

Drivers' education may be taught at home

An amendment to the law was intended for home-schooled teen-agers.

HOUSTON (AP) — A new state law could soon have Texas roads overrun with teen-age drivers who have never met a certified driving instructor, the Houston Chronicle reported Wednesday.

An amendment to the law, passed by the Legislature this year, was intended for teen-agers who are educated at home. It allows parents or guardians of

home-schooled teens to learn driving at home.

But the vague legislation apparently will allow all Texas families to skip the cost of driving school. The Texas Department of Public Safety is seeking an official interpretation from Attorney General Dan Morales, the newspaper said.

The law won't take effect until the DPS draws up rules, a process that could take until January. Until then, student drivers must take approved driving courses.

But driving school owners, who stand to lose business, and some lawmakers are worried about the change, which they didn't notice

as the bill quickly was passed in the final days of the legislative session.

But Rep. Jim Horn, R-Denton, who added the at-home drivers' ed provision, said there's nothing to worry about.

The new law lets parents and guardians teach 15- and 16-year-old drivers as long as they follow a course approved by the DPS.

Apparently, that means 15-year-olds will be able to get learner permits to drive with an adult and 16-year-olds can hold driver's licenses without ever meeting a certified instructor. Their parents simply sign papers promising their kids have been taught the

rules of the road.

Horn said he added the amendment in an attempt to solve a specific problem. His changes, however, have been taken to mean that any parent can teach the teens at home.

DPS spokeswoman Lauren Chernow said the agency is drawing up its rules while seeking an opinion from Morales. The rules could require parents to pick up an official training kit, she said.

The state network of drivers' education schools is campaigning for a stricter interpretation of the law that allows home training only for those who attend school at home.

COUNSELING

Self-confidence can improve by taking certain steps

Dr. Andy Smith
STUDENT COUNSELING SERVICES

Self-confidence and feelings of self-worth are usually based on how well or how poorly we have done in previous situations. If we often require perfect performances from ourselves, and if we don't live up to these perfect standards, our sense of self-worth can end up faltering.

Our society tends to place a great deal of emphasis on winning and performing perfectly — so much so, that it is easy to lose sight of the fact that we can value ourselves in spite of making mistakes.

While it is only natural to care about doing our best, it is also important to feel good about ourselves for who we are, mistakes and all. As children, most of us had self-confidence without questioning it. As adults, many of us believe we must continually justify our place in the world.

It is almost as though we have to somehow prove to other people that we are worthy of their esteem, and through their eyes we can prove to ourselves that we really are valuable.

How can we go about increasing our self-confidence when we find it decreasing?

There are a number of things that we can do. One thing that often helps people who are feeling low is to make a list of the things

that they like about themselves. By making a list, it becomes possible to rediscover those likable qualities about yourself that you may often take for granted.

You may also find it useful to make a list of all the things you feel you do well and to do one everyday. It has been shown that, although this method of increasing our self-confidence sounds simple, it is effective.

Another thing you can do when you're feeling low is to take some time to do something nice for yourself — something you enjoy. It is important to treat yourself with the same sort of fondness and kindness as you would a dear and valued friend.

When our successful or good feelings are dependent on the approval of others, we are placing all of our value in someone else's hands. This means our self-confidence is dependent on how other people feel or act towards us. This is what children do out of necessity, because they don't have the inner resources that we do as adults.

But as adults, we begin to learn how to give ourselves confident feelings and how to maintain them. Being aware of what a vulnerable thing it is to put your whole self-worth into someone else's hands might help you avoid this pitfall. Maintaining your self-worth or self-confidence might also require reminding yourself of the things that you value in yourself.

You may also find it helpful to talk over your feelings and discouragements with a trusted friend or significant other. In the process of talking with someone else, you might begin to recall some valuable things about yourself or be reminded of them by your friend.

Finally, another way to rebuild your self-confidence is to do things you have never tried before. Just the act of accepting these challenges, regardless of the size or whether you're successful or not, will often increase self-confidence.

What if you've already tried these things and still have questions or concerns about your self-confidence? Temporary fluctuation in one's feelings of self-confidence is fairly common and happens to most of us. However, if your self-confidence is low for a prolonged period of time or your mood shifts quite often, it might be necessary to seek professional help. Perhaps you had difficulty as a child developing a good solid concept of yourself, so as an adult, you don't have a firm positive concept on which to build.

A mental health professional can be helpful if you want to work on establishing a positive self-image.

Students can make an appointment to discuss this issue further with a counselor at the Student Counseling Service in Henderson Hall, 845-4427.

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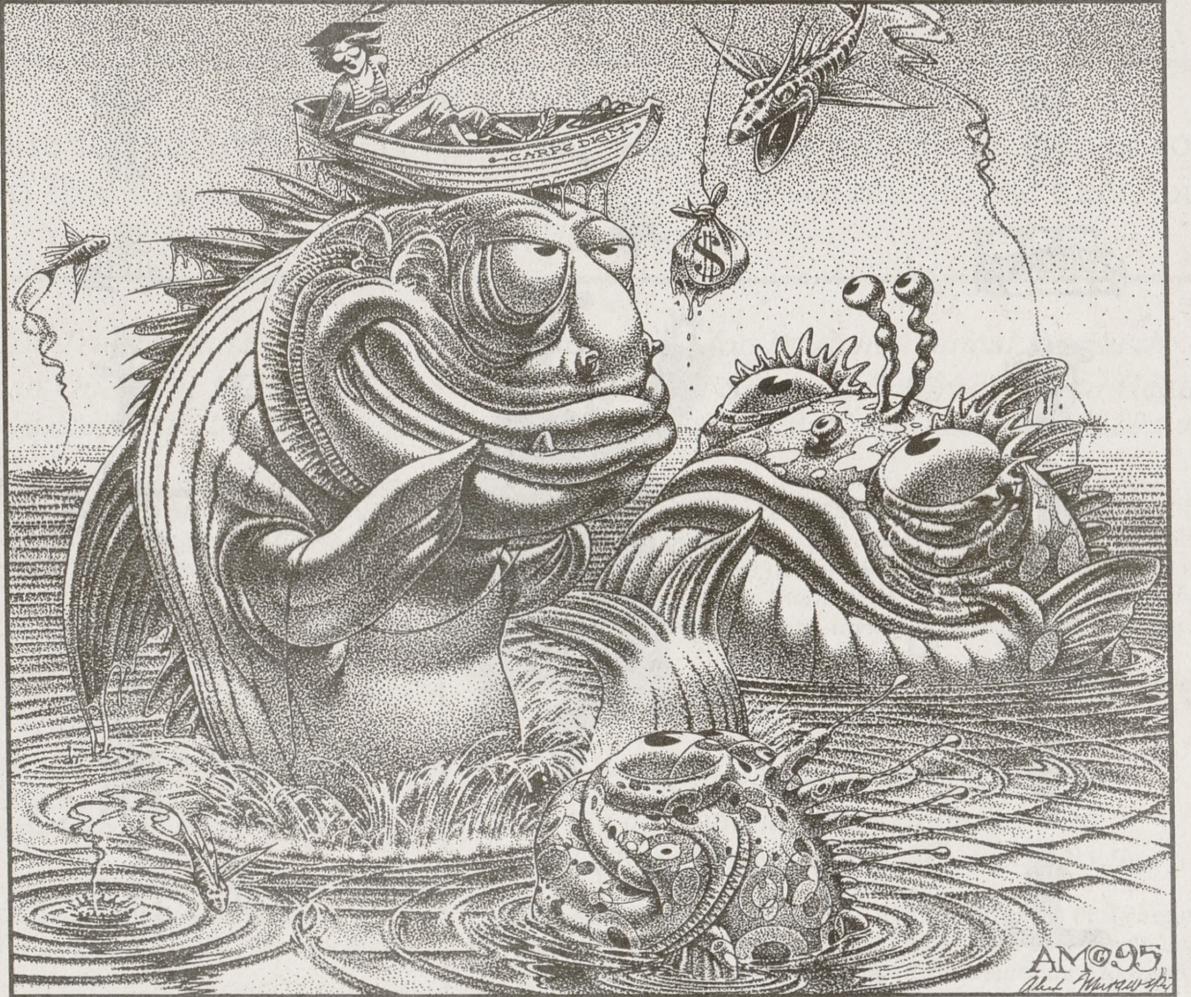
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The subject on campus this week is drinking.

We're Fishing For A Few Big Ideas



Reel In One Of 19 Scholarships in the "Know When To Say When" Poster Competition

We're casting for a few great poster ideas with a creative "hook" that communicates the need for personal responsibility about alcohol — in an upbeat, positive way. Drawing ability will not be a factor in determining the winners. We're just looking for the best concepts with good graphic possibilities and a clever headline.

The Grand Prize is \$5,000. A matching \$5,000 grant will be given to the winner's school. Two runners-up will each receive \$1,000. Sixteen third place winners will receive \$500 each.

This competition is an extension of National Collegiate Alcohol Awareness Week. Scholarships are underwritten by Anheuser-Busch in conjunction with the Inter-Association Task Force on Alcohol and Other Substance Abuse Issues. The competition is open to all undergraduate students enrolled in U.S. colleges and universities in the Fall semester 1995. Students may enter as individuals or team up with other students to develop concepts. The complete "Official Rules" are on the back of each entry form.

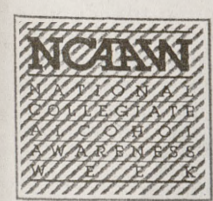
Contest ends December 15, 1995.

All entries must be accompanied by an official entry form. If no entry forms are I with this poster, you may pick up an entry form and a complete set of official competition rules at:

Jack Hilliard Dist. Co.
1000 Independence
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or you can write "Know When To Say When" Poster Competition, 1000 Geyer Avenue, St. Louis, MO 63104

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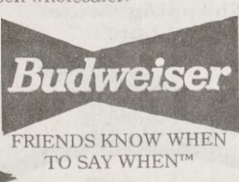


That's because it's National Collegiate Alcohol Awareness Week. A week your school has set aside to focus on responsible alcohol consumption by students of legal drinking age. All week long there will be presentations and activities dealing with the health, safety and social issues you face when you drink. There's even a chance to earn while you learn.

That's right. This fall, students can win one of 19 scholarships in the "Know When To Say When" Poster Contest, underwritten by Anheuser-Busch as part of the NCAA effort.

The poster contest and National Collegiate Alcohol Awareness Week are the kinds of grass roots programs that Anheuser-Busch supports to encourage responsible drinking by adult collegians.

For more information on this and other programs, contact NCAA, Fort Hays State University, 600 Park Street, Hays, Kansas 67601-4099 or your local Anheuser-Busch wholesaler.



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