

Rat races, depression, studies could lead to suicide

It's a commonly accepted fact that college can be one of the most pressure-filled experiences in a person's life. The race to make grades, to get ahead, to be involved in extracurricular activities and to maintain a social life often seems impossible.

Stress and physiological reasons, such as depression and failure, are the most common causes of suicides and suicide attempts at UNL, said Kathy Brzezinski-stein, psychological counselor at the UNL Counseling Center.

"I've gotten to the point in my own counseling that when somebody comes in and is depressed, or if they've been chronically depressed, I make them check about their last physical examination," Brzezinski said. "This may rule out any metabolic or physical components."

"Through medication they (people with suicidal tendencies) were able to put their body back together and lo and behold... the problem disappears, she said.

Stress is another common factor leading to suicides. Students with a low stress tolerance are especially susceptible to suicidal tendencies, Brzezinski-stein said.

The uncertainty of what life holds after college graduation, has led some students to drastic actions, Gerald Shannon, clinical psychologist for the Community Mental Health Center of Lancaster County said.

He cited an example of one student who was well-adjusted in school and earned good grades.

"The crisis for him was he was having extreme difficulty facing the fact that he would have to go out in the world alone, Shannon said. "It's a terrifying experience."

Freshmen and transfer students are also exposed to extreme stress situations, Shannon said. Searching for acceptance and adjusting to a new situation can lead to possible suicides, although, Shannon said, he has not seen any actual cases with these circumstances.

Break-ups with a boy or girlfriend is another common

cause of suicide in young people, he added.

"One of the myths of suicide is that if they talk about it, they won't do it," Shannon said. However, this is only a myth. He stressed that many people have followed through on their threats.

The University Health Center counsels students with suicidal tendencies. Most students talk openly about their feelings, according to Robert Heins, director of

the clinic.

From his counseling experience, Heins said he has seen several factors among UNL students that may lead them to suicide.

He listed these as low self-esteem, loss of a parent or close friend, increased physical complaints, a previous suicide in the family and breaking up with a boy or girlfriend.

Student fees task force report given

The president's university-wide task force on student fees met for the second time Tuesday Nov. 1, behind closed doors. The press and public were barred from the meeting.

The task force is to discuss the current structure of student fees and possible revisions. The committee announced that the public would be barred from the meetings to "speed the process and allow a free range of opinions to be expressed about the student fee programs."

Following is the complete text of a statement released by the committee issued "so that the vital information will not be withheld from students."

The meeting was convened at 3:26 p.m. with one member, Gary Moore, the UNMC student representative, absent due to a scheduling conflict with his clinical duty requirements.

The members of the task force discussed the contents of the previous memos to the press and agreed that subsequent communications should be of a more substantive nature. It was agreed that the task force members would inform the chairman of the items that they wanted to include in the press release.

The members of the task force continued their discussion of the study format to be used in the preparation of their report. The study format appears below:

- I. General opening statement
- II. Charges
- III. Review and analysis of the issue
 - A. Philosophy
 - B. History
 - University of Nebraska-Lincoln
 - University of Nebraska-Medical Center
 - University of Nebraska-at Omaha
 - C. Campus differences
 - UNL
 - UNMC
 - UNO
 - D. National trends
- IV. Methodology
 - A. Data collection
- V. Alternatives and implications
- VI. Recommendations

Members of the task force began discussion concerning the following items: the history of student fees at UNL, alternatives and implications, data collection, and the philosophy of student fees. These discussions will be continued at the next meeting of the task force.

The meeting adjourned at 5:18 p.m.

The next meeting of the task force will be Tuesday, November 8, 1977, at 3:00 p.m. in the Tower Room of the Milo Bail Student Center.

Students attempt to add excitement

Students in the School of Life Sciences are trying to turn a room without a ceiling into an exciting place to study biology.

Steven Ferris, a graduate student in the school, said an exposed pipe above the Life Sciences resource center sounds like a waterfall sometimes, "but that's part of the atmosphere, I suppose."

Ferris sent letters to 20 undergraduates in late September asking if they were interested in putting together the resource center. Fourteen of those students, most of them freshmen, are looking for textbooks, furniture, plants, aquariums and terrariums, and information about careers in biology for the new resource center.

Ferris said the students were selected because of their backgrounds in biology and involvement in high school and university activities.

The purpose of the room is to keep people from losing their original excitement about life sciences, he said.

"The building is pretty sterile right now and we'd like the room to be just the opposite of that. We want a good atmosphere for study which will create excitement about studying biology in general."

The center is functional now, but additions might be made to the room for anywhere from one month to the next ten years. Ferris said all funds come through the School of Life Sciences and that the director of the school supported the project with both words and dollars.

Bill Lowndes, a freshman life sciences major, said the room may be divided into three areas. One part would be where students can just talk things over among themselves and relax. A study area, perhaps separated from the others by bookcases, would be equipped with texts and reference materials.

Lowndes said a third area would have information about instructors, courses and career opportunities. For this purpose, the group asked school graduates to write about what they are doing now in graduate schools, medical schools and jobs involving biology.

The Life Sciences Resource Center is in room 103, Manter Hall.

The challenge.

Your challenge is to spell a word, or words, using the letters shown below. Each word must contain the letter the indicated number of times.

1. A word containing 6 "i's":

2. A word containing 5 "a's":

3. Three words containing 5 "e's":

4. Four words containing 4 "o's":

5. Two words containing 4 "u's":

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Answer: 1. Individuality, 2. Abundant, 3. Effervescence, interdependence, interdependence, 4. Footprint, footprint, schoolroom, schoolroom, 5. Unscripted, unscripted.



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