

# Social worker aids student adjustments

By David Rees

Sheila Collins, social worker at the UNL Health Center's Mental Health Clinic, said that when she came to Lincoln from Detroit a year ago, she was amazed at the amazement of UNL "freshmen." Many of the students she met had never experienced a diversity of backgrounds and outlooks in their lives with whom they related.

Collins said that most of the adjusting is with students who come to the university bringing an environment of social structure like the one in which they grew up in. "Students who come from small town areas often have the same problems," she said.

Collins said she knows when outside help is needed to sort out one's problems indicates the person is not afraid of himself or the problems but instead wants to understand the problems, Collins said. Stressing that "people don't have to be 'sick' in order to seek help," she added, "seeking help is a display of power."

Many students expect her to solve their problems, Collins said. "I am here to show students how to make decisions, but I don't want to actually make the decisions for the student."

Collins said it is important to work in groups of about 10 students. She said groups help students accept their own abilities. The groups she had, she said, are "not the commonly thought of mixer groups where everyone sits around and talks."

Collins said she directs the groups with emphasis on individuals becoming more aware of their bodies and minds as well as the people around them. She said she hopes that the groups deal with the here and now, and focus on experiencing, in addition to verbalizing.

The use of outgroups is "an effective means to reach more students," she said. Outgroups are composed of students who are interested in participating in a group self-awareness process. Anyone may participate in the group, having

once registered at the clinic.

These outgroups could extend beyond the UNL, Collins said. This could alleviate the stigma of being sick, a term often associated with going for treatment, she said.

Outgroups are beginning on UNL, Collins said. Groups of students recently have begun requesting special groups be set up and run by the Mental Health Clinic staff, she said.



Social worker Sheila Collins

Collins said she hopes other such groups will form.


# Nixon impeachment rally

State Sen. Steve Fowler, Rep. King, Lincoln Central Labor Union president, and Asst. Prof. Philip Dyer of the UNL political science department are scheduled to speak at a rally for the impeachment of President Nixon.

The rally is being sponsored by the Nebraska Coalition for the Impeachment of President Nixon.

The rally speakers were selected and a program format developed Thursday at a meeting to finalize plans for the rally at the Capitol Saturday.

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## calendar

- Oct. 1 - 1973 Student Government
- Oct. 2 - 1973 American Football
- Oct. 3 - 1973 American Football
- Oct. 4 - 1973 American Football
- Oct. 5 - 1973 American Football
- Oct. 6 - 1973 American Football
- Oct. 7 - 1973 American Football
- Oct. 8 - 1973 American Football
- Oct. 9 - 1973 American Football
- Oct. 10 - 1973 American Football
- Oct. 11 - 1973 American Football
- Oct. 12 - 1973 American Football
- Oct. 13 - 1973 American Football
- Oct. 14 - 1973 American Football
- Oct. 15 - 1973 American Football
- Oct. 16 - 1973 American Football
- Oct. 17 - 1973 American Football
- Oct. 18 - 1973 American Football
- Oct. 19 - 1973 American Football
- Oct. 20 - 1973 American Football
- Oct. 21 - 1973 American Football
- Oct. 22 - 1973 American Football
- Oct. 23 - 1973 American Football
- Oct. 24 - 1973 American Football
- Oct. 25 - 1973 American Football
- Oct. 26 - 1973 American Football
- Oct. 27 - 1973 American Football
- Oct. 28 - 1973 American Football
- Oct. 29 - 1973 American Football
- Oct. 30 - 1973 American Football
- Oct. 31 - 1973 American Football

## Flyer's meeting set for Tuesday

Dr. Fred Barons Flying will have an informational meeting on Tuesday at 7 p.m. in the Student Center. For further information, contact Greg at 475-6796.





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