

Role-playing helps in life-planning workshop

What are you doing with your life? If this question puzzles you, perhaps the Life-Planning Workshop would be a good investment of your time.

Janet Krause, coordinator of the workshop program, said workshops were begun two years ago but are now undergoing some improvements. Last year sessions were held every six weeks. With workshops held so infrequently, participants were "not responding in the way they needed it," Krause said, so this year they will be held bi-weekly.

According to Krause, people just "blow in" to earth and wait for something to happen with their lives. But things don't always happen without advance planning. Life-Planning Workshops enable people to "get in touch with yourself, with who you are, what you like and what you dislike about yourself," Krause said.

Exercises are introduced to help people learn about themselves. Some groups take a fantasy trip in which they determine what they will be doing five years from now, whether they will be in the United States or abroad and

what type of work they will be doing, Krause said.

Goal-setting is the primary objective of the workshops. According to Krause, progress is checked consistently. Many participants set goals concerning vocations, while others may plan a trip to Europe.

Role-playing is a major part of the workshops, Krause said. People first determine roles they are presently playing, then decide how they feel about each role. Some roles are uncontrollable, but others may be changed if so desired. In this way, people may decide to retain certain roles for many years and abandon others.

Jane Erdenberger, senior, attended a life-planning workshop and was then asked to serve as a facilitator in other workshops. The facilitator introduces the exercises and encourages the people to expand on what they're saying, Erdenberger said. They also stress communication with the entire group, not just with the facilitator. An average workshop group consists of four or five group members and one facilitator.

"It's just like a five-hour session of re-evaluating what

you're doing with your life," Erdenberger said. "It's the only time a lot of us do that."

According to Krause, an educational psychology course, Leadership Training 499, is also helpful in becoming a workshop leader. The course deals with nonverbal communications and the responsibility of being a

leader.

Any student, faculty or staff member is welcome to attend Life-Planning Workshops at no cost. Anyone interested should come to third floor of Seaton Hall, Counseling Center and fill out a class schedule. The first workshop is scheduled for Tuesday, Oct. 1 at 12:30 p.m. at the Counseling Center.



Janet Krause, coordinator of the Life-Planning Workshop.

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