

10-20-1978

Faze 1, 1978-10-20

Office of University Relations

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Recommended Citation

Governors State University Office of University Relations, Faze 1 (1978, October 20). http://opus.govst.edu/faze_1/352

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A Publication of the
Office of University Relations
Governors State University
Perk Forest South, Illinois 60468

GSU ARCHIVES

Box 4

"Nothing is waste that makes a memory."

Ned Rorem

October 20, 1978

Vol. 7, No. 56

REPORT: ALUMNI GIVE TO LRC

During 1978 the GSU Foundation solicited gifts from University Alumni/ae. The direct mail campaign asked for gifts to the Library and promised donors of \$25.00 or more that their money would be used to purchase a book. In these books are affixed bookplates honoring whomsoever the donor wishes.

While gifts are still trickling in, it is not too early to give a report. The total amount thus far raised comes to \$3,193, of which \$2,858 was donated to the Library and \$353 to the Foundation's Unrestricted Fund. Thus far 225 graduates have sent in contributions. Corporate matching gifts account for \$115 of the total.

Currently on display outside the LRC are several of the books purchased with Alumni/ae contributions as well as a plaque listing all graduates who contributed to the 1978 drive. The plaque is slated for permanent display in the LRC.

ALUMS TO MEET

A special meeting of the GSU Alumni membership has been called for Thursday, October 26th, in Engbretson Hall. At this meeting, which will begin promptly at 8:00 p.m., the membership will vote on the proposed amendments to the GSU Alumni Association Constitution. Copies of our proposed amendments are available in the Information Office.

On the evening of the 26th Board members will be available, an hour before the meeting, from 7:00 until 8:00, to discuss the Constitution and to answer questions.

ACTING VP APPOINTED

Provost Curtis McCray has announced the appointment of DONALD DOUGLAS to the position of Acting Associate Vice President for Research. The appointment is effective until the position can be filled permanently or until 6/30/79. Former Associate Vice President for Research Robert Krebs left GSU this month to become Associate Dean of the Graduate School of the University of Illinois at the Chicago Medical Center.

COMMUNICATION AND EDUCATION IN JAPAN ...

titles a lecture by visiting Japanese scholar Dr. Takehida Kawashima to be given on Monday, November 6, 5:00 to 6:30 p.m., in Engbretson Hall. The lecture is open to GSU faculty, students, staff, and the general public.

Dr. Kawashima, a former student of Dr. Leo Goodman-Malamuth at California State Univ., is a professor of speech at Tokyo University of Education. He is presently a member of the Communication Association of the Pacific, and a member of the Legislative Council of the U.S. Speech-Communication Association. He has published many books and articles in the area of rhetoric and public speaking, phonetics, speech disorder, and speech communication education.

DID YOU KNOW ... that at the last BOG meeting there was a ringing endorsement of our registration procedure by Board Member James Cicero? The public recognition was the result of phone calls from students praising A&R's tremendous job!

G S U C L A S S I F I E D . . .

Vacant Civil Service Job Classifications as of October 16, 1978:

10/13/78 Library Clerk II LRC
10/18/78 Admin. Sec. Steno CEAS
Applications and information available in Personnel/Testing, Ext. 2194.

P O S I T I O N S O P E N . . .

Research Associate - EAS

Work on project involving sulphur & lipid incorporation in coal progenitors, 1/1/79 thru 6/30/79. Qualifications: MA, exper. in gas chromatography, gas chromatography/mass spectrometry, and organic geochemical research. Apply to DONALD DOUGLAS (EAS) Ext. 2410 by November 1, 1978.

Univ. Prof. of Nursing - SHS/EAS

Instruct nursing students in a competency-based curriculum leading to a BSN or MSN. Student advisement, curriculum planning and development, and clinical supervision. Begin Dec. 1 or ASAP. MSN with a clinical specialty in either Community Health or Maternal Child Health req.: doctorate, prev. teach. exper. desir. Apply to DONALD DOUGLAS, Ext. 2410 by November 1, 1978.

Univ. Prof. of Commun. Dis. - EAS (Search exten.)

Teach classes in Speech and Language Development, Sociolinguistics, Language Disorders of Children, Neuropathologies of Speech; supervision of off-campus practicum experiences, advisement of students, curriculum planning and evaluation and academic committee assignments. Begin Jan. 1, 1979. Doctorate & ASHA Cert. of Clinical Competence in Speech Pathology pref. Apply to DONALD DOUGLAS, Ext. 2410 by December 1, 1978.

Univ. Prof. of School Psych. - HLD

Teach indiv. assessment of intelligence and personality, superv. practicum students in grad. program, assist program planning. Start December 1. Ph.D. req., experienced, licensed school psychologist. Apply to CLIFF EAGLETON, Ext. 2355 by November 5, 1978.

Univ. Prof. - BPS

Teach marketing courses, upper division undergrad. & grad. programs, starting January 1 or September 1, 1979. Ph.D. or D.B.A. preferred; A.B.D. req. Apply to DEAN MILAM, Ext. 2241 by December 1, 1978.

Univ. Prof. - BPS

Teach Management Info Systems, upper division bachelors and masters level; primary emphasis on systems concept and data processing. Begin January 1 or September 1, 1979. Ph.D. or D.B.A. preferred; A.B.D. req. Apply to DEAN MILAM, Ext. 2241 by December 1, 1978.

P O S I T I O N S O P E N (Cont'd.)

Univ. Prof. - BPS

Teach upper division undergrad. and grad. accounting courses, includ. taxes and auditing. Begin January 1 or September 1, 1979. Ph.D. or D.B.A. preferred; A.B.D. req. Apply to DEAN MILAM, Ext. 2241 by December 1, 1978.

Univ. Prof. - HLD

Teach Human Communication Theory; interpersonal, mass, organizations, intercultural communication. Begin September 1, 1979. Ph.D. in Communications preferred; strong research interest and experience desirable. Apply to CLIFF EAGLETON, Ext. 2355 by December 31, 1978.

Graduate Assistants - CCS

Work under the supervision of the Assoc. Dean for Academic Affairs and the Assoc. Dean for Administrative Services.

B H E . . .

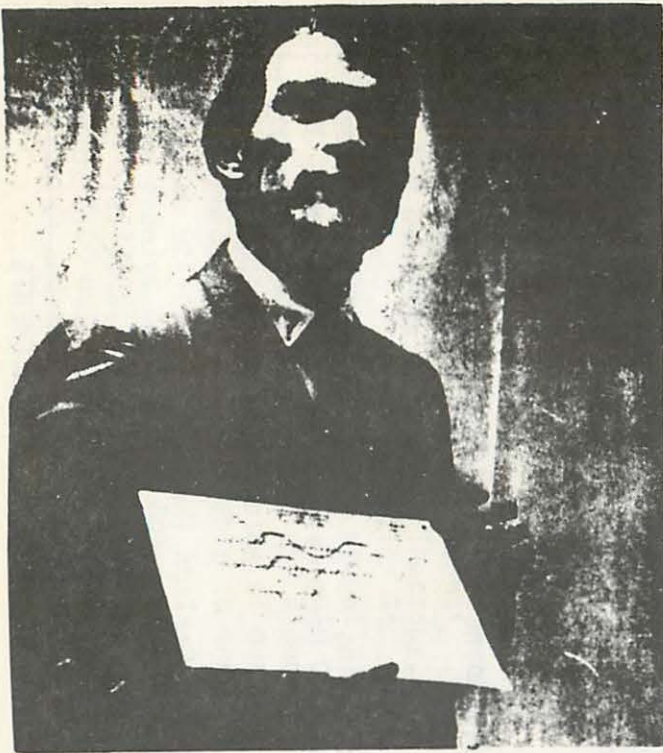
- (1) Associate Director for Academic and Health Affairs - Contact Robert A. Wallhaus, BHE;
 - (2) Research Associate - Contact Dr. Richard Wagner, BHE;
 - (3) Assistant Director - Contact Dr. Richard Wagner, BHE;
- OR contact Placement Office for details.

P U B L I S H E D . . .

SYED HAQUE (ICC) had an article "Video Applications in Education" published in the September, 1978 issue of Educational Technology magazine.

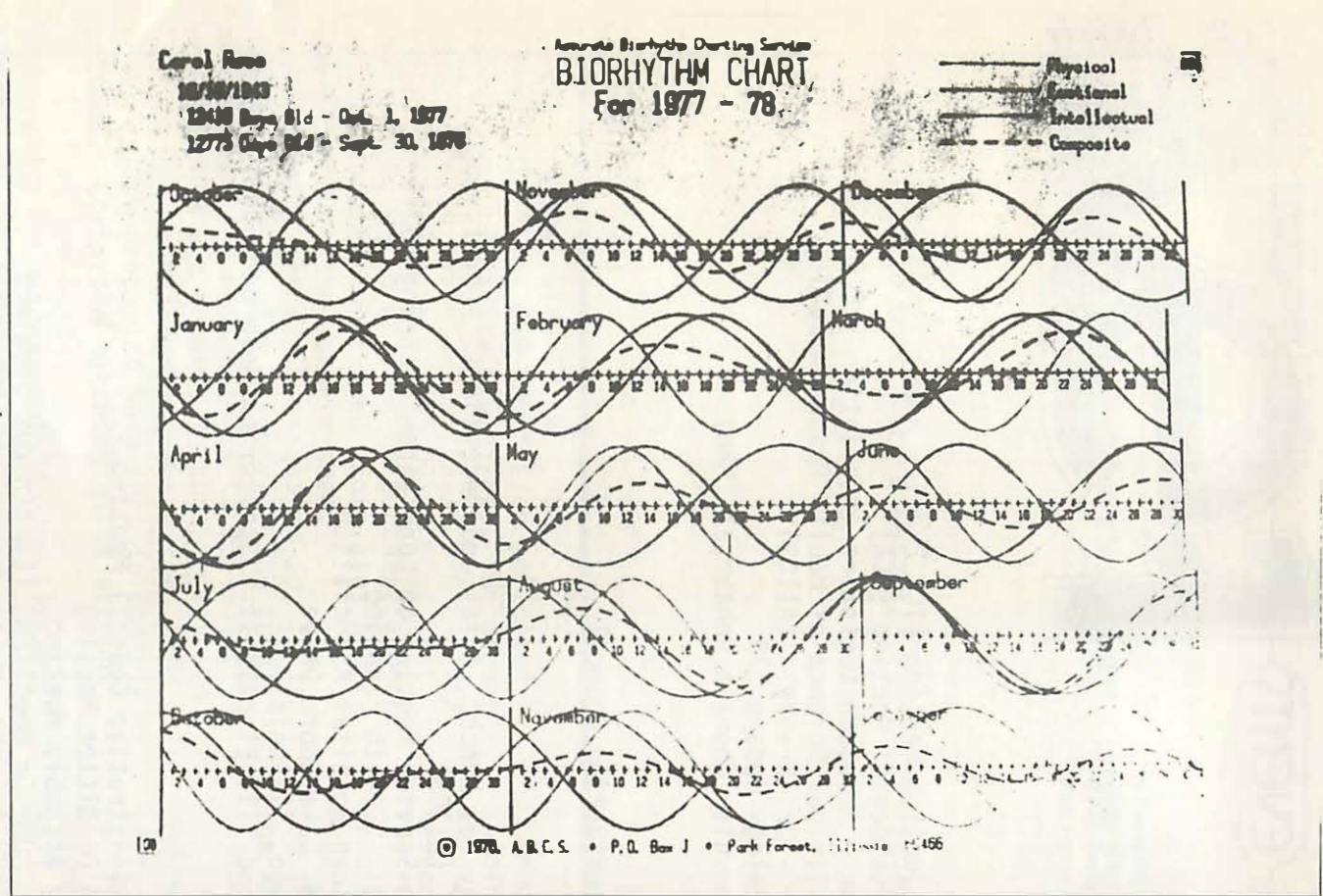
EQUIPMENT DISTRIBUTION OFFICE MOVED . . .

The Equipment Distribution "booking office" is now located in the Electronic Communications Center in the LRC. You can still reach this office by dialing Ext. 2298/2299 to place requests for the delivery and pick-up of audio-visual equipment. If you schedule equipment 24 hours in advance, the equipment will be delivered to and picked up from your classroom. If you have to have equipment and cannot schedule 24 hours in advance, come to the ICC, pick up the phone on the study carrell near the equipment room and request the equipment you need. If it is available, someone will come and check it out to you; you will be responsible for returning that equipment.



Biorhythm

Above, Jim Smith, Ph.D., professor of communications science at Governor's State University explains biorhythm to a group of Kankakeans. At right is a sample biorhythm chart which was formulated by computers fed with information about the person's birthdate.



Biorhythm: Computers chart life's ups and downs

By SHERRY WEILER
Journal Writer

There are good days and bad. On the good days everything clicks. Problems are not too difficult to cope with, schedules work out and people are cooperative. On the bad days it's a different story. Nothing goes right. Plans run awry, problems mount and it becomes a strain to be pleasant. According to Jim Smith, Ph.D., professor of communications science at Governor's State University, there will probably always be bad days, but there may also be a way to better prepare for them. How? By having your biorhythms charted. Biorhythms, he told a group of local residents recently, are composed of three independent cycles that affect people emotionally, physically and intellectually. "They occur regu-

larly and predictably," Smith said. "The cycles start at birth and continue through life on a recurrent basis." Each of the three cycles has highs and lows. The critical periods, or times when bad days are most likely, occur during the low points near the end of the cycles. Emotional, physically and intellectual energy has been constantly used during the high points and now comes a slow-down or shift in gears as batteries are recharged. He used the example of the emotional, or sensitivity, cycle to explain the process more fully. This cycle takes 28 days to complete. "The three critical days occur when you're going from the phase of discharge, or giving to people, to the receptive phase, or the building up of emotional sensitivity. For days you've been giving to people ... storing up

anger here and there, till you've had it ... Then comes a point when you start dumping on others," he said. During the critical days of the intellectual cycle people often find it harder to express themselves, Smith said, and on physically critical days, it seems to take an added effort to complete everyday duties. " ... When moods move from the positive to the negative part of the cycle the body is not adjusted ... You can make mistakes," Smith said. Biorhythm charts are not a magic cure-all for bad days, he explained, but they can forewarn people about them so they will be better prepared to cope with difficult situations. This is particularly important during the six or seven times in a lifetime that people experience triple lows — days when all three cycles are at a low point simultaneously.

"At this time your whole system is out of sync. It's a drastic condition to be in. If you know it, you can avoid some difficulties ... be around things and people who are supportive," Smith said. People also experience triple highs. "During these times you can do most anything. You're at your peak of powers," he said. He stressed that although knowing about the high points of a cycle is psychologically uplifting, the real utility of the biorhythm charts is in being aware of pending critical days. This was shown in Japan after airline pilots were prohibited from flying on their critical physical days. Japanese data shows that accidents involving pilot error declined 86 percent after adopting the rule. Japanese railroad and bus lines use this same method of scheduling drivers. Biorhythms came to light during a

research project designed to ascertain whether sickness or death comes in cycles. Hospital emergency rooms and admittance offices were monitored, and it was found that sickness increased about every 28 days and the number of deaths rose about every 23. Scientists then investigated further by studying more than 120 people to see if their health or behavior was affected on a regular recurring basis. During this study, the potential for the three biorhythm cycles was discovered, Smith said. Other studies also have shown a correlation between physical and mental performance and the positions of the cycles. Biorhythm charts have already been used by industry as an aid in lowering accident rates, and Smith believes increased use could be of even more benefit. He warns, though, against using

the charts as a way to predict the future. They should only be considered as a guide or useful tool in gaining a better understanding of oneself and one's lifestyle. "Knowing yourself is what biorhythms is all about — being able to anticipate what you need to do before you get into a situation," he explained. The three cycles are each charted by a separate line. A fourth, or composite line, gives an overview of the positions of all three. A list of critical days also is available. This makes it easy to prepare for the month at a glance. The charts are formulated by computers fed with information on a person's birthdate. For more information on the charts and where they can be obtained call Dr. Daniel Yovich.

EVENTS

SATURDAY, October 21

12:00 and 3:00 p.m. Children's Movie: "Charlotte's Web" (EH)

SUNDAY, October 22

MONDAY, October 23

9:30 a.m. ICC Production Meeting (ICC Preview Room)
 10:00 a.m. - 11:00 a.m. Vice Presidents' Meeting (PCA)
 12:00 noon - 2:00 p.m. Luncheon - American Logistics Association (PPCR)
 5:00 p.m. - 6:30 p.m. "The Political Science of Health Research Policy"
 Speaker - Dr. Krause (A1102)
 7:30 p.m. Pharmacology Update '78
 8:00 p.m. GSU Community Chorale Rehearsal (MRH)

TUESDAY, October 24

10:00 a.m. - 11:30 a.m. SHS Coordinating Council

WEDNESDAY, October 25

12:00 noon Theology for Lunch: "Lies and Deceptions" - Prof. Hugh Rank (E1105)
 1:00 p.m. - 4:00 p.m. CHLD In-Service Meeting on Long Range Planning (3324)
 5:30 p.m. Lecture: "Health Planning"
 American Hospital Association
 840 N. Lake Shore Drive
 Chicago, Illinois
 7:30 p.m. - 10:00 p.m. "U.S. and Ill. Elections" - Speaker Ex-Governor Shapiro (EH)

THURSDAY, October 26

8:30 a.m. - 10:00 a.m. EAS Administrative Council Meeting
 9:00 a.m. Science Committee Meeting
 10:00 a.m. Faculty Assembly Meeting
 1:00 p.m. - 8:00 p.m. Movie: "One On One" (EH) (Continuous Showings)
 2:00 p.m. - 5:00 p.m. University Assembly Meeting (EH)
 7:00 p.m. - 8:00 p.m. Alumni Association Meeting (EH)
 7:30 p.m. Jazz Ensemble Concert

FRIDAY, October 27

9:30 a.m. H.S. Administrative Council

SATURDAY, October 28

12:00 and - 3:00 p.m. Children's Movie: "King Kong" (EH)
 12:00 noon - 5:00 p.m. Dr. Lee Travis (MRH) - Lecture: "Genesis Revisited"

SUNDAY, October 29

4:00 p.m. Performance by Sharon Carlson (MRH)

OUR DEADLINE . . Wednesday noon. Send news to Joan Lewis,
 Editor, Faze I, c/o University Relations.