

# Where to find a helping hand on campus

By Ronda Vlasin  
Staff Reporter

Incoming freshmen may be faced with new problems, but a group of UNL offices is dedicated to finding answers for students now and throughout their UNL career.

## Scholarships & Financial Aid

Many students have already had contact with the Office of Scholarships and Financial Aid before arriving at the University of Nebraska-Lincoln, Director of Scholarships and Financial Aid John Beacon said.

Beacon said the office administered money to students by provisions through various agencies.

"This money is used to help students meet attendance costs, who without such assistance, might be unable to afford college," Beacon said.

Financial aid qualification is determined by the Family Financial Statement or the Application for Federal Student Aid that must be filled out when students apply, he said.

The office provides a brochure called "Student Financial Aid Guide," containing information about various types of aid and important deadlines to anyone requesting it, Beacon said.

"It is the student's responsibility to be informed by reading financial aid material," he said.

Beacon said that short-term loan counselors are available to help students meet emergency situations. He said a maximum of \$1,000 could be borrowed for up to six months at a very low interest rate.

The office is open to the public and there is no cost to use the services, Beacon said.

The Office of Scholarships and Financial Aid is located in room 16 in the Administration Building. The office is open from 8 a.m. to 5 p.m. on weekdays and until 7:30 p.m. on Tuesdays. The office's summer hours are 7:30 a.m. to 5 p.m.

Beacon said most questions could be answered by the office receptionist, but students wanting to meet individually with an aid officer should make appointments several days in advance.

## Counseling & Psychological Services

The Counseling and Psychological Services Office helps students overcome emotional problems ranging from test anxiety to relationship problems, said the office's director, Dr. Robert Portnoy.

The Counseling Center and Mental Health Clinic will consolidate and join forces on July 1 to form Counseling and Psychological Services, which is designed to better help solve college students' emotional problems, Portnoy said.

"We hope to accomplish more and be more accessible to students with our additional staff and resources," Portnoy said.

Counseling and therapy are available for personal concerns, eating disorders, sexual identity, grief and loss, loneliness, time management, perfectionism and life planning other than career decisions, he said.

Special workshops and support groups are offered throughout the year in areas such as stress management, test anxiety and assertiveness among others.

The staff consists of two psychiatrists, two clinical psychologists and two social workers, who can all treat clients on both emotional and biochemical levels if needed, Portnoy said.

"We emphasize our no student staff policy to make clients feel comfortable and to keep things confidential," he said.

Portnoy said that records of clients are kept, but only staff in the Counseling and Psychological Services portion of the Health Center have access to them. No records will be given out without the clients full permission.

Because the counseling service is paid for strictly by student fees, only students are eligible for treatment, Portnoy said. The first three 50 minute sessions are free, and after that each session is \$10.

Appointments can be made by calling 472-7450 or by stopping by the Counseling and Psychological Services Office located in room 213 of the University Health Center.

## Career Services

Students unsure of future career plans or looking for work experience, can often find direction and help at both the Career Planning and Placement Office and the Student Employment and Internship Center.

"We recognize it is a competitive time," said Dr. Larry Routh, director of Career Planning and Placement. "It is our goal to say quit worrying, come see us and we can help do something about it."

The Career Planning and Placement Office helps students decide what they want to do after graduation, and then helps them obtain full-time employment, Routh said.

The office contains a career resource library with print and video resources including such things as job hunting strategies, employer directories, resume and cover letter guidelines, oversea opportunities and more, he said.

Routh said that a counselor is available for brief advice without appointment from 1 to 4 p.m. on Mondays, Wednesdays and Fridays. Individual appointments may also be made.

The office also sponsors numerous career days including College Work-Study Job Fair, Minority Career Day, Teacher Interview Fair, Summer Job Fair and others.

The office provides use of sophisticated computer software to produce resumes, Routh said. Resumes may be entered into local, regional and national databases for access by employers, he said.

Several workshops will be available to students, Routh said, with top-

ics ranging from mock interviews to business dining etiquette.

"We have a lot of handouts; students should stop in and pick something up," he said.

Most services are free, Routh said. The office is open to both students and alumni, and is located in room 225 Nebraska Union.

The Student Employment and Internship Center helps students obtain part-time work experience prior to graduation, Routh said.

A brochure about the office boasts it is "one-stop shopping for all forms of student employment."

Routh said students could find thousands of Nebraska, national and international employment opportunities.

A Student Job Board located on the third floor of the Nebraska Union as well as the Jobline (472-8800) advertise current part-time, summer and work-study job openings.

Internship advisers are available to help students find opportunities relating to their major as well as to arrange academic credit. Positions may be paid or non-paid, Routh said.

The Student Employment Internship Center is located in room 345 Nebraska Union.

## University Health Center

The University Health Center provides care for sick students as well as relevant education and prevention information, said Janet Crawford, head of the Health Education department.

All students carrying seven or more hours are eligible for Health Center services, she said. The student fees paid with tuition allow students to see a primary care clinician at no cost, as well as to receive most other services at prices below local rates, Crawford said.

"So many students get to their junior or senior year without realizing there is a facility here. And they don't know they are already paying for it," Crawford said.

She said that a nurse and physician are on call 24 hours a day for emergency care, and the Health Center has a six-bed infirmary for short-term illnesses and recuperation.

The Health Center Pharmacy fills prescriptions written by Health Center clinicians or by student personal physicians, Crawford said. Over-the-counter medications are also available.

The laboratory provides diagnostic testing for the Health Center, while the radiology department provides diagnostic x-rays. Both must be ordered by either a Health Center Clinician or students personal physicians and there is a fee for both, Crawford said.

For students needing immunization or for those traveling outside of the United States, the Health Center has an Immunization Clinic. There is a fee for this service, and appointments can be made by calling 472-7467.

The Self Care Cold/Wound Clinic is a space in the Health Center lobby where students can assess their own ailments. There are free instructional

handouts available on colds, sore throat and wound care.

The Health Center Dental Clinic is also available for students and located in the lower level of the building. Appointments can be made by calling 472-7495, and there is a fee for this service.

Sheryl Augstums, UNL insurance representative, said that Student Health Insurance is available to any student needing insurance. It covers 100 percent with no deductible on covered services, she said.

For those students wishing to prevent illness, Crawford said, the Community Health Department in the lower level of the Health Center offers a variety of programs and classes for students including: drug education classes, blood pressure screenings, a Peer Sexuality Program, weight control classes and speakers on other health-related topics.

For students who want to get involved, the Health Center provides a Health Aide Program. Health Aides are specially trained and certified in CPR and first aid so they can assist in minor physical and emotional problems in their living units, and act as communication links between students and the Health Center.

Another involvement program, Peer Educations, involves specially trained students concerned in alcohol and sexuality education programs and projects, she said.

The University Health Center is located at 15th and U streets. To schedule an appointment call 472-5000 between 8 a.m. and 5 p.m.

## Student Legal Services

Student Legal Services helps students looking to resolve minor legal matters, said Karen Steinauer, an attorney for Student Legal Services.

She said the office assists students with legal matters such as driving while intoxicated, minor in possession, trespassing, criminal mischief, disturbing the peace, assault, uncontested divorces, landlord/tenant disputes and automobile purchase disputes.

Steinauer said the group was prepaid and available on appointment for current students.

"We do offer mediation in disputes," Steinauer said. "We let each party tell their side of the story, then we offer our opinion and hopefully reach an agreement."

The office will also speak to groups on request on various legal issues, Steinauer said.

All discussions and files are confidential and are not part of any UNL record, she said.

The office has many brochures about various legal matters, Steinauer said, including the Student Legal Services Handbook which provides general information in the areas of law that frequently concern students.

The Student Legal Services, located in room 335 Nebraska Union Office, is composed of two attorneys and appointments are booked a week in advance by calling 472-3350.

## Ombudsman

The UNL Ombudsman office is an independent, impartial office designated by the university to assist staff and students in disagreements with the university and its policies, said Peg Blake, executive assistant to the Vice Chancellor for Student Affairs.

"Many students feel like it's them against the world," Blake said. "We want students to know this is a place where they will find an impartial person on their side."

After July 1 there will be two Ombudsman offices, one for staff and one for students, Blake said.

"This is a more cost effective model," she said. "Both staffs are already employed by UNL; they will simply be assuming more responsibilities."

Blake said the office will still cover such issues as grade and exam problems, instructor problems, financial aid problems, advising problem, academic honesty, transfer credit, parking citations/towing, handicapped parking, lost/switched i.d. cards, drop and add problems, residency status, sexual harassment, unavailable books and dorm policies. The service is free to enrolled students, Blake said. She said students can walk into the office between 8 a.m. and 5 p.m. and until 7:30 Tuesday evenings, or make an appointment by calling Student Ombudsman Dave Temple.

## Women's Center

The Women's Center is an advocate for women and women's issues, said Judith Kriss, coordinator.

"We offer support and counseling for students concerned with changing the roles of women and men in society," Kriss said. "The center is about women, but for men as well."

The center contains a library on women's issues including women's journals focused on relationships, employment, health and many other topics, she said.

Kriss said the center had referral and pamphlets for almost every campus and community in the area.

"If you have questions or need assistance, and we can't help you, we will find who can," she said.

An employment file in the office with current job listings for the university, local, state governments and many private employers can assist those looking for jobs.

Several discussion groups are offered through the women's center and topic suggestions are encouraged, Kriss said. Some topics that will be covered are rape survivors, non-traditional students, women's sobriety and others.

Anyone interested in volunteering or participating in the Women's Center should call 472-2597, or stop by the office located in room 340 Nebraska Union.