Student Senate endorses course evaluations

by Carol S. Peraz

The Associated Student Senate Wednesday night during their first meeting of the year, that the Academic Affairs Committee has outlined a timetable in which the booklets would be produced and sold to students by winter quarter.

The Student Senate agreed to support Turner's recommendation even though the Academic Senate did not allot time to their calendar last year to consider the proposal and therefore did not endorse it.

The Academic Senate had gone to the Academic Senate, a group made up of faculty members, for support in the project, but were told there was not enough time to complete it. The Academic Senate president Jim Simmons said that the time it took to complete the project never came before the Academic Senate. Simmons had indicated during spring quarter that he planned to do an informal study of course evaluation programs at other campuses during his summer break; however, he said Thursday he did not know if any studies were conducted.

Simmons also added that he would be surprised if ASI went ahead with plans for the booklet without the Academic Senate's approval.

"What's interesting is that ASI is going through without faculty being consulted," he said. Turner said the Student Senate had been trying to work with the Academic Senate for the past year and had not gotten any results. They are letting us know there is some opposition to this by putting us off. This going ahead with the project is our only recourse," Turner said.

"We're doing it responsibly. It's not designed to close communication channels, but to open channels of communication between students and instructors," she said.

Turner said the Academic Senate never conducted the informal study over the summer. She said some members of the faculty see the evaluation booklet as a "hit-list." "No one likes to be evaluated. Some teachers see this thing as a hit list, but that's not what it is going to be," she said.

Turner said some instructors do not even know what the aims of the booklet are.

I don't think they (instructors) are informed enough about what will be included in the booklet. Most do not know what it really is," she said.

Turner hopes once instructors are more informed, many will be willing to participate in the volunteer program.

The booklet would contain information about the university's six schools, individual departments, professors, course descriptions, and information about professors who teach individual courses.

Information for the booklet would be obtained from individual students who are enrolled in a particular course.

Currently, Turner is sending out letters to faculty members seeking their support and participation in the program.

She hopes to conduct a student evaluation question-naire during the fourth week of this quarter.

Proposed evaluation questions ask students to agree or disagree with statements such as: "The course was intellectually challenging." "I would recommend this course to other students," "The instructor was accessible and receptive during office hours," and "The tests reflected the course content that was emphasized by the instructor."

Student Senate endorses course evaluations

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Lifestyle
Student Stress: Is it Self-inflicted?

by Kristen Simon

The pressures and anxieties associated with starting a new school year can create unhealthy stressful situations for many students.

Prolonged over time, stress can be a killer. Suicide is the second leading cause of death among college-aged students, according to a recent study done by the American Psychiatric Association.

Fortunately not everyone is self-destructive with stress, but tension and anxiety continue to promote unhealthy stress and illness among a large segment of the American society.

There is no proof as to the physical results of stress but it is a factor in many illnesses said Joan Cirone, Cal Poly's mental health nurse practitioner.

"Students will come in to the Health Center with physical complaints, they may say they're tired all the time, but no result will come back. Classes begin to add up and point to stress. At this point we try to zero in on personal problems," she added.

Dr. Hans Solvy, one of the world's foremost researchers in psychological stress, contends that a certain amount of tension is needed to enjoy life.

Cirone agrees. "A little stress is okay—but everyone needs to know how much is too much. You need to maintain stress at a manageable level.

"It's important that you don't let things build up. Everyone experiences a little depression, but when depression lingers it may be a sign that that person needs help," Cirone emphasized.

Some early warning signals are: loss of sleep, loss of appetite, and a general feeling of apathy.

Cirone also noted that the Health Center staff has begun to see a lot of new manifestations in the onslaught of eating disorders, such as bulimia and anorexia nervosa. Sometimes it's just that a student isn't getting proper nutrition. They don't always eat.

Because of today's health-conscious society, students are aware of the physical signs of stress earlier on. Students are also more educated in their willingness to share concerns with a trusted advisor, doctor, or friend.

Recent national figures show that more than 34 million Americans are undergoing professional psychotherapy or counseling. Yet most students are worried about what their friends would think if they were to go in for counseling. "There is still an unfortunate negative connotation to counseling," Cirone continued.

Suicides or suicide attempts at Cal Poly are rare. The university offers a number of services to help students through a crisis. "If help comes early enough, we can steer a student clear of suicide," Cirone explained.

The American Psychiatric Association reports that one in four freshmen consider suicide. This number is part of a disturbing trend among today's young people.

Some researchers feel that the nature of our complex society places incredible pressures on people. The technology of this century, which was supposed to make life easier, seems instead to have intensified the stress in our day-to-day existence.

"There are many causes of stress," Cirone explained. "In the fall, with the beginning of a new school year, we tend to see more freshmen or new students. In the spring we see a lot of seniors. They have earned field and don't have good research about graduation. In between we see a lot of everything else," she said.

Dr. Javad H. Kashi, a University of Missouri-Columbia professor of psychiatry, reports in the American Journal of Psychiatry that more freshmen express feelings of worthlessness and uselessness than the program graduates.

"The freshmen are coming from childhood to young adulthood," Kashi said. "They must make a role change quickly. They are away from home, away from their families and many of their friends. They are under pressure to do well academically, especially in their first year."

Please see page 5
Logos's meaning lost in confusion

It's only a logo. But what it is intended to signify—Cal Poly's program of hands-on experience and the unique emphasis on agricultural and technical fields—means more than the art work itself.

It is just a drawing. The significance of it comes only when those who are a part of the institution or interested in it can appreciate the qualities it represents. The selection of the new logo, which has so far taken over two years of work by a variety of Cal Poly affiliates, puts a damper on what the logo is intended to represent.

A logo intended to represent the good qualities of Cal Poly should not bring out the worst organizational skills of the school when selecting it. Faculty from various departments who were called upon to contribute to designing the logo complained of lack of communication between designers and those in charge of the project—the Public Affairs Office. Public Affairs Director Stan Bernstein discounted the criticism and comments on the public discourages those involved, contrasts the intent and is ultimately self-defeating.

So far, this logo hasn't been the example of professionalism it was meant to be. Instead, to many people involved, it is a symbol of red tape, bureaucracy and mismanagement.

The Mustang Daily encourages readers' opinions, criticisms and comments on news stories, letters and editorials. Letters and press releases should be submitted to the Daily office. Mustang Daily, GcC 226, Cal Poly, San Luis Obispo, CA 93407. Letters should be kept as short as possible, must include the writers' signatures and phone numbers. To ensure that they are considered for the next edition, letters should be submitted to the Daily office by 10 a.m. Editors reserve the right to edit letters for length and style and omit libelous statements. Press release should be submitted to the Daily office at least a week before they should run. All releases must include phone numbers and names of the people or organizations involved, in case more information is needed. Unsigned editorials reflect the viewpoints of the Mustang Daily Editorial Board.

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Crime-free campus is only an illusion

by Craig Stobbe

The Cal Poly campus may seem like a crime-free environment on the surface, but new students beware: thieves can be deceiving.

On-campus thefts are a problem at Cal Poly, according to Public Safety Investigator Wayne Carmack. Among the most common items stolen are backpacks, bicycles, cash, jewelry, automated banking cards and auto parts.

Backpack theft is especially common at the beginning of the quarter. Backpacks are often stolen from the Snack Bar or the front of the bookstore for the value of the books they contain; thieves then resell the books at El Corral for the textbook price, Carmack said. The investigator urged students to watch over their backpacks with extra care during the textbook buy-back periods.

Some 20 backpacks have been reported stolen since January; their value ranging from $62 to $658 per pack. The Snack Bar, dining halls, and the bookstore are the areas on campus with the highest theft rates, Carmack warned.

After backpacks, bicycles are the second-most frequently stolen items on campus. The 19 bicycles reported stolen on campus in the past nine months were worth $70 to $650, Carmack said, adding that making sure bicycles are properly locked decreases the possibility they will be stolen. (But campus police will impound bicycles that are locked to railings and trees.)

A newer theft problem on campus involves automated teller cards. Carmack stressed the "Verasteller" card thefts could become more common as more machines are installed.

Last year, campus police were called in on four cases in which a student had stolen a roommate’s bank card to obtain cash. Some students also fell victim to bank-card fraud.

“Someone usually picks off a card from the mail, and then calls the cardholder asking for their secret code while pretending to be a bank employee who’s verifying records,” Carmack explained.

The investigator stressed that students should memorize their card codes and then destroy them immediately after receiving them in the mail. Students should never give the card number to a phone caller, no matter how convincing the call, he added.

Cash and jewelry theft are also common in the dorms, usually when the student leaves the room momentarily without locking the door, and usually while students are in the bathroom. Carmack said: Gold jewelry is a prime target because many merchants will pay cash for it over the counter, he explained.

The Cal Poly parking lots are also settings for property, vehicle, and auto parts thefts. Stereo tape-decks and car batteries are the items most frequently stolen from parked cars. Carmack suggested students consider using hood-locking devices and car alarm systems. The sound of the alarm usually drives thieves away, but Carmack stressed that anyone who hears an alarm should report it to public safety right away.

“Last year a car alarm was going for half an hour before someone reported it,” he said.

Students wanting more safety tips should call the Public Safety office at 546-2281.

SPORTS, NEWS ENTERTAINMENT
You can find it all in the Mustang Daily
**Lifestyle**

**Self-help checklist for depression**

**Things to do**
- Talk about my depression to important people in my life.
- Plan activities such as jogging which block depression.
- Get involved in pleasant activities which I have enjoyed in the past.
- Cry freely without holding back tears.
- Do something helpful for someone I care about.
- Schedule specific times to think about depressing situations.
- Become involved in my work.
- Stop thinking about the depressing situation as if shutting off a light.

**Things to consider**
- Assure myself that depression is normal and time-limited.
- Identify unreasonable expectations for myself and others.
- Fulfill my expectations rather than others.
- Think about my good qualities and accomplishments.
- Stop condemning myself for past human mistakes.
- Look at my situation with more humor.
- Stop exaggerating the importance of my situation.
- Be aware of my losses such as friends and self-esteem.

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**Class stress helps study**

By Jesse Chavarría

Stress has become a very major problem for many students at Cal Poly. It’s a kind of buzz word, said Charles Staim, who runs the Stress course here at Cal Poly. “It’s a kind of buzz word, said Staim. “It’s kind of a buzz word. It’s been used so many times that people say it very little, very little, very little.”

In the class, Staim introduces ways of handling stress. Time-management, learning techniques, and learning spells to relieve stress.

In research in stress reduction and has been demonstrated that lau vitamin B and biofeedback are stress, although these do help to moderate stress and help the student to organise their time to gain as many lives as possible,” said Staim. “Students, especially freshmen, organise their time to gain as many lives as possible. They organise their time to gain as many lives as possible.”

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**Hey! No High Heels!**
tackle issues of control of tension, students cope with studies

Students and suicide: alarming stress statistic

From Page 4, parents are paying for their studies, and for the first time there is a real chance that they could flunk out. All of these factors can make life very stressful.

Statistics show that 25 percent of Cal Poly's freshman class will not enroll for their second year. But in contrast, approximately 50 percent of Cal Poly students eventually get their degree. Persistence here is higher than at any other school in the state system.

Yet, if so many people are stressed beyond their capacities to manage it, why don't more people do something about it? Why don't they maintain low-stress lifestyles that promote happiness and peace of mind?

The answers to these questions are complex. Most people are not aware of the fact that they create their own anxiety, and they are unaware of the techniques that can help them control the stress in their lives.

Cirone states that a lot of anxiety comes from not having enough time. It's easy for students to get behind, but it's important not to let stress get out of control.

"The best way out of a depression is to find someone worse off than you and help them," Cirone advised. "It's okay to rely on your friends to help you put things into perspective."

"Our only measure of success (at the counseling center) is if a student stops coming in for help," Cirone said. "If they don't comp back, I assume they are getting better."

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Poly gouged (choed), 1-0, look to run over 'Runners

With less than five minutes remaining Wednesday night in Cal Poly's non-league soccer match versus Division I power UC Santa Barbara, the Mustangs were, oh, so close to gaining a surprising tie with the host Gauchos.

But Gaucio Bruce Gibson fielded teammate Marty Ocon's pass and slammed home the only goal of the evening, dashing the Mustangs' hopes of an upset, not to mention putting a halt to their modest two-game winning streak.

Afterwards Poly head coach Wolfgang Gartner was obviously pleased with his squad's play, if not the outcome, saying his team gave a very respectable performance against a team he called one of the top six in the western region. Gartner explained the Mustangs had displayed good ball control and overall skills, as well as good team defense.

The Mustang offense, though, was unable to penetrate the Gauchos' goal, stringly guarded by Steve Tipping.

Still, Gartner called the contest "an exciting and well-played game which Poly was unlucky to lose." The overall cost of the defeat may not yet be fully known, as Mustang defensive standout Tiger Asama left the field with a knee injury after being tackled in the second half. The extent of the injury wasn't immediately clear.

Despite the loss, which dropped Poly's overall mark to 2-6, things are looking brighter for the Mustangs this weekend, as they host California Collegiate Athletic Association doormat Cal State Bakersfield, Saturday at 7:30 p.m. in the Mustang Stadium. Gartner is looking for the Mustangs to get well against the Roadrunners.

"After having played some very tough Division I teams in the past weeks, this will be a break in the tough competition," commented Gartner.

The Mustangs, who bring a 0-3 CCAA record into Saturday night's affair, began their season dropping their first four matches, but bounced back with two double-overtime wins at home last weekend.

Gartner said earlier that after experimenting with four different goalies, he expected to settle on one starter through the remainder of his team's slate.
150 scholarships available to minority engineering majors

Cal Poly minority students in engineering majors may be eligible for one of 150 scholarships offered this year by the National Consortium for Engineering (GEM). Candidates for scholarships will be selected from American Indian, Mexican-American, Black, and Puerto Rican ethnic groups. In order to apply, students must be minimum a junior in undergraduate study of an engineering discipline. Those presently in their senior year, or recently graduated, are also encouraged to apply.

Applicants' records must indicate an ability to pursue graduate studies in engineering. Each scholarship pays tuition and fees at member-universities, and a stipend of $5,000 for the academic year, as well as providing summer employment at a member-research laboratory.

The deadline for applying for the GEM fellowships is December 1, 1983.

For more information and applications, contact Howard G. Alldredge, Graduate Engineering for Minorities, P.O. Box 537, Notre Dame, Ind., 46556.

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Top seeds planted for Mustangs in San Jose

by Brian Bullock

The Cal Poly women’s volleyball team faces one of its toughest tests of the young season this weekend, when head coach Mike Wilton takes the Mustangs to San Jose State University for the San Jose State Spartan Shops Invitational.

According to Wilton, the competition should be very tough, with all five teams in the tournament ranked in the top 15 nationally based on early season polls. The Mustangs will be competing with the University of Texas (11), Stanford (3), UC Santa Barbara (18), and the host team San Jose State (10) for the tournament’s top honors.

The two-day competition begins Friday afternoon, with the Mustangs facing the second seed of the tournament, Texas, at 1 p.m. Later that evening at 6 the Mustangs will go against the tournament’s top seed, Stanford.

The Mustangs’ first two matches could prove to be the best competition of the tournament, according to Wilton.

“We almost always have a war with Stanford, every time we face them. Texas also is looking very strong this season and we have a nice rivalry going with them too,” Wilton said.

Saturday’s competition matches Cal Poly against UCSB at 10 a.m. and San Jose State at 6 p.m.

“Any of the five teams could win it,” Wilton added. So far this season the Mustangs record stands at 6-2, with the team’s last competition ending with a loss to the University of Pacific at the UOP tournament. But Wilton is looking for nothing but improvement from his team.

Last season the Mustangs finished as the fifth-ranked team in the nation with a 29-10 record. But along with the end of last season, the Mustangs lost two starters in Jolene Huffman and Wendy Hooper to graduation.

The loss of starters Huffman and Hooper seems to have been countered by the added experience of the returning players and by the addition of five new players, said Wilton.

Among the eight returning players is senior Sandy Aughinbaugh, who gained All-American recognition last season and who should again be the strength of the Mustangs this season, according to Wilton.

“We’re a fairly young team this season, with the toughest schedule we have ever faced. But what pleases me most about this team is how scrappy they are, and that isn’t something you can teach. It is more of a characteristic people are born with and our players are very scrappy,” Wilton said.

The Mustangs’ first home contest is Sept. 30 when Pepperdine University visits Cal Poly. The following evening, Oct. 1 brings the USC Trojans to town, according to Wilton.

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