

# Assertiveness training class defines right to say no

Steve loaned his typewriter to a friend. When it was returned broken, he did not know how to tactfully ask for reimbursement.

Sue's roommate was not doing her share of the cleaning and housework. But Sue was afraid to approach her about it.

Steve and Sue (not their real names) are two people who have participated in assertiveness training groups at the University Counseling Center during the past three years.

Being assertive, according to Sue Bukacek, a counselor and leader of a group this semester, is "being as direct and as open as possible, while at the same time taking the other person's rights into

account."

Bukacek said aggressiveness, as opposed to assertiveness, is acting without consideration of others and their rights.

Awareness of this difference is the first step of the eight-week training session, Bukacek said. The group meets for about two hours each week.

During the first several sessions, the groups discuss these differences and identify people's rights.

Many people do not realize that they have "a right to say 'no'" or a "right to ask for help," she said.

After these initial discussions, the group works on individual problems. In

Bukacek's group, each person develops a contract for the entire session and a contract for each week.

For example, a shy person might resolve to become involved in two new organizations. A one-week goal might be to meet and initiate a conversation with three new people.

Every week, the person reports to the group any problems, difficulties or rewards.

Often after setting a goal and before attempting to fulfill it, an individual practices before a videotape machine. Fellow members, play the role of the strangers the shy person tries to talk with.

Although the machine is scary at first, Bukacek said, the results are helpful. They see themselves and say, "Hey, I didn't look so bad," or "I didn't know that I writing my hands like that."

The fear also subsides, she said, because the members "start supporting each

other."

"You realize that the others are not going to laugh at you. You realize that you really aren't so terrible," Bukacek explained.

Bukacek said the result of the AT groups have been good. The groups have been organized every semester for the past three years. Evaluations by members after the groups have ended have been supportive and encouraging, said Bukacek.

Some members have been disappointed in the past, she said, because they find they are unable to discuss such things as how to talk intimately with a boyfriend.

Bukacek said it is important to "start small and build." The members have to "set priorities and realize the limits to what they can do."

Besides realizing immediate goals, Bukacek said the training can generalize to everyday life.

"It is something that they can take and use as long as they want to," she said.

## Three seminars to feature pointers on the job market

Three seminars titled "How to Market Yourself—Facts or Fantasies" are being offered March 22 and 29 and April 5 by the Division of Continuing Studies for people looking for self-improvement or help in entering the job market.

The first seminar, "Personal Assessment," will deal with resume preparation. The second seminar, "Written Communication," will describe techniques for writing the application letter which accompanies the resume. Other types of letters also will be discussed.

"The Job Interview" is scheduled for April 5. Depending on attendance, it will offer mock interviews, videotaped interviews and interview evaluations.

Lecturers include Frank Hallgren, director of Career Planning and Placement;

Anne Johnson, coordinator of the College of Agriculture employment seminar and Al Witte, associate professor of electrical engineering.

Hallgren said, "It's important how a person presents himself in a job interview. All along the way, people are going to have to renegotiate themselves when changing jobs."

He added that the seminars are inter-related. A person "needs to attend all three to find it productive," he said.

The seminars will be from 7 to 9 p.m. each night in the Hastings Room of the Nebraska Center for Continuing Education. The cost is \$20.

Those wishing to preregister should contact the Nebraska Center for Continuing Education, 472-1744.

## Fire station awaits approval

A proposed fire station in the Southwest Lincoln area has an even chance of receiving city council approval, according to Lincoln's fire chief.

Dallas Johnson said the proposed station, to be located on city property on Coddington Street between A Street and West Arlington Avenue, is needed because the area is more than two miles from the nearest fire station.

Existing stations at 17th and Van Don streets and Second and M streets are more than the "reasonable run distance" of two miles, Johnson said. The area also is building up quickly, Johnson said, necessitating increased fire protection.

Johnson also said increasing traffic on north-south railroad tracks presents the

possibility of fire units being held up by passing trains.

"We are addressing the problem before it occurs," Johnson said of the railroad crossings, explaining that units have not yet been delayed by trains.

The plans also call for a mini-park and a city library to be built on the site, Johnson said.

A request for \$202,000, the estimated construction cost of the building, was made March 1 before the City-County Planning Commission. If included in Mayor Helen Boosalis' budget, the Lincoln City Council will make a final decision on the request later this year.


Johnson said he expects no opposition from the council.

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