

Without alcohol, it is easier to have a clear head to consider consequences. Being sober also gives you the chance to defend your feelings clearly.

Next, you need to plan where to talk.

Finding a neutral, non-sexual setting is most important.

Obviously, an intimate setting would defeat the purpose of talking about sexual desires and feelings.

You could take a walk, meet at a restaurant for lunch or go for a drive in the country during the time you have set to talk. Talking about these issues in neutral settings can be done in a way that makes you feel as comfortable as possible.

Furthermore, deciding how you can bring up sexual topics may be difficult. However, sexuality can be brought into almost any conversation.

For example, you could begin by saying, "That movie was great wasn't it? That actress was so nervous about telling her friend the secret. You know, I kind of feel the same way. As embarrassing as it may be, I think one of us has to have the nerve to speak up first, so..."

For you to take the responsibility to speak your mind takes a great deal of courage.

Finally, try not to send mixed signals.

Say how far you want to go before intimate situations occur. By doing so, there will be no question of whether you are protesting without meaning it.

Once an agreement has been made, try to stick to it until you and your partner decide to go further. Changing feelings and desires need to be communicated.

If you and your partner can conquer the communication conflict, your chances for a healthier relationship and love life will soar.

For more information on this article or any health-related topic, or to schedule a program, please contact the Health Education Center, A.P. Beutel Health Center at 845-1341.

WHAT'S UP

Tuesday

AISEC: A general meeting will be held at 8:30 p.m. in 707 Rudder. For more information call Donna at 847-1966.

TAMU Fencing Club: Come and learn the great Olympic sport of fencing from 7-10 p.m. in 267 Read. No experience is necessary. For more information call John Monahan at 847-1822.

Sigma Tau Delta: A meeting will be held at 7 p.m. in 410 Rudder to discuss officer elections and positions. English and maybe Spanish teachers from BYCS area will have a panel discussion over their experiences. Bring \$12 for t-shirts. For more information call Saing at 847-1209.

MSC Hospitality: Registration for "42" Domino Tournament on March 31 @ "King of the Roadhouse" will be on the MSC 1st floor hallway from 11-2 p.m. For more information call Holly Ridings at 845-1515.

Chi Alpha Christian Fellowship: Our Tuesday Night Celebration will be in 101 Heep at 7 p.m. For more information call Kris Knop at 693-3529.

TAMU Waterski Club: We are having a mandatory meeting for the Polar Bear Tournament in 111 Rudder at 8:30 p.m. For more information call Todd Harrod at 694-2196.

Psychology Club: We are having a general meeting at 7:30 p.m. in 106 Psychology building. A guest speaker will talk about internships in psycholo-

gy. For more information call Erin Pearl at 268-1123.

Texas Environmental Action Committee: Continuing the 25 day countdown to the 25th anniversary of Earth Day - an informational table on the 1872 Mining Act will be set up in the MSC Hallway from 9 a.m. - 3 p.m. Stop by to learn more, and to sign petitions. For more information call Rachel at 847-0494.

TAMU Bridge Club: We play duplicate bridge at our meeting. Everyone is welcome even if you have never played. We will be meeting from 7-11 p.m. in 301 Bright. For more information call Hank at 847-2017.

Environmental Issues Committee: A meeting will be held at 8:30 p.m. in 404 Rudder to discuss Earth Day, Apartment Recycling and other projects. For more information call Brad at 731-8608.

Rio Brazos Audubon Field Trip: March 25-26. We'll charter Captain Ted's special boat and get a close look at Whooping Cranes on their wintering grounds. The captain is keen at spotting dozens of other species en route and steering his boat to get the best views. Call early for boat and motel reservations. For additional information call Bert Frenz at 846-9042 (wk) or 693-3214 (hm).

Texas A&M Sports Car Club: We are playing softball at 7 p.m. at the Rec Sports Softball Fields 3121. For more information call Casey Brown at 764-6989.

TAMU Outdoor Recreation

Club: A general meeting will be held at 8:30 p.m. in 302 Rudder.

Wednesday

12th Man Student Foundation: The second general meeting will be held at 5 p.m. at the Olsen Field Pavilion, rain or shine. BBQ with the baseball team, Coach Johnson, the Diamond Darlings and the Yell Leaders. For more information call John or Drew at 693-8970.

Career Center: Co-op Orientation to be held at 3 p.m. in 402 Rudder - call 845-7725 to sign up. Placement Orientation will be held at 5:30 p.m. in 402 Rudder. For more information call 845-5139.

Tau Kappa: A general meeting will be held at 8:30 p.m. in 404 Rudder.

Brazos County Rape Crisis Center Support Group for Women Molested as Children: The support group will be held at 7:30 p.m. Call 268-7273 for more information and location.

PRSSA - Public Relations Student Society of America: Head of Internship programs for PRSSA, Renee Catalalos, will be speaking at 7:30 p.m. in 003 Reed McDonald.

MSC Political Forum: A Health Center Forum will be held at 8:30 p.m. in 110 Koldus to discuss future funding and current issues facing the health center. For more information call Dan Torres at 696-6372.

Pre-Dental Society: Officer elections will be held at 7 p.m. in MSC. For more information call The Harrell at 696-5701.

LE.E.E.: A student/faculty meeting will be held from 11:15 a.m. - 12 p.m. in 342 Zachry. It is an opportunity for electrical engineering students to talk to professors and lecturers. For more information call Sachin Vardaria at 846-0311.

Japan Club: A general meeting will be held at 8 p.m. in 108 Harmon. For more information call Mike at 847-4480.

Texas A&M Sports Car Club: meeting will be held at 7 p.m. in 111 Blocker. Drag races, auto-x's, rallye pro solos. For more information call Casey Brown at 764-6989.

International Students Group: A free drop-in group open for international students as well as American students who are interested in understanding and interacting with international students will be meeting from 6-8 p.m. in 104 Henderson. This week's topic: Intimate Relationships. For more information call Gisela or Juan Riker at 845-4427.

What's Up is a Battalion service that lists non-profit student and faculty events and activities. Items should be submitted no later than three days in advance of the desired run date. Application deadlines and notices are events and will not be run. What's Up. If you have any questions, please call the newsroom at 845-3313.

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