IRS Withdraws Proposal to Tax Tuition Benefits

The Internal Revenue Service withdrew its proposed regulation to tax tuition remissions granted to children of university employees following a hearing in Washington, D.C., earlier this month. Late last year, the IRS had made the proposal, which was to go into effect early in 1977.

Treasury Secretary William E. Simon withdrew the plan on Jan. 13. The announcement of the decision was signed by Charles Walker, Assistant Secretary of the Treasury for Tax Policy, and IRS Commissioner Donald C. Alexander.

The two officials noted that testimony presented at the hearing pointed out problems associated with changing the tax treatment of amounts received under tuition remission programs. "In view of these problems and the joint study of the treatment of scholarships and fellowships called for by the House and Senate committee reports on the Tax Reform Act of 1976," they said, "it has been concluded that the notice of proposed rule making should be withdrawn."

Peter Ruger, WU general counsel, had filed comments for the hearing, along with representatives of other schools and educational institutions. In these comments, he pointed out that the proposed regulations would have an adverse impact on private universities.

"Private universities can’t offer salaries commensurate with government, business or even with public universities," he said. "Free tuition is an incentive for many persons to teach or work at a private school."

Referring to the legislative history of tax-exempt tuition remission, Ruger also argued that the IRS was "usurping legislative prerogatives and was engaging in an improper exercise of rulemaking."

At present, WU has 293 employees who are sending 327 children or spouses to the University under the tuition remission program.

New WU Program Offers Law Students ‘On-the-Job’ Congressional Experience

The WU Law School has approved a new seminar program, the "Congressional Clinic," which will give law students the opportunity to participate in the federal legislative process. The program will begin in the spring semester, 1978.

Through the program, 12 students will be placed for one semester in the individual Washington, D.C., offices of U.S. representatives, senators and committees. The students, who will be chosen on the basis of their writing and research abilities, will be carefully matched with offices that want their services. They will be treated as members of the regular staffs. To provide motivation and direction, each student will be responsible for researching and proposing a solution to a problem which is of current significance to legislation. Participants will earn 10 hours of credit for their work in the clinic.

The purpose of the seminar, according to its originator, Merton Bernstein, Walter D. Coles Professor of Law, is to expose law students to informal legislative proceedings as well as to the more formal forms of lawmaking, and to clear up a number of misconceptions many lawyers have about the legislative process. Bernstein recognized the need for such "on-the-job" training from his own experience as a member of the U.S. Senate staff from 1952-1958, as Counsel to Senator Hubert Humphrey’s Labor Subcommittee, and as Special Counsel to John F. Kennedy’s Labor Subcommittee.

"Although lawyers perform key functions within Congress and within various public and private agencies dealing with Congress on legislation," Bernstein said, "few of us understand the Congressional process and the intricate informal system of communication between special interest groups and the staffs of senators, congressmen, and committees. When confronted with a task that involves the formal and informal legislative processes, most lawyers learn the job on a

(Continued on page 3)
University's Exam-Fear Clinic Helps Cure Final Fever

This is it... the final moment to the conclusion of an entire semester of hard work. The blue books are in place, the ink pens are poised. It's final exam time, and today is the day. Most students facing finals, mid-terms and routine tests will experience some tension, which is natural in such a situation.

But for some of them, there will be rapid breathing, palpating hearts, sweaty palms, dizziness and more of the uncomfortable physical symptoms that can, in extreme cases, render top-quality performance very difficult, if not virtually impossible.

"Every time I teach a course," says Edwin Fisher, Jr., assistant professor of psychology and supervisor of WU's Exam-Fear Clinic, which is conducted through the University's Psychological Services Center, "at least one student tells me that his performance is suffering substantially because of test-related anxieties."

No one goes through exam week euphoric, but, says Fisher, the tension can be controlled.

It is an inescapable fact that tests and college go together. For four years, the Exam-Fear Clinic, staffed by second-year graduate students in clinical psychology as part of their training, has worked with students to alleviate the exam anxiety.

Behavior therapist Fisher, sees the clinic "as an excellent marriage of two purposes central to the University. The first is to help WU students get more out of their studies by providing this free service. The other is to provide a good training ground for graduate students."

Fisher recently summarized his conclusions about the therapeutic technique that it employs and the program's effectiveness.

Once a student fills out an initial questionnaire, he is introduced to a behavior therapy called systematic desensitization. Behavior therapy, according to Fisher, is based on the principal of replacing one kind of learned behavior with another more effective learned behavior.

"Desensitization teaches people how to unwind, using a method of progressive, deep-muscle relaxation. The technique has the client practice relaxing while imagining himself in situations which previously aroused anxiety."

Fisher explained that the therapy involves discovering the exam-related stimuli that cause the anxiety response in a client. Part of the treatment procedure requires the student list and rank situations that cause anxiety.

Clients start with the least traumatic. "If a student can imagine the more tolerable situations with reduced anxiety, he can then practice scenes which are increasingly traumatic," Fisher states. In this therapy neither hypnosis nor drugs are used.

Sometimes, practicing the skills in a realistic setting is helpful. "For example, the student might go to an actual classroom with a blue book, and practice taking a test," Fisher said.

Over a four-year period, 50 clients, mostly undergraduates from the main campus, but including some law students and part-time students, were seen by the clinic, which is conducted during the spring semester. The therapy usually involves four to eight hour-long sessions.

Twenty-five clients were seen on an individual basis, (one therapist per client), through the Services Center. Two group clinics were conducted, one in the Law School in 1974, and another for undergraduates, in the spring of 1976. Of the 50 students initially seen, 10 dropped out.

Using a rating scale based on the 50 clients' records and reports filled out by the clients, Fisher analyzed his "general impressions of the outcome." The results, which Fisher said are typical for behavioral therapy, are as follows:

None of the clients suffered an increase in exam anxiety; 2 clients, or 4 per cent, reported no change; 4 clients, or 8 per cent, reported minimal improvement; 14 clients, or 28 per cent, reported appreciable improvement, and 20 clients, or 40 per cent, reported substantial improvement.

Fisher pointed out that combining the categories of appreciable and substantial improvement would mean that 34 clients, or 85 per cent of the 40 who completed treatment, can be said to have benefited from the exam fear clinic.

Fisher explained that the treatment using behavioral therapy techniques is not psychotherapy which is directed toward general aspects of individual adjustment. "We attack a specific problem, exam fear." However, sometimes clients decide to seek more in-depth therapy after going through the clinic."

"The program," said Anthony Schuham, associate professor of psychology and director of the Psychological Services Center, "meets a major need. Today's typical student is concerned with grades. The problems of exam fear are of paramount importance in a university. Fisher's project has been among the service's most successful programs."

A WU junior majoring in psychology and education, who completed the Exam-Fear Clinic therapy during her freshman year, was able to reach her academic potential because of it.

"First, I learned to recognize what physical tension feels like, and what a relaxed state feels like," she said.

"I sat in a reclining chair. The therapist would tell me to clench my right fist, and hold it high above the chair. I could feel the tension in my hand. When I relaxed, I could feel the tension drain away. I learned how to relax all parts of my body this way."

After mastering the relaxation method, this student was ready to begin imagining herself in tension-provoking situations, starting with the least traumatic on her hierarchy list.

The physical exercises were accompanied and reinforced by mental exercises. "After I relaxed, the therapist told me to picture a pleasant scene. I could imagine something comforting, and relate that feeling to scenes that used to cause anxiety."

Gradually she reached the point where she could attack the problem that caused her the most trouble, an art history course. "I imagined myself memorizing countless slides, while feeling relaxed and picturing something pleasant. I didn't do too well on my midterm; but I got an A on the..."
ANNOUNCEMENTS

FACULTY AND STAFF carrying dependent health care coverage through WU are reminded to check age limitation requirements for unmarried dependents under various University policies. Blue Cross/Blue Shield coverage ends at age 23, although sponsored membership may be continued until marriage or to age 27, whichever comes first. Major Medical Insurance covers dependents to the 19th birthday, 23rd birthday for full-time students. Medical Care Group covers dependents until the 19th birthday and 25th birthday for full-time students. For further information, call Jim Erbar at ext. 4691.

MONTHLY MAJOR MEDICAL INSURANCE RATES will be increased 13¢ for individual coverage and 22¢ for dependent coverage beginning Feb. 1. WU will continue to contribute 97¢ for the employee option and $2.42 for the family plan. In addition, open enrollment for Major Medical coverage, which occurs every two years, will take place in March. A notice will be mailed to all employees shortly. For further information, call Jim Erbar, at ext. 4691.

THE DEPARTMENTS OF HISTORY, Philosophy, and Germanic Literatures and Languages have been selected to appoint postdoctoral fellows according to the provisions of a $600,000 grant made last semester to WU by the Andrew Mellon Foundation. Each department will appoint one fellow for the 1977-78 academic year. Leon Gottfried, dean of the Faculty of Arts and Sciences, said that the selection was based on these departments' present or planned commitments to interdisciplinary programs. "The postdoctoral fellows will bring relief to these departments by either sharing the teaching load for interdisciplinary programs or by freeing another faculty member to do so. Since two to three such appointments will be made annually in the future, each department in the humanities should have the opportunity of appointing postdoctoral fellows," Gottfried said.

STUDENTS IN THE COLLEGE OF ARTS AND SCIENCES now have until the 10th week of a semester to decide whether to change a pass/fail option to a grade option.

The WU Record is published weekly during the academic year by the Information Office. Editor, Janet Kelley; calendar editor, Charlotte Boman. Address communications to Box 1142.

This drawing of Lotte Lenya is in the exhibit "German Culture in Exile," on display at Olin Library, level 3, through Feb. 15.

WU'S CENTER FOR THE STUDY OF AMERICAN BUSINESS has been awarded a $10,000 grant by the National Chamber Foundation. The grant was made to support the Center's investigation of the role of the private enterprise system in the United States.

Law Program

(Continued from page 1)

hit-or-miss basis. They often mistake the legislative process for the judicial one, handling Congressional hearings as if they were trials or as appellate court arguments. The Congressional process is peculiar and since it may directly or indirectly involve lawyers throughout the country, it should be understood by more of us." Although there are hundreds of legislative internship programs in existence, an unusual aspect of the "Congressional Clinic" is the direct supervision participants will receive from Bernstein. Every two weeks he will go to Washington to meet each student and his office supervisor to discuss work projects, problems, questions and sources for research. He will also supervise group sessions with the 12 students to facilitate exchange of information.

The seminar also offers participants a greater opportunity for serious involvement in legislative work than many other internship programs, which are often held only during June and July. By making the seminar an entire semester, Bernstein said, students will be able to pursue more thoroughly research projects of major legal importance.

Number of Student Members Increased on Two Committees

The Faculty of Arts and Sciences voted at their Friday, January 21st meeting to increase the number of student members on the College of Arts and Sciences curriculum and special major committees.

In accordance with resolutions proposed jointly by the Council of Students of Arts and Sciences and the Faculty Council, the faculty approved an increase of two students on the curriculum committee, for a total of five student members, and an increase of one student on the special major committee, for a total of two students members.

Six faculty members serve on the curriculum committee, with the deans of the College and the president of the Council of Students acting as ex-officio members. Three faculty members serve on the special major committee. An associate or assistant dean of the College will act as ex-officio member and secretary.

Burton Wheeler, dean of the College of Arts and Sciences, said that the faculty's approval of the increase in student representation attests to the spirit of cooperation that has developed from faculty-student deliberations during the past few years. He said student committee members have worked very effectively with faculty members, keeping them in touch with students' viewpoints. "When disagreements do come up over issues, they are very rarely divided strictly along faculty-student lines."

Wheeler also pointed out that although the number of student committee members would be increased, the final decision on curriculum issues would still be made by the Faculty of Arts and Sciences.

Mark Ricciardi, president of the Council of Students of Arts and Sciences, said the Council sought this increased membership, particularly on the curriculum committee, because "it is the hub of the University and it is therefore important that the student body have more equal representation with the faculty on it. The committee approves all new courses and new programs. At present it is considering the distribution requirements in the College."

MARGO TODD, graduate student and teaching fellow in history, was awarded the 1976 John Snell Memorial prize of the Southern Historical Association for an essay entitled, "Humanists, Puritans, and the Spiritualized Household."
**Calendar**

**January 28-February 3**

**FRIDAY, JANUARY 28**

**PERFORMING ARTS**

**FRIDAY, JANUARY 28**
8 p.m. National Marionette Theatre, *The Art of the Puppeteer* Edison Theatre. General admission $4.50; $3.50 for WU faculty/staff and students $4; $3 for students; and $2 for M.A.B.C. members. Tickets available in lobby of Mallinckrodt Center. The Gordons, above, will be among the bluegrass musicians appearing Sat., Jan. 28, in Graham Chapel. Tickets for the concert are on sale in the lobby of Mallinckrodt Center.

**SATURDAY, JANUARY 29**
12:30 p.m. WU Filmboard Series, “Icabod and Mr. Toad.” Brown Hall Theatre. Admission $1. (Also Sat., Jan. 29, midnight, Brown.)

**FRIDAY, JANUARY 28**
8 p.m. Center for Archaeometry Seminar, “Casting, Finishing and Patination of Bronze Sculpture,” Charles Parks, sculptor and president of the National Sculpture Society. 241 Compton

**MONDAY, JANUARY 31**

**TUESDAY, FEBRUARY 1**
7 p.m. Pre-Medical Society Lecture, “Clinical Medicine vs. Research Medicine,” Dr. Joseph Ruvich Jr., WU asst. prof. of medicine. Umrath Lounge. Refreshments will be served.


**WEDNESDAY, FEBRUARY 2**

**THURSDAY, FEBRUARY 3**


7 p.m. Department of Physical Education Seminar, “Physiological and Psychological Aspects of Physical Fitness in Adults,” R. John Young, visiting prof. of physical education. Brown Hall Lounge.

**MUSIC**

**FRIDAY, JANUARY 28**

**SATURDAY, JANUARY 29**


**EXHIBITIONS**

“Shinjuku: The Phenomenal City,” an exhibit of photographs, slides, banners, signs and maps of this shopping and entertainment area in the heart of Tokyo. Shinjuku is an example of “ad hoc” planning, chaotic, but structured by profit and human use. The exhibit is on loan from New York architect Peter Gluck. Sponsored by the Asian Art Society, the WU School of Architecture and Helmut, Obata and Kassabaum, Inc., architects. Steinberg Gallery. 9 a.m.-5 p.m. Mon.-Fri.; 10 a.m.-4 p.m. Sat.; 1-5 p.m. Sun. Through Feb. 28.

“German Literature and Culture in Exile,” a collection of photographs and biographies of writers, screen-writers, musicians, artists and architects who left Germany with the rise of Nazism in the Thirties. The exhibit is on loan from the State University of New York, Albany. Olin Library, level 3, 8 a.m.-12 midnight, daily. Through February 15.

“Contemporary Poetry Broadsides,” an exhibit of poetry presented on a unique but traditional medium, the broadside. The broadside is a sheet of paper printed on only one side. Broadsides today are frequently printed in limited numbers with poetry and art work. Among the poets represented in the exhibit are WU poets Howard Nemerov and William Gass. From the Modern Literature Collection of the Department of Rare Books and Special Collections. Olin Library, level 5. 8:30 a.m.-5 p.m. Mon.-Fri. Through March 31.

**FILMS**

**FRIDAY, JANUARY 28**
7:30 and 9:45 p.m. WU Filmboard Series, “Next Stop Greenwich Village.” Brown Hall Theatre. Admission $1.25. (Also Sat., Jan. 29, same times, Brown; and Sun., Jan. 30, 8 p.m., Wohl Center Line D.)

8 p.m. St. Louis Film Art Society Series, “Walkabout.” 213 Rebash Hall. Admission $1.50, $1 for WU students. (Also Sun., Jan. 30, 2 p.m., Rebash.)


**SATURDAY, JANUARY 29**

**SUNDAY, JANUARY 30**
2:30 p.m. WU Filmboard Series, “Icabod and Mr. Toad.” Brown Hall Theatre. Admission 50c.

**TUESDAY, FEBRUARY 1**


**WEDNESDAY, FEBRUARY 2**

**Fears**

(Continued from page 2)

Acknowledging that practicing the technique is necessary for success, she went on to say that “this is a systematic method of relaxation. But the benefits of this self-help tool take effort and practice. I use it when I have trouble sleeping, and the deep-breathing exercises are great energizers.”

Fisher, who reports that a public-speaking anxiety clinic also will be conducted through the Psychological Services Center this semester, suspects that at least 10 per cent of the student body might benefit from going through the Exam-Fear Clinic. The Center can be reached at extension 4903.

Next time, before you face the fears of an up-coming exam and feel more tension than is natural, just r-e-l-a-x . . . and call the Psychological Services Center. Although relief is not just a questionnaire away, it often is attainable.

(Karen Kleyman)