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'Assertiveness Training for Leaders' emphasizes self-respect, faith in belief

Despite its name, the workshop entitled "Assertiveness Training for Leaders" is not open only to formal office-holding students and leaders on campus, said Dr. Carmen Grant, clinical psychologist at the University Health Center and workshop coordinator.

"All students from time to time find themselves in leadership roles," Grant said. Although the limit is 50 participants, she said all those interested are welcome.

"The focus isn't so much on leaders as on how to function in leadership positions," Grant said.

The workshop, scheduled from 10 a.m. to 4 p.m. this Saturday, is third in a series sponsored by the student affairs task force for student development. The series is aimed at increasing the effectiveness of student organizations, Grant said.

Task force member Mike Eyster said this is the first year for the workshop so a target group was necessary to evaluate the workshop's success. More requests for assertiveness training came from student leaders than from other student groups, he said. Thus, the leaders were chosen for the target group.

Eyster defined assertiveness as "respecting yourself and other people... and learning to act consistently with your beliefs."

Grant said a general overview of assertiveness, plus formal presentations, self-evaluation and group interaction will be incorporated in the workshop.

Participants find out what assertiveness is, and then have a chance to practice it, she said.

Counselor Janet Krause said the program emphasizes assertiveness awareness rather than skill development.

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Health policy effectiveness studied

NU faculty members and staff may see a decrease in Blue Cross-Blue Shield health insurance costs.

NU and Blue Cross have joined forces to study the problems of policy usage and will devise a campaign to relay findings to NU policy holders, according to Roger Mason, senior vice president for health affairs at Blue Cross.

Blue Cross will conduct a monthly review of claims to determine how NU employees are using their policy, he said. These findings then will be given to the NU committee, he said.

"The university doesn't get enough information to know how to use their policies effectively," he said. Mason said a problem is high hospitalization costs when treatment could be made with out-patient service. Depending on problems identified, the committee may use brochures, meetings, posters or classes to inform policy holders how to cut costs, Mason said.

The NU committee will begin meetings this month.

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