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Stress counseling available

By Mick Dyer
Staff Reporter

Being a new student can be exciting and memorable — but also stressful.

Bob Brown, professor of educational psychology, said there are four potential sources of stress a new student faces: academic pressure, personal identity, social role and a general "fear of the unknown."

"These are major stressors for any adult," he said, and few things cause more stress. Brown said new students should develop support systems to help overcome these stressful situations. The support systems could be people in a residence hall or a fraternity or sorority house, or even faculty members.

"Having people you can talk to and spend time with makes these stressful transitions easier," he said.

Students can get help for mental stress at the university's mental health clinic in University Health Center 213. The center provides individualized counseling and therapy. Hours are 8 a.m. to 5 p.m. weekdays.

Walk-ins are accepted, but scheduled appointments are preferred. A 24-hour crisis line at 472-7450 is also available. The first visit costs \$10. The next four visits are free.

Margaret Eager, director of the mental health clinic, encouraged new students not to be afraid to take advantage of the services they provide.

"Don't feel alone, it (stress) is not an unusual feeling, and seeking help is nothing to feel embarrassed about," she said.

The Psychological Consultation Center in Burnett Hall 111 also has services for students. Hours are 8:30 a.m. to 5 p.m. weekdays and evening sessions twice a week.

Payment is on a sliding-fee scale, based on clients' ability to pay.

Dorie Reed, assistant director of the clinic, said that most students have some problems adjusting to new situations and social demands



Brian Barber/Daily Nebraskan

they have not had before, in addition to problems with structuring their time.

"Each person is different and has different needs — therapy is conducted specifically for individual needs," she said.

She said a person doesn't have to feel that they have lost touch with reality in order to seek help from the mental health services. Therapists at the center are all Ph.D. students in clinical psychology.

Student Center 4, in the Administration building, provides services to students facing a wide variety of

dilemmas. The four areas included in Student Center 4 are counseling services, multi-cultural affairs, programs for assisting students in achieving academic success and programs for helping students choose a major.

The Academic Success Center will sponsor study skills workshops every Thursday at 3 p.m. in the Nebraska Union.

Workshops will address a variety of strategies to enhance study effectiveness, the first program, Sept. 3, is "Notetaking in College: The Cornell Method." The program is free to students.

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