

# Round up the shy UNLV student helps support troops

William Holt

Among the many campaigns by professionals in the psychiatric field, psychologists describe their latest efforts toward shyness as a "breakthrough."

Jerome Kagen, a professor of psychology at Harvard University, and his colleagues recently came to the conclusion that "shy children whose parents gently push them to try new things and to overcome their fears are less likely to be inhibited by age 7 than children whose parents overprotect them."

The word "shy" is the common euphemism for the word "afraid." When a person is shy, it means that he is afraid to confront, or that the situation that needs to be confronted appears dangerous.

Parents who push their children into a situation that appears to contain danger are completely avoiding the issue.

Likewise, children who respond to being pushed into a dangerous situation are children who have merely found some way

to adjust to a dangerous environment. These children do so mainly because being pushed, in any form of the sense, is another form of danger, however "gentle" a push can be. On that note, the word gentle does not belong in the description of force. Parents who push their children are creating a "catch-22."

**"I would estimate that a 'compelling sense of inadequacy' is more so a self-defense mechanism."**

For instance, researchers say that shy boys have more trouble than shy girls because cultural stereotype (socialization) dictates that males take the initiative in social encounters.

These researchers don't promote or denounce the use of "social stereotype," but it is interesting to note that they don't list any investigation done to see if this very type of socialization may be the

reason for some individuals' shyness. In fact, it may be the danger that shy individuals fear.

Socialization is commonly known to dictate that people not stand out, that people not know too much, and that people go about "making friends, finding lovers and holding jobs."

These researchers also describe shy people as having "a compelling sense of inadequacy — a fear of being found wanting in the eyes of others." If "others" exist in the eyes of whom an individual would be found wanting, I would also be afraid.

In this case, it appears that the situations parents are pushing the 400 children "studied" into are the dangers that dictate that the child not stand out and not know too much. I would estimate that a "compelling sense of inadequacy" is a self-defense mechanism rather than a psychological problem.

These researchers also seem surprised to learn that shy people can be "just as likely to be gifted in the arts and sciences as more outgoing people, and do just as well academically." Congratulations.

I would be willing to debate that the score might not be as even if shy people were tabulated against "outgoing" people on the basis of a ratio.

I would also be willing to discuss the persecution of people with psychological problems with regard to professionals and their students who have created such labels.

Tina Crinite

"Support our Troops!" That is the slogan for the pro-troop rally to be held on Feb. 2 in front of the Foley Federal Building at 10 a.m. The rally is being organized by UNLV student Tami Hunt and her father Richard Hunt.

Involved in the Honors Program at UNLV, Tami Hunt, along with her father (who is an honorably discharged Marine, retired airman, and a Vietnam veteran) have organized the day's events with the major theme being to keep politics as far away as possible from the sentiment of the day.

"It's a rally not to condone or condemn the war, it's simply to offer support for the men and women serving in the Persian Gulf," Tami Hunt said.

There will be various activities going on during the morning. These will include speakers ranging from a Vietnam Vet, a UNLV professor, and UNLV students. Cat Thomas will be on hand from KLUC and will

feature music compiled from various military hymns and patriotic songs.

Local as well as national media have been notified about the rally and they are hoping for more than 100 people to take part in supporting the troops. In addition, invitations to attend the rally have been sent to Governor Bob Miller, Mayor Ron Lurie, Sheriff John Moran, as well as judges, congressman, and senators.

"We are hoping that no trouble will come out of the day's events and that it will be up to us to present a united front for the troops. They need to see the American people behind them, and not the fighting among the

supporters themselves," Tami Hunt said. "Regardless of personal convictions, we just want to show the fighting men and women our support for the fulfillment of the duty that they took an oath to do."

If you would like to participate or even help with the preparation of any aspect of the rally, please call 642-0992 for more information.



UNLV student Tami Hunt

## Stress management begins with reflection

Stephanie Pace

College is a step toward a career. With any career you will achieve more successful results within the threshold of being physically, mentally, and spiritually fit. Look at your life. Are you stressed?

College students are going through an important growth period and experience overwhelming stress. Here are some ways to reduce stress while pursuing your collegiate endeavors.

The opposite of stress is relaxation. Sometimes a good way to relax is to scrunch up and then just let go and concentrate on letting go. This is also recommended before tests. You could also take fifteen minutes per day to relax and think of nothing of importance. How? Stare at the stars, a picture or the darkness.

How do you know you are stressed out? Some signs are shortness of breath, mood swings, and inability to concentrate or deal with everyday situations. Maybe you exercise a lot.

What do you do for your cool down? Do you reward yourself once in a while? Ever tried making funny faces? Wiggle your nose and squint your eyes.

"Most successful students are involved in a job or activity they like," said Professor Claude Olney from Northern Arizona University.

You could debate, write for the paper or join a club.

"As the strenuous life increases in city and country, there is an increased demand for relaxation... (and) escape from the clutch of modern strenuous life," said Dr. William Sadler in 1914. Yes, there have been difficulties with stress in every period.

So again, here are some ways to reduce stress: 1) develop a hobby 2) meditate about nothing for about 15 minutes 3) seek free counseling at UNLV for personal, social, or academic dilemmas 4) reflect on your life to see what is ailing you 5) do something different and exciting like watching movies all night. This is your time, your school and whatever boundaries you set are the boundaries you are confined to.



### Filing begins for CSUN Executive Elections

- Feb 1 to 14
- President
- Vice President
- Senate President

Packets available in MSU 120 or call 739-3477

## Volunteers Needed

The Student Health Advisory Committee (SHAC) needs volunteers to assist in this year's activities.

SHAC has a dual role. We help promote the quality of health care provided by the Student Health Center (SHC). This is accomplished by reviewing student evaluation forms and by conducting surveys periodically.

This provides constant feedback to the Director of the SHC, Administration and Student Government. The second role is in the assistance in promoting health education to the students of UNLV. This is done by the following activities:

- Health Awareness Days
- National AIDS Awareness Programs
- National Nutrition Programs
- National Condom Week
- National Smoke Out
- And much more...

The Six Dimensions of Wellness



If you are interested in becoming involved and assisting in promoting the Health & Wellness Concept through SHAC's programs, stop by the Student Government's office, MSU 120 and complete an application. Or call Ken Tomory, SHAC's Chair, at 739-3370.