

Group helps ease strain of returning to college

By SUSAN AVERILL

You're frightened. Apprehensive. It's a big, ruthless world out there, dedicated to youth and vitality, neither of which you've had in several years . . . and you've decided to take in on, single-handed.

You're going back to college. For the majority of returning women students, the fear of not being accepted, of not doing well, turns out to be largely imaginary, said Ann Arner, president of Women's Potential.

Women's Potential is a new student group at Oakland University, meeting informally twice a month to discuss the problems facing the returning student.

THE GROUP is geared toward lending morale and psychological support to women between the ages of 20 to 60, although they officially have one male member.

"If you've only read Good Housekeeping for 20 years, it's a little hard to pick up a philosophy text and start right in," Ms. Arner said.

Twelve percent of the students at Oakland University are 25 and older," she said.

According to Ms. Arner, returning women students are apt to do better at their schoolwork than the typical college student. Their motivation is stronger.

"A lot of women who are divorced are suddenly faced with being the major support of their children," she said.

FOR MRS. DOROTHY Davis of Rochester, the group plays an informative role.

"You'd be surprised at the amount of useful information you can get from a group of 20 to 25 women," she said.

Ms. Arner is currently a senior in management and has returned to school after four years out to start a family.

For Rochester resident Marian Carlson, it's a friendly place to go to lunch with other women.

"Just knowing that there were so many other women in the same situation, and knowing that you aren't alone out there is a big help," she said.

"WOMEN HAVE a common need to . . . find out the ropes the men already know. Most of the women who are returning have been mothers for maybe 10 to 20 years," she said.

One of the hassles is finding someone to take care of the children while the women are in school.

But Ms. Carlson said the overall effect on her children has been positive.

"My children help a lot and it's been a very positive influence on their lives. They are very pleased to have their mother back in school," she said.

Women's Potential is not limited to women.

"I think men need it, too," Ms.

Carlson said. "They just don't know it."

THE GROUP operates on an informal basis, meeting the first Monday and the third Tuesday of each month, from 11:30 a.m. to 1 p.m. in room 126, Oakland Center. They occasionally offer speakers from career counseling and the placement center.

The first meeting of the new school year will be Tuesday. For further information, call 642-4122.

YMCA plans fitness class

The South Oakland YMCA will offer a beginning fitness class starting Tuesday. It will be a coed class consisting of an exercise period followed by an easy session of jogging.

The class is designed to tone the muscles and help improve the cardiovascular system. There will also be a pre-testing session and a post-testing session, if desired by the participants, to check their advancement.

Those who have completed the beginning fitness class are eligible, with a full privilege membership, to join the Coed-Fitness Club that meets at noon and 6:00 p.m. to exercise and jog.

Registration is at South Oakland YMCA, 1016 W. 11 Mile Rd., Royal Oak, MI.

Parents set dinner dance

The Moms and Dads Club of St. Mary's Preparatory of Orchard Lake will sponsor a Get Acquainted dinner dance Sept. 28 at the German American Cultural Center, 5251 East Outer Drive, Detroit.

Cocktails at 6:30 p.m. precede a 7:30 dinner.

The Impalas will provide music.

For reservations or ticket information call 861-2236 or 368-2733.

Council schedules lecture series

The Detroit Metropolitan Council of the Association for Research and Enlightenment will sponsor a lecture series at 8 p.m., each second Monday of the month at the Bethany Baptist Church, 15 Mark at Huron, Pontiac. The series will deal with the psychic readings of mystic Edgar Cayce.

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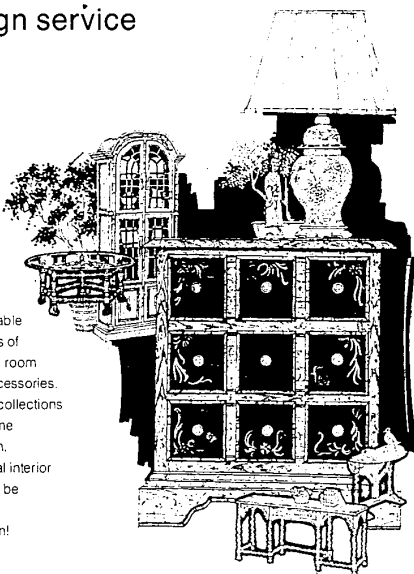
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