

**Weather:** Partly cloudy in the morning, turning sunny toward afternoon with a high in the low to mid 70s. Mostly clear tonight, with a low in the lower 50s.

**New basketball recruits give NU needed height**

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**Greatest Show on Earth brings big top to Lincoln**

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## Freshmen fears:

### Tricks and tips to stay sane at UNL

By Shirley Roenfeldt  
Staff Reporter

Students can never prepare for college life completely until they arrive on campus. But once they arrive, help is available.

Moving into residence halls that hold more people in less space than many students' hometowns is a big change, said Glenn Gray, complex program director of Cather-Pound-Neihardt residence halls. Students encounter new people, rules and freedoms that, when compounded, can cause stress, he said. Students have a chance to test and compare their values as set forth by their parents and churches, Gray said.

Most freshmen adjust well to college life, said Gray, who holds a bachelor's degree in psychology and a master's degree in human development. This year activities to acquaint freshmen with the university, such as Freshman Friday, have been emphasized, he said.

A student assistant lives on each residence hall floor and is available when "typical adjustment problems" arise, he said. The problems sometimes can be solved after talking with an SA. Students may be directed to other sources of help, Gray said.

"We act as a resource and referral agent," he said. "We are not full-time professionals. We try to find the problem and send students to where they can get the most help. That includes making appointments for the students and actually going with them if the situation warrants it."

The new Student Center, Administration Building 223, is another place students can go for help.

"Students' biggest fears seem to be in uncertainty where they are going at

UNL," said Vernon Williams, director of the center. "A lot of anxieties come out as academic problems, but that may not be what is most important to them. It is just the way it gets expressed."

Gray said a descriptive study showed that the most commonly perceived symptoms of stress among college students were:

- nervousness or anxiety,
- muscle tension,
- insecurity or excessive worrying,
- weakness
- general fatigue,
- a low threshold for anger,
- depression,
- difficulty concentrating or forgetfulness.

Gray conducted the study in April in UNL's residence halls using 400 randomly selected students. The top perceived stress-causers in order were:

- pressure of grades,
- not enough time to get things done,
- the future,
- financial problems,
- concern with the meaning of life,
- physical appearance, and
- obtaining a job after graduation.

There are ways to cope with these feelings and problems, Gray said. The top perceived stress management solutions in order, according to the study, were:

- talking with a friend or family member,
- setting realistic goals,
- doing something fun every day,
- engaging in satisfying work,
- spending time alone to revitalize self,
- getting adequate exercise on a regular basis,
- expressing feelings in a healthy way.



Members of Farm House Fraternity and UPC get crazy while dancing to the Verandas at the Music and Melons festivities held by Broyhill Fountain Wednesday.

Andrea Hoy/Daily Nebraskan

## UNL tightens requirements

### Incoming freshmen must be better prepared to be admitted

By Joeth Zucco  
Staff Reporter

As the "Excellence in Education" trend becomes a mainstay in higher education institutions, UNL is taking part by tightening its admission requirements for incoming freshmen.

Changes started four years ago with the Board of Regents' decision to toughen admission requirements. UNL officials traveled across Nebraska and spoke with high school counselors. Newsletters also were mailed informing counselors of the admission changes. The annual Principal/Counselor/Freshmen Advising Conference provided an open forum to discuss the upcoming changes.

On campus, registration was the final preparation for the new admission process. Freshmen met with their advisers so they could be counseled in making the right class selections for the major they wished to pursue.

Toughened to better prepare college-bound students, requirements in language arts, mathematics, science and social studies have been updated for a more rounded education. In language arts, three years have been raised to four with the addition of a

composition class. In mathematics, business and general math are no longer accepted; one year of algebra and one year of an additional math remain requirements. Science and social studies requirements remain the same, with two years of high school courses required for admittance.

Alternatives exist for students unable to fulfill the requirements. By graduating in the top half of their class, scoring a composite ACT score of 18 or a combined SAT score of 850, the student will be considered for full admission.

For those not yet meeting these criteria, conditional admission is considered. The student must have completed at least three years of English and one year of algebra. They have one year to meet the deficiencies with the help of an adviser.

Barbara Boettcher, a counselor in admissions, said most freshmen were accepted in full standing.

"Most students met their requirements by coming to college anyway," she said. "Students who never thought they'd go to college have trouble."

Although smaller schools do not always offer an opportunity to take all the classes they need, most school districts have broad curriculum to make

up for the deficiencies. Urban and rural districts have similar academic standards, she said.

Most incoming freshmen were not aware of the changes, Boettcher said. If they were, they were more likely prepared because they were enrolled in high school college preparatory courses.

"I think it's a good idea because it prepares you for college life," freshman Mark Hain said. "It really slaps you in the face and opens your eyes."

Boettcher said she advises students to talk to their professors for two reasons: if they enjoy the class and if they're having trouble. In the latter case, the professor may be able to share some effective ways of studying and preparing for class. Boettcher said meeting with an adviser will help in scheduling and course selection. She encourages students to have a study partner or group for aid in understanding. Reviewing notes and using a highlighter marker are also helpful study techniques. Additional counseling and advising will be offered at the Student Center for academic success, advising, counseling and multi-cultural affairs, which open next week in Administration Building 226.

## Union food franchise possible in January

By Kevin Freadhoff  
Staff Reporter

Possibilities are increasing that by next year a private food franchise will be operating in the space currently held by the Union Square, said Daryl Swanson, Director of the Nebraska Union.

In a Union Board meeting held Wednesday night, Swanson discussed the ideas and reasons behind the possible conversion. According to Swanson, the Union has lost money three out of the last eight years. The majority of those losses, he said, can be attributed to the Union's food services.

Swanson said invitations were sent out to private franchises Aug. 11. Since then, three private franchises have expressed interest in the space available. Swanson said he was not at liberty to release the names of the franchises at this time.

Swanson said although the Union Square broke even last year, the Union wanted to offer "the prime" spot for lease to a private franchise.

"To do nothing about food services is not the answer at all," Swanson said.

If everything goes as planned, Swanson said, and a private food franchise would take the space available without remodeling, he could foresee a private franchise operating as soon as January, 1987.

Swanson said other proposed changes include the conversion of the Harvest Room into a food court area operated by the Union. As a rule, when a private franchise takes over such a space they will triple volume, Swanson said. The higher volume should help the entire Nebraska Union, he said.

"Unions thrive on traffic," Swanson said.

Swanson said some food service employees would be affected by the possible change. Currently, there are seven full-time employees and a number of part-time employees who would be laid off. However, the university would attempt to transfer the full-time employees to other positions in the university, but no guarantees could be made, Swanson said.

The next Union Board meeting is scheduled for September 10 at 6 p.m. at the East Campus Student Union. The meeting is open to the public.

## More computers available to students

By Dotti Krist  
Staff Reporter

Students this fall will have an expanded choice of computer terminal locations, services and software to use on campus through the Computing Resource Center.

Computers are available to students in three locations.

A new microcomputer laboratory is open in Andrews Hall. It will provide students with more than 20 Macintosh computers with printers and software including a series of writing aid programs. According to Kathryn Alderman, education coordinator for the center, this site, called the Writing Lab for Liberal Arts, was set up to meet the increase of student use at Selleck

Hall's Microcomputer Laboratory for Innovative Instruction.

A new terminal site also will be available in Abel-Sandoz Residence Complex. The Computing Resource Center is attempting to place labs in all the residence halls, Alderman said. Another lab in Bancroft Hall offers computerized design.

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