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Caught a cold? Help yourself

By Pattie Greene
Staff Reporter

The University Health Care Center's recently developed cold clinic offers quick and easy self-help for students suffering the aches and pains of the changing seasons.

The clinic opened Aug. 29 after an onslaught of students asked for simple help with colds and how they could help themselves, according to Rosemary Thorpe, the clinic charge nurse. The clinic is operated through the University Health Care Center.

She said many students came in complaining of colds and many went through acute treatment because the receptionist didn't know where to send them. Acute treatment is similar to emergency care, Thorpe said.

In addition, she said, all the questions took up an extra nurse's time. "This way, students can determine for themselves and then go to a pharmacy to get any prescriptions they need," she said.

Students wishing to use the clinic must visit the health center, sign in with a triage nurse and visit the clinic, which is in the center.

Instructions on the wall take the student through the cold diagnosis process step-by-step.



John Brunner Daily Nebraskan

Students take their own temperature and examine their throats in a mirror. Diagrams near the mirror show the difference between a normal and infected throat.

Other posters list instructions on how to take care of cold symptoms and sore throats.

After the self-evaluation, students go back to the triage nurse, who talks to the students about their symptoms and answers questions. The nurse then sends the student

home, makes an appointment at the health center or sends them through acute treatment.

Thorpe said students that are sick and don't have an appointment are admitted to a doctor right away.

"Some students need the reassurance that it's just a cold," Thorpe said.

There is no charge for going through the cold care clinic or if you have to see a doctor if you have paid your student fees, Thorpe said.

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Counseling on campus

Programs help minorities adjust

By Jana Pedersen
Staff Reporter

Minority students who need help adjusting to campus life don't have to go far to find it.

The Multi-Cultural Affairs office provides the Minority Assistance Program and Student Opportunities Services, which are minority student services.

To be eligible for the state-funded Minority Assistance Program, students must be undergraduates and U.S. citizens.

The main emphasis of the program is to provide counseling services for personal problems to career choice problems, according to Vaughn Robertson, assistant director for multi-cultural affairs.

He said most of the students who need his help have financial aid problems or tutoring requests. But, Robertson said, he also deals with students who have problems with roommates or homesickness. He described his counseling work as "trouble-shooting."

"I try to help the students make the adjustment from high school to college," he said.

Student Opportunities Services is a federally-funded program for 350

UNL students who have a below-average GPA or ACT score. Preference is also given to low-income, physically handicapped or first-generation students, and applicants are interviewed before they are accepted to the program.

The focus of this program is to help students to succeed academically and "to teach them how to help themselves," according to Jimmi Smith, director of multi-cultural affairs.

Services offered through the program also include academic, personal and career counseling. Many of the minority students who seek counseling feel like they are alone in their problems and, according to Smith, it is the job of the program to help them realize that they are not unusual.

One of the ways Smith helps minorities combat loneliness is to convince them to become involved in campus activities.

"We try to advocate for more involvement for the racial minority student and for the lower income white student within the entire community," he said.

Robertson agreed that students need to become involved in other activities.

"I try to remind them that they

should have balance," he said. "Out of the classroom activities are just as important."

Additionally, the student program provides special counseling for first-generation students. Because the parents of these students have never received a four-year degree, they may not be able to understand the problems their sons and daughters face.

"If there's a communications barrier, it's our job to expose the first generation student to different support bases," Smith said.

Special sections of University Foundations, Math 100 and English 150 are also offered through the program. In developing the program, Smith said 100-level math and English composition courses were identified as areas which were causing minority and low-income students stress. These special sections were created to help alleviate the problem.

"All of the students in our sections are capable. We just bring it out of them," he said.

"The basic goal is to keep them in school," Smith said. "The key to growth is wanting to change and then taking the steps necessary to help you grow in a constructive way... if we get people trying, something's going to happen."



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