Students Increase Use of University Counseling Center

In the past four years, the number of students using the University Counseling and Testing Center has increased by 170 per cent, the executive dean of student relations said.

"We are proud of this because it shows a growing confidence in the counseling center," Dean John T. Bonner said.

He said during the past three years we have tried to specialize in three areas: vocational counseling, study skills and psychological counseling.

"In the area of vocational counseling, we try to help the student determine his ultimate career. A student can get good counseling at the various colleges and schools, but the counseling center is often best because it is impartial," Bonner said.

The center also offers help to the student in developing good study habits. The center gives advice on test-taking, reading and preparing term papers.

"Some students are away from home for the first time when they come to college and do not know what to do with their new liberty," Bonner said. "At the counseling center, we offer psychological help to the student who has adjustment problems."

Bonner said at some institutions when a student comes in for advice in changing college, the counselor right away asks him how his sex life is.

There are legitimate psychological problems and the counselors can handle them. If there is any depth to the student's problem, the counselor makes a referral to a psychiatrist.

Bonner emphasized that if a student visits a counselor or psychiatrist, it does not go on the student's record.

He said that since the orientation and counseling center was split four years ago both branches have improved.

The counseling center, located in the basement of the Student Services Building, is headed by Dr. George F. Wooster. He came to the 1962 from the University of Toledo where he held a similar position. Before going to Toledo, he had been a counselor in the College of Education at Ohio State.

Bonner said there were six professional people at the counseling center in 1962. Today there are 13 professional people all of whom have at least a master's degree.

"A problem that existed at the center four years ago has been remedied," Bonner said. "Before, most students were seen by interns who were not much older or experienced than the students. Today, students are seen by a mature professional staff member."

"I do not believe in training new counselors at the expense of the student."

Bonner talked of a "very vital salvage operation" which is being planned at the center.

He said: "Students with good potential come to college and then suddenly drop out of school for academic reasons. We are going to try and identify these students as soon as we see them drop below their average.

"We will then issue a special invitation for the student to come to the counseling center for help. We are not trying to punish the student but only to help him."

"We have never before issued formal invitations but sometimes offer informal ones. An overly-protective parent will call us and say their child has a problem and wants us to help.

"I will call the student in and have a brief chat with him. If the student has a serious problem, I will send him to the center, but this does not happen very often."

The services of the counseling center are free to all students enrolled at the university. Students requesting counseling first talk to a counselor with whom an appointment is not needed. If the student and counselor believe further counseling is needed, arrangements are made for interviews with the staff counselor.
Center Offers Advice

By DONALD COOK
Lantern Staff Writer

"If we could talk to the students before they flunk out or are in academic trouble we would serve an even greater service than we do now."

William A. Fulghum, assistant director of the University Counseling Center, fully believes that statement. "So many students do not start planning their career until it is too late and circumstances have denied them a real choice. Often a student will begin college in a field that he just cannot do well in."

"Had that student come to us as a freshman or early sophomore we could have helped him find workable solutions toward a career. We have had several very successful cases where the student had a low accum in one field and, after counseling on their interests and abilities, their accums have shown marked change," Fulghum said.

Career counseling is but one of the services offered by the Counseling Center. Psychological Consultation Services and Reading and Learning Skills Services are also available.

3,000 Use Center

"According to George F. Wooster, director of the Center, "approximately 3,000 students use the Center and its services each year. The services of the Center can be utilized by any student on a voluntary basis free of charge."

All of our records are strictly confidential unless the Student involved authorizes release."

The Career Planning Service offers counseling on such matters as choice of college and major, employability or occupational goals, abilities relative to career choice, and educational information.

Reading and Learning Skills Services work through both individual and group laboratories. The group laboratory concentrates on reading comprehension and rate, vocabulary development, and effective study techniques.

"On an individual basis we provide counseling on concentration, motivation, organization or writing and study methods, and attitudes towards studying," said Stanley E. Davis, assistant director of the Center.

Mary Alice Price, associate director of the Center, said that at the Psychological Consultation Service "we have to cope with a wide variety of personal problems that ranges from a student's preconceived ideas about the University and himself to marriage problems that interfere with his school work."

"Many students come to the University with a set of values that are out of step with the times or the place. They worry about them to the point that their grades hurt. It is not really their fault because values are changing in both time and space. We try to understand their particular problems and if necessary refer them to a more specialized medical area."

"Serve as Sounding Board"

"It is our job to attempt to help the student pinpoint his problem and assist him in resolving it. We serve as sort of a sounding board for him," Dr. Price said.

One of the myths surrounding reading and learning skills is that if a person can read at 1,500 words per minute he is thus smarter than if he only read at 350 words per minute. This is not true according to Davis. An increase in reading speed does not necessarily result in an increase in comprehension or thinking...We feel that 800 words per minute is the upper limit for good comprehension.

"By the time a person is 18 years old he has spent 12 years learning to read. All we can do is improve his reading skills. Often people should read slower. A biology book should not be read as fast as a newspaper.

"Reading and learning is a skill and it takes practice. That is how our laboratories are oriented. The practice groups have from six to 12 people and meet three times a week for six weeks. We concentrate on increasing reading speed but not at the expense of comprehension," Davis said.

Students may use the Center's library. Materials include film strips, books and pamphlets on topics ranging from marriage problems to college majors and occupational fields.
University Counseling Service Hears Gripes, Offers Advice

By CLAUDIA DUNLAP
Lantern Staff Writer

Who cares if you are feeling lost and confused? Who cares if you are lonely and frustrated because you have no one to talk to?

Dr. George F. Wooster and Dr. Mary Lou Niple care. They are part of the University's counseling center, a service whose staff is always available for student visits.

Students do not need to have a specific problem to come to the center. "Just to talk to someone can boost the morale," says Dr. Wooster. Dr. Wooster, the director of the counseling center, says that students should always feel free just "to drop in and chat" with one of the staff.

Friendly chats are only a small part of the services offered to the students by the counseling center, however. The center also tries to help students in their vocational and educational planning, personal and social adjustment, and reading and learning skills.

Students Learn To Read, Study

There are several counselors available in each of these areas. Dr. Niple is one of the counselors who work with students to improve or change their reading and learning skills.

Students have a hard time adjusting their study habits from high school to college work, she said. Their biggest problem is judging how much time is needed for each subject.

Group counseling is part of the reading and learning skills area of services. Students are usually put into groups to ten to discuss their common problems.

Some of these groups are made up mainly of freshmen who learn different study methods and how to take notes. Just talking to other freshmen and realizing that their problem is not unique is a big help to the student.

Other groups are concerned with reading flexibility. These students learn different reading methods to increase their reading speed and comprehension.

Student Outlines Own Program

The center offers other services to the student as well. When a student comes to the center, located in the basement of the Student Services Building at 154 W. 12th Ave., he is given a checklist to mark which will indicate the type of problem he has. This is done so that the student may be assigned to the counselor who can best help him.

The checklist is divided into three main areas: Career Planning Services, Reading and Learning Skills Services and Psychological Consultation Services.

Career Planning Services try to answer questions concerning which major or college to choose, occupational goals and evaluation of the student's ability relative to his career choice.

Reading and Learning Skills Services include improving reading and other educational skills, improving ability to concentrate on studies, improving ability to prepare for and take exams and improving organization of studying time.

Psychological Consultation Services deal with problems in the areas of family, roommates, dates, marriage and wanting to drop out of school.

Counseling Services Differ

The wide diversity of problems which it handles sets the University counseling service apart from the regular college counseling with which most students are familiar. The two counseling services are not related.

"We do not deal with such things as changing courses or other academic matters," said Dr. Wooster. The University counseling service deals with the more personal problems of the student.

Often a student will go to his college counselors merely because he knows of no other place to turn. These counselors may then refer the student to the University counseling service where he will receive more specialized help.

Dr. Wooster estimated that the 16 counselors on the staff of the University counseling service see between 2,000 and 3,000 students in an academic year.

When asked to name the most common problems of the students, Dr. Wooster and Dr. Niple agreed that it would be almost impossible. Freshmen do have the common problem of budgeting time and changing study habits. In all other areas students' problems "run the gamut" according to Dr. Wooster.

Service Available to All

In addition to the professional help offered to the student by the counselors, the counseling center also provides a library which contains material pertaining to the areas of the counseling center. There are books, pamphlets and film strips on such topics as personal development, reading efficiency, effective study methods, college majors and occupational fields.

There are also two laboratories in the building. One is used by individual students to practice and study learning skills and techniques. The other laboratory is used for group programs.

All students are encouraged to use the counseling center. It is available at no cost to all students enrolled in the University. Students may make an appointment with a counselor to discuss a particular problem or to "just talk."
Personal Service Available for Students

Ohio State University
1929
Student Medical Service

Nature of Service

The object of this service is to render first aid and casual treatment for students while on the campus and to conduct certain physical examinations for those who desire them.

Free Treatment. The treatment at the hours indicated is free to any student — as is two days hospital treatment at the University Hospital for those students who, in the judgment of the Student Medical Service, are suitable cases for the hospital.

Periodic Health Examination. 1. It is proposed to offer to the Seniors only, for the present session, the privilege of undergoing a health examination, the examination to be conducted along the lines approved by the American Medical Association and without cost to the student. 2. Such an examination is obviously of the utmost importance for the purpose of removing a present disability or one that may occur in the future.

It is well known that in the case of the young adult physical defects readily overcome at that age often progress and become in later years a serious handicap and frequently cannot be corrected.

The student who graduates is or ought to be a distinct asset to the State. It is for the purpose of assisting or assuring that this be brought about, that the “Periodic Health Examination” has been inaugurated.

Emergency Service on Campus. During office hours in the event of an emergency or accident of such a nature that the patient is unable to come to the Student Medical Service office, call Hayes Hall, 461. On receipt of the request a physician will immediately make the requested call equipped to care for the case.
PERSONNEL
Dr. M. F. Osborn, Dr. H. E. LeFever, Dr. Shirley Armstrong, Dr. Margaret Robertson, Dr. James S. Wilson, Director.

TIME
8:30 A.M. to 12 M., 1:30 P.M. to 4:30 P.M.

PLACE
Hayes Hall, Room 101. Campus phone, 461.

Medical Advisers for Women

NATURE OF SERVICE

The Medical Advisers for Women are primarily interested in adjusting the Physical Education Schedule of the women students to their needs, as indicated by their physical conditions. In addition to this, advice is given to students concerning physical defects which should be corrected or conditions which need medical treatment. Advice is also given in regard to personal hygiene and habits of daily living. The students may also have consultation concerning the amount of outside work and the amount of academic work which they should carry in view of their health records. At any time the Medical Advisers are glad to report to instructors the health status of the students who are not doing satisfactory work.

PERSONNEL
Margaret Robertson, M.D., Shirley Armstrong, M.D.

TIME
9:30 A.M. to 12 M.; 2:00 to 4:00 P.M., daily, except Saturday and Sunday.
Student Psychological Consultation Service

Nature of Service

Serve as a confidential consultant to any student who may need help on any problem, personal or otherwise.

Assist any student in re-educating his emotional life so that he may respond appropriately to the situations in which he finds himself.

Give assistance in matters concerning mental health and hygiene.

Administer psychological tests and measures in the case of any student to whom such measures will be of assistance in his educational or vocational decisions, or in personal emotional difficulties.

Give any student educational and vocational advice based on the results of his psychological measurements or his previous history, both personal and educational.

Assist the student who is on probation in analyzing and correcting his emotional, personal or scholastic handicaps.

Advise specialized psychiatric or other medical care for any student needing such attention. (Whenever possible such reference will be made through the Student Medical Service.)

Render first aid in case of emotional shock or collapse.

Be available for consultation by the administrative officers and instructors of the University in the case of any student who is out of step either educationally or from a disciplinary standpoint.

Serve as a source of information for the parents or the family physician concerning the mental health of a student when such information is desired.
PERSONNEL
Dr. Francis N. Maxfield, Dr. Zoe L. Stogdill, Dr. Henry H. Goddard, Director.

TIME
9:00 A.M. to 12:00 M; 1:00 to 5:00 P.M., daily, except Saturday and Sunday. Other times by appointment.

PLACE
Room 303, Education Building; Campus Phone 255.

Psychological Clinic

NATURE OF SERVICE
Though dealing with all types of child guidance, the Psychological Clinic has a particular interest in superior children and affords opportunity for this service to Faculty members and students who have children.

PERSONNEL
Dr. Francis N. Maxfield, Dr. Zoe L. Stogdill, Dr. Henry H. Goddard, Director.

TIME
9:00 A.M. to 12:00 M; 1:00 to 5:00 P.M., daily, except Saturday and Sunday. Other times by appointment.

PLACE
Room 303, Education Building; Campus Phone 255.

Office of the Dean of Women

NATURE OF SERVICE
The Dean and assistants help individual students in making the following adjustments:
PERSONNEL
N. Maxfield, Dr. Zoe L. Stogdill, Dr. Henry director.

TIME
12:00 M; 1:00 to 5:00 P.M., daily, except Sunday. Other times by appointment.

PLACE
Education Building; Campus Phone 255.

Psychological Clinic

NATURE OF SERVICE
Ining with all types of child guidance, the Psy-
c has a particular interest in superior children.
portunity for this service to Faculty members
to have children.

PERSONNEL
N. Maxfield, Dr. Zoe L. Stogdill, Dr. Henry director.

TIME
12:00 M; 1:00 to 5:00 P.M., daily, except Sunday. Other times by appointment.

PLACE
Education Building; Campus Phone 255.

of the Dean of Women

NATURE OF SERVICE
and assistants help individual students in making
adjustments:

(a) of housing
(b) of roommates
(c) of simple curriculum and study problems
(d) of social events and situations
(e) of a personal kind with older members of the com-
munity such as instructors, householders and chap-
erons, as well as with other students.
(f) of simple emotional and health problems which do
not demand clinical advice
(g) of vocational orientation and motivation.

The office is a sorting-out place. It helps undergraduate
women solve the simple problems which need to be talked over
with dispassionate older people. Most of the student problems
are of this kind. A much smaller proportion of their problems
are those more acute ones which need a long analysis or a long
process of re-education. These are passed over to the experts
in the University equipped to handle them. In the case of vo-
cational advice, however, this office probably has the best in-
formation available on the campus.

Advice is given about the formation and functioning of
group activities. Services to the freshmen in the dormitories,
carried out with the help of junior and senior students called
Student Assistants to the Dean and cooperation with the
Women's Self Government Association and the Panhellenic
and similar large organizations are probably well understood.
It may not be so fully realized that this office is especially able
to advise new groups in the period of their forming. It has a
perspective of the difficulties, both financial and social, which
often enables new groups to avoid the failures of former
groups. A study of extra-curricular activities shows a great
turnover, partly due to the fact that new organizations did
not know how to weather their storms.

The staff would welcome questions or suggestions from
capabilities inherent in the individual members of their classes, or of the problems with which the students are confronted.

The Junior Dean offers to students the opportunity for friendly personal contact and counsel in their problems of university education and adjustment to university life.

PERSONNEL, TIME AND PLACE

College of Agriculture—H. W. Nisonger, Room 100, Townsend Hall. Office hours, 8:00 A.M. to 5:00 P.M.

College of Liberal Arts—J. C. Troutman, Room 107, University Hall, Office Hours, 8:00 A.M. to 5:00 P.M.

College of Commerce and Administration—C. W. Reeder, Room 107D, Commerce Building. Office Hours, 8:30 A.M. to 12:00 M.

College of Education—J. L. Morrill, Room 106, Education Building. Office Hours 9:00 A.M. to 12:00 M., and 1:30 to 5:00 P.M.

College of Engineering—W. D. Turnbull, Room 126, Lord Hall. Office Hours, 9:00 A.M. to 5:00 P.M.

Appointments Office in the College of Education

NATURE OF SERVICE

1. Supplies information and suggestions concerning opportunities in the teaching field.

2. Collects and keeps on file records of the training and experience of students wishing to teach.

Because of the close contact with teachers and school conditions the Appointments Office is able to give information concerning opportunities for teaching in the elementary, sec-
rent in the individual members of their classes, problems with which the students are confronted. Dean offers to students the opportunity for close contact and counsel in their problems of union and adjustment to university life.

**PERSONNEL, TIME AND PLACE**

Agriculture—H. W. Nisonger, Room 100, H. Office hours, 8:00 A.M. to 5:00 P.M.

Liberal Arts—J. C. Troutman, Room 107, University Hours, 8:00 A.M. to 5:00 P.M.

Commerce and Administration—C. W. Reeder, Commerce Building. Office Hours, 8:30 A.M.

Education—J. L. Morrill, Room 106, Education. Office Hours 9:00 A.M. to 12:00 M., and 1:30

Engineering—W. D. Turnbull, Room 126, Office Hours, 9:00 A.M. to 5:00 P.M.

**Appointments Office in the College of Education**

**NATURE OF SERVICE**

Information and suggestions concerning opportunities for teaching and keeps on file records of the training and students wishing to teach.

The close contact with teachers and school appointments Office is able to give information opportunities for teaching in the elementary, secondary, college and special fields. Members of the staff are glad to discuss with students the subjects and subject combinations most in demand, the extra-curricular activities helpful in securing a position, salaries paid in various fields, characteristics of communities and schools, and factors standing in the way of employment. Suggestions helpful in making application, in interviewing prospective employers, and in starting a new position are available.

Complete credentials of those who register with the Appointments Office are collected, filed, kept up to date and made available to those desiring to employ teachers. These credentials are used when a candidate is recommended for a position by this office, when school officials desire information, or are sent at the request of the candidate himself when he is applying for a position. Students are being urged to register with the office in order that when instructors are asked to recommend someone for a high school or college position they need only to write a short personal note suggesting a name and then ask the Appointments Office to send complete credentials concerning the training and experience of the persons whom they have recommended. These credentials are especially helpful when a student has been away from the University for several years because such information is very hard to secure unless collected at the time he is in school.

**PERSONNEL**

Earl M. Anderson, Elizabeth McCarrol.

**TIME**

8:00 A.M. to 5:00 P.M., Monday to Friday; 8:00 A.M. to 12:00 M.

**PLACE**

Room 120, Education Building.
University Intelligence Tests

Nature of Service

Mimeographed lists of students' intelligence and reading test scores by quarter of entrance and by colleges furnished members of the teaching staff upon request. These are sent to the offices of each college without request.

Intelligence scores of any individual student furnished members of the teaching staff.

Advice on sectioning of classes or any statistical problems concerned with University Personnel.

Fifty Ohio College Association Bulletins on University personnel problems are available for distribution to those interested. (List furnished on request.)

Personnel

H. A. Edgerton, H. A. Toops, Director.

Time

8:00 A.M. to 5:00 P.M., daily.

Place

Room 324, Education Building.

Course on Methods of Effective Study

Nature of Service

This course is at present given primarily for probation students. Practice is given in more efficient study methods; materials diagnosing deficiencies of preparation are also used. The course consists of one lecture, two two-hour laboratories.
University Intelligence Tests

Nature of Service

The course is designed for those who do not read readily enough or well enough to keep up with the assignments they will be given. The course continues for six weeks. Practice exercises are provided for the use of the student, so that he may train himself in better methods of reading.

Personnel

L. C. Pressey, director, and numerous members of the teaching staff.

Time and Place

Given during the Autumn Quarter at present. Given at various hours (consult Dr. Pressey).
Other University Courses

Attention has been called to a few other University courses that have some bearing on student personnel problems, vocational information or guidance. Those starred in the following list have no prerequisite or require merely the permission of the instructor.


*Vocational Education 607. Vocational Counseling. Two Hours. Winter Quarter. (Instructor to be arranged.)


Psychology 674. Research Problems of the Dean of Women. One or more hours. Any Quarter. Mrs. Gaw.
The Counseling & Consultation Service
What Can I Expect in Counseling?

Students at Ohio State encounter many new and different experiences and make many important decisions — decisions regarding courses, majors, vocational plans, and personal matters. Last year more than 10,000 students were assisted through the individual and group programs of the Counseling and Consultation Service (CCS).

Counseling aims to help you become more self-understanding, more self-supporting, and more effective in pursuit of your goals. Counselors are interested in your personal and intellectual growth.

Counseling services are provided on a voluntary basis, and you need not be referred by anyone in order to participate in the counseling process. Services are free to all students, and all conversations are kept confidential. No information is given to anyone without your permission. Appointments are arranged to fit your schedule.

The services of the Counseling and Consultation Service are accredited by the International Association of Counseling Services.

What Services Are Available?

Career Counseling — A decision about a major or occupation, or both, requires that you understand yourself. It requires time, thought, and action. Assessing interests, abilities, values, and purposes is necessary if you are to be comfortable with your choices. Realistic planning and career information are needed.

Several alternatives are available to assist you in this area:


Using self-guided career assessment inventories and computerized and standardized information to better understand your interests, values, and abilities

Meeting with a counselor individually for several sessions.

Participating in a short-term Career Choice Workshop with a qualified leader(s) and a small group of other students who are experiencing similar concerns.

Preparing for the Job Search Campaign through workshops that teach you how to prepare a resume and handle interviews.

Personal Counseling

The social and emotional concerns that occur occasionally in everyone’s life can generate conflicts and questions. This can make it difficult for a person to function in a self-satisfying manner.

Concerns about interpersonal relationships, depression, feelings of inadequacy, anxiety, loneliness, sexual concerns, poor grades, and conflicts related to one’s family and/or marriage are difficulties that students may encounter.

Counselors at the Counseling and Consultation Service provide an atmosphere where personal concerns of any type can be examined and discussed freely and confidentially in order to increase the chances of adequate resolution. This may require seeing yourself and others in a different light, learning how to change self-defeating habits and attitudes, and/or increasing your sensitivity to others.

The format for personal counseling can include:

Meeting with a counselor on an individual basis.

Meeting as a couple or a family with a counselor.

Participating in a personal growth groups or workshops with qualified leaders and a small group of other students who have similar concerns.

Participating in workshops that address such topics as assertion skills, management of stress, interpersonal communication, and sex-role related issues.

Academic Effectiveness

Many students experience some type of difficulty in their academic work. These difficulties often involve problems in concentrating, organizing study time, developing interest and self-discipline in academic work, and experiencing general anxiety over academic performance in class.

Through professional counseling, you can discover the causes of such difficulties and learn to overcome them. The format for counseling includes individual sessions as well as workshops on such topics as Test Anxiety Management.

Consulting

The staff of the Counseling and Consultation Service (CCS) will provide consulting services upon request, depending upon current workload.
demands. Consultation can take many forms. Some examples include:
Consultation with advisers, residence hall staff, and faculty for particular student problems.
Consultation with student organizations that need assistance with goals and/or interpersonal difficulties that may be impeding the organization’s effectiveness.
Consultation with departments and faculty and staff who are experiencing personnel problems that create difficult work environments.
Topical presentations and workshops such as those listed previously are available to student organizations and University faculty administrative and staff groups.

Training
Counseling and Consultation Service provides training opportunities to graduate students in the helping professions as well as to faculty members who need an internship equivalent in order to attain their licensure.
Counseling and Consultation Service is located on the 4th Floor, South Wing, Ohio Union, 1739 N. High Street, 422-5766.

When and How to Make an Appointment
Counseling and Consultation Service is open between 8 a.m. and 5 p.m. Monday thru Friday and on Wednesday until 7 p.m. No appointment is necessary for a first visit to CCS.
Services are available between 9 a.m. and 4 p.m. Monday thru Friday for students who walk in with questions about CCS or with expressed concerns, or students in crisis situations. Extended hours are available on Wednesday evenings during Autumn, Winter, and Spring Quarters.
Usually, students are asked to fill out an information sheet and within 10 or 15 minutes are able to see a counselor. Students in crisis are seen without delay. Some groups and workshops meet in the evenings, and some counseling sessions are available in the evenings by appointment only.

Who Is Eligible?
CCS services are available to students enrolled on a part-time or full-time basis and for short-term counseling after the students leave Ohio State.
4th Floor
South Wing
Ohio Union
1739 N. High St.
422-5766
Lack of space hurts counseling center

By LELAND E. STRATTON
Lantern Staff Writer

The University Counseling and Testing Center, which helps thousands of students plan careers, develop reading and learning skills and solve personal problems, is having problems of its own.

Mary Price, associate director of the counseling service, said the center, located in the basement of the Student Services Building at 154 W. 12th Ave., is hampered in helping students by staff shortage and lack of space.

According to Miss Price, there are 15 people on the center's staff but not all are [full-time] advisors. The staff also includes student interns and trainees.

Time equals 7 counselors

The amount of time spent by everyone working at the center equals about seven full-time counselors, Miss Price said.

She said that after the first mid-term exams in the fall, many students come to the center seeking help. This rush lasts until mid-spring. During this time, a student will often have to wait for two weeks before he can see a counselor. "Last year, we had to close the career counseling from February to the end of the Winter Quar-

ter," she said. This was done to help the large number of students seeking personal and academic counseling.

Miss Price said that a larger staff is needed to counsel students and to conduct experiments to find better counseling methods. She added that the center has done some experimenting during the summer when student counseling is less in demand.

Miss Price also said that more office space and rooms for group counseling are needed at the center. "We do not have one ounce of extra space," she added.

She estimated that 3,000 students were counseled at the center last year. Some of the students were advised by instructors and counselors to seek the center's help, but about 60 percent come on their own initiative, Miss Price said.

Funded by University

The center receives all its funds from the University and is not eligible for funds from other sources.

The counseling services are free to students enrolled in the University and to people who have been out of the University for not more than one year, according to Miss Price.

The center offers counseling in career planning, reading and learning skills and psychological adjustment. Counselors do not provide specific solutions, for a student's personal problem. Their aim is to help the student obtain a better understanding of himself and arrive at his own conclusions, Miss Price said. Individual tests may be given to provide counseling information.

Center has two labs

The center has two reading-learning laboratories, one for individual practice and study in reading and learning techniques and the other for group instruction programs in reading comprehension, rate vocabulary development and efficient study techniques. The center also provides individual counseling in concentration, motivation, organization of study methods and attitudes and feelings about studying.

The center maintains a library of film strips, books and pamphlets concerning marriage, personal development, reading, efficiency, effective study techniques, college majors and occupational fields.

Help choose career

Dr. Price said that the center is conducting an "outreach program" of group discussions to help students choose the right career and major field of study.

Counselors from the center talk with freshmen in survey courses and give preliminary information concerning the career choices available and procedures involved in choosing a field of study.

The center is also sponsoring a program for residence hall staff members to help them deal with student problems, Miss Price said.
New course assists students
in choosing major, career

By Matt Lennon

"Choosing Your College Major" is the subject of a course the University Counseling Center is offering to freshmen and sophomores.

"The course is going to assist them (freshman and sophomore students) in career choosing through the use of group guidance techniques utilizing simulated materials," John Joyner, one of the course organizers, said.

The course will deal specifically with the indecisions in choosing a major. A technique using Tyler's Constructs used to help the students.

Tyler stated four constructs which may produce a state of vocational indecision in the individual:

• influences from family and friends;
• aspects of the occupational role one plays;
• equipotentiality, the ability to enter many fields;
• limitations imposed by circumstances.

The student will be working with hypothetical student profiles which will employ these constructs.

During the first meeting of each section questionnaires will be distributed. After the questionnaires have been evaluated, the students will be divided into several groups based on similarity of problems. The students will then study lives of typical students like themselves and make decisions about their future.

The course has two purposes. The primary aim is to improve the vocational decision-making of freshman and sophomore students. The secondary aim is to test a conceptualized model in group work.

The objectives of the course are to increase the students' self-understanding, to increase the students' information about educational and occupational opportunities, and to improve the students' ability to make realistic vocational and educational decisions.

Courses are not offered "that really deal with the kind of assistance students need in career choosing," Joyner said.

No credit is offered for the course but, "we hope we can provide enough stimulus that the University will give it consideration," Joyner said.

There will be five meetings of the class which will be held on Tuesdays and Thursdays from 1:00 to 2:00 p.m. beginning today. Interested students can register at the first class meeting.
Counseling Center aims their services to orient students

By Debbie Baker

"Students don't have to be sick to come here," says Robert D. Archibald about the University Counseling Center.

Archibald would prefer that the center he directs be known first as a preventive facility where students can come before a crisis occurs.

But if a crisis has already arisen and the student has not yet sought counseling, he should feel free to seek help, Archibald said.

In addition to psychological counseling, the center, located in the Student Services Building, also offers programs in life planning, educational and vocational decision-making, parent-child interaction and family living.

Students who are confused about their futures can participate in a life planning workshop with a counselor and three other student participants.

Life planning participants complete structured exercises, answering such questions as what roles are you now playing in life, and are you satisfied with them. Participants also are asked if these same roles would satisfy them five years from now.

The counseling center also offers information about Education 294.01, a two-hour course on educational and vocational decision-making.

The family living branch of the center provides interaction groups for parents and their children to discuss their family relations with a counselor.

Enrichment groups are formed for newly married couples.

These groups point out the resources of both husband and wife, and couples then learn how to join those resources to strengthen the marriage.

The counseling center personnel has now begun programs for senior citizens to discuss their fives after retire-
Counseling ‘moves’ in new directions

By Linda Daly

Counseling has taken a new direction at Ohio State, and the recent move of the Counseling and Consultation Service offices to the Ohio Union is only one visible sign of the changes in the program.

Director Robert D. Archibald said the counseling program is strikingly different from the time he arrived in 1971. He became director the following year.

Until December 1975, the counseling center was located in the basement of the Student Services Building, and there were no closed offices for students to talk privately with counselors.

"I REALIZED we couldn’t convince anyone we deserved a better working environment until we improved the quality of our programs considerably," Archibald said.

Under the direction of Archibald, the counseling center has undergone drastic changes in program development and in personnel.

For the first time, the center provides a "walk-in" service for students, with two counselors on duty at all times. "Any student can be served within 15 minutes," Archibald said. "We realize that when students have problems or questions, they can’t wait several days or weeks to get answers."

THE STAFF has initiated creative programs designed to meet the needs of students in a large university community.

For example, Kirk Lamb, an intern, developed a sequence of methods to help students overcome their anxiety over taking tests.

Another development is extensive career counseling, which is probably the best available in the country, Archibald said.

"We believe choosing a career doesn’t have to be an accident," he said.

MARATHON GROUP sessions are a popular addition to the counseling agenda, under the guidance of Patricia S. Hannigan, who came to Ohio State in September 1975.

In the marathon sessions, about 15 people meet and stay together for 12 to 16 hours to develop more personal awareness and responsibility, Hannigan said.

The counseling staff places emphasis on the unique needs of individuals, although most counseling takes place in groups and workshops, Archibald said.

"We have separate assertive training courses for females and males, and then we bring the two groups together to deal with each other," he said.

THE DIRECTOR of Women’s Services, Glenda A. Belote, is also a fulltime member of the counseling staff.

"More than half of the Women’s Services programs are developed in cooperation with the counseling program," Archibald said.

The staff also works closely with the Black Cultural Programs, identifying the special concerns of black students, said Willie G. Glover, a member of the counseling staff for three years.

Programs to counsel couples, both married and single, and families have been developed by Richard J. Stranges, a fulltime staff member.

THE COUNSELING staff also works extensively with individuals outside the center, in colleges and professional schools, residence halls and student organizations.

"We know the bulk of learning takes place not in the classroom, but in interaction with one’s peers and in activities," Archibald said.

"When I first came, many staff members were students, and could not devote all their time to counseling," Archibald added.

Since that time, Archibald has recruited qualified professionals from around the country, building a fulltime staff of 12, with doctorates in psychology.

Another 13 students earning professional degrees work parttime as interns, and can give their fulltime attention to counseling while working at the center. Archibald said.
New computer will aid student career service

By Mark Hayward
Lantern staff writer

Students visiting the Ohio State Counseling and Consultation Service will soon be using a computer to help them select a vocation.

The Counseling and Consultation Service, located on the fourth floor of the Ohio Union, offers students consultation services. The center is operated by Student Services.

Staff psychologist Barbara Benton said that by mid-January a computer will be available to assist students. The computer's most important use will be the System of Interactive Guidance Information (SIGI) test, Benton said.

With SIGI, as opposed to conventional computer tests, the student works directly with the computer. To use SIGI a student must first complete an hour orientation. The computer may be used for an hour's maximum at each setting, and three hours are required to complete the procedure. A follow-up session is then required.

The objective test "looks at the student's values and interests on the basis a student ranks them. It categorizes and generates a list of occupations which would benefit the student," Chambers said.

For current information concerning vocations, a center named the Personal and Career Exploration (PACE) resource center is available for students. PACE is "based on students getting career information in a self-help way," said staff psychologist Marcia Chambers.

The center has both personal and career development materials. Students use the PACE center on a walk-in basis to determine their interests, skills and values, Chambers said.

Career-determining tests, such as the standard Strong-Campbell test, also are available to students.

The Strong-Campbell recognizes six categories in which a student's skills can be found. The categories, not mutually exclusive, are realistic, investigative, artistic, social, enterprising and conventional.

The PACE center's information is classified according to these categories.

A counselor decides if Strong-Campbell is needed, Chambers said. PACE and computer testing are used interchangeably rather than exclusively, she added.

Career groups are also encouraged, in which students work with each other exploring options. "By putting them in a group format they can get information from other students," Chambers said. "We like to have interaction with other people."

Individual counseling and a career development course, Educational Special Services 270, also are offered by the center.

Use of the center is free to all OSU students. The center is open from 8 a.m. to 5 p.m. weekdays except Wednesday, when it remains open until 7 p.m.
TUTORING SOURCES
THE OHIO STATE UNIVERSITY

1. The best source of all tutoring is the course instructor. Instructors know
   the course content, expectations, exam content, etc. Tutors may not have
   this information.

2. Don't hesitate to make appointments with your instructor as soon as you feel
   the need. Whenever instructors' office hours are not convenient for you,
   suggest alternative ones that are suitable.

3. Study before help sessions and be prepared to ask questions. No one can do
   your studying for you.

4. In cases where you need to supplement instructor appointments with additional
   help, tutorial assistance is available through the following departments at
   no charge.

   Accounting: 422-9368
   Workshops every weekday--call the office for times and
   locations.

   Anatomy 422-4831
   Dentistry students contact---Dr. Vernall
   Independent Study Program-----Dr. Sucheston
   Other Medical Students-------Med 1 Office (422-9687)
   Anatomy 200----------------Mrs. Guy

   General Biology 422-9861
   Bio-Learning Center, Rightmire Hall. TA's are available
   at all times. Lecture tapes are available through the
   Listening Center. Contact your instructor for the
   schedule.

   Black Student Programs 422-6584
   Contact the office regarding the availability of tutors
   in Math, English, etc.

   Chemistry 422-6009
   For General, Organic and Quantitative Chemistry. Check
   schedules, now available in Room 115, McPherson Lab.

   Computer Science 422-5813
   Statistical consultants available in Baker Systems Computer
   Center, fifth floor, Room 516, from 9:00 a.m. - 11:00 a.m.
   and 1:00 p.m. - 3:00 p.m. Monday thru Friday, and
   3:00 p.m. to 5:00 p.m. Tuesday and Wednesday.

   English 422-5607
   Writing Skills Lab. Individualized help with writing,
   editing and proofreading. Located on Main Campus in
   012 Dulles Hall, Monday thru Friday 9:00 a.m. to 4:00 p.m.

   Mathematics 422-8000
   For developmental Education and Special Services students,
   concerning Math 050-152, check Special Services Tutorial
   Schedule in 012 Mount Hall. Schedules ready on October
   3, 1983. Also, contact your instructor or the department
   for the schedule.

   Physics 422-5713
   Check 2174 Smith Lab for tutoring schedule which is posted.

Minority Affairs
Disability Services

-over-
Other sources of help:

1. ADM Majors - Minority Assistance Program.
   Tutoring assistance available to minority students in ADM Cap Area. Help available for Math concerns (152), Accounting, Business Management, Finance, etc. Contact Germaine Simpson at 422-9931 for further information.

2. Engineering Majors - Assistance available especially to Freshman and Sophomore level concerns of the Engineering major, i.e. in Math, Physics, and Chemistry. Go to Room 122 Hitchcock Hall or call 422-2651 for information. For information concerning the Minority Engineering Program call 422-7112 or go to 349 Hitchcock Hall.

3. Individualized Tutorial Assistance. Personalized help available in many academic areas through FFP tutorial program. For forms, procedures and further information contact the Office of Minority Affairs, 1000 Lincoln Tower or phone 422-0964 or 422-4355.

4. Off-Campus Student Center. Call 422-0100 or go to 1712 Neil Avenue, (Oxley Hall) for further information.

5. Veterans. For veterans who are in academic difficulty with courses required for their degree, call 422-2940 for information on VA paid tutoring or go to the third floor Lincoln Tower.

Revised 9/82 by
Loretta Ashley Wicks, Special Services
Bernice McDaniel, Special Services.
2-18-85

Ohio State has developed many programs for minority students.
Unfortunately, many students do not know about the programs that will help them, said Ruth Gresham, director of recruitment for the Office of Minority Affairs.

"OSU has many academically competitive students, but once they're here, students have some problem admitting trouble," Gresham said. They need to realize the programs are here to help them.

The Counseling and Consultation Services in the Ohio Union offers support groups for blacks and women. Clifford Charles, the black male support group leader, said each support group meets once a week and can have up to 12 people.

He said the Counseling and Consultation Service does not help many blacks because they often use other support services, or for more serious problems, they use more immediate support means.

These are some of the programs developed for minorities:

• Freshman Foundation Program — available to minority undergraduate students to develop academic skills through counseling and advising, and to help students be aware of financial assistance.

• Minority Scholars Program — was developed in 1962 to attract minorities to OSU. Minorities must have a minimum 3.0 GPA to apply for the $1,000 scholarship, which this year's recipients had an average GPA of 3.6.

• Minority Engineering Program — is for minorities in the College of Engineering and provides counseling, financial assistance, tutorial assistance and student organizations. Organizations include the Black Undergraduate Engineers Council and the Council of Hispanic Engineers and Architects.

• Counseling and Consultation Service — this department offers support groups for blacks and women. They discuss the psychological and academic adjustments, and relationships of the students. Meetings focus on group participation.

• Minority Faculty Staff Colloquy — is designed to bring together minority faculty and staff, and any faculty or staff member, with concerns or issues on higher education. Through workshops, and lectures, the program helps provide training to cope with issues.

• Student Development Workshops — throughout the year, Black Student Programs provides workshops on various minority concerns, such as stress management, malefemale relationships, and career planning. The office also sponsors an Academic Study Program, which is a tutorial system for students in math, English and science courses.
Students may seek help at Counseling Center

By Diane Schilling
Lantern staff writer

Students finding it difficult to cope with career decisions, adapt to college life or deal with personal relationships may find the solution a few steps away. Through individual and group counseling and workshops, the Counseling and Consultation Service on the fourth floor of the Ohio Union can help students deal with these types of problems.

Clifford Charles, one of the psychology interns, said the service is open to all students.

Students can receive help with concerns such as anxiety, loneliness and depression. The service also provides individual counseling to help students cope with problems in personal relationships.

Charles said there are two different types of group counseling, structured and unstructured.

Structured counseling builds skills like test taking effectiveness, dealing with alcohol problems and managing emotions, he said.

Unstructured counseling provides direction for students while letting them determine what avenue to take to solve their problems.

Counseling groups include:
- Coed Support
- Motivational Group
- Women's Support Group
- Interpersonal Growth Group
- Another group beginning July 12 is a Black Coed Support Group.

"The service has a problem meeting their goals group because they (the students) are not aware of the service or have heard bad things and are unwilling to come," Charles said.

Richard Strangis, associate director of the counseling center, said there has been an increase in the number of students coming to the counseling center.

During the past two years the service has helped about 24,000 students, he said.

The counseling center also has an Outreach program where the counselors attend classes and address problems such as how to negotiate with the university system, he said.

Counselors have talked to pre-medical students about stress management, gone to dorms to help RA's increase the rapport with students and have helped different organizations to become more efficient.

Charles said "students not being able to cope with the demands of the environment or stress" is a major problem.

To help students deal with stress the counselors have students look at different lifestyles. The counselors try to help the students find better ways of handling demands and incorporate some type of leisure into their schedules. They may also alter the way the students eat, behave and exercise. Teaching the student to use family and friends as buffers is also taught to the student, he said.

An additional service offered is the Personal and Career Exploration Resource Center. The resource center helps undecided students find different avenues to their future, said Steve Force, student library assistant.
Survey seeks to reveal attitudes toward gays

By Michelle A. Schwartz
Lantern staff writer

A grant to study the attitudes of heterosexuals toward gay and lesbian students was given to Counseling and Consultation Services by the Office of Affirmative Action.

The $8,625 grant was used to devise a survey that examines heterosexual attitudes and also asks gays about their experiences and concerns, said Louise Douce, assistant director of Counseling and Consultation Services.

Keith Oliver, graduate administrative associate who designed the questions for the survey and will record the results at the end of fall quarter, said the surveys are currently being distributed. Names for the survey were given to Oliver by the OSU poll, a university service that randomly selects names for surveys.

Douce said the purpose of the survey is to record the experiences and attitudes of many different people, which will then help the university develop programs to make gays more comfortable at Ohio State.

She said about 10 percent of OSU's population is gay.

The biggest problem gay students who live in dorms face is isolation, said Douce.

The other biggest problems the students face are fear of harassment and physical threats, she said.

Douce said the fears are more prevalent than actual physical injuries.

Heterosexual OSU students do not generally threaten gay and lesbian students. But she said "the conservative attitude is gaining momentum again" on campus and it's scaring gays.

Verta Taylor, professor of sociology, said some people feel they have to act hostile toward gays or people will think they are gay. Taylor said she is reluctant to predict the outcome of the survey, but she thinks it will show the mixed

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GAY: Poll will survey attitudes toward homosexuals

Continued from Page One

feelings of the university community.

People need to be more informed about AIDS, Taylor said.

The link between AIDS and gays has allowed heterosexuals to express their resentment toward gays more easily because they can blame the gays for the disease.

The Oct. 1 issue of the Lantern said students will receive pamphlets on AIDS in their UVC classes. The pamphlets will help students understand the disease, alleviate fears and false rumors about AIDS, as well as provide information about how to decrease the chances of contracting the disease.

Taylor said teaching students about AIDS is a good idea because the right information could help calm the mass hysteria surrounding the disease.

Rhonda Rivera, professor of law and a member of the Board of Directors of Stonewall Union, a gay and lesbian civil rights organization, said people are less likely to admit they are gay because of the AIDS scare.

She said it is important to include AIDS education in the UVC classes because young people are very sexually active and it's important that they know which sexual practices to avoid.

Brian, a member of the Ohio State Gay & Lesbian Alliance staff and a junior from Denver, Colorado, said prejudice against gays is usually generated by individuals and not the campus community as a whole. Brian asked that his last name not be used.
Programs offer help for abused women

By Lucy Clifftone
Lantern staff writer

Of all dating relationships studied on college campuses, 32 percent are violent, according to Mindy Snyder from Choices for Victims of Domestic Violence.

In order to stop these abusive relationships, Snyder said, professional intervention is necessary.

"Unless there is professional intervention, a couple rarely breaks out of an abusive pattern," said Peggy Richards, from the Ohio State University Counseling and Consultation office.

"Relationships that Hurt," a three-week seminar for women in physically or emotionally abusive relationships began Monday.

Richards and Becky Liddle, also from the Counseling and Consultation office, talked about different kinds of abuse in order to help dispel some common myths about violence against women.

Women are welcome to either or both of the remaining workshops on the next two Mondays at 1 p.m. in the Ohio Union.

Richards said people often do not identify themselves as abused, particularly if they are not physically battered. "If you are continually told that you are fat, ugly, lazy, or if you are constantly accused of infidelity and told that you chase men, eventually you will start to believe it, which leads to a profound sense of powerlessness," Richards said.

"Women think 'If I'm that bad, then I'm getting what I deserve,'" she said, adding that women see that there are problems in the relationship, and take on more responsibility for solving them.

A female OSU student, who will be referred to as "Jane," said she almost married a man who fit the pattern Richards and Liddle described.

"He kept picking away at my self-confidence and self-esteem," Jane said. "After a while you start wondering if you are smart, or pretty."

Jane said she entered the relationship feeling confident and independent.

"When we became engaged, I gave up a good job to move in with him. So the

See page 2, ABUSE
mean for my future was gone," she said.

When Jane tried to express doubts about the relationship, expecting to get some nurturing, her fiancé suddenly grabbed her by the throat and began pulling out her hair. As soon as she could get away, she packed her things, wrote a note, and left.

Richards said "the physical scars heal, but the emotional scars linger on for a long time." She said women often go back to an abusive man, sometimes because he promises he will change.

"She often feels a commitment to give it one more chance," she said, adding that after a "honeymoon" phase, the cycle will typically repeat itself.

"Often, there is a real mutual dependency," Richards said. "The man really believes, commonly, that he can’t live without her. The woman may be very basically dependent on him for financial support."

Richards said she has worked with 500 or 600 battered women, and has yet to talk to anybody who enjoyed getting beaten, or feeling powerless.

"There is a dangerous myth that women are masochistic because they don’t get out of these situations," Richards said.

She also said a lowered self-esteem reduces the woman’s belief in her ability to make it on her own. A man will typically use physical intimidation, humiliation, monetary control and isolation to control his relationship. Unreasonable jealousy, for example, helps keep a woman out of social situations where she might judge her own relationship, she said.

Richards said psychological abuse is in many ways akin to brainwashing.

After several telephone calls from the man, Jane went back to him.

"I wouldn’t admit that he was sick or that there were things about him that I couldn’t change," she said. "He said it could never happen again, and there was never anything gross like that again."

"It was great for three months and then everything went to hell," she said. "He had given me a diamond on a chain and he pulled it off. He threw things at me, but he never connected."

Jane said she has managed to overcome the experience.

Not everyone succeeds.

Snyder said violence to women is incredibly serious and very democratic. "Violence crosses boundaries of age, race, religion, nationality, economic status or sexual preference," she said.

Choices for Victims of Domestic Violence, a shelter for battered women, receives over 7,000 calls on its hotline every year.

Since the state’s domestic violence law was passed in 1979, court cases have risen sharply said Ron O’Brien, city attorney for Columbus. During the first few years, around 300 cases were reported annually. In 1988, there were 1,140 cases.

A woman must suffer physical injury, not just be assaulted, for a domestic violence conviction, O’Brien said. "The court puts a high priority on these cases, but economic factors are taken into consideration."

Jailing an abuser can sometimes result in economic hardship to the man’s family, he added.

One Columbus woman, a widowed mother of two small children who will be called "Mary," thought about trying to take a man to court. When she told her boyfriend they should no longer see each other, he first argued with her and then beat her up. Her children told a neighbor who then chased the man away.

Mary’s said she went to the police station where they photographed her bruises. She said the police cautioned her about pressing charges; reminding her of documented cases in which women were killed by men they had accused of abuse.

In January, 1985, a Columbus woman was killed by her ex-husband at a time when he had seven charges pending against him.

At the seminar, Richards and Liddle said the fear of reprisal is a major reason women do not turn to the legal system for help.

Mary said she went to a court hearing anyway to try to recover some of the money she said the man owed her.

"I felt very humiliated by what was said there," she said. "When the prosecutor asked him how often he had hit me, he said 'once or a thousand times, what’s the difference?';" Mary decided to drop the case.

"He would have lost his job and he was off his rocker already. I knew if I pressed charges I’d be endangering myself and my family," she said.

Snyder said over 50 percent of the women treated in U.S.
emergency rooms are there because of domestic violence. “Violence shows a lack of control on the part of the abusers,” she said. “They regard their partners as property, to treat as they please.”

Snyder said people get very creative in the forms of abuse they inflict on others, but all the methods are designed to make other people feel as though they’re not worth much.

Mary said she called Choices to see if they could hide her during the court proceedings, but they had no openings. “The proceedings can take up to a year,” Mary said. She chose to endure the man’s harassment until she was able to change her residence and telephone number.

“Employers are losing $4.5 billion a year to time off work due to domestic violence,” Snyder said. “Over $2.5 billion is being spent on annual insurance claims due to domestic violence; 40 percent of female homicides are rooted in domestic violence.”

Richards said the seminar will help women take a hard look at their relationships, decide whether they want to get out, and then whether they can. Next week they will explore the different kinds of abuse (physical, psychological and sexual) and the cycle of violence. If there is sufficient interest, they will offer a support group next quarter.

For further information, call Counseling and Consultation Services at 292-5766.
Support available for bisexuals

By STEPHANIE SNIDER
Lantern staff writer

The OSU Counseling and Consultation Services has formed a support group for students who identify themselves as bisexuals or who are just curious about their own sexuality, said staff psychologist Mark Benn.

"We are attempting to meet a need," said Benn, who estimated that about 10 percent of the students on campus are sexually oriented toward both sexes.

"The goal is to provide support for a population that otherwise has no place to get it," he said.

"Anyone who is taking more than one credit hour is eligible to use our services for free," he said.

Staff psychologist Nancy Noble said people come to the counseling center for a variety of reasons in addition to bisexuality.

Staff members are forming a Human Immunodeficiency Virus Positive group (HIV) for people who test positive for the AIDS virus.

The staff also makes presentations to classes, different clubs, sororities and fraternities, he said.

The counseling service helps people who have personal problems, marital problems, academic problems and sometimes people who are just trying to figure out careers, she said.

Benn said the agency also offers counseling for depression, drug abuse, chemical escape, stress management, lesbian support, bulimia, math anxiety, and other problems.

The number of students using the organization has continually increased over the last four years, Benn said.

Last year about 10,000 students contacted the agency, he added.

Benn said the increase is due to students becoming more aware of the program and also improvements in the psychological services over the past five to 10 years.

The agency provides assistance to students as well as being a training facility. A few of the people who work there are psychology interns in their last year of training before completing dissertation.

Ohio State is noted for having one of the best psychology training programs in the country, Benn said. This training program is approved by the American Psychological Association.
PLEASE NOTE: The group dates and times listed reflect the initial offering of a particular group. However, some groups remain open for the quarter and others will close after a few sessions. Please call the Counseling Center for additional information at 292-5766.

GROUPS

ADULT CHILDREN OF ALCOHOLICS THUR OCT 27 3:00-4:30 P.M.
To explore how growing up in an alcoholic home has affected the interaction and relationship of an ACOA so that new patterns of behavior may begin.

ALL BUT DISSERTATION FRI SEPT 30 12:00-1:30 P.M.
To encourage students in a supportive environment to set goals toward completing their dissertations.

COED SUPPORT WED OCT 5 3:00-5:00 P.M.
To offer support to students as they experience various issues in their lives.

GAY MEN'S GROWTH MON OCT 10 1:30-3:00 P.M.
To offer a safe, confidential setting for Gay and/or Bisexual men to discuss their feelings and experiences

**INCEST SURVIVORS FOR WOMEN**  
TUES OCT 11 3:00-5:00 P.M.  
To provide support for those who are dealing with issues that impact on current relationships, intimacy and self worth

**LESBIAN SUPPORT**  
TUES OCT 18 3:00-4:30 P.M.  
To provide students with support and help in their personal growth

**MATURE WOMEN’S SUPPORT**  
MON OCT 26 3:00-4:30 P.M.  
To look at life transitions or multiple roles and stresses of older women students

**MEN’S SUPPORT**  
TUES OCT 3 3:00-4:30 P.M.  
To explore personal issues related to being male

**ONGOING CAREER**  
MON OCT 31 11:30-1:00 P.M.  
To focus on career planning problems utilizing self-assessment and information about the world of work

**STRESS MANAGEMENT**  
WED OCT 5 3:00-4:30 P.M.  
To understand the reasons one becomes distressed and to learn management methods through self relaxation
WORKSHOPS

Location and room of workshops are indicated.

COLLEGE LIFE AND THE HISPANIC STUDENT
An opportunity for hispanic students to share and network
WED OCT 5 3:30 - 5:00 P.M.
Counseling Center-Chatham Lane

ACADEMIC EFFECTIVENESS
To teach strategies on how to be more effective in academics
WED OCT 12 10:00-11:30 A.M.
Counseling Center-Chatham Lane

ADULT CHILDREN OF ALCOHOLICS AWARENESS
To familiarize individuals with ACOA characteristics, and the dynamics involved in an Alcoholic home.
MON OCT 17 & 24 4:30-5:30 P.M.
Ohio Union - State Room

EATING DISORDERS
To learn about causes progression and perpetuation of eating disorders to end the cycles
WED OCT 19 & 26 3:30-5:00 P.M.
Ohio Union Oct 19 - Ohio "C"
Ohio Union Oct 26 - Board Room

QUESTIONS DRINKERS DON'T ASK
To teach participants how to assist an abuser of alcohol or other drugs
WED OCT 19 6:30-7:30 P.M.
South Royer Activity Center

BLACK WOMEN'S ESTEEM
To examine issues of being Black female and discuss new ideas about the art of self-valuing
THUR OCT 20 12:00-1:00 P.M.

COUPLES ENRICHMENT
To focus on specific ways to enrich relationships and avoid barriers which create conflict
TUES OCT 25 3:00-5:00 P.M.
Counseling Center - Chatham Ln

WHEN SOMEONE YOU LOVE DRINKS TOO MUCH
Explore how drinking affects your life and relationship and ways
WED OCT 26 7:00-9:00 P.M.
ON BEING OR NOT BEING A BLACK GREEK
To discuss the pros and cons of joining a Black fraternity or sorority and the psychological factors involved
Ohio Union - Board Room
MON OCT 31 12:00-1:30 P.M.

MATH ANXIETY
To understand reasons one might have math anxiety and teach skills to overcome them
Royer Activity Center, Brown Rm
TUES NOV 1 7:00-9:30 P.M.

PRE MENSTRUAL SYNDROME
To identify causes of PMS and explore coping mechanisms for managing PMS
Ohio Union - Buckeye "C"
WED NOV 2 7:00-9:00 P.M.

MANAGING TEST ANXIETY WORKSHOP
To teach test anxiety management and test taking skills
Ohio Union - State Room
MON NOV 7 & 14 4:30-5:50 P.M.

BLACK MEN AND SELF ESTEEM
To explore personal and social issues of Black men looking at their self esteem
Ohio Union - Board Room
TUES NOV 15 12:00-1:30 P.M.

STRONG INTEREST INVENTORY
Students who have taken inventory may discuss career directions as revealed by inventory
Counseling Center - Chatham Ln
THUR DEC 1 1:00-3:00 P.M.
The Counseling and Consultation Service, temporarily located at 921 Chatham Lane (Please see enclosed map), and in the division of Student Affairs, is designed to provide assistance to students in the areas that are important to their development as learners and as persons. With this goal in mind, the staff of CCS offers the following services:

- Individual counseling for persons with academic, career, psychological, personal, and social concerns.

- Consultation with students, faculty, staff, and administrators in areas including human relations training, leadership training, and organizational development.

- A library is now open 8:00-5:00 p.m., Monday through Friday. Please contact CCS about additional times. Self-help materials (readings, research reports, and listening cassettes) related to career and personal/social concerns are available for student use.

While services are available to all students at the Counseling and Consultation Service additional focus on the unique interests and concerns of Black and Hispanic students, women and gay/lesbian and bisexuals are offered.

The general atmosphere of CCS emphasizes personal and social learning and exploration as an essential part of the academic experience at O.S.U. Appointments can be made Monday through Friday, from 8:00 a.m. to 5:00 p.m. For further information about any CCS service, call 292-5766 or stop by our temporary location at 921 Chatham Lane. Staff are available by calling to make an initial appointment or by walking into the center from 1:00 p.m. to 4:00 p.m. on Monday and 9:00 a.m. to Noon and 1:00 p.m. to 4:00 p.m. Tuesday through Friday. The Counseling and Consultation Service is a division of the Office of Student Affairs.
Let go of stress, send it for a ride

By Sonja Kelly
Lantern Staff Writer

Letting go of your problems can be as simple as flying a paper airplane.

Lyle Barker Jr., associate professor of journalism, said if you write down a problem on a piece of paper, make an airplane out of it, then fly it around the room, you can alleviate some of the stress caused by that problem.

"I believe that there is no problem too great that we can't afford to let go of," he said.

After seeing former business associates die of heart attacks, Barker started a distress seminar for business executives.

He said stress is felt when someone overextends themselves or loses control over a given situation.

Barker said stress can rob us of our creative abilities, cause us to lose sight of our priorities or create a feeling of helplessness.

He said continued purging of stressful situations can eliminate a lot of the anxiety we may otherwise experience.

Samuel H. Osipow, professor of psychology, said stress is the disruption of stability.

He said stress produces a biochemical effect on the body that can be beneficial or detrimental to a person's well being.

"Good stress is called eustress and bad stress is called distress," he said.

Osipow believes that "eustress" is stress used in a positive way.

Working effectively under pressure is one example of stress being used effectively.

However, when "distress" is experienced, stress is felt in a negative way. Memory loss, high blood pressure, ulcers, and poor self-esteem are examples of distress.

Osipow said a person's perception of an event and how he or she reacts to what is perceived essential in determining what type of stress they will experience.

He said some warnings of too much stress are fatigue, bad eating habits, depression, mental blockage, weight gain and problems with interpersonal relationships.

He said students can alleviate some of the stress if they can access the type of environment they are in and make the necessary changes to relieve stressful situations.

Larry Tyndall, senior staff counselor at Counseling & Consultation Services, said his office is always open to students.

"We are here to provide counseling and consultation services to OSU students. This is the appropriate place for students to deal with stress, whether it is related to school, relationships, careers or other personal matters," he said.

Counseling & Consultation Services (CCS) is located at 921 Chatham Lane. Office hours are Monday through Friday, 8 a.m. to 5 p.m.
Tendency toward bulimia hits 40 percent of campus women

By Patti Kuhar
Lantern staff writer

Studies at other universities have shown 40 percent of college women have tendencies for bulimia and the problem at Ohio State is probably substantial, according to Dr. Alan Levy, assistant professor of psychiatry.

Bulimia, the sometimes fatal eating disorder, is higher among college-aged women than any other age group. In fact, as many as 2 to 4 percent of college women across the nation have the disease, Levy said.

"There is a huge difference between the 40 percent that have these tendencies and the 2 percent to 4 percent who actually have the disease," said Levy, who compared bulimic tendencies to social drinking. "Some can drink socially and have no problem, but others have a great problem and develop a disease."

"Bulimia used to be a white, middle-class disorder, but now other classes and racial groups are affected," said Sue Ellen Peters, a psychology intern at Counseling and Consultation Services. "It's becoming more pervasive, which is a concern."

Penny Winkle, a psychiatric counselor at the Mental Health Clinic, estimates 13 percent of the clinic's patients are treated for bulimia.

"MOST PEOPLE think that it will help them control their weight," said Winkle. "Laxatives, purging (vomiting) and other methods used will not help control weight. Studies have shown the body adapts to those methods. Most people don't lose weight from bulimia," Winkle added.

Some of the strains bulimia puts on the body can be very damaging or even fatal. According to Levy, the most dangerous side effects of repeated purging are electrolyte damage causing irregular heart rhythms and tears in esophagus lining causing internal bleeding.

There are more common side effects as well. The teeth erode from stomach acid passing through the mouth during vomiting, Levy said. This causes cavities and other dental problems, he added.

Laxative use may have long-term effects. Even after they have stopped using them, people often have intestinal and bowel regularity problems Levy said.

"It can be disastrous to their medical health and social relationships," said Levy who is researching a chemical treatment for bulimia.

Winkle added, "Too many women identify by how they look and what they weigh. The important thing to your identity is how you live your life."

Help for bulimics or those with bulimic tendencies is available on campus. Levy is offering free treatment for bulimics who want to help with his study.

Those interested in a bulimia support group should contact the Counseling and Consultation Services at 292-7666.
Racism solutions discussed

By Berford Gammon III
Lantern staff writer

Racism is not just a black problem; therefore it's not just up to blacks to fix it, said a speaker during a workshop called "Dealing With Racism On Campus," held last week in the Ohio Union.

Willie C. Glover, a psychologist for Counseling and Consultation Services, defined racism as feeling superior to someone because of race.

"We live in America, which is synonymous with whiteness," Glover said. Western thinking tells us that the color white symbolizes purity; if you're not white then you must be inferior, he said.

People who haven't really spent any time around those of different races only have stereotypical information of the different races, so they expect minorities to fit into the mold of that stereotype, Glover said.

Unfortunately, blacks must constantly prove that they aren't the lazy, shiftless, unintelligent people that they are expected to be, Glover said. Many black people feel that they need to be twice as good as anyone else just to succeed, he said.

"Many white people will go through their entire lives without having to deal with what it means to be a white person. Society is constructed to accommodate them, not someone that's different," said Nina Tocci, a intern with Counseling and Consultation Services. Blacks and other minorities must deal with their identities daily, Tocci said.

Glover feels people shouldn't think America is just white, and everyone should try to make a positive contribution to history. One way that society can deal with racism is to include 'others' into the 'in' group, he said. Minorities need to be represented in every system, Glover said.

Racism is not going to just go away by itself. We all must be willing to question our opinions of others and of ourselves, Tocci said.
Counseling services lack sufficient staffs

By Madelyn Dinnerstein
Lantern staff writer

College students face increasing pressures, but the availability of personal counseling services at Ohio State is limited by a lack of staff.

The two primary sources of personal counseling for OSU students are the Counseling and Consultation Service at the Ohio Union and the Mental Health Clinic in the Wilke Student Health Center. But, said Louise Douce, director of the Counseling and Consultation Service, "You add our staffs together, and we're still understaffed."

Ohio State was second to last in the Big Ten in the ratio of professional counseling center staff members to students, according to data compiled for a February meeting of Big Ten counseling center directors. Ohio State was third from last when the professionals in the counseling service and the clinic were combined.

In addition, the ratio of students to counseling center staff members at OSU is well above the median for large universities that submitted data to the College and University Counseling Center Directors' Data Bank last year.

The median for 20 universities of 25,000 students or more was one professional staff member for every 1,800 full-time-equivalent students, said Diana Nagel, a graduate administrative assistant at the University of Maryland, College Park, where the data bank is maintained.

At OSU's Counseling and Consultation Service this year, the ratio is one professional staff member to 4,359 full-time-equivalent students. Even if the Mental Health Clinic's staff is added, the ratio is 1:3,054.

The lack of staff means students have to wait a week or more to see a psychologist, and they may have to wait four to eight weeks to see a psychiatrist.

Both Douce and Jerry Stern, chief psychologist of the Mental Health Clinic, however, said that emergency cases can be seen within a day.

On May 22, a student called to make an appointment at the Counseling and Consultation Service and was told no new appointments were available until the week of June 17. If her situation was an emergency, the student was told, she could be seen the next day or within a few days.

The Mental Health Clinic currently has two full-time psychologist positions, 1.2 psychiatrist positions and 1.5 psychiatric-counselor positions filled. There is also 0.4 of a position for psychiatric residents.

Because the University Health Service has to repay money to universities for covering a deficit, the clinic has 1.3 psychiatric-counselor positions it must keep unfilled at present, said Robert Harris, health service business manager.

The clinic sees about 1,000 people a year, Stern said.

The Counseling and Consultation Service has 11 senior staff psychologists, five psychology interns, four part-time graduate associates and five practicum students who work 10 to 12 hours a week as part of their coursework, Douce said.

Although the center hasn't lost positions in recent years, budget cuts for the coming year might cause the service to lose two positions, Douce said.

The service sees about 2,500 students a year for individual and group counseling. Another 4,500 people a year are served through other programs such as workshops and outreach activities.

The criteria and standards for the International Association of Counseling Services, which is the accrediting body for counseling centers, suggests a ratio of one professional staff member for every 1,723 full-time-equivalent students at universities of 10,000 or more students, said Nancy Ronketti, executive officer.

Although the counseling service does not have the staffing level recommended by the accrediting association for counseling centers, it is accredited. The 1-to-1,723 ratio is a guideline, not a requirement, Ronketti said.

"The college-student life is extremely stressful, and it's gotten more stressful in the last decade," Douce said. An increasing number of students are working 20 or more hours a week while going to school, she said.

Changes in society are also causing stress, Douce said.

"Students have less hope in their future. I think they're more frightened. I also think students have higher expectations," Douce said. "A lot of students have higher standards of what they think is making it."

Russell Spillman, Vice Provost for the Office of Student Affairs, said Ohio State has been in the bottom third of the Big Ten for most students services in recent years. But while it is ranked low in the quantity of services, the quality of the services it does offer are ranked second or third, he said.

Spillman hopes to see an increased emphasis on student services because OSU President E. Gordon Gee says he is student-oriented.

But, Spillman said, regardless of Gee's interest, student services will not show increases and will even face cuts next year due to the university budget crunch.

When trying to help students deal with stress, Spillman said, university officials have to look at various things before automatically increasing the number of psychologists or psychiatrists.

"One of the biggest stress points we have is closed classes. Do you put your money into more classes or into getting a psychologist?" Spillman asked.
We are all each other’s keepers when it comes to mental health

By Gemma McCluggage and David Tall

The tragedy at the University of Iowa emphasizes the importance of staying in tune with co-workers or students, says a psychologist with the University Faculty and Staff Assistance Program. A doctor and the Iowa last week killed three professors and an administrator before turning the gun on himself. One staff member was critically wounded.

Such incidents are extremely rare, points out Frank Marlor, program specialist for USFAP. However, the shooting may prompt an awareness on campus of the need to help people in distress.

"We should be more available and more in touch with one another," Marlor says.

Some might consider that attitude simplistic because of the horrific nature of such killing sprees, Marlor says. But he reminds staff, faculty and students that the large majority of people who need help are not homicidal. Instead, they are depressed, anxious or deeply unhappy about something that is going on in their lives. They may be alcoholic or drug dependent.

"It makes sense to be attentive to someone who seems to have something significant going on inside," he says. "Faculty and staff are in an especially good position to recognize student distress and to help them," says Louise Douse, director of the Counseling and Consultation Service.

"Often there is a person in the department who is a good listener — it can be a faculty member or a secretary, for example," she says.

A good listener who realizes that someone is more than just griping should get the student to a professional, Douse says. "Listen to the student and say, 'I hear what you're saying and I'm concerned about you. Here's where help is available.'"

As giving the impression that a person is "lovey-dovey" or that you're afraid of them," advises Douse, who conducts workshops for faculty and staff on how to recognize and help students under stress. Use a "concerned, straightforward manner to state the behaviors that concern you. Tell them you have a right to get help."

Staff and faculty should be aware that international students can have more than their share of pressures, she adds. They may be worried about events in their home countries or trying to cope with learning in a second language. "Sometimes it's traditional that they not talk to other people about their problems."

Marlor warns that the tragedy at Iowa may cause a person to feel distrust if an associate or friend is not acting as he or she should. "Our suspicions may be part of the problem, because separation and isolation add to unpredictable situations."

Instead, staff and faculty should "take a more benevolent, constructive perspective. We should build better bonds to one another, rather than alienate." Help can be free.

Students can attend free Counseling and Consultation workshops or groups. They also can talk to Counseling Service psychologists without charge. Assessment and referral by the University Faculty and Staff Assistance Program is free.

For long-term therapy, student and employee insurance plans cover mental health services in part.

If people are in crisis, they can:

• Get immediate help from the Faculty and Staff Assistance Program - 2A Hospitals Clinic Building. Call 292-4000 during working hours.

• Go to the Counseling and Consultation Service on the fourth floor of the Ohio Union or the Student Mental Health Service in Wilce Hall. During working hours, call CSS at 292-5766 or the mental health office at 292-5726. There is an after-hours answering machine at the Counseling Service.

• Go to or call the emergency room at University Hospitals. Mental health professionals from the Department of Psychiatry are on call 24 hours a day. Call 292-4520.

• Call or go to local community mental health centers, which also provide 24-hour service. The North Central Mental Health Services, 1001 N. High St., is closest to the Columbus campus. Call 299-6600. Extended campus faculty and staff can find others listed in their local Yellow Pages under "mental health services."

If employees need to talk, but aren’t in crisis, they can start with USFAP. "If you can't get in touch with someone, call and leave their name and phone number," Douse says.

At the break. The following are symptoms of stress, which can lead to serious mental and physical health problems. If any of these problems persist, consult your doctor.

Headaches
Digestive problems
Insomnia
Overeating
Rashes
Skin disorders
Sexual difficulties
Elevated blood pressure
Chest pain
Heart palpitations
Loss of appetite
Cortisol
Hypoglycemia
Constant pain
Neck or back spasms
Chronic fatigue
Jaw pain
Dizzy spells
Nausea
Frequent urination
Feeling unusually warm/cold
High blood pressure
Constant perspiration
Swellen joints

Look for, and talk about, the signs of distress

We humans tend to get wrapped up in our own problems. But we can become more aware of the mental health needs of friends and colleagues.

Cognitive changes in behavior can signal the onset of depression, anxiety or severe unhappiness that may require the help of professionals.

A handbook from the Counseling and Consultation Service gives advice to faculty, staff and students.

If a colleague, student or friend seems in danger, it advises, consult with staff at the campus mental health services, such as the University Faculty and Staff Assistance Program (USFAP) for employees. Then, with tact and understanding, indicate to the friend, student or co-worker that you're concerned she or he seems to be hurting. And tell them where they can call themselves or with your help.

Try to follow up. Determine if an appointment has been made, and make your concern known.

Warning signs can include:

• Changes or decline in job performance. If a workhorse is unable to complete assignments, or if a careful worker becomes sloppy, ask what's wrong, says Frank Marlor, a psychologist with USFAP.

• Withdrawal. Even the friendliest person may not feel like talking for a day or two, but consistent isolation may mean a co-worker or student is depressed. Marlor says.

• Major upheaval in family life. "Know the stress factors — illness or death of a relative, loss of a job or threat of a layoff, financial setbacks, divorce or separation," Marlor says.

• Obsession with a particular grievance. A person who can't seem to charge the subject or bring off an issue after several days may be at risk, according to Louise Douse, director of the Counseling and Consultation Service for students.

• Statement of intent. If someone says, "I could kill myself," believe him or her! "This needs to be taken seriously," Douse says. About 300,000 people will attempt suicide this year. The peak age is between 24 and 44.

For further information, call the University Hospitals Mental Health Hotline, 293-8612.

In emergencies or for appointments, call USFAP, 292-4000. Counseling and Consultation, 292-5766, the Student Mental Health Clinic, 292-5726, or the University Hospitals Psychiatric Unit, 293-8300.
Education needed to end biases

By Yvette Harms  
Lantern staff writer

Implementing a minority-issue education program could be a key factor in reducing "Japan-bashing," said spokespersons for Counseling and Consultation Services.

"The problem is increasing," said Chikahoko Cox, psychologist for Counseling and Consultation Services.

There has been an increase in these types of crimes on large college campuses across the United States, Cox said.

Although there has been an increase in reports for these types of crimes, the problem is still highly underrated. This stems from the Asian value system to not "rock the boat," Cox said.

According to a report submitted by the task force on Asian American Students, every facet of the university needs to be educated.

University faculty and staff need to be the target of this education because many do not realize some of the minority issues and often internalize stereotypes, said Thuy Le, graduate administrative associate in the Office of Asian American Student Services.

"Education would definitely increase awareness and develop better understanding of the issues," Le said.

According to the task force, the maintenance staff should be responsible for the daily removal of racial graffiti. In order to do this, the staff must be educated to recognize such graffiti.

Graffiti is a big form of harassment on campus, Cox said.

The task force also recommends the implementation of a university-wide program to increase awareness of the "chilly campus climate for Asian Americans."

"Current programs dealing with racial tension at this university do not focus enough on the climate for this particular ethnic minority group," the report said.

The task force also recommends that students, faculty and staff should be educated about Asian Americans and how they differ from Asians.

It is important for the faculty and staff to be educated because they are in the position to influence the attitudes and behavior of students, the report said.

Education for the students could begin with a course taught in University college, the report said.

However, one course dealing with minority issues will not be enough, Cox said.

The education must focus on sensitivity training, strategy and skills dealing with prejudices and follow-up training, Cox said.

Other recommendations include recording race-biased incidents, implementing a forum covering Asian Americans and Asian American experiences, and design and fund a series of lectures and forums on Asian American topics.

"I think a campus as large as ours is bound to have elements of racism," said Israel Najera, from the university Counseling and Consultation Services.

Because of the size of the campus, it is very difficult to train people on minority issues, however, "there has to be a way that we can provide education in the classroom," Najera said.
Campus center offers aid for depression

By Jody Allen
Lantern staff writer

Todd Fencil has finally gotten rid of his "masks." He can now talk openly about how he is feeling and what is going through his head. Before this turning point in his life, Fencil, 19, used these "masks" to protect himself from displaying his true emotions. The masks allowed Fencil to be upbeat when he was really down, and happy when he was sad.

Since the age of 13, Fencil knew something wasn't right. He would experience mood swings, thoughts of suicide and feelings of worthlessness. Finally he consulted with a psychiatrist and, after several tests, it was determined he had a chemical imbalance in his brain causing him to experience what is often called clinical depression.

Clinical depression is one of the most prevalent mental illnesses in the United States and one of the four high-risk groups is young adults, the Mental Health Association reports.

"The most common time for onset is in the late twenties," said Dr. Brendan Carroll, assistant professor of Psychiatry at Ohio State.

Many people think having the blues causes depression, but Carroll said, "It's not just having the blues, it's having the blues all the time."

The National Institute of Mental Health lists the following symptoms of clinical depression:

* Persistent sad, anxious or "empty" mood
* Feelings of hopelessness, guilt or worthlessness
* Loss of interest in hobbies and activities
* Sleeping and eating disturbances
* Thoughts of death or suicide
* Difficulty concentrating and remembering

Not everyone who is depressed will experience every symptom, but if any of these persist for longer than two weeks, professional help should be obtained, Carroll said.

Carroll said talking with your family doctor about the signs or symptoms you are experiencing is a good place to start. One can also talk with a friend or with someone from the Counseling and Consultation Centers on campus, he said.

The Counseling and Consultation Center has an office in the Wilce Student Health Center and on the fourth floor of the Ohio Union. The centers offer free individual, group, personal and career counseling.

Fencil said the hardest thing for someone suffering from clinical depression is to get help, but he said they need to talk with someone. "It's hard to admit, but it's a lot easier in the long run if you get it out now before it destroys you," he said.

The National Mental Health Association says 25 percent of all women and 11.5 percent of all men in the United States will have a depressive episode during their lifetimes. However, only one in three will ever seek mental health treatment.

Fencil has dealt with depressive lows and manic highs for the last six years. But he said, "I've let go of the masks, and that's a very big step."
Psychologist on hand to help Evans Scholars

By Jennifer R. Kinsey
Lantern staff writer

A psychologist from the OSU Counseling and Consultation Service was on hand at the Evans Scholars dormitory, 52 E. 14th Ave., to offer support for those who knew Stephanie Hummer, an OSU student who was killed early Sunday morning.

Kellie Taylor, who roomed with Hummer, said Psychologist Jim Hodnett was at Evans Scholars for counseling, and to offer other sources of support for grieving friends.

Hodnett was available for three and a half hours Sunday night and several hours Monday morning, said Louise A. Douce, director of the OSU Counseling and Consultation Service.

Whenever a crisis like this occurs, the counseling office usually sends a professional to the scene, Hodnett said.

Although the OSU Counseling and Consultation Service usually only offers its services to OSU students, in this type of situation psychologists are available to anyone who wants to talk, Hodnett said.

In cases such as these, the service gives priority access to those directly affected by the crisis, Hodnett said.

Visitation hours will be held from 5-9 p.m. Thursday in the auditorium at Finneytown High School, Hummer's alma mater.

The funeral will be held at 10 a.m. on Saturday at St. Vivian's Catholic Church in Finneytown.
Forum held to discuss international students' problems

By Yu-Lan Fu
Lantern staff writer

One month after a Chinese student's suicide, international students and eight faculty members met in an open forum to discuss the problems these students face at Ohio State.

One month ago today, Zhaojin Ying committed suicide by hanging himself in his apartment. Last November, Yoonkyung Huh, a Korean student, committed suicide in Morrison Tower.

"Ohio State has 60 percent of all foreign student suicides in the Big Ten universities," said Chikako Cox, psychologist of the Counseling and Consultation Service. Cox was referring to a survey published five years ago.

When she presented the statistic, most people in the audience appeared to be shocked. She said graduate students from Asian countries have the highest number of suicides among international students.

Cox said that neither of the international students who committed suicide asked for help at the counseling center, and not many are aware the office exist.

The international student population not only generates revenue for the university, but it also adds to the cultural diversity of Ohio State and city of Columbus, Cox said.

Cox said most international students fail to assert themselves because they are not aware of their rights.

"You are here to study, so you are not here to complain about this kind of stuff, right?" Cox asked the students at the forum.

Cox said she was the only internationally licensed psychologist at Ohio State for the past five years, until the office hired Claudio Pizzaro last year.

There are over 4,000 international students at Ohio State, making up 8 percent the population, said Shirly Bar- soum, adviser in the office of International Education.

Barsoum said he advises about 1,400 students each year. On average, an adviser in the office meets 25 to 40 students per day.

There are only eight foreign advisers including a director and an assistant director in the Office of International Education. They handle all international students affairs for the university.

Edward Ray, senior vice provost, said the university administration is disturbed by the recent suicides and wants to hear from the students as to why this is happening.

Ray said the international students at Ohio State have been an integral part of what this university has stood for.

These students help to bring trade revenue to Ohio, as well as improve diplomatic relationships within the United States, he said.

The officials from the Office of International Education and the Counseling and Consultation Services will consider establishing a satellite counseling office at the OIE office in order to meet the needs of international students and improve accessibility to the university service, Cox said.

The office will address issues surrounding the suicide throughout the various departments and enhance the current freshman orientation program.

During the forum, students also spoke of launching a student organization consisting of various international students groups.

"We can't do what we talk about tonight without money. I think we should organize students and also have a faculty back up," Cox said.

Kathy Warden said the media has to take part in preventive measures to help curb the problem. She made the suggestion that the Lantern should open a column to help students in personal, psychological and social life on campus.

After the suicides of two international students appeared in the Lantern, international students began voicing concerns as to where they could go for help.

"I was shocked, outraged and frightened when I heard that international students just like me have committed suicide," said Taehyun Kim, a graduating senior from South Korea, who was also the coordinator of the forum.

See Forum/Page 2
Forum stresses need for sexual awareness

By Cheryl Honigfeld
Lantern staff writer

An open forum sponsored by Counseling and Consultation Services discussing men's sexuality across cultures was held Wednesday afternoon in the Ohio Union.

The forum, called "Taboo Topics: Women Across Cultures and Sexuality," was created to generate discussion about female sexuality among members of different cultural, ethnic and religious backgrounds, said Heather Finley of Counseling and Consultation Services.

"We decided to do this program because there's not a lot of discussion (about sexuality) especially about women's sexuality," said Finley.

She said sex is not usually discussed in a healthy, positive way, which was what the forum was designed to change.

The issues of homosexuality, sexual myths, intercultural dating, virginity and sexuality in the media were discussed by the six female participants.

The names of students participating in the forum were not released by Counseling and Consultation Services.

Low attendance and similar cultural and ethnic backgrounds of the women attending did not hinder the discussion, Finley said.

Attitudes about sexuality differ from region to region and family to family, she said.

Lesbianism and talking to parents about sexual issues were the biggest taboo topics among the women participating.

The women said they found it difficult to talk to their fathers about sex.

"My dad still thinks I'm six (years old)," said one senior.

Lack of communication leads children and adults to believe in silly sexual myths, said Joellen Popma, a counselor at Counseling and Consultation Services and co-facilitator of the program.

Popma said both children and adults get ideas about sexuality from the media.

The women were provided a checklist of sexual messages to notice as they watch television or read a magazine.

The list was made to make people more aware of how prevalent sexuality is in the media, said Popma.

Items such as women being portrayed as weak or frightened, or characters making sexual implications out of events that are not really sexual were included on the list.

The participants discussed obvious sexual issues in popular television shows like "Beverly Hills 90210" and subtle sexual innuendo in children's films like "The Lion King."

Along with discussion questions and the media checklist, the women were given a list of resource books on a number of diverse sexual issues.

"We want to generate discussion," Finley said. "Maybe some people who might not have talked about it (sexuality) get a chance to at meetings like this."
OSU programs prepare students for work force

By John Blust
Lantern staff writer

The process of planning a career can be overwhelming for some Ohio State students.

Fortunately, numerous resources are available at OSU for students preparing for a professional career after graduation. "Many students falsely believe that they will learn everything they need to know in the classroom," said Jeff Rice, associate to the dean of Career Services for the Fisher College of Business. "We teach students to translate their college education into practical career opportunities."

To assist students more efficiently, career planning and counseling offices are decentralized at OSU. Each office offers job information related to specific educational programs in their college, Rice said.

Through these offices, students can work with trained counselors to identify unique talents and to develop appropriate skills to meet specific career goals.

"Although our services are available to all students, we offer specialized counseling to improve career opportunities within the business world," Rice said.

"Computerized assessment programs and personality testing are useful methods for students to better discover their strengths and weaknesses," said Lisa Quinn, administrative secretary for the OSU Counseling and Consultation Service.

CGS, a division within the Office of Student Affairs, offers confidential counseling to relieve social and emotional issues that can interfere with career planning, Quinn said.

"Through this type of counseling, students learn to understand and to overcome these difficulties," she said. "There are many personal and psychological issues that are related to career choices."

By collaborating closely with working professionals, Rice has been able to devise several methods to improve career counseling.

"Career Services sponsors recruiting workshops and an annual job fair which attracts 250 organizations," Rice said. "These events provide opportunities for students to interact with employees of nationally known companies."

The Professional Experience Program, which offers weekly orientations, also provides the opportunity to explore different organizations by offering students internships and co-ops with various corporations.

Students are encouraged to gain as much work-related experience as possible to develop their occupational skills and to improve their marketability, Rice said.

Since arriving from Notre Dame University in 1992, Rice has modernized facilities at the Career Services center.

"We can offer potential employers a database containing 1,200 resumes from current and former students," Rice said. "By the end of July, we will have installed a video-teleconferencing system that will allow employers to interview students from distant locations."

This is a reprint from the Buckeye Bound.
Team helps international students cope

By Chia-Hui Tai
Lantern staff writer

International students at Ohio State will no longer be alone in facing stress and frustration. The Office of International Education and the Counseling and Consultation Service created a team called the International Student Suicide Prevention Task Force to help 4,100 international students adjust to life at OSU.

Most international students experience frustrations that American students do not, said Sherif Barsoum, an adviser for the Office of International Education.

“When they first come, things are different from their countries — the food, the language, the weather, and the classroom setting,” Barsoum said. “The university is very big. It’s hard to adjust to all these changes at one time.”

Many international students have a tendency to depend on themselves because they are too shy to demand what they need, said Chikako Cox, a psychologist for the Counseling & Consultation Service.

“In general, international students wait until the last minute,” Cox said.

For some of these students, the pressure becomes too great. In April, Zhaowen Ying, an OSU student from China, was found hanging in his apartment. He died at University Hospitals a few days later.

“We recognized that we have to do something about it, because we don’t want that to happen again,” Barsoum said.

The task force has on staff three psychologists from the Counseling & Consultation Service and two advisers from the Office of International Education. Their main objective is to identify the risk factors international students face as a result of stress.

At risk students will be identified by their academic performances based on university records. The office will contact these students by phone or letter in an effort to provide help, Cox said.

The task force has organized two stress sessions which helped international students understand the reasons for stress associated with cross-cultural adjustment. At the sessions, students and counselors discussed symptoms of stress and introduced various stress management strategies.

Barsoum offered several suggestions to international students to help them reduce stress. He said they need to take the first step in getting to know American students.

“International students should go and say ‘hi’ to American students,” Barsoum said. “If they take the first step, then American students will open up.”

Barsoum gave a second suggestion, “Don’t study all the time.”
Students to receive help faster through OSU counseling service

By Gina Johnston
Lantern staff writer

Counseling and Consultation Service has implemented a new system to help students obtain counseling faster.

The service devised a new system because of a reduced staff and problems with students scheduling appointments far in advance and then not showing up, said Dr. Dennis Alexander, associate director of the service.

With the new system, a student must call in on Monday to make an appointment for the following week, Alexander said.

"This is to increase the show ratio," he said.

In most cases the students are immediately placed on a waiting list because there are no available appointments because of a full case load by therapists.

"Students are on the waiting list for approximately 8-12 weeks," Alexander said.

During the time a student is on the waiting list, the service asks that students call back to see if new appointments are available, he said.

"This is an attempt to serve students faster. It places the responsibility on the student," Alexander said.

The service asks that students on the waiting list call only on Tuesdays from 4-5 p.m. and Fridays from 10-11 a.m. to check on available appointments.

Because of the shortage of staff members, there are only 34 available appointments per week, which are usually filled by the third week of the quarter, Alexander said. "Under the new system a student is only allowed 12 sessions. When those sessions end, a slot opens up and a student is taken off the waiting list."

"I hope the new system will be able to help students faster," Alexander said. "Students just get frustrated by the lack of appointment times. But we have a limited number of therapists. There is one therapist to 1,800 students."

This is an attempt to serve students faster. It places the responsibility on the student."

—Dr. Dennis Alexander

If a student cannot wait for therapy, the counseling service will provide the student with a list of community resources, Alexander said.

Other Big Ten schools also have counseling services similar to OSU. However, the counseling staffs at other universities tend to be larger.

At the University of Wisconsin, there are 16 full-time psychiatrists, said Felix Savino, psychologist at the University of Wisconsin Counseling and Consultation Service.

"This semester we had no waiting list," Savino said. "A student would call in for an appointment and would receive a 16-minute screening the same day. We would then schedule the student for an appointment the following week."

The service at OSU counsels about 3,000 students per year, Alexander said.

"My staff takes about 3-12 calls per hour," he said.

The money to operate the service comes from the general fund and student fees, said Richard Hollingsworth, special assistant to the president.

There would not be as long of a wait for counseling and there would be a broader range of times students could be seen if we had more staff members," Alexander said. "Right now we have one full-time psychiatrist and two part-time psychiatrists."

"We also offer a full-time crisis service," said Louise Douce, director for the service. "We provide urgent coverage for students in emergencies by having a trained person on duty at each hour except the lunch hour."

A student who calls the crisis service can talk to a staff member who will determine the nature of the situation, Alexander said.

The staff member will determine if the student needs to come in right away or if the situation can be handled over the phone, he said.

The service has two locations on campus, one in the Ohio Union and one in the Student Health Center. The hours are Monday through Friday from 8 a.m. to 5 p.m. The service has evening hours on Wednesdays from 5-7 p.m.
Workshop helps larger women cope

By Jennie F. Huey and Sonia Krishnan
Lantern staff writers

"Living Large," a two-part workshop created for large women by Counseling and Consultation Services, met Monday in the Ohio Union to discuss healthier and more positive alternatives to dieting.

"This workshop is not designed to target eating disorders, it is designed to empower larger women," said Jean Tidd, program facilitator and social work intern. "We want to explore a non-dieting, self-accepting approach to living."

In the beginning of the workshop, participants were asked to share common stereotypes and words used to insult large people. The dictionary meaning of the words were then used to defuse the negative connotations.

"I loved the definition of large, free of constraint or confinement," said one woman who, in the interest of privacy, asked to remain anonymous.

Participants were encouraged to appreciate their bodies instead of trying to achieve a body type that may not be realistic for them.

Throughout history, women have tried to conform to ideals of size and beauty from the fleshy, full-figured style of the Renaissance to the waif look of the '90s, Tidd said.

"These images are used to keep women in their place," said Allison Fagan, facilitator and psychology intern. "Society tries to control women based on how we look. We don't spend energy on things that are really important."

"These (society's ideals) keep us hating each other and competing...looking at each other and gossiping and not appreciating each other," Tidd said.

Part two of the series will focus on self-esteem, self-concept and a personal action plan. The second seminar takes place Thursday, from 5 to 7 p.m. on the fourth floor of the Ohio Union.
Students explore weight problems

By Jennie F. Huey and Sonia Krishnan
Lantern staff writers

Self-esteem and self-acceptance were the themes of the second session of a two-part “Living Large” workshop, held Thursday night from 5 to 7 p.m. in the Ohio Union. The workshop was sponsored by Ohio State’s Counseling and Consultation Services.

Six OSU students attended the second part of the workshop designed to promote self-acceptance in dieting and examine common self-esteem problems associated with weight.

Allison Fagan, an intern with Counseling Services and Jean Tidd, a social work intern with Counseling Services facilitated the Thursday session.

Lack of self-worth and self-knowledge, devaluing positive qualities and negative self-talk contribute to a poor self-image, Fagan said.

“That’s when we commonly see things like yo-yo dieting, starving, binging, uncomfortable or ugly clothes and feeling like you don’t deserve new clothes that fit,” Fagan said.

Some forms of dieting are self-inflicted punishments for being overweight. For example, large women often deny themselves food, shopping and a social life until they reach an idealized weight. Psychological studies prove that positive reinforcement and rewards are the only way to change behavior, Fagan said.

“Inside each of us we have our own personal coach,” Tidd said. “We can have the nightmare coach or the positive coach.”

One participant realized that self-worth comes from within, not without.

“We spend all our lives trying to be something we’ll never achieve ... we’re people and basically we should value what’s inside and not the stuff we’re carrying around,” said one woman who asked to remain anonymous.

Counseling and Consultation Services also offers a Living Large therapy group.
Workshop to offer stress relieving skills

By Melissa J. Sanders
Lantern staff writer

Stress is a way of life for most college students.

Now there is a workshop series being offered to help stressed students deal with their problems.

Ohio State's Counseling and Consultation Service is holding a three day workshop that will help participants develop mental skills to improve life's stress, said Neal Newman, a doctor of psychology and co-leader of the workshop.

The skills participants leave with help them coach themselves through life.”

— Neal Newman, workshop co-leader

Upcoming workshop sessions will be held on Thursday and Feb. 8 from 8:30 a.m. to 10 a.m. at the Counseling and Consultation Service's Wilce Student Health Center location.

“We will focus on how people can work with themselves to relieve their stress,” Newman said.

The seminars will teach skills to help people access desired states, which will lead to better stress management, Newman said.

“Three day workshop will give people a better sense of how they can use their mind to cope with stressful problems in their life,” said Jennifer Rufsvold, a student personnel assistant and co-leader of the workshop.

To get participants to reach their desired mental states, the leaders teach them a series of mental activities such as visualizing peaceful thoughts or imagining comforting sounds, Rufsvold said.

“Most students come to the workshop very stressed and by the end of the three sessions they report less stress,” said Mike Rice, who has a master's degree in psychology.

The most important thing for a person to learn in this seminar is how to enter their desired state so they can deal with their stress, Rice said.

People really appreciate learning these skills because they lead to a better and more stress-free lifestyle, Newman said.

“The skills participants leave with help them coach themselves through life,” Newman said.

Another workshop series dealing with stress will be offered later this quarter; for more information contact the Counseling and Consultation Service at 292-5726.
Biracial panelists to share insight, answer questions

By Kristina Jameson
Lantern staff writer

Growing Up Biracial and Multiracial is the theme of a workshop being conducted tonight by Ohio State's Counseling and Consultation Services.

The workshop provides biracial and multiracial students an opportunity "to hear about experiences from others who are biracial," said Joy Lum, a doctoral intern working with Counseling and Consultation Services.

Four members of OSU's various biracial communities were asked to participate on a panel during the workshop, Lum said.

The panelists were given questions to think about and were asked to be ready to share their experiences, Lum said.

For one panelist, the development of identity is important.

"Society wants people to have one identity," said Rebecca Nelson, assistant director of the Office of Minority Affairs Retention Services. "Who we are is fluid, it changes depending upon where they are in their life."

Identity and self-confidence are essential qualities for another panelist.

"A person can be whatever they want," said David Fong, Lantern sports editor and biracial student. "It starts in the head and in the heart. If your mind can conceive it and your heart can believe it, you can achieve it."

The workshop is being held on the fourth floor of the Ohio Union from 6:30 p.m. to 7 p.m.
Panel discusses multicultural experience

By Kristina Jameson
Lantern staff writer

The difficulties people of biracial or multiracial backgrounds face growing up were the topic of a workshop hosted by Counseling and Consultation Services Tuesday night.

Four members of Ohio State's multiracial communities were invited to participate in the panel discussion that opened the workshop.

"I remember playing in a park when I was five or six," said David Fong, Lantern sports editor. "An older kid asked me 'Hey kid, what are you?' And then he threw a mud ball at me."

At the time, Fong did not understand what was meant by the child's question. What concerned him more was the mud ball.

It was not until years later that Fong realized what the child meant. That question stayed with him for years, Fong said.

Other panelists feel the same as Fong.

"As a child, there is no language for (racial differences)," said Rebecca Nelson, assistant director of the Office of Minority Affairs Retention Services. "I just remember feeling different."

In her home, Nelson does not think about her heritage. It is when she walks out her door that she is forced to react to the way people react to her, Nelson said.

The idea of being biracial did not occur to another panelist until she moved to the United States.

"I never thought I was biracial," said Luz Allende-Moore, assistant director of the Office of Minority Affairs Retention Services. "It is only in the United States that you have to fit into a box."

The term "biracial" is one that does not sit well with another member of the panel.

"I prefer the term 'multicultural,'" said Sheila Kapur, director of Asian American Student Services. "The term (biracial) enforces the taboos of not marrying across certain cultural lines."

Racism exists only because it is allowed to, Kapur said.

The most difficult part of being biracial for one panelist was learning to accept the part of her that was not perceived as "desirable" as the other.

The hatred that came with learning to accept this other side of her heritage caused problems in her relationship with one of her parents, Nelson said.

"I was a very angry person," Nelson said. "My father and I had always been very close and I found myself hating the part of me that was from him."

Nelson grew to accept her full heritage.
Students with eating disorders

By Sammy Bagby
Lantern staff writer

Students who struggle with an eating disorder should know that there is somewhere to turn, the Counseling and Consultation Center.

“What we do when a person first comes in is to sit them down with one of our staff and collect information,” said Dr. Charles Klink, a clinical therapist at the health center.

Then the staff member would appoint a therapist or recommend group therapy based on the interview, Klink said.

The development of eating disorders often stems from pressure to conform to society’s definition of female beauty as presented in the media, Klink said.

“If you think about our culture, there is such an obsessive focus on body image, on youth, on beauty,” Klink said. “What needs to be said is that there is a bias against women even maintaining a normal weight.”

When such images become the standard to imitate in the collegiate world, where physical attraction becomes a competition, the result can take the form of eating disorders, Klink added.

“It’s a competitive world, especially in the college environment,” Klink said. “To compete, they often try to adhere to societal standards of beauty that are simply unrealistic.”

Students try to emulate these standards by dieting, said Judith Cousin, senior staff clinician at the center.

“Eating disorders usually start off with a diet,” Cousin said. “These women start off dieting, feeling they are in control and then they lose that control.”

The three types of eating disorders are anorexia nervosa, bulimia nervosa and binge eating disorder.

Anorexia is a disease in which a person diets to the point of starvation.

Symptoms of anorexia include mood swings, wearing baggy clothes to hide what an anorexic would perceive as an overweight physique, and relentless exercise to avoid gaining any weight.

In contrast to anorexia, a bulimic diet excessively and then binges; to avoid putting on weight from the binge a bulimic will often “purge” themselves by induced vomiting.

Symptoms of bulimia include an excessive amount of time in the bathroom, an overly critical attitude about one’s own body, and depression.

Binge eating disorder involves eating large amounts of food within a short period of time.

The bottom line, which Klink and Cousin both assert, is that the concept of “thin” as interpreted by the media and the fashion world does not correspond to the recommended weight for a human body.

“The thing which might amaze a lot of people,” Cousin said, “is that the standard of beauty is being defined by models who themselves develop eating disorders trying to look the way they do.”

Klink agreed, citing the “wait” look as an especially dangerous image to emulate.

“It is important for people to recognize that the image of the fashion model is not what we would call the image of a healthy person,” Klink said.
OSU aids students with attention disorder

By Kristina Jameson
Lantern staff writer

Daydreaming during class is normal for most college students. However, for students with Attention Deficit Disorder (ADD), refocusing on the lecture is very difficult, said Cathy McDaniels-Wilson, a senior staff clinician with Counseling and Consultation Services.

This disorder is a chronic condition characterized by inattentiveness, decreased concentration, impulsiveness and trouble shifting from one task to another, McDaniels-Wilson said.

Help is available for Ohio State students with ADD. Counseling and Consultation Services refers students to the Office of Disability Services, she said.

Currently, the office sees about 100 students with the disorder, said Lois Burke, a counselor in the Office of Disability Services. The Office of Disability Services provides students with quiet places to take tests, extra time to take their tests and priority scheduling, she said.

"People with ADD are often very bright, creative people," McDaniels-Wilson said. "They have trouble performing up to expectations."

For one OSU graduate student in the College of Agriculture, who wishes to remain anonymous, growing up with ADD was not easy.

People told him he was lazy, he said.

After being diagnosed with ADD, his self-image began to change.

"I found out two or three years ago, just after I started grad school. It was a relief for me," he said. "I realized that I wasn't lazy."

For an OSU medical student, who recently was made aware of her disorder, getting the diagnosis was not such a relief.

"You never think it's you," she said. "You never think it will happen to you."

Finding out she has ADD has raised some questions.

"It gives a label, a name to a lot of things that caused me aggravation," she said. "Now I'm wondering if anything will really help."

ADD depresses the nervous system and often is difficult to diagnose in adults, she said.

"It (ADD) presents itself similar to other disorders in adults," McDaniels-Wilson said. "It can cause depression, anxiety and often substance abuse is involved."

The substance abuse comes from people trying to self-medicate in order to control the problem, McDaniels-Wilson said.

Since McDaniels-Wilson's September arrival, an assessment program has been started to help diagnose patients. The program includes clinical interviews with psychiatrists, paperwork and use of a special computer program, she said.

McDaniels-Wilson also runs a support group for students on Thursday nights.

"The support group has helped me learn different strategies for studying, coping with ADD, social and academic as well," the medical student said.
Eating disorders prevalent on campuses

By Amy M. Hannah and Mila Kurtzman
Lantern staff writers

It's spring and the time has come
to get out that bathing suit, but
before jumping into that crash diet,
it is important to learn about the
dangers of eating disorders.

On college campuses, 4 to 6 per-
cent of female students suffer from
eating disorders, said Charles
Klink, clinical director of Counselling
and Consultations at Ohio State.

Eating disorders are prevalent in
college students because they tend to
be achievement-oriented and
under a lot of stress, said Cheryl
Ryland, outpatient therapist at the
Ohio Center for Treatment of Eating
Disorders at Harding Hospital.

Three major eating disorders
spreading through campus are
anorexia nervosa, bulimia nervosa
and binge eating disorder.

Anorexia nervosa is charac-
terized by self-starvation and severe
weight loss, in which the person's
weight is at least 15 percent below
normal.

Bulimia nervosa involves con-
esuming an excessive amount of food
and then purging it from the body
by vomiting or using laxatives.

Binge eating disorder is the lat-
est discovery, involving excessive
overeating without purging; it often
results in obesity.

People who have poor self-
estem, poor problem-solving skills,
families with high expectations and
perfectionists are at high risk for
developing an eating disorder, Ryland said.

According to information provided
by the National Association of
Anorexia Nervosa and Associated
Disorders, eating disorders affect 7
million women and 1 million men.
By the age of 20, 86 percent report
onset of illness. Only 50 percent
report being cured and 6 percent of
serious cases die. The number of
reported cases for men is rising
because they experience more con-
flict with their body images than
previously thought, said Penny
Winkle, psychiatric counselor at
Counselling and Consultations.

The stereotype that men with
eating disorders are gay has also
been dismissed, she said.

More pressure is being placed
on appearance today than ever before.
Culturally-imposed ideals for what
a person should look like are
unachievable and impossible to
maintain, Winkle said.

Our culture's diet industry
spends $40 billion a year on adver-
tising, and preaches a no-fat, no-
sugar existence. Still, such a wide
variety of food is available and easy
to obtain. This dangerous combina-
tion sends mixed messages to our
youth and by the age of 3, well over
30 percent of girls have dieted, Win-
kle said.

In the past few years, demands
for treatment services for eating
disorders have been on the rise as
people are opening up and acknowl-
edging that they have a problem.

"We are providing more and
more service because people are
coming out and getting help," said
Jan Fonarow, registered and
licensed dietitian for the Wellness
Center.

Therapy involves providing
alternatives to negative eating
behaviors, such as taking a walk or
calling a friend, Ryland said.

Setting personal, behavioral and
emotional goals are part of the
process, she said.

"I had to rearrange my life so people
wouldn't know I wasn't eating," she
said. "I'd tell my friends at school
I stay at home and I'd tell my
family I ate at school."

When she was forced to eat at
family occasions she would eat tiny
portions and purge later. At one
point she was down to 88 pounds.

Emily, 27, a graduate student in
nursing, was first treated in high
school after an overdose on diet
pills. Within a few weeks she was
back at her strict food restrictions.

As with many anorexics, Emily
was raised in a family that set high
expectations. Emily was an over-
achiever who finished first in her
high school class.

It was in the nursing school that
Emily first noticed others with eat-
ing disorders.

"I could tell who'd been through
treatment," she said. "A lot of them
didn't know they had a problem
because they were never diagnosed,
but it was apparent by looking at
them."

Emily has been recovered for two
years, after a friend from nursing
school persuaded her to get help.
Career ‘check-up’ held at Ohio Union

By Mina Kurtsman
Lantern staff writer

If you question what the future holds for you, maybe you should have a career “check-up.”

An event helping students plan for a career was held at the Ohio Union from noon to 4 p.m. Tuesday.

“There are about 20 career planning services on campus but not too many students realize how much is out there,” said Todd Kays, intern at Ohio State’s Counseling and Consultation Service.

First, students were given a career assessment questionnaire intended to help them assess their interests, values and skills to determine where they are in the career process.

“Lately I have been questioning what I really want to do,” said Justin McGibbon, a freshman majoring in engineering who attended the event. “Maybe there’s something else.”

Then, a counselor went over each student’s career assessment individually to address the area of the process where the student had the most concerns.

“It’s such a large university and a lot of people don’t know what direction to take, especially with so many majors and choices that are out there,” said Theresa Odenweiler, a counselor for the service.

Kelly Boror, a freshman who is undecided on a major heard about the career “check-up” from a friend and decided to attend.

It was helpful to meet with somebody individually and find out what options are available, she said.

“We wanted to make it individual for students because often times, students are treated as a number,” Kays said.

Mike Carrier, a sophomore majoring in business and pre-med, said he came to the event because he wasn’t sure if he wanted to pursue a career in business or medicine.

The session was helpful because it provided information about the different career planning resources on campus, he said.

While waiting to speak to an individual counselor, students could watch a video of career assessment options and browse the information tables for helpful fliers and brochures.

Representatives from the counseling service, the Colleges of the Arts and Sciences, University College, College of Business and College of Engineering attended the “check-up” to inform students about how the career planning process works and what resources are available to them.

Counseling and Consultation Service provided handouts about its Career Exploration Center and lists of occupations that are most in demand.

University College provided a list of majors at OSU, a career resources brochure and information about how to set future goals.

The College of Business informed students of resources available to them through its office of career services and gave tips on how to access job listings and company profiles on the internet.

The College of Engineering stressed the importance of a co-op job through its Cooperative Education and Internship Program.

Many people do not know what an engineer really does until they experience it first-hand, said Sanjay Sehgal, graduate assistant in the College of Engineering.

Tuesday’s career “check-up” was not only the first ever at OSU, but the first in Columbus, Kays said.
OSU counseling limited, improving

By Chiaki Tatmoto
Lantern staff writer

In terms of the availability of mental health services, Ohio State pales in comparison to other universities across the nation.

The counselor-to-student ratio on OSU campus is 1 to 1,588 and OSU was ranked 49 out of 57 university institutions, according to the survey conducted by the University of Pittsburgh's counseling center last year.

Concerned about the problem of availability, last year OSU Counseling and Consultation Service started to use canceled appointments for intakes or pre-consulting a professional.

In recent years, "It's a positive thing," he said about the increase of students seeking help. "They (the students) are not stuck.

People are more informed and aware of the resources available to them, he said.

The problems that students bring to the counseling center are becoming more severe, Klink said. But students don't have to have severe problems such as history of sexual or emotional abuse to get counseling.

If students have any strong feelings or anxiety or homesickness, they can seek help at the center, he said. The common reasons for students' seeking counseling are stress and anxiety, academic and career concerns and relationships.

Every quarter, the center provides more than 20 workshops aimed at students' academic success and career choices, stress management, development of self-esteem and inter-ethnic and cultural understanding.

OSU's counseling center has a diverse staff to respond to variety of student concerns, but resources are limited, Klink said.

"We try to solicit students and find out what is most important,"
Exercise, eat right help avoid the winter blues

By Brad Jones
Lantern staff writer

To avoid the winter blues, students should exercise, eat right and enjoy outdoor activities.

Dr. Charles Klink, associate director of Counseling and Consultation Services at Ohio State, said it's not uncommon for most people to experience the winter blues, a temporary and very mild form of depression.

People suffering from the winter blues often sleep more than usual, feel fatigued, crave sugar and junk foods and occasionally feel depressed, Klink said.

"Ways to avoid the winter blues include exercising regularly, avoiding heavy foods, moderate alcohol consumption and spending time outdoors like skiing or ice skating," he said.

Dr. M. Saleem Choudhry, a psychiatrist with the Nehal Psychiatric Group, Inc., said reduced sunlight in the winter can trigger depression in people.

"We are a lot busier in the winter because people get more depressed in the winter," Choudhry said. "October, November, December and February is when it is at its peak."

Serious depression in the winter can be a result of Seasonal Affective Disorder, a type of depression that affects 3 to 5 percent of the nation, Klink said.

Treatments for Seasonal Affective Disorder include light therapy, counseling and the use of antidepressant medication, Klink said.

If the symptoms become severe and depression becomes permanent, students should seek professional counseling to check the seriousness of the problem, Klink said.

"We see quite a few people on campus about depression and there is an increase in the winter months," he said.

Nick Hanshaw, a junior majoring in psychology, said he feels Winter Quarter affects him differently than other quarters.

"If something goes wrong it affects me a lot more than it would if it was nice out," Hanshaw said. "The weather tends to make me get down on myself more and react negatively to things."

"I am looking forward to warm weather," Hanshaw said.
Insurance changes make counseling affordable

By Korie Wilkins
Lantern staff writer

Students wanting counseling services will save some money this year.

Student health insurance switched to a network-designed plan to keep costs low, said Mary Daniels, assistant vice-president of Student Affairs and chair of the Student Health Insurance Committee.

A network plan is a group of health care providers who give care at a fixed cost. For students needing outpatient psychotherapy, Ohio State’s Counseling and Consultation Services is the network provider, said Daniels.

Another reason for the change was to increase access to the service, said Chuck Klink, clinical director for Counseling and Consultation Services. The service will receive more money as a result of the change, said Klink.

He said since the addition of funds, more staff has been hired and the wait time has been reduced, said Klink.

The average wait is about one week for the initial consultation and about two weeks for an appointment with a personal counselor, he said.

Last year, 2,200 students used Ohio State’s counseling program, said Klink. An additional 3,000 students were seen at outreach programs. Outreach programs include workshops and group therapy sessions.

There are urgent care times during the day for those needing immediate assistance, said Klink. “It’s a win-win situation for students,” said Klink.

Every student gets 10 free counseling sessions, even if the student doesn’t have health insurance through Ohio State, said Louise Douce, director of Counseling and Consultation Services.

After the first 10 sessions, those with student health insurance pay a $15 fee for services, said Daniels.

Students can go to a non-network provider, said Daniels. Those students will be responsible for the first $250 of services after the first 10 sessions. The plan will pay 30 percent of the cost of the service up to $1,500. After that, the plan will pay 100% of all medical bills.

The Counseling and Consultation Service only accepts insurance provided through Ohio State.

OSU’s general fee provides 95 percent of Counseling and Consultation Services funding, said Douce. The rest comes from an endowment grant and students’ health insurance fees.

Counseling and Consultation Services receives $5 out of each $191 student plan purchased, said Douce.

The service has about 30 employees. There are 11 licensed psychologists, four social workers and two part-time psychiatrists on the senior staff, said Douce.
What Is Suicide and What You Can Do to Prevent It

Lifting Up Our Friend: Giving Hope and Help

Ohio State University Suicide Prevention Week

February 14-22, 2001
www.ocsp.org
What is Suicide?

Suicide is a tragic and very complex behavior. It is also very misunderstood and, as a result, often swept under the rug. The truth is that many people are at risk for suicide. Each year in the United States, over 30,000 people kill themselves. Those at greatest risk include the elderly, adolescents and young adults, including college students.

Suicide is the #2 cause of death among college students.

Adverse life events in combination with other risk factors may lead to suicide.

Ninety percent of people who kill themselves have depression or have a diagnosable drug or alcohol abuse problem.

Other risk factors include: family history of mental illness or substance abuse; family history of suicide; family violence, including physical or sexual abuse; prior suicide attempt; and incarceration.

If a Friend is in Trouble:

Many people who are depressed or who are thinking about suicide don’t or won’t talk about how they are feeling. They feel worthless. They have no hope. They believe they have no other option. They deny their emotions or think that talking about their emotions will be a “burden” on others because no one cares, or they are afraid others will make fun of them.

So, if a friend or relative brings up the subject, take it seriously and take some time to talk about it.

What to do:

- Do SHOW support, caring, and concern.
- Do LISTEN to their concerns.
- Do ASK about the person’s feelings and whether he or she is thinking about suicide.
- Do CALL Central Ohio’s 24-hour Suicide Prevention Hotline @ 221-5445.
- Do REFER to OSU Counseling and Consultation Service @ 292-5766.
Warning Signs:

- Changes in eating or sleeping habits
- Apathy about school, job interests
- Outbursts of anger, mood swings and drastic changes in behavior
- Withdrawal from friends, family, and social activities
- Increased use of alcohol or other drugs
- Recent loss, such as death of a loved one, break-up of relationship, or loss of job
- Preoccupation with death
- Making final arrangements, such as wills, funeral plans, insurance changes
- Giving away prized possessions
- Direct and indirect statements (for example, "I wish I were dead")
- Previous suicide attempts
Where to go for Help

In An Emergency:

- Take your suicidal friend, loved one, or yourself to the emergency room.

- Call Central Ohio’s 24-hour Suicide Prevention Hotline @ 221-5445.

- Call 1-800-SUICIDE, a nationwide, toll-free 24-hour hotline.

- Call Netcare @ 276-2273.

For Further Assistance And Counseling:

- Contact Ohio State University’s Counseling and Consultation Service @ 292-5766

- Contact OSU Hospital Emergency Room @ 293-8333

For More Information About Resources In Your Community:

http://www.ocsp.org

Lifting Up Our Friend: Giving Hope and Help

OSU Suicide Prevention Week
February 14-22, 2001
www.ocsp.org

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Ohio Coalition for Suicide Prevention
OSU College of Medicine and Public Health
OSU Counseling and Consultation Service
OSU Student Wellness Center
Wexner Center for the Arts
What Can I Expect in Counseling?

Counseling helps you understand yourself better and become more successful in reaching your goals. Our staff is interested in your personal, academic, and career development.

Our services are provided on a voluntary basis, and you need not be referred by anyone to participate in the counseling process. Services are free to all students, and conversations are kept confidential (within legal limits).

The services of the Counseling and Consultation Service are accredited by the International Association of Counseling Services. The professional staff is composed of psychologists; physicians whose specialty is psychiatry; psychiatric counselors; clinical social workers; psychology and social work interns; other graduate students in training; and post-graduate professional staff. The psychology internship is approved by the American Psychological Association.

Psychotherapy Services

The social, emotional, and academic concerns that occur occasionally in everyone’s life can generate conflicts and questions. Such concerns can make it difficult for a person to function in a satisfying manner.

Concerns about poor grades, career indecision, interpersonal relationships, depression, feelings of inadequacy, anxiety, loneliness, sexual concerns, and conflicts related to one’s family, marriage, or relationships are difficulties that students may encounter.

The staff at the Counseling and Consultation Service provide an atmosphere where personal concerns of any type can be examined and discussed freely and confidentially. Such an atmosphere increases the chances that problems and conflicts will be resolved. Through the counseling process, you may come to see yourself and others in a different light, learn how to change self-defeating habits and attitudes, and increase your sensitivity to others.

The format for personal counseling can include:
• meeting on an individual basis;
• meeting as a couple or a family;
• participating in counseling groups or workshops, facilitated by qualified leaders, with other students who have similar concerns;
• participating in workshops on academic effectiveness skills, stress management, self-esteem, and career planning.

Psychiatric Services

Increasing understanding of the mind-body connection has led to the development of effective medical treatments for a variety of problems with a biological component.

Limited psychiatric services, including evaluation, diagnosis, treatment, and referral are provided to assist in the overall healing process.

Career Counseling through Career Connection

A decision about your major or career, or both, requires that you understand yourself. You will need to take time to assess your interests, abilities, values, and purpose in life if you want to be comfortable with your choices. Our office can help you with that decision-making process; we can give you information on career options appropriate to your interests and abilities.

Through this office you may:
• use the self-help materials and career resources in the Media Resources Suite;
• use self-guided career assessment inventories, computerized assessment, and other information to better understand your interests, values, and abilities;
• meet with a career counselor individually for several sessions;
• participate in short-term career workshops with a qualified leader and a small group of other students who are experiencing similar concerns.

Stress Management and Enhanced Performance

Many students experience some type of difficulty in their academic work. These difficulties often involve problems in concentration, study time organization, motivation and self-discipline, and general anxiety over performance in class.

Through professional counseling, you can discover the causes of such difficulties and learn to overcome them. The format for counseling includes individual sessions as well as workshops on topics such as stress management.
Consulting

The staff of the Counseling and Consultation Service will provide consulting services to student organizations that need assistance with goals or whose members are experiencing interpersonal difficulties that may be impeding the organization's effectiveness.

Topical presentations and workshops such as those listed previously are also available to student organizations. Consultation is also provided to faculty and staff members in support of students' academic success.

When and How to Make an Appointment

You may schedule a first-time intake appointment on Monday through Friday from 9:00 a.m. to 5:00 p.m. Urgent hours are provided each day. Evening hours are available Monday through Thursday, Autumn, Winter, and Spring quarters, when classes are in session.

Who is Eligible?

Counseling services are available to all students enrolled on a part-time or full-time basis and those persons covered by OSU student health insurance.

For More Information

To find out more about Counseling and Consultation Service or to schedule an appointment, contact us at:

Counseling and Consultation Service
The Ohio State University
4th Floor, Younkin Success Center
1640 Neil Avenue
Columbus, Ohio 43210-2333
(614) 292-5766
FAX: (614) 688-3440
www.css.ohio-state.edu
As a student at Ohio State, you may encounter many new and different experiences. You may also be making many important decisions—decisions regarding your relationships, your major, your career, and your personal life. Last year more than 9,000 students were assisted with personal and career concerns through the individual and group programs of the Counseling and Consultation Service.

The Counseling and Consultation Service is a unit of the Office of Student Affairs. If you are interested in finding out about other services of the Office of Student Affairs, contact them at:

Office of Student Affairs
600 Lincoln Tower
1800 Cannon Drive
Columbus, OH 43210
(614) 292-9334
studentaffairs.osu.edu

Revised 09/03
Reading/Study Skills Center

The Reading/Study Skills Center will once again offer classes this quarter that include diagnosis of students' individual reading and study skills strengths and weaknesses, basic skills development, and test-taking techniques. There is no charge for participation in these classes, just an increased competence in dealing successfully with school work.

Two levels of the 8-week and 5-week classes begin on Monday, April 6, at various times and dates. If you're a currently enrolled student, have been enrolled in the University within the past year, or have been accepted for future enrollment, you can sign up in Room 024 Learning Resources Center in Lord Hall, or call 422-1461.
Brain Bank tutors deposit knowledge

By Mark DePassio

A student is having a rough time in calculus. There is a midterm in two weeks and unless he passes it, there will be one less student in the class. He sweats and wonders what to do.

With trembling fingers, he picks up the phone and calls the Off Campus Student Center (OCSC). Within minutes he is in touch with someone from the Brain Bank tutoring program.

Brain Bank is a listing of about 150 students who have offered tutoring help in particular fields to students who are having difficulties, according to Mary Ann Deer, coordinator of Student Volunteer Program.

Deer said the service has changed since its inception in 1973. It used to consist of two boxes at the OCSC which contained the names of students who could tutor and students who needed tutoring. But with changing student needs and the rapid growth of students needing help, it became difficult to keep the files current, Deer said.

The new method keeps only students who can tutor on file. Those needing help call the center and are referred to someone who can help. According to Deer, this has made the service more efficient.

The student need not work for free, Deer said. There is a blank on the card which asks the student whether or not payment is desired.
A campus engages

As OSU seeks answers, students mount their own suicide watch

By Holly Zachariah The Columbus Dispatch

Ohio State University student Nick Wagner counts suicide-prevention posters in Enarson Hall. He and others concerned about mental health on campus have been distributing the posters to every OSU parking garage in hopes of preventing any more jumps or falls. [ERIC ALBRECHT/DISPATCH]

How to help

Some of the warning signs that someone may be heading toward a mental-health crisis:

- Talking about wanting to die
Notes of love and support have been left near the edges of the Ohio Union South garage in hopes of discouraging anyone contemplating suicide. [BROOKE LAVALLEY/DISPATCH]

• Talking about feeling trapped or in unbearable pain

• Sleeping too little or too much

• Isolation

• Giving away prized possessions

• Talking about being a burden to others

• Extreme mood swings, reckless behavior

What you can do

• Take it seriously. Experts say as many as 75 percent of people who attempt suicide have told someone about their intention

• Call 911 if anyone is in immediate danger

• Offer to call a counseling center, or walk with them or drive them

• Ask directly if a person is thinking about suicide

• Listen and stay engaged

For help for yourself or someone else, call the national suicide-prevention hotline at 800-273-8255; the local hotline at 614-221-5445; text 4HOPE to 741741; or reach Ohio State’s counseling center at 614-292-5766 during regular business hours, and at that number by pressing “Option 2” after hours.

SOURCES: NATIONAL SUICIDE PREVENTION LIFELINE, OSU SUICIDE PREVENTION PROGRAM

New to Ohio State University last fall, freshman Nick Wagner went to a National Survivors of Suicide Day vigil on campus. There, as a remembrance, he and others were encouraged to write down the names of people they knew who had killed themselves or attempted suicide.

Wagner is 18 years old. And he ran out of room on his paper.

He tries to temper the shock of that by explaining that the slip wasn’t very big. Then he stops, realizing that minimizes the impact of a critical issue — the last thing he would ever want to do. Especially now.

“I would need more than one hand to just count up the number of my friends who have been hospitalized. People need help, and we have to do a better job on this campus of getting it for them,” said Wagner, a sociology and philosophy major who graduated from St. Xavier High School in Cincinnati.
That sentiment is his motivation for joining a new group of more than 300 students calling themselves Buckeyes for Mental Health. It has formed just since two people — a current student and a former student — separately fell or jumped from the top of the Ohio Union South parking garage within a four-day stretch this month. The current student died; the former student was taken to the Wexner Medical Center in critical condition but is recovering, Ohio State said Wednesday.

A freshman student died when she jumped off that same parking garage last year. That case was ruled a suicide.

Now, students are asking questions about care and demanding better mental-health services. OSU President Michael V. Drake has ordered two things: a public safety review of how to make the campus garages safer, and the creation of a task force to review what OSU does and what national “best practices” in behavioral health might be implemented.

Wagner said that isn’t enough.

“We are not trying to place blame at all on the people in the system,” he said. “But this university has stayed silent too long on depression and suicide and mental health. We need to do a better job.”

A call to action

Sitting behind her desk on campus — a desk where the box of tissues is front and center for easy access — Professor Darcy Haag Granello said America has a suicide crisis. Everywhere. And that includes college campuses.

Suicide is the second-leading cause of death among college-aged men and women in the U.S., and there have been 58 documented suicides on OSU’s campus since 2000. That’s an average of more than three a year.

Granello founded OSU’s Suicide Prevention Program more than a decade ago and remains director. The phrase that is the linchpin of her program is “create a culture of caring.” That means, she said, looking after one another and reaching out, and recognizing early warning signs and being willing to help and intervene.

“Everybody’s hurting at this university,” Granello said. “I think the students can be afraid. They can be afraid (that) ‘If I’m in crisis, who will save me?’ But if you reach out, we’ve gotcha.”

Wagner said one criticism from members of this newly formed group is that the university has too few counselors and that waits for counseling appointments are too long.

Dave Isaacs, spokesman for Ohio State’s Office of Student Life, under which counseling services fall, said the budget for the university’s counseling center has increased from $3.97 million to $5.34 million in two years and the center has increased its staff by a third, to 44 clinicians now. But he pointed out that urgent needs will always come first.

Those students who reach out and go through the screening process and are found to have an urgent need can be seen within a day. For others, those steered to general, one-on-one counseling sessions, the wait has been up to five weeks for an appointment.

Wagner said that is too long. Isaacs, however, said it is important to note that the counseling center, where students can get up to 10 free sessions per academic year, “is not intended to take the place of a person’s
primary mental-health care. It is intended to supplement or enhance what they may already be getting."

Granello and Isaacs said there are other options, outside of traditional one-on-one counseling, that can be utilized. Every day there are drop-in workshops on campus aimed at dealing with specific stressors (such as anxiety over exams, relationship breakups or financial pressures), and multiple weekly group sessions. Granello’s office runs specific programs targeted to helping the most at-risk populations on campus, such as international students, graduate and doctoral students and veterans.

Free, personal wellness sessions are offered at the recreation center as well as wellness coaching and stress-management and resiliency-training programs offered through what’s known as the SMART Lab on the fourth floor of the Physical Education and Activities Services building, where Granello’s program operates.

Making sure students know about all those resources is the challenge. Maybe the current conversation will help, she said.

"In the wake of a tragedy — whatever that tragedy is — we have a moment that is a call to action," she said. "We need to remind everyone that we all have a role here today ... that we need to reach out to each other."

‘We care’

Ronnie Wollett and six students went to the top floor of the Ohio Union South parking garage Tuesday morning carrying buckets of chalk. There, they fanned out to spread messages of hope. They marked the walls and the ledges with suicide-hotline phone numbers and encouragement. Among the messages Wollett wrote: You are not alone. You are loved. We care.

For him, this is personal. A survivor of a suicide attempt himself, the 20-year-old sophomore from Worthington came to campus in the fall and started a group called "Never Walk Alone" in January.

He said he appreciates the message the university is sending, but that isn’t always enough.

"You can’t just be nicer to me and make me feel better," Wollett said. "What about people like me, who have chemical imbalances and need counselors and doctors? What about them?"

His organization has advocated all semester for things such as a call system to touch base daily with students on a waiting list for counseling sessions.

"When we say you’ll never walk alone," Wollett said, "we have to mean it." hzachariah@dispatch.com @hollyzachariah
Ohio State responds to counseling center emails

By Jennifer Smola The Columbus Dispatch

Walk-in students at Ohio State University’s student counseling center who are accompanied by a parent or faculty member will get priority because those individuals are more likely to complain to the president’s office, according to administrative emails.

An email to Counseling and Consultation Services (CCS) administrative staff members last Aug. 16 about procedural issues indicated that walk-in appointments for those accompanied students will be prioritized.

“Walk-in — if accompanied by Faculty or parent, we will prioritize the students and will explain that it will be a wait and will still put them in High Priority. If accompanied by a friend, we will add them to high priority and someone will call them,” wrote Angela Y. Stafa, a clinical services program assistant.

A follow-up email to administrative staffers from Shonali Raney, associate director of CCS, elaborated on the reasons behind the priority assignment after she “heard that folks were upset that we offer preferential treatment.”

Raney acknowledged that prioritizing someone who is accompanied by a faculty or staff member or parent is “not fair.”

But she added, “The reason we do this is because this group for (sic) folks (faculty/staff parents) are more likely to pick up the phone or email the president’s office and complain about us.”

“It has happened time and time again and then (CCS Director) Micky (Sharma) gets called and he has to then call the faculty/staff/parent and personally apologize,” Raney wrote.

“Fair? No, absolutely not,” she continued. “I would like you (to) think of it as which causes less headaches and disruption to our system versus in terms of fairness/ unfairness.”

The emails were first reported Friday by The Lantern student newspaper.

Ohio State spokesman Dave Isaacs said that what is described in Raney’s email “does not represent a policy,” and access to the university’s mental health services is available to all students on an equal basis.

“The words of a staff member, written in frustration, do not detract from this mission of supporting the mental health needs of the Ohio State student population,” Isaacs said in an emailed statement.

Each student is given a detailed screening by a physician regardless of whether he or she accesses the mental health services system online, via phone or in person, and students accompanied by a faculty or staff member are screened in the same way, Isaacs said.

“It should be noted that when a faculty or staff member brings a student to the counseling center, it is often because they believe the student to be in urgent need,” Isaacs said. “All cases of urgent need receive a high priority from the department.”
Ohio State has been working to implement recommendations from its Suicide and Mental Health Task Force, which President Michael V. Drake convened a year ago after two individuals jumped or fell from campus parking garages in separate incidents, with one dying.

As of last fall, OSU had hired three additional counselors in Counseling and Consultation Services. Counselors have also been embedded at various colleges within Ohio State.

Ohio State’s Wexner Medical Center was awarded a grant from the Ohio attorney general to fund additional counseling support for victims of crime, with a case manager and therapist available several hours each week at the student counseling center specifically for those victims. jsmola@dispatch.com @jennsmola