Education: Learning and Understanding

by Christopher Kirby Jones  photos by Dave Deeter

CRUIKSHANKS One of the main reasons I have entered teaching is because I am committed to education as an end in itself, and to the university: that institution in which this process might occur. 

CRUIKSHANKS One of the feelings that I have had while I have been teaching, which has been nearly six years now, is that, for reasons that are not entirely clear to me, a schism has occurred between students and faculty, and to some extent between students and the administration.

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CRUIKSHANKS There are many reasons. First there seems to be more and more evidence of students who are taking classes in areas outside of their majors, not for the sake or pursuit of knowledge, but rather for the purpose of getting grades to pass their grade-point averages. I am surely not here to find beauty in grades that are not important, much less beautiful. However, I am sure in my position that while grades are important, they would not be secondary to the pursuit of knowledge. Unfortunately this stand is complicated by the fact that knowledge is not necessarily going to get you a job. This complication is very evident here at Cal Poly because we are a career-vocationally oriented school. Second, there is a great amount of pressure on the student from his family, society and potential employers to do well in school, and to have his success reflected in his grade-point average. Students also have serious financial pressures to contend with. All this has contributed to a tremendous sense of urgency, on the part of the student, to get through school fast and to be differentiated in anything other than the realm of his major's requirements. I know of many students who pride themselves on having gone to college straight through. They carry up to twenty-two hours every quarter, attend summer classes, and have virtually no time off. The rush to finish school is further hastened by challenge examination programs; where college credit can be had without the student ever having to attend instruction. In my view, neither the university, as an institution, nor the totallystructured classroom, is all of the larger educational process.

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CRUIKSHANKS As a professor, how do you maintain a positive relationship with your students? What are some strategies you use to create a supportive and engaging learning environment?

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(Continued from Page One)

students to submit papers to a state-wide undergraduate seminar; not a single student came forward. It is just too demanding, for reasons of interest, time, cost and energy, for most students to participate in these kind of activities. Unfortunately, it is in these very activities that, I believe, most of the learning process occurs.

I have done some experimentation in the classroom in an attempt to overcome these problems. In one class, my students were allowed to design a class under certain constraints. They were allowed to work out the kinds of projects and tests that they wanted and felt to be appropriate. This was an attempt to encourage a mutual student-professor involvement in the subject matter and the method that it would be pursued. I regret to say that in this case and in other cases, I have been let down by the students. In this instance, a student stood up in the last week of the quarter yelling, "Look, we paid our fees, you are paid to teach this course, give us tests, give us grades and let us get on." Now, that to me was one of the most shocking and discouraging experiences that I have ever had.

Nowhere have I taught, nor attended as a student, are there as many requirements and exams as there are at Cal Poly. My attempt to accommodate this problem, particularly for the non-major service courses, was to reduce the number of exams to one midterm and one final, thinking that this would relieve some of the pressure and allow students to become more involved in the subject matter. In each case, when asked for a critique of that approach, the students have preferred to be tested more often. I am sympathetic with this preference. If the student is not getting involved with the subject matter, then the fifth or sixth week of the quarter is pretty late to find out that he is flunking. The problem is, from the professors point of view, it is nice to assume that there is enough interest in the course that students will not wait until the night before an exam before they study the material.

CRUIKSHANK I, as a professor, do not have a fixed volume of knowledge. I would like to think that the students and I can engage in a mutual process of learning. But, if they are not taking it seriously and they would rather check off boxes on a multiple choice exam rather than think about what I am trying to teach, than I must seek myself, if the time and energy that I spend trying to create a meaningful classroom experience is worthwhile. For the professor, this is a great dilemma. The commitment to knowledge, to learning, to discussion and debate, just does not seem to be shared by many students.

CRUIKSHANK I am not sure that the administration does anything to encourage or discourage better student-faculty relationships. It seems to be preoccupied with logics of the university rather than with the quality of the learning experience.

CRUIKSHANK Cal Poly is the only school that I have been associated with, where office hours are mandatory on a daily basis. It is also the only school at which nearly no one takes advantage of those office hours. I can expect, on the average, one or two students to come by during my office hours, all week.

CRUIKSHANK Why do you think students fail to take advantage of the office hours?

CRUIKSHANK Partly because of the reasons I mentioned earlier; apathy, disinterest and maybe even fear. We may also be talking about a larger social problem which sometimes, in part, from such resentment and traumatic social events as Vietnam and Watergate.

Most Poly students have grown up in an era of hypocrisy, of lying and of crime in the highest levels of government. The student may be rightly learning interaction with their peers, but are not learning the dubious about politics in the first place. In addition, many students even realize the required curriculums for their majors. Universals are in the position of having to structure for students, by means of required courses, what they think is in the best interest of the student. Some departments, and specific courses within departments, depend on enrollments for their very existence. This is because we operate on a program basis, rather than on the idea that if a course has below a certain number of students, it is simply thrown out. Many students feel that some of the courses they are required to take are only there for administrative reasons.

CRUIKSHANK I would like to see the faculty given more responsibility and flexibility in facilitating the learning process in a way that is most compatible with their individual approach to the subject matter. This would include, but not be limited to, where classes are held, and when (or even if) examinations are given. This might be a step in the direction of forging a better relationship between students and faculty.

CRUIKSHANK I would like to see, on a university-wide basis, an air of cooperativeness between students and faculty and students together in a joint venture of the pursuit of knowledge. I would like something done so that a student-faculty relationship among students and faculty could be formed.

CRUIKSHANK I would like to see university administration kept in proper perspective and proper balance to facilitate the classroom experience rather than dominate it.

CRUIKSHANK Perhaps these steps could take us much further toward the goal of knowledge, as well as equip students for dealing with the future. However, I confess reluctantly, that I do not have any pat answers.

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Bureaucratic Boogie

The Marshall Tucker Band performed recently in the Santa Barbara County Bowl. The Tucker Band did a real nice tight 80 minute set full of Southern influenced blues, rock and damn good boogie music. What topped off the day was a beautiful sunny day in the open air bowl.

The Santa Barbara County Bowl is a natural amphitheatre built in a ravine at the base of the Santa Ines foothills. The Bowl is built out of stone masonry and wood. Topped off with trees, shrubs, and lawns, the County Bowl proves to be one of the best concert sites in the state. The design of the bowl provides 4,000 seats with a perfect view no matter where one is seated. Some of the bands that have performed at the bowl include, Loggins & Messina, Jefferson Starship, Crosby & Nash, Roberts Flack, Marshall Tucker, Peter Frampton and Evin Bishop.

Since Santa Barbara County provides such an array of events, one tends to compare what San Luis Obispo has to offer. From Santa Barbara to San Jose, the only facility large enough to sponsor live music performances is the Cal Poly Gym. But the gymnasion is under control of the Poly bureaucracy. Along with the bureaucracy comes certain restrictions and personal prejudices which hamper successful bookings of top name performances. San Luis Obispo lacks any type of adequate outdoor or indoor facility to provide an array of music performers. What this county needs is a facility suitable for live music performance. What this county needs is a facility suitable for live music performance. Some of the bands that have performed at the bowl include, Loggins & Messina, Jefferson Starship, Crosby & Nash, Roberts Flack, Marshall Tucker, Peter Frampton and Evin Bishop.

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The David LaFlamme Band is a high energy, multi-talented band working out of San Francisco. David LaFlamme is the violin playing originator of "It's a Beautiful Day. The Beautiful Day Band was once on the top of the record industry. Their finer went gold and they were immediately renown. David LaFlamme was and still is "It's a Beautiful Day." He wrote most of the material and strengthened the band with his stringing for live smooth violin playing. His new band consists of original bass player Mitchell Holman, a new female vocalist, drummer, and a very fine guitar player. The Band only lacks their original time which is held by the one-time manager due to a court decision. The David LaFlamme Band is not only good, they are great. Their music is of the past, the present, and the future. Their sets are packed with old tunes, "It's a Beautiful Day" and new songs written by David LaFlamme. The David LaFlamme Band is not to be missed. Exposure is the key to the success of the David LaFlamme Band. Lack of facility San Luis Obispo denies his exposure to music lovers here.

The Les Dudek band has just gone on tour with Boz Scaggs and Foul's Gold. Les Dudek was Boz Scaggs's lead guitarist for five years and has recorded with the Allman Brothers Band. Les's new album is excellent and would appeal to appreciates of the Marshall Tucker-Allman Brothers style.

There are countless other low cost bands that would play in San Luis Obispo. Even the big name acts are willing to come. But in order to pull off successfully staged productions, there had to be a movement started to get a suitable facility for outdoor music performance. One key to the success of the David LaFlamme Band. Lack of facility San Luis Obispo denies his exposure to music lovers here.

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When Ray Brown was touring Europe as a featured trumpet soloist with the Stan Kenton Orchestra, he had Alexander of Germany custom make him a four-valve, rotary valve bugle horn. Unique by anybody’s standards, with it he reached extended tones unattainable on a conventional horn. Brown is a noted jazz composer and arranger but his forte is improvisation and the teaching of improvisation. With Kenton, he and Willie Mallock supervised all improvisation clinics given by the band.

Earlier this year, Brown gave improvisation clinics at the National Association of Jazz Educators Convention in Los Angeles. One might add here that Brown has also played and arranged with the Warren Covington and Bill Watrous Orchestras and has four albums to his credit to boot.

What then was Brown doing on the stage of the Performing Arts Center of Allan Hancock College in Santa Maria? There he was, sending long, lilting, melodic lines spiraling to the rafters of that theater. Lending new vitality and meaning to such standards as Johnny Mandel’s “The Shadow of Your Smile,” Stevie Wonder’s “You Are the Sunshine of My Life,” and Victor Young’s beautiful “Stella by Starlight,” Brown was playing with and for the Cuesta College Jazz Ensemble.

Odd? Hardly. To date, jazz greats Art Pepper and John Handy have appeared as guest soloists with the Cuesta Jazz Ensemble and appearances are yet to come by Louis Balfson and Herb Ellis before the group flies to Zurich on July 2. That’s what it’s all about, of course, the Cuesta Jazz Ensemble has been invited to perform at the 10th Montreux Jazz Festival in Switzerland. The only odd thing about the Hancock engagement was that half the seats were empty. The Cuesta band is used to playing before full houses in their own auditorium and this summer they expect to be playing before as many as 40,000 people at one performance.

A bit thin on top, but with a full black beard through which he smiles endessly, Warren Balfour, director of the Cuesta Jazz Ensemble, termed the Santa Maria experience a “disaster.” Said Balfour, “I would have a great audience for drama in Santa Maria but I guess the audience for jazz isn’t down there…yet.”

The performance was certainly no disaster, musically, but what the Cuesta group is more concerned with at the moment is their financial situation. Balfour estimates that the cost of taking 30 people to Europe for three weeks is in the neighborhood of $30,000. That was the target figure when Cuesta launched “Project Switzerland” five months ago. Happily for those involved the band needs only $6,000 more to reach its goal.
Switzerland

photos by Mike Shafer

With more than a month remaining before they take to the air, the band should be able to march to the airport with posters full. Balfour is optimistic, "If things go as they have been going," he said, "I see no reason why we shouldn't make it.

Through the glass could be seen two pianos. Four students were gathered around one rehearsing a familiar song. On the other side of the glass Warren Balfour sat in his office, part of one of those "old buildings" on Cuesta's "old campus." Pausing frequently to help music students with a variety of questions, Balfour spun the story of the Ensemble's Invitation to Montreaux.

"The Night Band," as the group going to Montreaux is called, had its genesis two summers ago. Only about one-third of the group's personnel are college age. The balance is made up of musicians from around the county and includes some fine seasoned jazzmen. Pianist Rod Keif, alto saxophonist Bob Bennett, and Marty Wright, tenor sax, all Poly professors, are included in that group. The latter two have worked professionally in their time.

Balfour had been on a fine arts tour of Europe with a high school group in 1972 and they had stopped at the Montreaux festival. That's when he learned that Montreaux always has a day set-aside for U.S. College groups. Last fall Balfour got the word from the director of the Cuesta jazz band that went to Montreaux in the summer of 75. He quickly sent on a biography of the Cuesta band along with a stereo tape of a live performance. "The Night Band," as the group going to Montreaux is called, had its genesis two summers ago. Only about one-third of the group's personnel are college age. The balance is made up of musicians from around the county and includes some fine seasoned jazzmen. Pianist Rod Keif, alto saxophonist Bob Bennett, and Marty Wright, tenor sax, all Poly professors, are included in that group. The latter two have worked professionally in their time.

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"I see no reason why we shouldn't make it.

Twenty eight college jazz bands sent their credentials to Montreaux this year. Eleven were elected. Four will actually make the trip. The University of Nevada at Las Vegas along with two jazz groups from "back east" will join the Cuesta crew in Switzerland.

Balfour took a break from his narrative to answer the phone. He talked excitedly for five minutes and then hung up. "That," he said, grinning from ear to ear, "was Herb Ellis. He's coming. Herb Ellis, a well known jazz guitarist had just confirmed that he could conduct a clinic and appear as guest soloist at the Cuesta Jazz Ensemble's Bon Voyage concert on Friday June 26.

Continuing about the Switzerland trip, Balfour said that the band would be in Montreaux for five days. When not performing the ensemble will be taking in clinics, lectures and other performances, all part of the festival. As an added treat the ensemble has been accorded the services of a professional recording studio with 16-track equipment that will record their performance. The five days in Montreaux constitute but one of many stops the Cuesta Jazz Ensemble will make during its tour of Europe. Their travels will be confined to Switzerland, Austria and Germany where the band will perform in Grindelwald, Innsbruck, Salzburg, Munich, Tothenberg, and Heidelberg. The Cuesta Band has also been invited to perform at the largest biennial--Fourth of July celebration outside of the United States. The affair is put together by the American International Club, a group of Americans working in Geneva.

Forty thousand people are expected to show up at this year's bash. The band will return to the good old US of A on July 22.

Those who have yet to see the Cuesta Jazz Ensemble perform still have an opportunity to get into the group's fan club on the ground floor before they become internationally renowned. If you miss the performance with drummer Louis Bellion as featured soloist, don't miss the concert with Herb Ellis on July 26. Do something nice for yourself for a change. To the Cuesta Jazz Ensemble, Bon Voyage!
Jogging: The Sport For Everyone

by Lisa Driller

photos by Cathy Eriksen

Jogging is a sport for the uninvolved. Jogging is an exercise for the active. Jogging is a job for the perfect. Jogging is for a large number of Cal Poly students who fit all and none of the above.

Yes, jogging on campus has certainly been a contagious activity. In an average five-minute stroll through campus, one is likely to see several running joggers or perhaps a stampeding class of 60.

Poly Canyon is the jogger hangout. A day doesn't pass by that this winding dirt road isn't frequented by joggers. What do these people see in running till they are red with exhaustion, saturated with sweat and so out of breath they are frantically gulping for air?

This same question has rolled off the tongues of many joggers, but some of them may know something you don't know that makes the torture a worthwhile experience.

There are some who know only how they feel after a jog: healthier and more alert. The well-read joggers know exactly what is going on with their body and enjoy the exercise more because of it.

Frederick B. Roby, Ph. D. and co-author of the book, Jogging for Fitness and Weight Control, defines jogging as the following: "A belief about the manner in which fitness is best preserved or acquired and it is an expression of man's desire to seek freedom of movement through the joy of running."

On a daily basis, most people experience little physical exertion. Time saving machines have replaced the need for physical effort. Although leisure time has also increased, a recent survey done by Roby has shown that the ten most frequent leisure activities such as watching TV, visiting friends and talking on the telephone, do not involve physical exertion.

Joggers realize that if they continue to live the average American-low exercise lifestyle, by their mid-shirts they will fall into the accepted mid-shirty physical shape: too overweight to run well, and full of aches and pains stemming from nervous tension and inactivity.

"After a day of tension, jogging gives me time to be by myself and to properly release the built up frustration," said Patti Penn.

Some of the major reasons Roby believes jogging to be an advantageous form of physical activity are the following:

1. It is an activity quite natural to man. No particular skill is involved.
2. Jogging readily induces an overload on the organic systems of the body, causing them to function at a higher level of efficiency.
3. It is an individual activity which requires no equipment or supervision.
4. One can measure improvement on individual basis.

Jogging increases one's strength of a muscle, there consequently increases the size of the muscle fibers. The most basic principle behind jogging is cardiovascular and respiratory development. The lungs and heart are the two organs that control the ability to take in oxygen so that more energy can be expended in a unit of time. The more developed the lungs are, the less work it would be to...
jog a given distance, and therefore the faster one can go," Roby maintains.

Oxygen intake is usually related to age. It has been shown that a peak is reached between the ages of 18-25. After all, if you have been inactive and allowed your lung laziness, a gradual decline begins. However, if you begin early to develop your lungs, by age 35 you should still be going strong, and maybe even a bit faster than your peak.

Roby has discovered the heart rate to be a very important factor as it is increased by jogging. The much as 130-135 beats per minute. The maximum is 180 beats per minute. An increased heart beat makes the entire effort of jogging more pronounced. The higher the heart beat, the harder all the other body systems must work, thus building up the body at a faster level.

An increased heart beat is not harmful to normal/healthy hearts. However, the maximum heart beat may cause discomfort. There is usually no need to reach that level unless you are training for competitive sports.

Research has shown that obesity is a problem found most often in people less likely to engage in strenuous activity. Jogging as a means of weight loss can be extremely effective if done correctly, but obese people are not likely to show a significant weight loss without restricting their calorie intake as well.

One pound of fat is equal to 4,000 kilocalories. On this basis, to lose a pound of fat, one must play tennis for 9 hours, play volleyball for 11 hours or walk for 21 hours. Therefore, many specialists have discouraged jogging as a method of weight loss.

However, Roby brings out in his book that the loss of fat by jogging as a physical activity could be extended over a period of months. Even a fraction of a pound would be burned off during each exercise session. This method would be slow and strenuous, but it has been shown to be the most effective. Participation in a long term jogging program, even without a conscious attempt at dieting, will bring about a stability in your body weight. A misconception is that an increase in physical activity always brings about an increase in appetite. Actually, exercise makes the appetite function more precisely with the energy requirement. When the body requires food, you get hungry.

conscious people around the globe have found to be practical and in most cases, enjoyable.

Maryheleen Vanlifer Ed.D. and editor of Bandera Physical Activities books, sums up physical fitness by saying: "Physical fitness is more than just a passing fad or a slogan. It is a condition of your body which determines how effectively you can perform your daily work and play and how well you can meet unexpected demands on your strength, physical skills, and your endurance. How fit you are depends entirely on your participation in vigorous physical activity."

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call 544:1213 -- ask for Christine
As you make the move to college many things are going through your mind; one of the most important of which is somewhere to call home. That's where Stenner Glen comes in. We run Stenner Glen for you, the Cal Poly student. To us the people are important.

Stenner Glen offers you a well rounded home life. Start with facilities including a swimming pool, basketball/volleyball court, dry heat saunas, color T.V. lounges, community kitchen, study rooms, academic building, library, student-run coffee house and a craft center featuring photography, pottery, leather crafts, batik and much more.

We believe we have the best food service program available featuring 19 meals per week with 3 portions at each meal and unlimited seconds. We have monthly special dinners and steak nights as well as mini-specials along the way to cut down the boredom of eating in a cafeteria day in and day out.

We have recreation programs that include, but are not limited to, ski trips, dances, picnics, guest lectures, dance classes, concert outings, parties, and backpacking trips.

The suite arrangement at Stenner Glen is designed to give you privacy while providing a well furnished living room for comfortable get-togethers. All accommodations are fully furnished, draped, carpeted and air-conditioned. All you have to bring is a pillow and a blanket. You can decorate the room to fit your taste — even move in a waterbed if you like.

Most importantly we have concerned management who think you are important and treat you as an adult. We run the residence hall for you and constantly solicit your inputs into the running of the hall. We have faith in the people who live here and they have faith in us.

Stenner Glen is the kind of place that will make you feel right at home.

STENNER GLEN

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