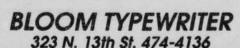


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nancial aid takes many forms

OSFA from Page 5

\$419.00

The awards students receive often are made up of more than one kind of aid, and the student can accept or reject each one.

When OSFA receives the signed award letter, the office gives information to Student Accounts, which holds the awards until the student is billed for tuition.

Any awards that give more than cost of tuition are refunded to the student. Beacon said refunds should be out during the first week of school.

Both students and parents are expected to contribute to the college education, Beacon said. CSS expects freshmen to contribute \$700 or 70 percent of their earnings last year. Upperclassmen are expected to pay 90 percent of their earnings or \$700, whichever is higher.

Some parents feel a student should be independent after graduating from students.

high school, Beacon said, and don't provide what the government says is their fair share.

"They're doing their sons and daughters a very big disservice,"

Students are considered independent for financial aid purposes when for two years they earn more than \$4,000 and aren't listed as dependents on their parents' income tax re-

Other students who are automatically considered self-supporting include the following: students who are 24 years old by Jan. 1 of the award year, U.S. Armed Forces veterans, orphans and wards of the court and those with legal dependents other than a spouse.

Married students and graduate or professional students who won't be claimed as tax exemptions on their parents' returns also are independent

Beacon said he can't increase dependent students' aid because of federal regulations.

Although most deadlines have passed, aid is available outside OSFA. Beacon suggested students check with their parents' employers, fraternal organizations and with their high school.

Most private donors will send the award to OSFA to guarantee that the student uses the money for school, he

UNL departments also offer scholarships. Students should check in the dean's office to see what's available and find out how to get the awards. The departments usually

award through OSFA, Beacon said. In all, the office deals with about 1,600 scholarships, and awarded almost \$4.5 million during the 1988-89 school year. OSFA personnel also awarded \$32.5 million in financial

Counseling available to students

By Stephanie Gustafson Staff Reporter

The Counseling Center at the University of Nebraska-Lincoln offers free counseling to all students. The Counseling Center is in room 226 of the Administration Building.

Fifty percent of the students that seek counseling have career-oriented questions, Director Vernon Williams said. Career concerns include speculation on what students will do after graduating. About 30 to 40 percent of the counseling is personal and 10 to 15 percent is academic, he said. Text anxiety and putting off class assignments are examples of two academic concerns students face, Williams said.

Students generally don't have strictly academic concerns or personal problems but a little of both, Williams said.

Most available counseling is individual, although there is some group counseling offered.

Group counseling is offered to

students with assertiveness problems, he said.

Career-oriented group counseling has not been very successful, Williams said. Students in need of career counseling may use the SIGIPLUS program. A computer gives the student a list of career fields based on what they feel their strong points are,

Williams said. Each career choice has a few sentences on how to get into that field and how much money a person can make. After students receive the list, they sit down and talk with a coun-

Test anxiety workshops are offered to students who

feel that they are not doing as well academically as they should or to those who lack concentration.
"Some of the counselors know

hypnosis," Williams said, "and can teach the students self-hypnosis to help them relax and concentrate."

The Counseling Center works with the Mental Health Clinic at the University Health Center, Williams

said. Employees of the health center usually see students with more serious emotional problems, he said. The Counseling Center occasionally will see students who are thinking about suicide, he said.
"If a person gets the courage to

talk to a stranger, then we usually don't refer them to the Health Center, because then they have to get the courage again," Williams said.

Usually in these circumstances the Counseling Center consults with one of two psychiatrists at the health center, he said.

There are seven counselors at the

"We prefer to have a more equal number of men and women," he said. Overall, I believe the center is very effective in working with women and minorities.

The center's counselors are required to have at least a master's degree in counseling.

During the summer, the center is See COUNSEL on 17

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