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Letting go

Tips for parents of freshmen help ease separation process

Although a decade and a half have passed since their sandbox days, this fall’s college freshmen are destined to act like two-year olds as they begin their first year away from home.

“As they struggle to be independent, just as they did in their toddler years, freshmen venture forth with bravado into periods of newfound confidence and wisdom only to retreat into times of anxiety and hanging on,” says Madge Treeger, psychological counselor at Washington University.

Treeger and Karen Levin Coburn, associate dean for student development at the university, conducted seminars for parents of freshmen each fall. Perspectives gained there and through scores of interviews with college presidents, students and faculty have produced a book, Letting Go: A Parents’ Guide to the College Experience, to be published next March by Adler and Adler of Bethesda, Md.

The college years are closely associated with transformation to adulthood. The natural process of separation from parents that begins when children are toddlers accelerates during college, say the authors. So parenting, particularly during the freshman year, brings new challenges.

Coburn and Treeger offer a tip list to parents of freshmen.

Getting to College: Let your child take the lead; if they want to, let students come to school by themselves. “Some students suggest their parents wait and visit during Parents Weekend when the campus is their turf,” Coburn says.

Homesickness: Bouts of loneliness and homesickness are common during the first few weeks. “If a parent or daughter calls home a lot at first, don’t worry. Little information exists to assist families. Coburn and Treeger hope their forthcoming book will help parents adjust to the college years in the same way that Dr. Bethel Martin’s Letting Go, was a college year in 1987 and it’s not easy being a parent,” Treeger says.

Seeking help: Find out what resources exist on campus, but encourage your child to get help and handle problems.

Minimal information exists to assist parents of freshmen.

Minority high schoolers’ preview of college: ‘It's a feeling of wow!’

A summer institute at Washington University helped to prepare 57 minority high school students for college a year early.

As part of the INROADS/Washington University Pre-College Summer Institute held from July 13-Aug. 14, the students took math and English classes taught by Washington instructors and received college credit. They also attended various seminars on college preparation and career exploration and obtained computer instruction.

All the students have completed their junior year and attend schools in Missouri and Illinois. INROADS, Inc. is part of a national organization that develops and places talented minority youth in business and technical fields and prepares them for corporate and community leadership. Blacks, Hispanics and Native American Indians participate in INROADS.

INROADS Louis was started in 1973 and is the second of 29 affiliates nationwide. The entire organization has more than 2,300 college interns working at over 800 corporations.

“I got a feel for college,” says Karen Randall, 17, a senior at Pattonville Senior High School in Maryland Heights. “It was a feeling of WOW! I was there with the big guys. I was on the outside looking in, but I was there, I really loved the experience.

The courses that I took put me further ahead,” she says. “I’ll have much more experience than my peers when I’m ready to attend college. I also learned how to budget my time and that will give me an edge.”

Institute instructors gave the students high marks for their desire to learn. “It was the most enthusiastic class I’ve ever had,” says English instructor Donna L. Potts. “They were always ready with a response when I asked a question. They were so open.” She is pursuing a doctorate in English at Washington.

Alice C. Warren, manager of INROADS’ St. Louis office, says the institute helped the students realize the importance of preparing for college.

“They were forced to use time management skills, stress management skills and other kinds of skills necessary for success in a college environment,” she says. “This knowledge will assist them through their senior year in high school as well as in college.”

Participating in the institute also helped the students communicate with each other. “The first day of the institute I knew two people,” comments Brian L. Jackson, 16, a senior at University City High School who has worked for the housing office at Washington the past two summers. “There were all these talented bright students in the room and I’m a little shy. But I learned to communicate and that will help me in college.”

The birth of the INROADS/Washington University Pre-College Summer Institute began earlier this year when Glenn Dietrick, associate dean of the business school and director of the M.B.A. Program, learned that...
Imagine driving along the highway and seeing a stuffed teddy bear, dressed in a sweatshirt and strapped to the roof of the vehicle. In the front seat are two unshaven, unkempt men who look like they haven’t slept or showered in days and appear to have been living in a vehicle. Well, from the Cornfields of New York to the Flatlands of Texas, that was a common sight for one week as they drove across 50 states in 200 hours. The idea for the trip came last summer, say Benson and Bugnitz, director of computer services, the two admit that their fellow motorists may have been a bit worried.

What would entice these seemingly sane men to leave the comforts of home to sleep in the back of a Jeep for eight days, eat food (meats and cheeses to Seattle, then mainly crackers and popcorn beyond) from convenience stores, drive 9,052 miles in 6- to 8-hour shifts, and fly almost 7,000 miles without even the pleasure of dipping their toes in the Hawaiian surf? “It’s there to be done,” says Bugnitz. “No real reason,” says Benson. “There’s really more to it than that.”

The idea for the trip came last Jan. 29 when the two were eating dinner at E. G’s Millbrook Cafe. As Benson explains, “We both travel a lot and we like to see different parts of the country. With 1987 marking the 200th anniversary of the signing of the Constitution, we thought it was appropriate to celebrate this event in a manner that highlights the way of life we enjoy. There is no place in this world where you can drive 9,000 miles nonstop — both governance-wise and scope-wise. The 2 amazing thing is we went across 50 independent political units with no restrictions placed on us. In no place else in the world could that happen — we wanted to recognize that.”

To symbolize the link between the trip and the Constitution’s anniversary, the two picked July 4th as the date they would arrive back in St. Louis. With a send-off by about 200 University friends, they began their journey at noon on Friday, June 26, from Brookings Hall. Some 450 gallons of gas and 204 hours later, Benson and Bugnitz reached their goal of 50 states in 200 hours. As a matter of fact, they hit the 50th state, Kansas, in the 199th hour.

And all of this with only minor hurdles, like losing the car keys on an airplane, and worrying whether their traveled time would coincide with the time they were to reach the two airports for the flights to Honolulu and Kansas, Kansas, in the 199th hour.

"The last thing on my checklist was to bring extra keys — and I forgot," said Bugnitz. "I don’t know how they got out of two zippered bags, but those keys are on an airplane right now traveling around somewhere." Fortunately, they lost only two hours waiting for a locksmith.

As for meeting their flight schedules, in both instances they were some 1,200 driving miles away from the airports, but they made both flights within an hour of the time they had predicted.

"I guess the other doubt was when the guy pulled us off the jetway in Hawaii and said, ‘Excuse me, please stand here when we board the plane.’ Bugnitz recalls. "I said, ‘Is there a problem?’ and he said, ‘Yes, I thought he was going to kick us off the plane.’ The ‘problem’ turned out to be that the airline employee was trying (with success) to get them in the first-class section. TWA knew of their journey and, according to Benson and Bugnitz, treated them very well.

Considering that the two each paid only $700 to fly round trip to both Alaska and Hawaii, all of the airlines they used treated them very well. And so did the majority of the people on the road. Taped to the Jeep’s windows were ‘T-shirts’ showing a map of their route along with their slogan, ‘50 states in 200 hours.’ People were honking and waving,” says Bugnitz. “A group of Hell’s Angels gave us the thumbs up signal.”

The best part of the trip? According to Bugnitz, it was the last contrast. “At noon Saturday we’re in Atlanta, at noon Sunday we’re in New York City, at noon Monday we’re in Dubuque, Iowa, at noon Tuesday we’re in the middle of Montana in the mountains, at noon Wednesday we’re in Alaska, at noon Thursday we’re in the middle of California, at noon Friday we’re already been to Hawaii and back, and Saturday we’re in the middle of Texas. To see New York one day and 24 hours later be in Dubuque was about as big a contrast as you can have. It was really neat. There was nothing bad about the trip.”

Except maybe that bag of cheese popcorn,” interjects Benson. “Yeah,” agrees Bugnitz, “it was in Missouri about three weeks before we got there.”

At the suggestion of someone on campus, the two are considering entering their feat for consideration in the Guinness Book of World Records. If it doesn’t make the book, it still will be immortalized on film. They videotaped the whole trip, except during the dark of the night.

Will they do it again? “We do have some thoughts about doing it every 10 years,” said Benson. “Because we have it on videotape, it would be interesting to compare the development of the country over the years.”

How did Fred the teddy bear fare on the journey? “Fred ate a few bugs,” says Bugnitz. “He’s been washed and tumble dried. His sweatshirt has gone through six washing cycles.”

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Robert Benson, left, and Thomas Bugnitz in front of Brookings Hall before embarking on their right-day journey around the United States. They drove the Jeep Cherokee Laredo pictured above throughout the first half of their trip and switched to an identical Jeep in Sioux Falls, S.D., to save wear and tear on one vehicle. Benson’s son had dropped off the replacement vehicle in Sioux Falls.

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Around the states in 80 days

Student Affairs reorganizes; two positions created

A reorganization of the Student Affairs Division has been announced by Harry E. Kisker, vice provost and dean of student affairs.

As part of the restructuring, which became effective July 1, Kisker has reorganized the division and developed two new key positions: associate dean of students for student services and associate dean of students for student development.

Justin X. Carroll, who was named an associate dean of students last year and directed the student activities office, has been appointed associate dean for student services. Karen Levin Coburn, director of the Career Center for five years, has been named associate dean for student development.

The 1987-1988 reorganization completes a gradual process that Kisker began nine years ago. The changes were accelerated by the June departure of Louis W. Stark, former associate dean of students and director of the Department of Residential Life, who is now assistant vice president for student affairs at Tulane University in New Orleans, La.

Kisker has deferred a search for Stark’s replacement until this academic year. Meanwhile, Carroll also will serve as acting director of Residential Life.

Carroll oversees the Department of Residential Life, Student Educational Service, Student Counseling Service and Health Services. He is responsible for creating a support service program to enhance the well-being of students living in the residence halls. Among his other duties are improving students’ options for housing, designing preventive programs on topics such as alcohol and drug abuse and supervising the student life system.

Carroll has a master’s degree in higher education from Southern Illinois University at Carbondale and a bachelor’s degree in political science from Benedictine College in Atchison, Kan. He is pursuing a doctorate in education at St. Louis University.

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Robert Benson, left, and Thomas Bugnitz in front of Brookings Hall before embarking on their right-day journey around the United States. They drove the Jeep Cherokee Laredo pictured above throughout the first half of their trip and switched to an identical Jeep in Sioux Falls, S.D., to save wear and tear on one vehicle. Benson’s son had dropped off the replacement vehicle in Sioux Falls.

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Justin X. Carroll
Karen Levin Coburn

Coburn’s responsibilities include designing a comprehensive extracurricular program for students that will develop their leadership skills. She also supervises the Office of Student Activities, Career Center, International Office, Graham Chapel, Scheduling Coordinator, the business manager of Student Life and Campus Gold, advising student groups and managing the Student Life system.

Coburn has a bachelor’s degree in English from Skidmore College, a master’s in English and education from Harvard University, and a master’s in counseling from Washington.
Lucius J. Barker, Ph.D., Edna F. Gelblum, Ph.D., and George Alexandre Madill, professor of political science, participated in the annual meeting of the American Political Science Association, held in Atlanta. They read a paper for the panel on The Resurgence of Racism: Symbols and Substance.

Deirdre Boden, Ph.D., assistant professor of mathematics, has presented a paper, titled "The Matching Game: A Micro-Analysis of Corporate Recruiting," at the Midwest Sociological Society Meetings. The paper was co-authored with Jeffrey Pfeffer of the Stanford Graduate School of Business.

Richard A. Colignon, Ph.D., assistant professor of sociology, recently served as organizer and presider at a session on "Work, Labor and Organizations" at the Midwest Sociological Society Annual Meetings in Chicago. He also presented a paper in a session on Sociology and the Law titled "The Dynamic Nature of Accounting Practices."

James W. Davis, Ph.D., professor of political science, was among 28 college faculty members from across the country invited to take part in a military history workshop held during the month of June at the United States Military Academy, West Point, N.Y. In addition to the activities at the academy, the workshop participants toured several Revolutionary and Civil War battlefields and visited the Institute of Military History at Carlyle Baracks, Pa.


Philip W. Majerus, M.D., professor of biological chemistry and medicine, and Henry G. Schwartz, M.D., Augustus O. Hirsch Professor Emeritus in physiology and pathology, completed a three-year study of the St. Louis area invertebrates. The study is supported by a National Science Foundation grant.

Gene M. Zafft, M.L., adjunct professor of law in the Graduate Tax Program, was a participant at a recent seminar sponsored by Laventhal & Horwath, a national accounting firm. The subject of the seminar was "The Challenge in Real Estate Taxation." Zafft's topic was "Real Aspects of Working and Troubled Real Estate."

F. Thomas Sullivan, J.D., professor of law, has published an article in the "New Law for the Antitrust Division as Economic Regulator." The article discusses North's battle for approval of a $3.1 billion merger between the large U.S. companies.

Murray L. Wax, Ph.D., professor of sociology, was selected as a consultant on the Underground Program (joint) Department of Sociology, Anthropology and Psychology of Southwest State University, Marshall, Minn.

F. Hodge O'Neal, S.J., dean emeritus of the law school and George Alexandre Madill Professor of Law, has published an introduction to a symposium on closely held corporations in Vol. 22 of the 1987 Wake Forest Law Review.

Robert P. Morgan, Ph.D., professor of technology and human affairs, delivered the John and Muriel Landis Lecture at Lafayette College. His topic was "Science, Technology and International Development: Dilemma for the United States."

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On July 7, he participated in a National Academy of Engineering Workshop on International Exchange and Movement of Engineers. He was joined by Elinor Barber, of the Institute of International Education, presented a seminar on the development of a research project on the impact of foreign graduate students on U.S. engineering education. The seminar was conducted at the National Academy of Science Foundation, Washington, D.C. Morgan was elected to serve as speaker of the Washington University Engineering School Faculty Assembly for the 1987-1988 academic year.

Leumur research in Madagascar continues with Sussman's Fulbright

Robert W. Sussman, Ph.D., professor of anthropology, has been awarded a Fulbright grant to conduct research in Madagascar on lemurs, the rarest of our evolutionary ancestors. The Board of Foreign Scholars and the United States Information Agency (USIA) recently announced his grant.

Sussman, who has been in Madagascar since January, is conducting research on the demography and social organization of an endangered species of lemur at the Beza Mahafaly Natural Reserve in southern Madagascar. He also is serving as field coordinator at this reserve in 1987.

The Beza Mahafaly Reserve was established as part of an international interuniversity project between Washington University, Yale University and the University of Madagascar. The project is part of a long-term program aimed at enhancing the conservation status of two national nature reserves in southern Madagascar, developing a better information base on the fauna and flora of these areas, training Malagasy scientists and developing a strategy of rural development.

Career Center promotes Krout-Levine

Ellen Krout-Levine has been named associate director of the Washington University Career Center. Formerly a career counselor with the center, Krout-Levine will continue to counsel students and alumni. In her new position, she also will manage and coordinate the newly developed peer counseling program, all outreach for programs and the Career Library.

Krout-Levine joined the Career Center as a counselor in 1984. She holds a bachelor's degree in anthropology and sociology from Macalester College in St. Paul, Minn., and a master's degree in counseling psychology from the University of Missouri-Columbia.

NEWMAKERS

Washington University faculty and staff make news around the globe. Following is a digest of media coverage they have received during the past several weeks for their scholarly activities, research and general expertise.

Scare tactics for selling "medigap" policies (insurance that is supposed to cover medical costs not covered by Medicare) to older Americans is increasing, according to sources. Duplicate coverage is the "most distasteful of the medigap scams," says Joel Leon, Ph.D., assistant professor of social work, in the June 16 issue of the Washington (D.C.) Post. Experts caution prospective insurance buyers to purchase only enough protection to cover what Medicare does not. Leon adds, "People are more tuned into long-term health care needs because of awareness of Alzheimer's disease and other chronic degenerative illnesses.

That opens up a whole new opportunity to sell people insurance that really doesn't provide long-term coverage and capitalizes on their fears of being left unprotected."

"Pulled from the brink" is the headline of a story in the June 16 Chicago Sun-Times about Carol North, M.D., instructor in psychiatry. Bush in the News, the Department's newsletter against acute schizophrenia and reviews her recently published autobiography, Welcome Silence (Simon and Schuster). The book chronicles her life as a mental patient who, with little hope from her doctors, underwent an experimental medical procedure nine years ago and recovered.

Do not hallucinate.

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Wed., Aug. 27-Sept. 5

LETTERS

Tuesday, Sept. 1
2 p.m., Panel Discussion, "CASE: Technology Transfer in Corporate Culture." Sponsored by the Department of Technology and Information Management, Dept. of Computer Science and Business School. For location, call 889-5580.

Wednesday, Sept. 2


MUSIC

Friday, Aug. 28
WU Symphony Orchestra Auditions at the music dept. (Also Sat., Aug. 29, and Mon., Aug. 31.) Open to WU students, faculty and the St. Louis community. For more info. or to schedule an audition, call the music dept. at 889-5581.

Monday, Aug. 31
4:46 p.m. Chamber Music Ensemble Auditions, Blewer B-6. (Also Tues., Sept. 1, 7:10 p.m. Blewer B-6.)

4:50-6 p.m. WU Wind Ensemble Auditions. (Also Tues., Sept. 1, same time.) Teachers' Rehearsal Hall.

Wednesday, Sept. 2
6:10-6 p.m. WU Jazz Band Auditions. For more info. or to schedule an audition, call the music dept. at 889-5581.

EXHIBITIONS

The Gallery of Art will be closed through Oct. 2 while the lower level galleries are renovated. It will reopen with a special exhibition called "Paris in Japan," organized by the Gal- lery of Art and the Japan Foundation of Tokyo.

"Drawings of Sculptures by Artists." Through Sept. 20. Busby Gallery. Busby Hall. 10 a.m.-4 p.m. weekdays, 1-5 p.m. weekends.

FILMS

Friday, Aug. 28
7 and 9:30 p.m. WU Filmboard Series, "Roadside Movies." Brown Hall. (Also Sat., Aug. 29, same time, and Sun., Aug. 30, at 7 p.m. Brown.)


Brown. On Aug. 28 and 29, both the feature and midnight films can be seen for a double feature price of $3.

Monday, Aug. 31
7 and 9:15 p.m. WU Filmboard Series, "Taxi Driver." 2. Brown Hall. (Also Tues., Sept. 1, same time, Brown.)

Wednesday, Sept. 2
7 and 9:15 p.m. WU Filmboard Series, "Playboy of the Western World." 2. Brown Hall. (Also Thurs., Sept. 3, same time, Brown.)

Friday, Sept. 4
7 and 9:45 p.m. WU Filmboard Series, "All The President's Men." 2. Brown Hall. (Also Sat., Sept. 5, same time, and Sun., Sept. 6, at 7 p.m. Brown.)

12:30-1:30 a.m. WU Filmboard Series, "Plan 9 From Outer Space." Admission is $2, but you may book in advance at the box office 48 hours before the screening. Also Sat., Sept. 5, same time, and Sun., Sept. 6, at 9:45 p.m. Brown.

SPORTS

Tuesday, Sept. 1
7:30 p.m. Soccer, WU vs. St. Louis U. Francis Field.

Wednesday, Sept. 2
7 p.m. Volleyball, WU vs. Maryville College. Athletic Complex.

Calendar Deadline

The deadline to submit items for the Sept. 10-16 issue of the Washington University Record is Aug. 27. Items must be typed and state time, place, nature of event and admission cost. Incomplete items will not be printed. If available, include speaker’s name in the title of the event, and also include your name and telephone number in your address items to King McElroy, calendar editor. Box 1070.

Filmboard makes improvements in comfort, quality

Washington University Filmboard, which offers the public a series of classic, foreign, feature and midnight films throughout the academic year, has announced major improvements in the comfort and quality of its service.

According to Gary Scheiner, Filmboard public relations coordinator, the student-run movie service has installed 276 new cushioned seats in Washington University’s Brown Hall auditorium where the films are presented. The new seats were installed earlier this month.

A new EIKI 6100 projector also has been purchased. "The new projector is large enough that films can be spliced together and put on one huge reel," says Scheiner. "The old projectors malfunctioned frequently and required several switchovers during a film. The new projector should eliminate most, if not all, of those problems." The acoustics in the auditorium also have been upgraded. Following an evaluation, a new multi-band graphic equalizer designed to match the acoustics of the room has been installed. The new sound system lessens the dulling of deep bass sounds and also allows high frequency and distorted voices to be heard more clearly. In addition, Filmboard has installed a new screen and is planning to build a ticket/concession counter.

Filmboard is a non-profit, student-run organization that receives limited funding from Student Union. Regular admission to showings is $2 and $5 on weekends for both the feature film and the midnight film. For information on the film schedule, call the Filmboard Hotline at 889-5985.

Women needed in psychology study

Women aged 35 to 60 are needed to participate in a doctoral research project sponsored by the Department of Psychology at Washington University. The project focuses on the gender relationships and activities of women in their middle years of life. Participation involves a brief telephone interview to determine eligibility for the study and a 45-minute face-to-face interview. Research fee paid $10. For more information, call Angela Rosenberg at 889-6522.

Getting it continued from p. 1

All college students struggle with what the Washington University counselors call "the 3Ts: identity, independence and intimacy." Students gradually separate from their parents as they develop a sense of identity, learn to handle the responsibilities associated with independence and establish intimacy," Treger says.

Coburn and Treger found that leaving home is more difficult and more often an identity for many freshmen. "They are no longer associated with a particular school, church or community. Their peers don’t know their background. During college, students develop career, personal and sexual identities," Treger says.

Experimentation with sex, drugs, alcohol and new lifestyles can be a major part of this process. Boys may come home for Thanksgiving break with an earring, girls with a radical hairstyle. Clothing from resale shops may replace the Izods and Polsos. "These changes are symbolic of the struggle going on inside. Your children are trying on new identities and facing more choices than ever before. Parents can help by being supportive and not trying to take control," Coburn adds.

Carolyn Sanford

Preview of college — continued from p. 1

academic, personal and career counseling; tutorial services; and opportunites to compete for career-related summer internships. The summer institute at Washington University is part of the Pre-Collegiate Component. The College Component provides students with consecutive summer internships with local sponsoring corporations.

Warren says the summer institute was a "wonderful growth and development opportunity for the students," the University and the INROADS program. Washington University has a fine academic reputation and the students were expected to excel. "We feel real good about the institute," Warren says. "I hope this is the beginning of a long-term relationship with Washington University."

Cochair William H. Danforth said, "Washington University is pleased to be a partner with-INROADS in providing this opportunity for high school students of the St. Louis area."