

## STUDENT COUNSELING SERVICE

... a Dept. in the Division of Student Affairs

### PERSONAL COUNSELING GROUPS SPRING 1996

#### WHAT IS GROUP COUNSELING AND HOW CAN IT HELP?

Group counseling involves about four to ten people meeting with one or two counselors who work to provide a safe, confidential environment where group members are free to discuss their concerns. Through the group, members identify with others who are experiencing similar issues and increase their self-awareness by obtaining genuine and honest feedback from others.

#### SCS COUNSELING GROUPS FOR SPRING 1996

If you feel that a particular group may be of help to you, make an appointment at the Student Counseling Service. A counselor will help you determine if group counseling would benefit you. If you have any questions or suggestions concerning group counseling, feel free to call Dr. Laura Bettor (845-4427 ext. 126) at the Student Counseling Service.

#### • ACADEMIC SURVIVAL GROUP

Group 1: Thursday 3:00 - 4:30 p.m.  
March 28 - April 18  
Group 2: Tuesday 5:15 - 6:45 p.m.  
April 9 - 30

This is a four week group that focuses on helping students make it through midterms or finals.

Co-leaders: Group 1 - Lyle Slack & TBA  
Group 2 - Marcella Stark

#### • AFRICAN AMERICAN STUDENT GROUP

Tuesday 5:15 - 6:30 p.m.

Cultural identity, relationship issues, consciousness raising & stress management will be discussed.

Leader: Brian Williams

#### • BIOFEEDBACK WORKSHOP

Monday 5:00 - 6:30 p.m.

Thursday 5:00 - 6:30 p.m.

One-session workshops designed to give students an introduction to relaxation techniques, including how biofeedback works.

Leader: Nick Dobrovolsky

#### • CAREER EXPLORATION GROUP (begins Feb. 26)

Monday 3:00 - 4:30 p.m.

A six session workshop which will aid in answering such as:

- What should I major in?
- What work environment would be the best for me?
- What are my strengths and weaknesses in leadership and problem solving?

Requires attendance at all 6 one and a half-hour sessions.

Co-leaders: Marcella Stark & Debbie Rabinowitz

#### • CONFLICT AND LOSS IN RELATIONSHIPS

Monday 3:00 - 4:30 p.m.

This group is for persons who are currently or have previously experienced conflict in interpersonal or romantic relationships, or who have recently experienced a loss of a meaningful interpersonal or romantic relationship.

Co-leaders: Brian Williams & Larry Long

#### • DISSERTATION/THESIS SUPPORT GROUP

Wednesday 5:00 - 6:30 p.m.

This group is for students who are struggling in writing their theses/dissertations. Potential group topics are issues of competence, procrastination, and dealing with bureaucratic hurdles.

Co-leaders: Brian Williams & Laura Bettor

#### • EATING CONCERNS & BODY IMAGE ISSUES

Wednesday 3:00 - 4:30 p.m.

The purpose of this group is to increase insight about eating problems, explore issues behind the problems and make progress toward recovery. A DOCTOR'S RELEASE IS REQUIRED FOR GROUP PARTICIPATION.

Co-leaders: Mary Ann Moore & Jayne Lokken

#### • EMPOWERING YOURSELF I & II

I: SUPPORT GROUP FOR WOMEN MOLESTED

AS CHILDREN

Wednesday 3:00 - 4:30

AS CHILDREN

Thursday 3:00 - 4:30 p.m.

Groups for women & men with sexual molestation in their past. Exploring aftereffects of the abuse, handling relationships, building self-esteem, and gaining personal power will be the focus.

Group I: Laura Bettor & Hofmann-Cook

Group II: Laura Bettor & Robert Carter

#### • GAY/LESBIAN/BISEXUAL GROUP

Wednesday 3:00 - 4:30 p.m.

Topics of discussion of this group for gay/lesbian bisexual students may include but are not limited to relationship issues, religious concerns, self-esteem, and coming out to family and friends.

Co-leaders: Betty Milburn & Sean Turner

#### • GRIEF AND LOSS SUPPORT GROUP

Tuesday 3:00 - 4:30 p.m.

This group is for students grieving the loss or dealing with the impending death of someone close.

Co-leaders: Group 1 - Becky Wilkinson Larry Long  
Group 2 - Mary Ann Moore & Jayne Lokken

#### • HISPANIC STUDENT GROUP

Monday 5:15 - 6:30 p.m.

This group is for Hispanic/Latino(a) students who would like to meet and interact with others who share similar interests and concerns.

Leader: Juan Filker

#### • INTERNATIONAL STUDENTS GROUP

Thursday 5:00 - 6:30 p.m.

International and American students meet weekly on a drop-in basis to discuss concerns, receive support, and learn helpful skills so that they can be more successful while studying at the university.

Co-leaders: Gisela Lin & Patricia Harris

#### • MEN'S GROUP

Monday 3:00 - 4:30 p.m.

An experiential group in which men can discuss the challenges of being male in the 90's. Concerns such as relationships, masculinity, sexuality, and gender expectations will be explored in a supportive atmosphere.

Co-leaders: Ron Lutz & Sean Turner

#### • OLDER THAN TRADITIONAL AGE GROUP

Thursday 3:00 - 4:30 p.m.

This group is for students whose concerns are related to issues which are different from traditional undergraduate concerns. Marriage, divorce, dissertation projects, are potential group topics.

Co-leaders: Nick Dobrovolsky & Sean Turner

#### • STRESS MANAGEMENT

Tuesday 3:45 - 4:45 p.m., April 2 - 23

This four session structured group will focus on understanding causes of stress and techniques for managing and reducing stress.

Leader: Betty Milburn

#### • PERSONAL GROWTH GROUP

Group 1: Tuesday 3:00 - 4:30 p.m.

Group 2: Wednesday 3:00 - 4:30 p.m.

The purpose of this group for undergraduates is to facilitate self-exploration and personal growth through interaction with other students.

Co-leaders: Group 1 - Laura Bettor & Karen Hofmann-Cook

Group 2 - Debbie Rabinowitz & Larry Long

Texas A&M University has a strong institutional commitment to the principle of diversity in all areas. In that spirit, admission to Texas A&M University and any of its sponsored programs is open to all qualified individuals without regard to any subgroup classification or stereotype.

# State justice division posts reward for prison escapee

TEXARKANA (AP) — Two women believed to have been abducted by an escaped convict earlier in the day were found unharmed on the edge of Tyler on Monday night, authorities said.

Police continued to look for the escapee, 35-year-old Clifton Brumley, whom they say may have been involved in a credit union holdup in Tyler around noon Monday in which a pregnant woman was briefly taken hostage.

Brumley was reportedly on foot in the Tyler area, said David Nunnelee, a spokesman for the Texas Department of Criminal Justice in Huntsville.

Peggy Roswell and Shirley Cherry of Texarkana were found near Texas 110 at Loop 323

about 10 p.m. One of the women was taken to a local hospital for treatment of diabetes, while the other was returned to her family, Nunnelee said.

He was uncertain which one had been hospitalized.

Brumley had been serving 35 years for theft and burglary at the state prison at New Boston, near Texarkana. He had been working with prison livestock outside the fence Saturday when he drove off in a tractor.

Events began unfolding Monday morning, when Brumley apparently was hiding in a closet at the Westridge Animal Hospital as Roswell opened the business. Three other employees watched in horror as Roswell,

29, was taken at gunpoint.

Brumley then allegedly took Roswell to a nearby house and abducted Shirley Cherry, 55, and drove away with them in Cherry's vehicle, authorities said.

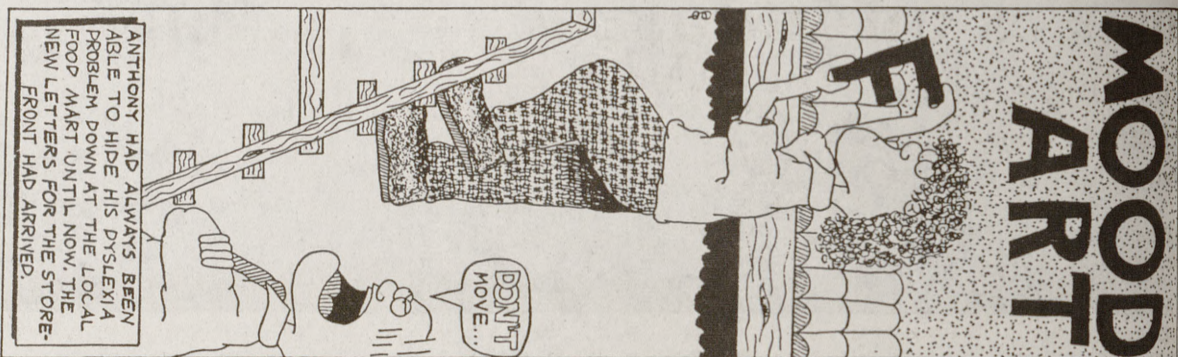
Brumley's absence was noticed Saturday during an inmate count about 5 p.m., prison officials said. He had last been seen about three hours before that.

Texas Gov. George W. Bush's Criminal Justice Division has posted \$1,000 reward leading to the apprehension of Brumley, who has been in and out of prison since 1980, Nunnelee said.

Texarkana is 165 miles north-east of Dallas, on the Arkansas state line.

## Sketch

By Quatro



## PEEPS

By Michael



## Ewe Hall

By JED



# Jobs On Campus

## Student Workers Wanted.

### JOIN THE FOOD SERVICES TEAM!

Student Employees are an important part of our work force and are valuable to our efforts of providing the campus community with a quality dining service program.

Employment with the Department of Food Services is not "just a job", but a positive part of your university experience. We are proud of TAMU Food Services and the contribution we make to the university. Come be a part of the team!

- Starting Pay Rate: \$4.70 per hour.
- Work schedule revolves around class schedule.
- Daytime, Night & Weekend Hours Available
- Holidays off (Christmas, Spring Break)
- Convenient campus locations.
- Most student employees average 15 hours per week, depending upon individual circumstances.

• Ag CaFe	845-6115	• Li'l Bernies	847-9034
• Bernie's Place	845-1641	• MSC Cafeteria/	845-1100
• Bus Stop Snack Bar	845-4590	12th Man Burgers & Snacks	
• Critical Care Cafe	863-3659	• Pavilion Sanck Bar	845-0682
(Vet School)		• Pie Are Square	845-9825
• Common Denominator	845-5183	• Rumors	845-1278
• Common Market	845-6193	• Sbsa Dining Center	845-2061
• Commons Dining Center	845-1842	• Time Out (Rec Center)	862-1374
• Food Services Commissary	845-3005	• Underground Food Court	845-8188
• Golf Course Snack Bar	845-2627	• Underground Market	845-2081
• Hullabaloo! Food Court	847-9464	• Zachry Snackery	845-0270

For additional information call the Department of Food Services Personnel Office at 845-3005.

Tuesday - Thursday  
Apply now at the location of your choice or attend the

### Food Services Job Fair

Friday, January 19, 1996  
MSC Room 201 10 a.m. - 4 p.m.

Free Breakfast!!! In Exchange for your opinions on University services!!! Free Breakfast!!!



WHEN: Wednesday, January 24  
Beginning at 7:30 a.m.  
til 9:30

WHERE: Kyle Field Commuter  
Parking Lot or in case  
of bad weather, the Front  
Foyer of the MSC.

Hosted by TAMU Athletic Department  
Sponsored by the Department of Student Life

Free Breakfast!!! In Exchange for your opinions on University services!!! Free Breakfast!!!

## The Texas A&M Business Student Council presents the 17th Annual Spring BUSINESS CAREER FAIR

January 29, 30, 31, February 1, 1996

### "STAND OUT AMONG THE CROWD"

Prepare for the Career Fair by attending the LifeWork presentation of "How to Use a Career Fair." Fred and Serena Edwards will speak about Resume writing, Interviewing techniques, and How to talk one on one with recruiters. Don't miss this informative meeting on January 24th in Room 159 of the Wehner building at 7:30 p.m., brought to you by the BSC and Business Administration Society.

#### SCHEDULED EVENTS:

January 29 -	7:00 p.m.	Reception at Hilton
January 30 -	9:00 a.m. - 4:00 p.m.	Recruiting Booths in Wehner building
	7:00 p.m.	Banquet at Hilton
January 31 -	9:00 a.m. - 4:00 p.m.	Recruiting Booths in Wehner building
	7:00 p.m.	Banquet at Hilton
February 1 -	9:00 a.m. - 4:00 p.m.	Recruiting Booths in Wehner building
	7:00 p.m.	"Take a Student to Dinner"