

Non-traditional students find balance between school, home

By Adare O'Connor
Staff Reporter

The reasons why older, "non-traditional" students return to school vary, according to a recent UNL study completed by Dr. Deanna Eversoll, director of evening programs and adult learning services (EPALS) at the Division of Continuing Studies.

Eversoll surveyed 255 students age 30 and older who received their bachelor's degrees from UNL in 1981 and 1982. These students returned to school for many reasons, ranging from personal accomplishment needs to career necessities.

One man surveyed said, "I needed to finish because I wanted something that would make a statement about my character, which is that I finish what I start."

Many students surveyed said they initially feared taking classes again as well as mixing with a younger group. They feared a negative attitude from younger students but "younger students either welcomed or ignored them," Eversoll said.

The majority of those surveyed are married. Many have families.

The advantages of returning to school, such as feelings of self-confidence, were sometimes counterbalanced by the sacrifice of time with family during their schooling.

Those who receive their degree may have an edge over younger students in the job market because they have more personal contacts, Eversoll said.

Ruth Harper, college adult counselor at the Division of Continuing Studies, helps older students choose a career and schedule classes. Harper works evening and Saturday hours to help students who work full-time during the day.

Harper also is the adviser for the Non-traditional Students Association, which meets every Friday afternoon for lunch in the Nebraska Union. These weekly meetings usually include a program discussing a helpful topic such as math stress reduction.

The Division of Continuing Studies and the Office of Student Affairs are sponsoring a back-to-school workshop Oct. 15. The workshop, which will be held at the Nebraska Center for Continuing Education, is an orientation for older students who want to return to

school. Advisers from the various colleges will be there to give prospective students information.

The April 1985 Newsweek on Campus listed four problems non-traditional students often face when returning to school. A frequent problem is the loss of a regular income. Some students may take on a heavy load by working during the day and taking night classes. But many others attend school full-time and cannot work.

Another common problem facing older students is the conflict between home and campus activities.

Younger students also sometimes resent the dedication to classes that many older students have.

Finally, older students sometimes clash with their professors. Despite this, most teachers respect the discipline and dedication of non-traditional students.

Although older students face problems in returning to school, most in Eversoll's study said that college was not as difficult as they anticipated. It turned out to be much more interesting than they had thought, according to the study.

Students monitor officials

Group aims for 30 recruits

From Staff Reports

The UNL Government Liaison Committee hopes to recruit about 30 new members today during its membership drive in the Nebraska Union.

Kelly Kuchta, GLC chairman, said group members will answer questions about the organization and its activities from 9 a.m. to 3 p.m.

Unlike ASUN, which turns down

some membership applicants, GLC membership is open to all students, Kuchta said.

"It's an important committee," he said, "but we don't turn down applicants because it is a committee for the students."

GLC monitors government activities at every level to let students know what is happening in government, Kuchta said. He said the group is not limited to certain issues. It can touch any issue related to students.

"We just kind of go with whatever comes up," he said. "It's not like we're a jellyfish. When an issue arises that's important, we'll address it."

Kuchta said GLC employs a registered lobbyist at the Capitol. The group's 22 members also lobby their state senators, he said.

GLC members plan to sponsor a voter registration drive and some social functions with state senators and other state leaders. Kuchta said "it's a good idea to have the students take an interest" because government officials believe student apathy remains high.

During the upcoming Legislative session, he said, GLC would like to sponsor debates between state and university officials about the NU budget.

The GLC membership drive is scheduled from 9 a.m. to 3 p.m. today.



Andrea Hoy/Daily Nebraskan

Nebraska Union employee Kathy Miller wipes the Union Square windows clean.

Cleaning a constant job

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Swanson said Mondays and Wednesdays are the busiest days. Many groups have meetings in the union on those days. Some rooms are used three or four times a day. At least two employees work to set up these meeting rooms after each use, he said.

Nine people work from 11 p.m. to 7:30 a.m. to deep clean. They put the union back in order for the next day's traffic.

Cleaning is a constant operation at the union, Behmer said.

More than 170,000 square feet is cleaned every day. That's about 12,600 square feet cleaned by each employee.

UNL 'fat,' official says

From Staff Reports

Most UNL students have too much fat in their bodies, said Beth Mavis, graduate assistant in exercise science.

She said many students also have problems with their cardiovascular system. This is because the American lifestyle is more sedentary now, she said.

The fat problem is carried over from grade school through high school and into college. Mavis said students have more body fat now than 10 years ago. She said children are not encouraged to exercise as much as they were in the past.

Mavis said the more body fat a per-

son has, the less efficiently the body works.

Those students wishing to lose some extra body fat can take classes in the School of Health, Physical Education and Recreation.

Mavis said a 10-week independent study self-paced cardiovascular program is offered to students. This class involves reading and taking quizzes in addition to exercise. Using last spring as an example, she said, the trend was for students to lose body fat and gain in cardiovascular capacity.

Mavis said she believes college students should be required to take physical education classes such as swimming, running, aerobics conditioning or one of the healthy lifestyles classes.

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