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Executive Goes To Work

November 11 and 12 the Executive Committee of ACSD met at Calvin College for lots of work, a good time for fellowship, and a chance to check out the facilities for the 1981 Conference. Calvin's campus is beautiful. An excellent program is being planned and we know you'll enjoy the facilities that God has given them when you attend the June Conference. The staff at Calvin has already done much work at organizing seminars and workshops that are practical and challenging for growth in our field as we minister to our students. You'll be hearing more about the program all spring.

Planning ahead for the 1982 Conference at Bryan College

Life-time membership for those active members of ACSD for 10 consecutive years prior to retirement and retiring from a student personnel position

Many hours of discussion went into each of these ideas and specific ideas for implementation were established. You'll have to evaluate by the results you see.

We came away tired but excited for all we believe God has in store for ACSD.

Ruth Irvine
Secretary, ACSD

June 1981 — Pre-View

Theme: “Building Whole Persons”

A few of the workshop topics:
Integration of Bible & Psychology
Friendship Relationships
Creativity
The Physical Self
Listening Skills
Moral Development

and more!

The meals will be “out of this world” — like an Italian Extravaganza and an Alternative Meal Plan (see article re: Calvin College).

And there are extras like: Sight & Sound Presentation, by Robert Brouwer (fantastic!), Tour to the Tulips — and Book Publishers. And the ever present Shopping Malls.

CALVIN COLLEGE
GRAND RAPIDS, MI.
JUNE 1-4

And...a first! There will be a talent show on Wednesday night. Those of you willing to share your talents with us — please begin preparation now. Tuned up your trombone, flute or voice — pianos will be provided. We'll be asking for volunteers in the next KOINONIA.
Are You Feeling “Burned Out?” Try this:

Twenty Helpful Hints

1) Get up earlier to allow yourself more time before going to work.
2) Before entering your office pause to look around outside — what kind of day is it?
3) Pay less attention to time — take your watch off, if possible. Pace yourself.
4) Regulate how many items you put on your “To Do” list and prioritize them.
5) During lunch or breaks: avoid discussing business, eat slowly, take your full lunch period.
6) Go to lunch with an enthusiastic staff member.
7) Make a list of your “Hyper Habits,” share it with a friend to be sure you’ve included everything, then make a contract to alter specific behaviors.
8) Find a place on campus where you can go to sit quietly for 5 minutes, or take a brief walk nearby.
9) Compose written reminders for yourself and place them where you will read them. Example: “I am going to slow down today and will feel better because of it.”
10) Be willing to say “no” when you need to.
11) Ask for help!
12) Focus on an immediate goal and work on the task until it is completed.
13) Put yourself in a position where you have to “sell” an idea.
14) Collect appreciation that is due you — visit people who make you feel good.
15) When you’re “down and out”, make a list of all the reasons you don’t need to be glum — the vacation you’re planning, why you are in the job and what you like about it, friends you’ve met, etc.
16) Keep track of your “down” moods on a calendar; if cycles can be traced, prepare for them!
17) Re-energize yourself through relaxation techniques or meditation.
18) Talk to a “significant other.”
19) Pay attention to your health, diet, and sleep. If you “don’t have the time,” ask yourself if you have the time to be sick.
20) Exercise daily! from NASPA’s Forum

Regional The Student Development Professional as Educator

Northeast Regional Conference
Houghton College

Theme: The Student Development Professional as Educator

Workshop titles:
Practical Application to Moral Development
Parent Orientation
Academic Advising
Suicide and Death
Recreation and Leisure Time in Student Development
Homosexuality in the Residence Halls — How do you Handle it?

For information contact:
Roberta Dunkle, Associate Dean of Student Development
Houghton College
Houghton, NY

Central Regional Conference
McPherson College

Theme: Creating an Environment for Christian Student Leadership

Workshop titles:
Biblical Basis for Servant Leadership
Student Leaders in Orientation and Advising
Student Leadership in the Judiciary Process
Student Leadership and Minorities
Student Leadership and Counseling
Student Leadership in the Residence Halls
Student Leadership in Admissions
Developing Student Leaders
Styles of Leadership

For more information contact:
Merle Johnson
Friends University
2100 University
Wichita, KS 67213
(316) 261-5830

Resource Materials

A questionnaire went out to a sampling of schools to get some input on resources that you were finding of real benefit. Here are some suggestions received:

Books
Christian Care Books from Westminster Press (6 books in the series are all recommended, especially Coping with Difficult People, by Paul Schmidt)

How to Say No to a Stubborn Habit, Erwin Lutzer

Sexual Identity, John Money

Be the Leader You Were Meant to Be, LeRoy Eims

Speakers
John Warwick Montgomery
Speakers from the Atlanta Christian Counseling Center and the new Counseling Center related to Dallas Seminary
Ted Ward, Michigan State University — on Human Growth and Development
Tim Hansel, Summit Expedition, P.O. Box 521, San Dimas, CA 91773 — especially good on turning problems into challenges
Dr. Charles Massey, Houghton College
Kate Harrington, Gordon College
The Conway's, Urbana, IL — on Divorce

Films
Focus on the Family series — 7 films (several campuses have used this series this year and have received excellent response from their students) $375 for series

John McDowell’s Films:
“The Secret of Loving”
“Givers, Takers, and other Kinds of Lovers” (these have been used in a chapel series as well as Freshman Orientation)
“All the King’s Horses” — film on Divorce

Music
Gerry Limpic (714) 464-7010
Christian “rock” and folk
ACSD is pleased to announce that once again in 1981 we will be providing placement services for both candidates seeking positions and institutions with positions available. Forms are provided below and on the reverse side for listings in future ACSD publications, including the Annual Conference Placement Bulletin. There will be three such listings: a winter listing, a pre-conference listing, and a conference listing. The deadline for submission to the winter edition is February 15, the pre-conference deadline is April 1; the conference deadline is May 15. Please return completed forms to: ACSD PLACEMENT SERVICE, c/o CENTER FOR STUDENT DEVELOPMENT, TAYLOR UNIVERSITY, UPLAND, IN 46989. (Feel free to photo-copy both forms for additional use.)

POSITION AVAILABLE

DIRECTIONS: Following the model paragraph below, briefly summarize the job, duties, qualifications, salary and other information you wish to include. Be sure to identify the contact person and list the institution's address.

Model Paragraph: NOBLE COLLEGE, Dr. Robert Johnson, Dean of Students, Florence, KY 08662. Residence Hall Director (9 month, live-in position). Duties: Providing adjustment counseling for residents, coordinating the student staff, performing administrative functions, and coordinating programming within the residence hall. Requirements: Master's degree in counseling, student personnel administration or other helping profession; however, equivalent degrees and experience will be considered. Salary: $11,000 - $13,000, depending on education and experience. Available: August 1981.

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CANDIDATE

DIRECTIONS: In the space below, and using the model paragraph as an example, summarize the pertinent information about yourself for listing in ACSD placement publications. There will be three such listings: a winter listing, a pre-conference listing, and a conference listing. The deadline for submission to the winter edition is February 15; the pre-conference deadline is April 1; the conference deadline is May 15. Please return your completed form to: ACSD PLACEMENT SERVICE, c/o CENTER FOR STUDENT DEVELOPMENT, TAYLOR UNIVERSITY, UPLAND, IN 46989. (Graduate students are also encouraged to participate in this service.)

Model Paragraph: STILLMAN, MARTHA, 626 Merlin Street, Columbus, OH 04777, (609) 555-1212. BA Psych, MA Counseling. Experience: Currently counselor at Houston Road Christian Counseling Center (2 years), 2 years short-term missionary experience, 3 years teacher. Interested in general administration, counseling college students, student ministries. No geographical preference. Available immediately.

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News From Member Schools

- Taylor University has had the Conways speak to their student body on the whole issue of divorce. They have set up support groups to minister to the students coming out of divorced families and have had an excellent response to this.

- Winnipeg Bible College has done an Interpersonal Relationship Seminar during 5 of their chapel sessions:
  1st session — Principles of building good biblical friendships
  2nd session — continued from the first
  3rd session — How to build a non-romantic friendship with the opposite sex
  4th session — Film on dating: “The Secret of Loving”
  5th session — Film: “Givers, Takers, and Other Kinds of Lovers”

- Asbury College has developed an ongoing program sponsored by the Office of Student Development called “Unlocking More of You.” It consists of seminars on various topics including Altar Counseling, Witness Team Coordinating, and Personal Development Institute which is a ten-week program looking at topics on Self Awareness, Personal Motivation, Interpersonal Communication, Professional Dress, Etiquette, Human Sexuality, and Leadership. They have done other seminars including Communication for Married Couples, Budgeting, Time Management, Study Skills, and Dating.

  Asbury also has a program called Team Training Seminar (TETRA) which is an ongoing staff development program in the areas of spiritual renewal, skills in training, sharing in fellowship, and service commitment.

New Staff Members
Sharon Roys-er, Student Development Counselor, Asbury College, working in the area of career development and retention
Patti Wellington, Dean of Women, Winnipeg Bible College
Joseph Schneider, Assistant Dean of Students, Moody Bible Institute
Bryon Fujii, Men’s Head Resident Advisor, Moody Bible Institute

Position Changes
Dr. Charles Massey has moved from Dean of Student Development at Houghton College to Associate Dean in charge of Curriculum and Faculty Development at Houghton College’s Buffalo Suburban Campus.
Roberta Dunkle, Associate Dean of Student Development, will act as interim Dean as of January 1, 1981.

Conflicts? Try This...

Step 1: Use careful listening to determine how the other person sees the conflict.
Draw out the person. Attempt to understand his/her point of view. Do not yet express your own views. Instead, encourage the other person to explain his/her position. When he/she has finished, summarize what you have heard and ask whether your summary is accurate. Remember — accurately understanding another’s point of view does not mean you are agreeing with it or giving in.

Step 2: Describe how you see the conflict.
Now it’s your turn. Tell the other person how you think of the situation. Explain your point of view. Don’t rush to seek a solution yet — just tell how it looks to you. Point out how your position is similar to and different from the other person’s. If the other person interrupts you, politely ask him/her to wait until you’ve finished, then ask him/her to summarize what you’ve said in order to check whether you’ve communicated your position clearly.

Step 3: Ask the other person to explain what he/she wants.
Encourage the other person to describe what the ideal state would be. In short, “What do you want if you could have your way?” Urge him/her to talk about specific behavior rather than vague generalities. Resist the impulse to tell the person why it’s impossible for you to do these things. Summarize the things the person wants, to make sure you’ve understood them.

Step 4: Tell the other person what you want.
State, as specifically as you can, what you want. Try to describe specific behavior rather than vague generalities. If the other person starts to tell you that it’s impossible, politely ask him/her to wait until you’ve finished, then ask him/her to summarize what you’ve requested.

Step 5: Seek a solution.
Attempt to find a solution that gives both of you as much of what you want as possible. This may require some “horse-trading,” and you should look for new, creative alternatives as well as more obvious ideas. Try brainstorming all the possible ways both of you could get what you want. Invite the other person to suggest alternatives. Do not assume that a compromise is inevitable. Often a solution can be found that gives both parties almost everything they want.

Step 6: Agree on a solution.
Choose the best solution from those suggested. Do not agree to a solution you really cannot support. That only postpones the conflict. Make sure the other person genuinely supports the solution.

Step 7: Make an agenda.
Establish explicitly what each of you is going to do to implement the solution. Set a time for checking back to make sure the solution is working. If it is not, agree on a new solution.

Printed by permission from “Counseling and Human Development” October, 1980.

Calvin College Offers Alternative Meal Program
As college students head back to campus this month, more than a few will be offered an opportunity to sign up for vegetarian menus or other alternatives to standard dining hall fare.

One such meal plan is offered at Calvin College, a small liberal arts college located in Grand Rapids, Michigan. Strongly religious in tone, the college primarily attracts...
members of the Christian Reformed Church, a Protestant denomination that thrives among the descendants of Dutch immigrants living in western Michigan. Some 80 percent of Calvin College’s 4,000 students belong to the denomination.

Calvin College’s Alternative Meal Program (AMP) grew out of the efforts of Joan Huyser, a student who learned of an alternative meal service at Whitworth College, a small Presbyterian college in Spokane, Washington. Since both colleges contract with Saga, Inc. to provide food service, Huyser thought the scheme might work at Calvin as well.

Three principal goals for the program are:

- **Nutritional Understanding.** The AMP seeks to teach students the basics of good nutrition, exploding animal protein fallacies and showing how vegetable proteins can be combined for best results. The program also seeks to prevent “quirky dietary habits” that might lead to anemia or scurvy. Students are encouraged to explain to others the advantages of the AMP, promoting better nutritional habits throughout the college.

- **Eating Responsibly.** Using materials prepared by the Christian Reformed Church, the AMP seeks to educate students in the complex issues involved in world hunger. The AMP plans after-dinner educational programs plus longer-range speakers, films and rallies through a Hunger Awareness committee.

- **Publicity.** The AMP seeks to educate both the college community and the off-campus community as to its goals. “We want to spark interest, increase membership of AMP and attendance at programs. We want to build the foundation for sponsoring conferences, workshops or whatever for second semester or summer of 1981,” says Huyser.

### Placement Efforts Successful

During the 1979-80 academic year an extra effort was made to improve and expand the placement services of our organization. The process began last spring with a solicitation for “candidates” and “positions available.” We were pleasantly surprised by an overwhelming response. The response was so significant that a special pre-conference listing had to be prepared and mailed to the membership. At the annual meeting at Taylor University, a second list (the conference edition) was prepared and distributed.

Feedback on the expanded effort has been excellent. Many candidates secured positions and many schools indicated that they hired personnel through the placement services. In addition, some new members have indicated that they were attracted to membership by the placement services.

The following statistics reflect our expanded efforts. In the conference edition, 38 candidates and 37 positions were listed, representing 15 institutions.

It is our hope that the membership of ACSD senses our genuine desire to serve them through the placement services. We appreciate being able to help and the contribution everyone made to a good experience for 1980.