

Life-planning seminar offered

Remember when you were in grade school and played "life" on your jump rope with classmates at recess? It was easy. You went through school, married, worked and died.

Now you're in college, and you find your real-life future isn't quite so easy. You might try the UNL Life-planning Workshop for help.

The afternoon workshops are sponsored by the UNL Counseling Center and are designed to "help students realize they don't have to leave their lives up to the whims of fate," coordinator Janet Krause said.

The first workshop this year is Sept. 24 from 12:30 to 5 p.m. at Sells Quadrangle. Students can sign up at the Counseling Center at Seaton Hall, rm. 1316.

Groups of four students will meet with a trained staff member and go through a series of exercises together, exchanging ideas.

"This is the most important part, that students are sharing with students. It's not a confrontation or challenge. Students feel, 'It's helping me to get a clearer picture of what I'm after,'" Krause said.

In one exercise, each student lists and describes the five most significant roles he now plays in life.

He is then asked to free himself from these roles for the rest of the session.

"You'd be surprised at some of the responses," Krause said. "Some say, 'I'm nothing. I don't like it. My roles are who I am.'"

Students also describe a "typical" and "special" day in their future as they see it—everything from career and marriage status to what kind of clothes they'll be wearing.

Other exercises include filling out a life inventory ("The greatest experience I've ever had" and "Things I do well").

"At this point, we start looking for consistency," Krause said. "It doesn't have to be incorporated into a career, maybe just an outside interest."

Finally, students fill out a goal sheet listing one major goal they want to accomplish and a list of behaviors needed to achieve it.

"The whole idea is to get some action," Krause said.

In six weeks the groups meet again to discuss the workshop's effects.

"This got me started on a total evaluation of myself," one student said.

Another student said, "I discovered that I had chosen my major to please my father and not because I liked the field."

Krause said it only reinforced the current life goals of some, but 100 per cent of last year's participants (including some faculty members) said it was worth their time.

Why do students sign up for a life-planning course?

"We used to sell students on the belief that everyone should go to college to get ahead," Krause said. "Now with the expenses and pressures of college, students are taking a second look."

Another reason, according to Krause, is today's confusing world. "It's difficult for children to accept the values of their community and their parents," she said. "It's a hard road to start building your own values. And values are what motivate you to get a job or go to school."

The life-planning program is modeled after one at Colorado State University and was started at UNL last year.

Other life-planning workshops will be Oct. 31, Dec. 4, Jan. 26, Feb. 28 and April 17.

Regents postpone budget meeting

The Board of Regents meeting scheduled for tonight to give final approval to the 1974-75 budget request has been postponed.

The deadline for submitting the request to the governor had been Sept. 15. NU President D.E. Varner said the University has been given an extra 30 days in forwarding the budget.

The extension will give administrators time to complete an analysis of student credit hour production based on enrollment this semester. Such an analysis will help predict credit hour production for the 1974-75 school year, Varner said.

No new date has been set for final action on the budget by the regents.



Life-planning coordinator Janet Krause

Satellite campuses to aid Indian education

By Peter Anderson

Colleges on the Winnebago, Omaha and Santee Sioux Indian reservations will not begin full operation until the first of the year, said Bob Schlingen, dean of community services at Northeast Nebraska Community Technical College in Norfolk.

The reservation campuses, satellites of the Norfolk College, were to begin operation this fall.

According to Schlingen, part of the delay has been in appointing three full-time personnel for the program.

A director will not be named until Oct. 1, and a counselor and evaluator will be named about Nov. 1, he said.

Robert P. Cox, president of the Norfolk College and program director plans to appoint an Indian to be director.

"The campuses will provide courses leading to degrees without students even setting foot on the Norfolk campus," Schlingen said.

Technically they will offer the first two years of training toward a four year baccalaureate degree, or preliminary vocational training for students who will attend the Norfolk College.

"This is a very practical program that will provide Indians on Nebraska reservations with some bootstraps by which to pull themselves up," Rep. Charles Thone said.

The program was made possible by a grant of \$157,320 from the U.S. Office of Education. The grant will help pay for salaries and supplies at the campuses but not for building construction.

The grant came from a fund established last February for improvement of post-secondary education.

"Only one of every 16 applicants to this fund received any money at all," Thone said. "The fact that the satellite colleges for Nebraska received the full amount requested attests to the thoroughness with which this program has been organized," he said.

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