

Teacher strives to bring self-worth, calmness to students

Many college students take courses which they hope will enable them to earn money.

Gloria Greenbert, an Oakland Community College (OCC) instructor, believes her students will learn about things more important — self-worth, self-understanding and ability to relax. Mrs. Greenbert, whose background includes elementary school teaching, adult education, and studies in psychology, philosophy and parapsychology, has developed two unique classes for personal growth.

She brought her first course, "Stress Reduction and Relaxation," to OCC last year, after teaching in the Southfield Adult Education department for seven years. Through a variety of relaxation techniques, she helps students to develop what she describes as "a personal prescription for calmness."

Mrs. Greenbert began taking graduate level courses at Wayne State University 10 years ago. She gradually expanded her studies to include Eastern philosophy, yoga, meditation, Zen and parapsychology. She incorporated her knowledge of ancient studies with that of the modern

science of psychology to develop her teaching methods.

"STRESS IS thought of as a new phenomenon," Mrs. Greenbert explains. "Yet, many of the techniques that we have found useful in coping with stress today are based on yoga methods devised 6,000 years ago."

She was so encouraged by the enthusiastic response to her stress reduction class during the past year, she developed another class introduced with the short courses being offered at Orchard Ridge Campus this spring.

She describes "Who Am I?" as an adventure in self-discovery. The emphasis there will be on defining personal goals and adjusting behavior to meet desired goals.

In addition to her teaching responsibilities, Mrs. Greenbert is a vocal supporter of the OCC Womencenter and participates in the Peer Counseling Program which the center offers.

"I am very enthused about what I am doing," she says, "and I would hope through my classes to help others gain confidence."

Eagle wins 'Battle of the Books'

Six young readers who represented Eagle Elementary School won "The Battle of the Books," the annual spring contest sponsored by the Farmington Community Library and school libraries to promote reading.

Eagle readers edged out their competitors by

one point in the battle against readers from Alameda, Forrest and Gill elementary schools.

Three battles were fought, with questions in the form of clues, asked about 20 books that were read. Teams could rack up additional points by answering questions

about the authors. All readers walked away from the battle with an engraved medal mounted on a ribbon donated by Ray Boujoulan of Contemporary Awards & Trophy in Farmington.

About 100 youth, parents, teachers, librarians and volunteers worked to

make the battle a success.

Media specialists involved in the battle were Children's Librarian Denise Albrecht, Avis Lowe from Alameda, Lou Wickert from Eagle, Marilyn Friedman from Forrest and Phyllis Bothwell from Gill.



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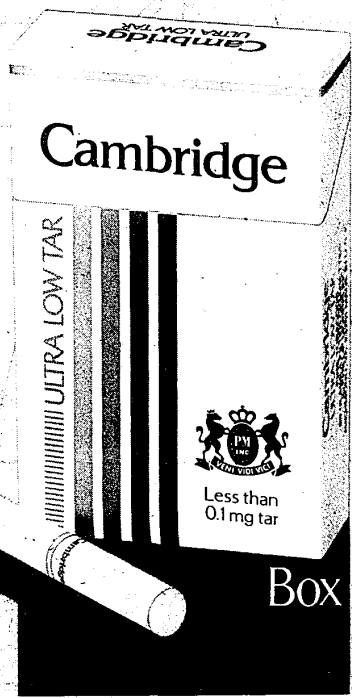
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