

What's Your Potential? SC Accents Positive

By KATHY MORAN

Think positive. That's what counselors from Schoolcraft College encourage for participants in their Human Potential seminars. And the power of positive thinking has led many participants to pursue goals they hadn't even considered before joining a seminar.

EACH SEMESTER nine Schoolcraft College counselors take on a seminar group, and plans are now getting under way for the spring semester.

The seminars are now almost two years old, and in that time adults and students in growing numbers have taken advantage of the counseling service where they meet in small groups and interact in a positive environment.

The informal groups are similar in format to sensitivity groups — but the similarity stops there. Sensitivity training often involves severe criticism and a negative environment.

Human potential groups

"The seminar answered a question for me -- how do I go about entering college?"

"After 15 years of raising children... I had little confidence in my abilities as a useful person."

—Two Seminar Participants

focus only on the positive. Participants share positive experiences and look for the positive traits in each other.

THEY ARE encouraged to

set realistic goals each week and then share that experience with other participants. The goal may be simply reading something, but when accomplished, it gives the person positive reinforcement.

In this way, participants develop a more positive attitude toward themselves. The group develops cohesion and strong friendship bonds.

Many participants are mothers who find themselves "jobless" when their children grow up and their full-time occupation as a mother disappears.

These women often go through an identity crisis when they find they aren't needed as much now, said counselor Robert Burnside.

So the seminar helps those women look at their abilities and set new, realistic goals. And for the student who doesn't know in which direction he should head in his studies and career goals, the seminar helps him identify his abilities and interests.

The same is true for a man who may find he needs redirection after his occupation is outdated.

GROUP COUNSELING assists members to "determine their own motivational patterns which are involved in experiencing successes, achievements and satisfactions," according to literature given the participants.

Counseling is defined as a group process "that has generated out of the concept that everyone has strengths in their personality or life style, but because they are not aware of them they lie dormant and unused."

"In human potential counseling, the focus and emphasis is completely on the positive aspects or strengths that group members possess, but may not be aware of."

RESPONSES FROM participants are the best indicators of the seminars' success.

"Prior to this course, I was well aware of what my negative traits or weaknesses were but had never really given any thought to what traits or strengths I possess that are advantageous to me."

"The seminar answered a question for me -- how do I go about entering college? Taking that first step is the hardest, and I think the seminar gives you the push that is needed."

"After 15 years of raising children, I must say I found the entire eight weeks very fulfilling and stimulating and was very sad to see it end." "Before the class I had little confidence in my abilities as a useful person. But with the positive attitude of the entire class, I definitely feel with a better education I could possibly do something worthwhile and meaningful." "I feel that just sitting home is admitting defeat and that I must at least attempt to broaden my education, thus gaining and developing other

interests — other than just those that involve home and family."

FOR THOSE who have had negative high school experiences, attending a community college is almost unthought of, says counselor William Heise. But the non-critical atmosphere builds self-confidence in the participants. It may encourage them to reach higher than they would have without the counseling.

All Schoolcraft counselors have been trained in the

potential philosophy at Kendall College in Evanston, Ill., and have passed on their training and experience to other counselors as well as to persons who can utilize the training in their everyday contacts — such as ministers and persons working in drug abuse centers.

Schoolcraft students can participate in seminars at no cost, and adults can register for them for a \$25 fee through the counseling office.

Once enrolled, they can see what the power of positive thinking can do.

HS Students To Scan Voc-Tech Careers

Fuzzy about the future? High school students who are interested in a technical career had uncertain about which one, can get a birds-eye view of 14 different career areas through a two-week seminar at Schoolcraft College in June.

"The main objective of the seminar is to expose undecided students to different career areas," Richard Holmes, director of technology, said.

Holmes said students will have both a lecture and lab on each area.

SCHOOLCRAFT instructors will give students an intensive orientation into accounting, civil technology, automotive service, data processing, electronics, metallurgy, culinary arts, manufacturing, architecture, drafting, electromedical technology,

industrial welding, industrial fabrication and automotive management.

Students will also take tests to determine aptitude and interests and receive career counseling.

After eight days of exposure to different areas, the group will tour the campus and spend one afternoon in the physical education facility. The final two days will be spent in advising and placing the participants.

THE SEMINAR is limited to 50 students who will be divided into four groups for participation in the labs.

Lab work could include viewing and photographing metals through microscopes or polishing them. In the civil technology, labs will be exposed to equipment used in the field.

Participants will pay a \$20

tuition charge, the normal tuition rate for in-district students. Out-of-district students will pay \$40. Registrations can be made by calling Holmes in the industrial education office at Schoolcraft.

Nomination Cites Service

SOUTHFIELD Swiss Controls and Research is in the running to be chosen the outstanding small business and small business subcontractor of the year for the midwestern region.

Nominated by the U.S. Small Business Administration, Swiss Controls was cited for its "outstanding contribution and services to the nation's civilian and defense needs." A division of Meridian Industries, Inc. of Southfield, Swiss Controls designs, engineers and produces solid state electrical and electro-mechanical devices.

Final selection of the winner will be made by a panel of industry and government officials in Washington, D.C. during Small Business Week, May 14-20.



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