Round up the shy

William Holt

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 the situation that needs to be confronted appears dangerous.

dren into a situation that appears to contain danger are completely avoiding the issue.

spond to being pushed into a note that they don't list any invesdangerous situation are children tigation done to see if this very

ment. These children do so mainly ness. In fact, it may be the danger Among the many campaigns because being pushed, in any form that shy individuals fear. of the sense, is another form of danger, however "gentle" a push can be. On that note, the word known to dictate that people not scription of force. Parents who too much, and that people go about push their children are creating a "catch-22."

> "I would estimate that a 'compelling sense of inadequacy' is more so a selfdefense mechanism."

For instance, researchers say that he is afraid to confront, or that shy boys have more trouble than shy girls because cultural stereotype (socialization) dictates Parents who push their chil- that males take the initiative in social encounters.

Likewise, children who re- stereotype," but it is interesting to who have merely found some way type of socialization may be the

Stress management begins with reflection

Stephanie Pace

College is a step toward a achieve more successful results your eyes. within the threshold of being Are you stressed?

College students are going through an important growth and experience overwhelming stress. Here

are some ways to reduce stress while pursuing your collegiate endeavors.

The opposite 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 hobby 2) meditate about nothing fifteen minutes per day to relax for about 15 minutes 3) seek free and think of nothing of importance. counseling at UNLV for personal, How? Stare at the stars, a picture social, or academic dilemmas 4) or the darkness.

stressed out? Some signs are and exciting like watching movies shortness of breath, mood swings, all night. This is your time, your and inability to concentrate or school and whatever boundaries deal with everyday situations.

Maybe you exercise a lot. confined to.

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

"Most successful students are physically, mentally, and involved in a job or activity they spiritually fit. Look at your life. 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.

Soagain, here are some ways to reduce stress: 1) develop a reflect on your life to see what is How do you know you are ailing you 5) do something different you set are the boundaries you are

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to adjust to a dangerous environ- reason for some individuals' shy-

Socialization is commonly gentle does not belong in the de- stand out, that people not know "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 inad-These researchers don't pro- equacy" is a self-defense mechamote or denounce the use of "social nism 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." Congratula-

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

UNLV student helps support troops

Tina Crinite

"Support our Troops!" That patriotic songs. is the slogan for the pro-troop rally to be held on Feb. 2 in front media have been notified about of the Foley Federal Building at the rally and they are hoping for 10 a.m. The rally is being morethan 100 people to take part organized by UNLV student Tami in supporting the troops. In Hunt and her father Richard addition, invitations to attend the Hunt.

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.

UNLV student Tami Hunt

"It's a rally

activities going on during the took an oath to do." morning. These will include speakers ranging from a Vietnam Vet, a UNLV professor, and participate or even help with the UNLV students. Cat Thomas will preparation of any aspect of the be on hand from KLUC and will rally, please call 642-0992 for

feature music compiled from various military hymns and

Local as well as national rally have been sent to Governor Involved in the Honors Bob Miller, Mayor Ron Lurie,

> Sheriff John Moran, as well 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 presentaunited front for the troops. They need to see the American people behind them, and not the fighting among

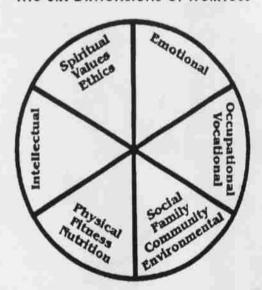
not to condone or condemn the supporters themselves," Tami war, it's simply to offer support Hunt said. "Regardless of for the men and women serving in personal con-victions, we just the Persian Gulf," Tami Hunt want to show the fighting men and women our support for the There will be various fulfillment of the duty that they

> If you would like to more information.

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. The Six Dimensions of Wellness



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 UNLY. 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...

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.