

CLIP AND SAVE

Survival At College

CLASSES FOR \$1



OCT. 27 - NOV. 21, 1980

* Instructor's Name

1. **"CUTTING RED TAPE AT UNL"** (Sandi Rhoten/
Gary Coleman/Chris Carlson)*
Students will find out from members of the orientation staff how to let the university work for them. Areas like registration, study skills, advisors and out of class experience will be covered.
Place: Nebraska Union
Time: Wednesday, Oct. 29
7:00 to 9:00 p.m.
2. **"JUDO"** (John Roseberry)*
An introduction to Judo covering philosophy, physical techniques and Judo as a sport. Come and learn how to handle your room-mate!
Place: Shorei Kan School, 2709 "O" St.
Time: Thurs., Oct. 30 - Nov. 20
8:00 - 10:00 p.m.
3. **"SELF-DEFENSE"** (Tory O'Neil and Kris Winter)*
We will survey and practice various physical techniques used to defend one's self from an attack. Strategies useful in avoiding an attack situation will also be covered. This course is designed primarily for women - but men are also welcome.
Place: Shorei Kan School, 2709 "O" St.
Time: Tues., Oct. 28 - Nov. 18
4:30 - 5:30 p.m.
4. **"KARATE"** (John Roseberry)*
Two-hour seminar for beginning students covering basic techniques: punches; blocks and kicks; and the philosophical aspect of Karate.
Place: Shorei Kan School, 2709 "O" St.
Time: Wednesday, Oct. 29
8:00 - 10:00 p.m.
5. **"FAMILY RELATIONSHIPS -
A 'DIAMOND' DECLARATION"**
(Hedy Moessner)*
The sessions will consist of discussion groups, problem solving situations, and activities that lead to the formulation of "Desirable, Inspiring, Affective Morals or Norm Declarations."
Place: Nebraska Union
Time: Tues., Oct. 28 - Nov. 18;
7:00 - 8:00 p.m.

6. **"THINKING ABOUT THE DRAFT"**
(Rev. Larry Doerr)*
A discussion class on the draft, registration, etc. as issues for both personal and social aspects of morality. There may be no one simple answer to the morality of registration and/or the draft, but making a decision with moral implications is inescapable. What are the issues? What must a thoughtful person consider? How does one deal with questions about duty, patriotism, national security, etc?
Place: Commonplace, 333 N. 14 St.
Time: Wed., Oct. 29 - Nov. 19
6:30 - 8:00 p.m.
7. **"THERE'S NO PLACE LIKE... A DORM ROOM?"**
(Ruth Sendrowski)*
Suggestions on how to "visually" increase the size of a dorm room and how to make a place a student would enjoy being in.
Place: Avery 237
Time: Wed., Oct. 29 - Nov. 19;
7:00 - 8:00 p.m.
8. **"DANCING TO TODAY'S MUSIC"**
(Caryn S. Wood)*
This will be a four-week session, one hour per week, dealing with partner dancing to today's music. Participants will learn basic footwork patterns, leading and following techniques, and as many variations as time will allow.
Place: 3808 Normal Blvd.
Time: Tues., Oct. 28 - Nov. 18;
6:00 - 7:00 p.m.
9. **"CARDIOPULMONARY RESUSCITATION-CPR"**
(American Heart Association*)
Place: North Lounge, Abel Hall, 860 N. 17 St.
\$2.00 Registration Fee
Times: Tues., Nov. 11/Nov. 18; 7:00 - 10:00 p.m.
Thurs., Nov. 13/Nov. 20; 7:00 - 10:00 p.m.
10. **"INTRODUCTION TO BIKES"** (Freewheelin'
Bike Shop)*
Introduction to bikes, types of bikes, maintenance of, etc.
Place: Nebraska Union
Time: Tues., Nov. 4 and 11
11. **"STRESS MANAGEMENT"** (Mark Lukin)*
An overview of the "stress" concept, cognitive and physiological implications, and some information on stress awareness and relaxation training.
Place: Nebraska East Union
Time: Thurs., Nov. 13 and 20
7:00 - 9:00 p.m.

Registration for classes Oct. 15-22, 10 a. m. - 2 p. m.
at booth in Nebraska Union lobby or all day in room
200 Nebraska Union.
Registration fee is \$1 UNL Students, \$1.50 for Non-
Students per class.



REGISTRATION FORM

Name _____ UNL Student _____ \$1.00
 _____ Non-student _____ \$1.50

Address _____

Phone _____ Student ID No. _____

Course Name _____

FREE UNIVERSITY "Survival at College"
Oct. 27-Nov. 21, 1980.

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For more information call
472-2454

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