

Help is available

College demands can be met

By Robin Trimarchi
Staff Reporter

For the new student, adjusting to the independence and responsibilities of university life is one of the tougher challenges of the college experience.

But advisers say that students can successfully learn to manage the stress and pressures of the university environment.

Jane Conoley, associate professor of educational psychology at the University of Nebraska-Lincoln, urges students to "access the orientation that is available."

"Get information," Conoley said, "and take seriously that this is a new environment to learn about."

Time management is a major concern for college students, Conoley said.

"Demands will be different than in high school," she said. "Plan at least a trial-and-error run at scheduling. Learn to keep to the schedule and reward yourself for your progress."

Ellen Weisinger, assistant professor of leisure studies, suggests that students "be ready and study pro-actively."

"There is a direct relationship between the amount of anxiety experienced and the amount of studying one does," Weisinger said. "The more pre-emptive stuff you do, the better you will feel."

The UNL student counseling center provides study-skill workshops to improve academic ability.

Employees of the center suggest that students maintain a positive attitude and develop personal techniques for time management which can lead to successful stress management.

Maintaining a sense of "academic worth" is another major stress for new students, Conoley said.

"Do not overload to begin with," she said. "Meet your professors, use graduate assistants who hold study sessions and learn how to use the library."

"Try to experience success early. Most young students are unsure whether or not they can make it academically," she said. "They need to know that they are not the only ones who feel this way."

Weisinger warns students to avoid trying to be perfect in aca-

demics.

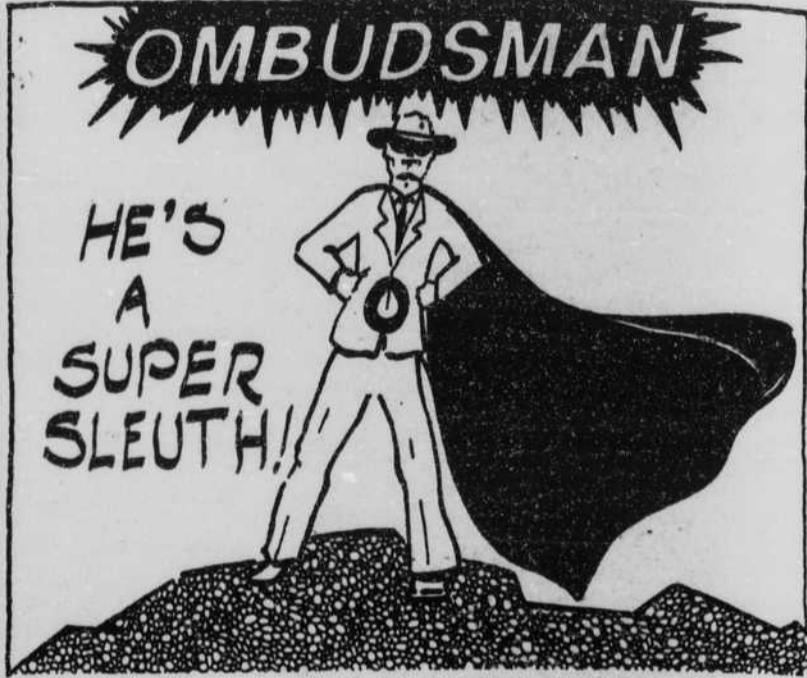
"Set reasonable expectations," she said. "It isn't all-or-nothing. Be prepared for reality, both the frustrations and the joys of it."

Conoley also advises students to take an "aggressive attitude" toward their paperwork.

"When you have forms to fill out and mail piling up, do the tasks or they become a burden," she said. "You will find that you have more time for other things."

The university offers a variety of services aimed at assisting students in adjusting to college life and in achieving academic success.

The Multi-Cultural Affairs Minority Assistance Program provides services to minority students. The student counseling center provides personal, group, career and academic counseling. The counseling center's PEER program connects freshmen students with upperclass leaders. The Academic Success Center offers study skill workshops and individual tutoring, and the Adult Student Network assists non-traditional students in making the transition to university life.



John Bruce/Daily Nebraskan

Super sleuth Ombudsman solves academic problems

By Pattie Greene
Staff Reporter

When University of Nebraska-Lincoln students, faculty and staff members have a problem that seems unsolvable, the office of the Ombudsman helps find solutions.

"We're like a super sleuth," said UNL ombudsman Ozzy Gilbertson. "We get to sneak around finding the clues for the solution."

"The Ombudsman has access to everything of a non-confidential manner at the university," he said.

He said students should see the Ombudsman "when rules or regulations seem to handicap normal problems and it's not going in the best interests."

The Ombudsman will "mediate for that person and come to a satisfactory solution for all parties," he said.

Students also should come to the Ombudsman when they have a grievance about grades, financial aid or believe they are being unjustly treated by a faculty member, he said.

Students can come to the office for help in withdrawing from school, he said.

"A family emergency might arise, such as a death in the family, forcing the student to go home and operate the home business," he said.

Normal rules and regulations do not permit the student to withdraw after a certain date without departmental approval, he said.

"The Ombudsman may intervene so the student gets the proper withdrawal," he said.

Students also can visit the Ombudsman if they are concerned about the problems of a friend, such as a case of discrimination or cheating, he said.

"Any complaints or concerns are discussed in a confidential manner as a minister or a doctor," he said.

Gilbertson said he thinks a lot of students are unaware of their rights and of the ombudsman office.

"Students owe it to themselves to become knowledgeable of both their rights and responsibilities," he said.

He said the rights and responsibilities are outlined in the back of the student undergraduate bulletin.

The ombudsman office is located at 14th and Vine streets in 116 Lyman Hall.

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