Mental health at Idaho

Keeping it all together
Suicide is painful

A report from University psychiatrists on student problems and coping with college

by Rod Gramer

On the hour, the Administration clock bells ring into the lonely night as if asking, "Freshmen how does it seem to be on your own for the first time?" Juniors and seniors--how do you relate to those around you? Seniors--what will you do with your life next year?"

Unconsciously these questions are on students' minds so often that anxiety drives them to counselors, clergymen, psychiatrists, or, for many a college student to an attempt on his own life.

Suicide is on the mind of 80-90 per cent of all college students at one time or another, and at Idaho perhaps five students will attempt suicide this year.

Ten per cent of the population at Idaho use the counseling center, and many others talk to ministers or that person in their living group who acts as a whipping post for personal problems.

These 10 per cent are usually major or moderate problems not minor troubles. And a survey of college students need some kind of counseling or psychiatric help. Suicide is on the mind of 8-8 per cent of all college students at one time or another, and at Idaho perhaps five students will attempt suicide this year.

John Hippie, a counselor, explains this phenomenon by likening a university to a pressure cooker. Pressure is so intense that there is no other environment that can be compared to it.

Performance Expectations

A university student is expected to perform in many areas that are not related in any way. An adult may be asked to function at one job with similar tasks, but a college student is under pressure to excel in English, math, and chemistry. He must also live closely with at least 60 other human beings, and relate daily with many people of the opposite sex.

Hippie says college itself is a deadline. Four tests in two days, 18 credits this semester, four years to graduate, or getting two scores of 60 on tests with a 70 needed to pass the course. All these things add pressure for a person already burdened with the normal problems of life.

In addition, "rewards are artificial because they are so far away," says Hippie. It is hard for the average college student to find a reason for studying a book in August that he won't be tested on until October. It is also difficult to see the purpose of choosing a career when one has been in school for 12 years, and is looking ahead to four or more in the future.

No Answer to Mental Problems

If there is anything the experts agree on, it is that no one can put a finger on what exactly is the main reason behind college mental health problems.

Dr. Donald DePont, a psychiatrist, comes to Moscow once a week to work with students. He usually sees at least six persons on that one day and refers many others to the counseling center for additional help.

He says most of the students he sees are freshmen. "Probably the switch from high school causes their problems."

Many freshmen feel alone socially because they haven't established relationships like the ones they had at home. Freshmen, as well as others, need people they can relate to on personal levels. For freshmen, a counselor or psychiatrist is an authoritative figure like the family doctor at home. If they want help they will go and seek an ear in the form of a counselor to listen to their problems.

Seeking assistance should be common, because most people need someone to act as a sounding board for their personal problems, according to Dr. Saul Spiro, a psychiatrist from Washington State who also spends a day a week at Idaho.

Hippie usually deals with poor self-concept and personal relationship problems, but he also stressed that for any human emotion there was usually a concern. For instance vocational and educational problems may seem minor compared to other problems, but without correction or human understanding they can lead to severe anxieties and fears.

Most personal problems are just that, many times too personal for a patient to see through. He says, "I'm sad. I'm depressed. I don't know why. What to do."

"If this person seeks out help, the first approach of the counselor is to ask, "What don't you like about yourself and how can you change it?"

Listening Help

"The point is to help him as a listener; we don't have a message to turn him around immediately. We ask him by helping him understand himself," says Hippie.

Spire believes a university is a microcosm of real life, not an artificial environment with styrofoam buildings and plastic people and problems that will pass immediately after leaving the toyland campus.

Hippie believes problems present before college appear more abruptly when one is in college. Loneliness steals depression, depression steals loss of identity, and then this grows into a giant personal dilemma which can be helped only by professionals.

Hippie also says that any problems significant in universities only mirror the disconnectedness, personalization, and frustration of the nation.
**Exams, tension and depression**

**Pressures, loneliness defeat some students**

"Final exam period is a stress period for everyone and it's natural to expect students to revert to their favorite technique for handling stress such as more drinking," observed University Counselor Donald Kees yesterday.

This stress period activates or intensifies feelings of depression, and it is only regarded as abnormal when the student can't pull himself out," he said concerning the pressure on students during this last push to finish up the semester.

"Everybody has 'down' periods," he continued, "but the neurotically depressed person may have a low self-opinion to begin with and may find the final exam pressures as proof of his belief."

Finally, the person may cut himself off from normal every day activity and a suicide attempt may be made.

**Suicide Attempts**

Suicide may be attempted after a downward trend is accelerated and the person has demanded more from friends while giving less," explained Kees.

Kees said suicide is the second cause of death among college students. Over a span of time it would be reasonable to assume that a few would attempt it here, he added. Suicide is generally not spontaneous and the student will usually announce his intention to try it.

Verbalization may be a good thing: if the feelings of guilt, hostility, and anger are verbalized and another target can be found, a depressed person may not attempt to kill himself.

"The ultimate suicidal act is a result of aggression that has no other outlet. The hostility has no other outlet and self-destructive fantasies begin. At some point these may be activated."

**Help Friends**

Kees says that he can only speak for about 25 of the 700-800 students who come to the counseling center for personal help.

"Some falling off the tail-gate occurs that we don't know about."

If a student has a friend who seems to have problems of this sort, Kees recommended that he be referred to professionals for help.

Depression hits at all levels and very often those most likely to be extremely depressed are the very bright students who are often dependent on others. A college environment is a situation where dependent figures have been left behind.

The University's recent moves towards "non on loco parentis." which were prompted primarily by the students, has also increased the lack of supportive ties for particular students, he said.

"Independence is great," said Kees, "but what may appear to be an independent person may be a lonely person apart from society. The potential suicide is a very frightened person."

On the subject of exams, Kees says he has mixed feelings. "I think there may be other ways of assessing progress, and don't think students would mind if the grading wasn't stressed so much."

Part of going to college is confrontation and learning to meet stress in preparation for "real life" situation, he said.

**Feeling Gone**

Religion may also have a part in creating problems because a student may have guilt feelings due to a strict moral upbringing. "A person with a lot of religious background is more likely to have strong feelings," he said.

Kees criticized the Argonaut for contributing to what he called lack of positive re-enforcement.

"A feeling of unity isn't here. Students don't do much talking or laughing and students may be disillusioned with the 'big problems' they read about," he suggested.

"The gut touch-to-touch feeling is missing," he said.

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**Dorms vandalized**

Over $1000 worth of damage occurred at Wallace Complex, Gault and Upham Halls sometime between 2 a.m. and 6 a.m. Monday, according to Ron Ball, campus security.

Approximately $800 worth of damage resulted when 10 phones were ripped off the walls at Wallace Complex, or the receivers were torn away from the phones.

The intercom unit on the fifth floor of the Wyile wing of the complex was also damaged when it was torn out of the wall. Approximately $500 worth of damage was sustained. Also on the first floor of Goedling wing the thermostat was damaged and rendered inoperable.

"There is some suspicion that the same group of individuals did the vandalism," Ball explained. "We are now asking people in their living groups that if they they see someone suspicious or that they don't know to challenge these people's presence. If it turns out to be someone that shouldn't be there, all they have to do is contact Campus Security," Ball added.

In addition to the damage at Wallace Complex, the stereo unit at Upham had $200 worth of vandalism done to it. This included all the tubes being stolen out of the amplifier and the speaker covers being ripped.

In Gault hall the Christmas Tree was destroyed and all of the lights were smashed.

See the Narnia Chamber and Get Your Set of the Chronicles of Narnia by C. S. Lewis

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Senators

A lot of people will say continually that no one bothers to read the Argonaut, that it serves no purpose, and that it prints nothing that anybody would want to read.

But those people, if they wrote something for the Argonaut and had their byline (name) appear over a bit of print in the paper, would find out that there are still a lot of people that read it.

Why they still read it might be questioned and debated, but that is a different matter.

The comments still come in, mostly criticism, but a few encouraging remarks float down through the rubble.

The best one came a few seats away in a class last week:

"Say, you might know. Can you tell me, just what has happened down there at the Arg?"

So sits the Arg. Not really liked by its beneficiary, the ASUI Senate. Not really claimed by the U of I Communications Department. And, seemingly, not really liked by anybody who reads it.

A suggestion came out in the senate meeting last week about the Arg. Greg Casey thought the Daily Idahoonian, or more specifically the News-Review Publishing Company, who now prints the paper should take over most of the operations of the Arg.

His reasoning ran something like: the paper is too unprofessional as it is now run — mostly by students. He thought by moving many of the functions down to the Idahoonian it would make the paper more professional, and would help the student writers learn more about what they were doing.

Such a suggestion shows a lack of understanding, both about what a student paper does and should do, and what a small-town paper control would do to student ideas and thought.

A more plausible suggestion would try to draw the paper more to the University itself. As it is now, there is very little interaction between the Communications Department and the Argonaut. The reporters are not working for credit. They receive small salaries, a few bylines to give a little crediblity to their work. And quite a bit of good experience.

But it is probably a good thing they don't stop too often to ask themselves if it is worth it.

The Argonaut collects, prints, and distributes the student news; just as the senate collects and spends the student monies. It is a group of students working for the rest of the student body.

If the present system of the understaffed, underpaid staff, straining to put out two issues a week, is to be changed, some real fundamental changes will have to take place.

Because, under the present method, there just doesn't seem to be any motivation to get the complainers to come work to bring about the changes they vocally desire.

President Eiguren. after an inexcusable one semester put-off job, is finally getting around to appointing a communications director.

The director, if given any credibility by the new senate, will have the job of directing the student media. using the (theoretical) student input he receives.

"He will probably not be able to change the paper at all but, hopefully, he will take pressure off the Arg people by providing them with the old bureaucratic-out: ‘‘Talk to him. That's his department.''


Idaho Argonaut

It is an absolute waste of the student's money to pay for such extravagances as this, when done in such poor taste. I feel that the Editor of the Argonaut had better straighten out its use as a paper and make it so it is worthwhile to read or refrain from wasting the student's money as such.

I hope you experience a great "Spirit of Christmas!"

Brent Russell

Christmas spirit

I would like to lodge a complaint in reference to the December 1st edition of the Idaho Argonaut. I find myself questioning the purpose of the cover of this particular issue. May I ask, why? What possible reason for printing a cover which was done in such poor taste.

The Idaho Vandals dressed as Santa Claus was fine but to have put some "dumbshit" on the ground in front of the famous Christmas Symbol with blood upon the "dumbshit"'s" back is ridiculous! I cannot possibly see any reason for printing such a picture. People are concerned about obscenity in "girly magazines," I think it would be fair to call your cover equally obscene.

Sincerely,

Jordan P. Smith

Appointed voice

Certainly did enjoy your unbiased articles on the outcome of the elections, especially the egalitarian piece by John Foley. For several months now your rag has been the self-appointed voice of the People and, you said they would have the good sense to rout out the evil moneymongers (GOP). Well, the revered People did not buy that and now the People "...shit anytime they think something is going to shake their quiet pastoral tree." Also, Mr. Foley mentioned that "Everybody's an asshole." Talk.

Very Sincerely,

Jordan P. Smith

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CHORD plans winter workshops

CHORD (the Center for Human and Organizational Research and Development) will eliminate this semester and begin next semester with a retreat to Ross Point, a Baptist summer camp near Post Falls.

Two workshops will be offered Jan. 5-14 to anyone interested in participating. These are "The Psychology of Self-Management" and "Human Relations Training." The workshops are part of the Psychology 400 course offered at the university, both are two credit hours staffed by CHORD trainers.

The first of these, "The Psychology of Self-Management," focuses on the participant's intrapersonal relationship. He strives for physical and intellectual knowledge of himself in a manner that allows him to develop the three basic concepts of self-management. These include self-awareness, where he is encouraged to find and express himself in new dimensions; self-acceptance, where he recognizes and accepts these new dimensions as realistic; and responsibility for oneself, which is using these dimensions to a creative end which will benefit all.

The structured experiences in this workshop are designed to precipitate awareness of one's resources, and to increase selfacceptance, which leads to better management of one's resources to achieve personal goals.

Short and Intensive

The Human Relations Training program, is offered as a short, intensive learning experience which focuses primarily on the T-group or training group experience. In this group, the participants are allowed to plan their activities in an unstructured atmosphere without the intervention of CHORD trainers as group leaders. The trainer's function is to help establish norms for the group, helpful in experience-based learning.

This workshop will also include mini-lectures, simulations, and exercises designed to acquaint participants with basic tenets of group development and functioning. It will present participants with opportunities to practice skills in leading groups, making presentations, and directing exercises as well as developing the ability for conflict management and group decision-making.

The workshops will concern two of CHORD's four levels of change. The Human Relations workshop is part of the organizational consulting service level which is concerned primarily with campus living groups. While the Psychology of Self-Management seminar falls under the human development level. The other two CHORD levels concern the educational consulting service, which would work with teachers aids and the research division.

Hutchins said that the CHORD program, which was started by William Bergquist of the U of I Psychology department, is the only one of its kind in the country. He said that it is very possible that the CHORD program will grow in the western United States, "because of its increasing outside exposure.

He explained that CHORD train activities aren't limited to the campus. CHORD people consult with outside organizations through their research programs and counseling services. Some have also attended national training labs at the organization's largest school in Bethel, Maine.

Hutchins said funds for the PhD program, which are used to send people to Bethel, aren't derived from the fees people pay to attend the CHORD workshops. Room and board fees for the workshops are $60 and if college credit is desired, registration fees are $20 for residents of Idaho and $25.50 for non-residents.

Nightline gets crisis calls

About one third of Nightline's calls are "crisis calls." But efforts are not necessarily on solving the problems presented in the calls. Rather, Nightline personnel attempt to supply more of a "preventive service."

Diana Smith, co-director of Nightline with her husband Stan Smith, says the service concentrates on "trying to prevent problems from becoming acute."

She said, "Nightline tries to help people get them calmed down, and stop the crisis there."

The service does have a provision in case "talking it out" does not help. Backup crews of professional people from the community are always available, according to Smith.

If the caller gives his consent, Nightline will send a doctor, minister, or a member of several other professional fields. Many times just letting the caller talk to the backup person by phone is enough to get the caller to iron his problem out.

Smith reported this system has "been very successful."

When asked about cyclical fluctuations in numbers and types of calls, Smith said only that calls seem to be more numerous than in the past. She noted that calls have been up since Thanksgiving, saying this was probably only the natural increase after the normal vacation fall.

Smith noted that a majority of calls dealt academically with points of information. She said that a good number of the crisis calls came from Nightline because it is available at times when other professional services are not normally available.
Idaho vs. Big Sky and Roning

by Kim Crompton

Idaho’s persistence upon the commandeurs of the Big Sky Conference as to why they shouldn’t be allowed to leave is beginning to have some effect throughout the state. For the most part that feeling is translated into a southern wave of antagonism that is striking out at the Moscow campus in tidal wave proportions.

The incident began largely when President Hartung, much to the disgust and indignation of some southern Idahoans, announced university plans to request withdrawal from the conference.

For the University of Idaho, this request came about mainly as a matter of necessity. The athletic department, under the impression that they were within the confines of an expanding institution, scheduled football games with that attitude in mind. Next year’s schedule bears out that fact as the Vandals will be playing larger schools such as the University of Washington, Washington State University and Texas Christian University.

Therefore, that puts the University of Idaho in a pretty lonely situation. As the only university-rated school in the Big Sky Conference, they are forced to play at least half of their schedule against schools that have up to twice as many full-ride scholarships as Idaho does because of Big Sky Scholarship limitations (62).

While most of the other Big Sky Conference teams are taking their time about seeking an NCAA university rating, Idaho is continually rejected in its efforts to leave the conference and expand its program.

Led by Big Sky Commissioner John Roning, some members of the Board of Regents are taking the attitude that Idaho should be proud to be in the Big Sky Conference, whatever its shortcomings, and that university officials should consider themselves lucky. They also seem to feel that it is beyond their realm of responsibility to give a logical reason as to why the University of Idaho shouldn’t be allowed to leave the conference.

As of late, our non-partisan Commissioner Roning has added insult to injury by making false statements publicly. His first got recorded when he reported that the Pacific Coast Athletic Conference, the one which Idaho is interested in joining, has less scholarships than the Big Sky Conference. That statement is incorrect. At present the Pacific Coast Athletic Conference has a moratorium on scholarships, a gentleman’s agreement between the schools that none of them will go over a 75 scholarship limit. At their next conference meeting, PCAC officials are expected to raise the scholarship limit permanently to at least 75 full-ride scholarships. This is contrary to statements made by Commissioner Roning.

Later on during the already tense football season, Commissioner Roning was quoted as saying that Portland State and Utah State were interested in joining the Big Sky Conference and that representatives from those two schools would be attending the next conference meeting. This, he said, may give Idaho the reason they need to leave the conference. Strangely enough, when it came time for that meeting to be held, USU representatives were nowhere to be found. It is not known whether the same was true of Portland State, but we doubt that the Vikings of PSU would have any reason for joining the Big Sky Conference, since they just recently achieved university status through the NCAA, and by joining the conference would subject themselves to the same type of predicament that Idaho is now facing.

Concerning Utah State University, that is an independent institution at the present time, and is doing quite well on its own athletically, as can be seen in the results of the Utah State-Ideo football game this year.

Utah State officials were becoming so confused by the rumors they were hearing from the Big Sky Conference that finally in one of their press releases they denied Commissioner Roning’s claims as being totally false, and said that USU did not send representatives to the conference meeting, “nor did they ever intend to.”

Of course they didn’t! Even Commissioner Roning should have been smart enough to know that an independent “major league” school like Utah State which has on its schedule such football teams as Oklahoma, Nebraska and other nationally-ranked schools would have NO reason for joining a college conference which offers only 62 scholarships.

It seems to us that Commissioner Roning, who has his office in Boise, is taking a one-sided look at the situation without bothered to get the facts straight. As head of the conference, his should be a job of keeping the schools together in a close-knit group rather than helping to harass already bitter “north-south” type feelings within the state.

The University of Idaho is more than ready to expand its athletic program. At the present time, other schools within the conference are not. Boise State College is in Boise and Idaho State University is in Pocatello. Both cities are trade and travel centers for Idaho. Pocatello is at least four times as big as Moscow and Boise, yet it is a 600 square times bigger. Moscow is “in the sticks” of northern Idaho. Coupling university students, Moscow has about 16,000 people in an area surrounded by winding roads and a lot of mountain country. With less hometown supporters, jobs, etc, recruiting is tougher. Idaho and the coaching staff is forced to rely more on scholarships to attract potential athletes. It is for that reason that the situation is so much different here than at Boise or Pocatello.

At the present time, recruiting is kind of a toughy word. “How can we recruit few players when we don’t even know for sure what next situation is going to be — in or out?” Coach Robbins commented dejectedly yesterday. “We need those extra scholarships. We have a tough schedule next year and we could get killed!”

Intramural Pool Results
Nov. 28, 1972

WON

LOST

SCORE

D. James (CH) 9 Winner by Forfeit

S. Anderson (CH) 9 Winner by Forfeit

T. Akerman (WSH) 9 W. Peararcher (LH) 12 10-17

C. Davies (TMA) 9 O. Kaufeld (STP) 12 12-10

K. Wilson (AYO) 9 J. Jackson (AYO) 12 10-17

F. Smith (MCA) 9 B. Johnson (STP) 12 10-17

J. Frenih (N) 9 M. Baillard (TTP) 12 12-10

Bowling Results

SC TIED TTP

A10 UH 2-2

McH GH 4-0

CH GH 1-1

BH SnH 2-2

High Individual Game K. Bucholtz

High Individual Series B. Stavros

(BTP) 521

High Team BTP 2343

Pool Results Nov. 30

T. Mcnema (HTP) 9 Winner by Forfeit

M. Baillard (NCA) 9 Winner by Forfeit

B. Kin (TMA) 9 S. March (AKL) 6-3

B. Barame (TMA) 9 J. Smith (TMA) 5-3

D. Collins (CH) 9 W. Williams (CH) 6-3

B. Stevem (CH) 9 J. Bolderi (CH) 6-3

S. Delo (MCH) 9 C. Carton (LH) 5-3

Bowling Results Nov. 30

LH TC Forfeit

WSH TMA Double Forfeit

TKE Forfeit

SN CC 3-1

Na TIED DTD 2-2

PFD TIED AKL 2-2

High Individual Game D. Hird (DTD)

High Individual Series D. Hird (DTD)

High Team AKL 2126

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Jazz lab bands surface musically with original student works

Three original jazz charts by jazz lab band members will be featured in two concerts this week.

Jazz Lab Bands I and II, directed by Richard Werner will perform from 2:30-4 p.m. Wednesday at the SUB and at 7 p.m. Thursday at the Music Building Recital Hall.

The three original works are "Son of a Preacher Man" by H. Wade Clark, "Never Can Say Good-by" by T. Lann Larrance, and "Graffiti" by Greg Wellsandt.

The ensembles, both big bands with 19 instruments each, will perform music from varied eras of jazz and rock. Both concerts are open to the public without charge.

Band, Ensemble perform dual concert tonight

The University Symphonic Band and Wind Ensemble will perform in concert tonight at 8 p.m. in the Administration Building auditorium.

The Symphonic Band will perform "Prologue and March" from "Ballet Music" by Walter Hartley, "Capriol Suite" by Peter Warlock and "Divergents" by W. Francis McBeth.

The Wind Ensemble will play "Earle of Oxford's March" from the "William Byrd Suite" by Gordon Jacob, "Armenian Dances" by Aram Khatchaturian, "Ricercar" by J.S. Bach and "Ritmo Jondo" by Carlos Sorinach.

The concert is open to the public without charge.

Tuba, base guitar join in recital

Phillip Sheahan will present a graduate recital for tuba and bass guitar at 8 p.m. Wednesday in the Music Building Recital Hall.

His repertoire will include "Sonatina" by Halsey Stevens, "Almand" and "Gavillard" bythh by William Brade, "Waltz for Derby" and "How My Heart Sings" by Bill Evans.

The recital is open to the public without charge.

Spring ski tour to European Alps planned

If you are a ski fan, the University of Idaho Alumni Association has something special in store for you—a springtime ski tour to the Alps!

SUB Christmas event schedule:

Tuesday: - Orchesis dances at 4:00 p.m. in the Vandal Lounge.

Wednesday: - Russell Grad School fifth and sixth grade students lift their voices in Christmas song beginning at 12:00 noon in the Vandal Lounge. 
- At 4:00 p.m. the Jazz Lab Bands I and II perform the first of two concerts this week.

Thursday: - At noon the West Park Grade School third graders will sing their holiday repertoire.
- The Jazz Lab Bands will perform their second set at 2:30 p.m.
- At 8:00 p.m., the LDS student choir will present a holiday concert.

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