

CAREERS

Planning

Career Planning is not just matching a person to a job.

See Page 6.

SPORTS

Tennis

Women's tennis team starts season with a 1-1 record.

See Story Page 5.

OPINIONS

Tea House

The Enan Tea House adds culture to Christopher Newport College's campus.

See Story Page 2.

THE CAPTAIN'S LOG

VOLUME 23 NUMBER 19

CHRISTOPHER NEWPORT COLLEGE NEWPORT NEWS, VA

MARCH 16, 1992

CNC & CEBAF: A symbiotic relationship

By Del Putnam
Staff Writer

A fast-growing, well-funded physics department emerges at a small commuter college just a few miles away from a state-of-the-art nuclear research facility. Coincidence? Hardly. Christopher Newport College and CEBAF share more than just a zip code.

If you've lived on the peninsula for any length of time you've probably heard about CEBAF—even if only from the road-signs on Interstate 64. It's just a ten-minute drive from CNC.

Maybe you've seen those three big concrete domes just barely visible from Jefferson Avenue. And maybe you've wondered: What the heck is CEBAF?

CEBAF stands for Continuous Electron Beam Accelerator Facility which probably still leaves you wondering: What the heck is CEBAF?

It's been the nation's highest-priority nuclear physics project since 1979—a place where scientists will

shoot electron beams at atomic nuclei to see what happens.

I know what you're thinking: Big, fat, hairy deal. But the United States government thinks that CEBAF is important enough to spend fifteen years and \$270-million to build the facility.

Nobody really knows what scientists might discover at CEBAF or if the discoveries will be of any practical use.

Of course there's always the international competition to see which country can discover something new in nuclear physics first, but scientists are also just plain curious. They just want to find out how this universe of ours works.

It's just like the space program. Why would we want to send men to the moon? What was that good for?

Well, now, decades later, we have things like pocket calculators, personal computers and compact disc players—all spawned by technology developed for the moon-shot. Of course,

the same technology has allowed the U.S. to develop the kind of high-tech weaponry that was used in the Persian Gulf War. But whatever is discovered at CEBAF will hopefully be used for peaceful purposes.

In other words, even the scientists who work at CEBAF don't really know what practical applications their research might have. At this point it's just a big, expensive toy for nuclear physicists.

Even though CEBAF will not begin to operate until 1994, CNC has already reaped some of its benefits.

The Southeastern Universities Research Association is a group of educational institutions that manage large science projects like CEBAF for the U.S. Department of Energy.

Being a member of this association, CNC is able to get its students and professors in on the cutting edge of nuclear research at CEBAF.

Dr. Doughty, a CNC professor who also works at CEBAF has developed with three of his students—James

Englert, Russell Hale and Stephan Lemon—a "triggering system" used to tell when an electron has collided with a nucleus inside one of those big concrete domes.

A circuit board for this triggering system was designed by Dr. Doughty's students as part of a senior project. The circuit board alone cost \$17,000 to manufacture.

Students at many other schools would never get the chance to design a project like this and actually see it built.

In this case, CEBAF provided the money for the project, CNC students got a superior education and CEBAF got its triggering system.

The CNC-CEBAF relationship is a very symbiotic one in general. CEBAF adds to CNC's research facilities without using the college's constantly pressured funds.

CEBAF also provides summer, part-time and full-time jobs for CNC students while receiving the benefits of their brain-power.

Job forecast: Look early & don't expect much

The experts agree—when the job market is tight, it's critical to know your perceived weaknesses and fix them.

According to both the 1992 Northwestern Lindquist-Endicott report and the 1992 Recruiting Trends report from Michigan State University, the biggest deficiencies of recent graduates are:

- Unrealistic job expectations. This topped both lists.

According to Recruiting Trends, college students "do not see the big picture...They lack imagination, especially after graduation. Graduates only want to work 8 to 5...They lack loyalty to the company, refuse to have patience, and they expect to start at high wages—they are told to expect this by college faculty."

- Poor communication and writing skills. Ranked second by both reports, the researchers note that recent graduates' skills in these areas are noticeably worse than in years past. Employers specifically say grammar and spelling need improvement.

- Insufficient resumes and interviewing preparation. Employers say graduates don't bother to research their companies before interviews and

they don't exude confidence and assertiveness to successfully "sell" themselves to an employer.

Other shortcomings included a lack of practical work experience through internships or co-op programs and few signs of professionalism.

Career counseling officers nationwide say students need not fret, however, because programs exist to help persistent, committed students overcome their problems.

"A tighter job market will expose an individuals' job search weaknesses early on due to increased competition, however, the need for a student to learn to market and place himself has always been important," says Douglas C. Gallager, director of career and counseling services at Christopher Newport College.

"The good news," continues Gallager, "is that students can master these skills which are used not only upon commencement but also at numerous times during their lives as well—these are skills for life."

"There's a tremendous amount of preparation out there," says Leslie Mallow Wendell, director of career services at Widener University. "There are workshops, classes, support groups

For additional information on services offered by CNC's Office of Career and Counseling Services, please see page 6.

for students. There's mentoring, where we hook students up with industry mentors through networking. Networking is becoming more important."

Dale Austin, director of career planning and placement at Hope College in Michigan agrees that students have many options.

"The advisable approach is for them to broaden their options. They need to be creative in looking at other alternatives, they need to be creative in their approaches," he says. "Finding a job is more than just job fairs and on-campus interviews."

Austin says that when interviewing, students need to realize that "even if they have strong credentials, the interviewing time is critical time" to allow a prospective employer to get to know a student's personality, goals, enthusiasm and energy.

Wendell adds that "some students are afraid to ask questions about career paths, if they can succeed (with a particular company). Students need to understand that those are appropriate questions to ask."

FAFs for need-based aid due

Students who wish to apply for Christopher Newport College need-based financial aid programs or any type of student loan should complete their Financial Aid Form (FAF) and mail it to the College Scholarship Service (CSS) immediately.

The results of the FAF must arrive in the Financial Aid Office no later than April 1 to be considered for all financial aid programs. CSS asks that you allow at least four weeks for processing a CNC Application for Financial Aid and return it to the Financial Aid Office by April 1.

The names of students whose FAFs arrive after April 1 will be placed on a late list, in chronological order, and will be considered for awards if there are any remaining funds after the on-time applicants are processed.

The non-CNC programs, Pell Grants and Guaranteed Student Loans, are available throughout the school year but the processing time is several months.

If you expect to use these programs to cover your tuition in August 1991, you should apply now.

If you have any questions or need forms, visit the Financial Aid Office in room 203 of the Administration Building or call 594-7170. Office hours are 9:30 a.m. to 4 p.m.

FROM THE EDITOR

Registration periods stressful

Each semester, as early registration approaches, students are seen scurrying about campus in search of their advisors. Many students have not met with (or even bumped into) their advisor since early registration from the previous semester.

When they do finally get around to scheduling an appointment with their advisor, they may discover that they need to take more than 18 credit hours the next semester, or that they will not graduate on time or a host of other distressing situations.

When a student needs to register for more than 18 credit hours, they must get permission from the Academic Status Committee prior to registering for the classes. Of course, this can make a student very nervous. Especially if the student has waited until the last minute to meet with his or her advisor.

Keeping in contact with your advisor can save you a lot of heartache when registration time rolls around. It can also give you advance warning of the need to take extra credits prior to your last semester of college.

It is very stressful to suddenly realize during the early registration period for your last semester before graduation that you do not have enough credits to graduate.

It is even more stressful to figure out how to compensate for the additional credits needed for graduation only to discover that the person you need to talk with is even busier than you are.

How do you find time to schedule an appointment with another member of the faculty, get your overload form turned in on time, keep your sanity and still be able to register on the first day of early registration?

Well, I don't know how you will do all those things, but I can tell you one thing: don't panic. If you take some time out to logically analyze the problem, you will take the necessary steps and everything will work out fine.

However, if you have not found yourself in this position, make sure that you carefully plan your schedule and meet with your advisor frequently so that this very frightening thing won't happen to you.

THE CAPTAIN'S LOG

TERESA GIBSON Editor-in-Chief	SHERRI BUTLER Managing Editor
TERRIE BOOTHE Advertising Director	TIM WATTS Account Executive
CATHY MAYES Photography Editor	ROBBY HIPPS Sports Editor
AMY SPARKS News Editor	STEVE SICELOFF Opinions Editor
DEL PUTNAM Copy Editor	DIANNA MCKELLAR Proofreader

TOM GIBSON, Technical Advisor
JEROME ZUKOSKY, Advisor

THE CAPTAIN'S LOG, the official student newspaper at Christopher Newport College, is published each Monday during the academic year, except holidays and final examination periods by Byerly Publications.

News contributions are accepted by telephone (804-594-7196) or at THE CAPTAIN'S LOG office (Room 223 of the Campus Center).

Circulation inquiries and advertising rates are available upon request by telephone or mail.

THE CAPTAIN'S LOG welcomes letters from its readers. Send to: The Captain's Log, Christopher Newport College, 50 Shoe Lane, Newport News, Virginia 23606. They may also be brought to our office or left in our mailbox on the second floor of the Campus Center. Please sign the letter and provide full address and telephone number for verification purposes. Students: Please indicate your class status. If the writer is affiliated with an organization, that may be noted.

THE CAPTAIN'S LOG reserves the right to edit letters according to style, subject and length, as well as refuse publication. Letters will be printed anonymously upon request.

Corrections to THE CAPTAIN'S LOG will be published in the issue following the error.

Tea House adds culture to CNC

By Steve Siceloff
Opinions Editor

A couple of weeks ago someone asked me what the Real Story was behind the Japanese Tea House, officially the Enan Tea House, that is on Christopher Newport College's campus.

The first thing anyone usually wants to know is the cost of a project. CNC paid nothing for the privilege of getting the tea house; all the money needed was donated by local parties including Noland, Toshiba America, and Canon of Virginia (which someone told me was bigger than Canon of Japan, but I wouldn't bet the farm on it just yet).

The next dilemma facing most is to figure out where the house is. Assuming you drive in the Shoe Lane entrance, it is on your left, surrounded by a brown fence.

The Tea House, which is more of a cultural exhibit than a historical monument, is a deceptively strong little hut, capable of holding only eight people at a time. The building is made of bamboo and a hand-polished wood whose name I can't remember right now, but it is really smooth. The architecture is traditional 16th century, meaning that you do not have to guess where the walls end and the roof begins. It has an attic, but I did not get to go up there because the entrance was designed for a short Japanese person, not a tall American. I was most impressed that, unlike most



The Enan Tea House

Photo by Cathy Mayes

buildings on this campus, the designers used absolutely no bricks. It was a relief to be rid of that maroon haze that hangs over this College.

Bamboo stalks stacked and rolled and piled up make the roof. It apparently works very well, there were absolutely no leaks that I could see. As for modern roofs and ceilings, maybe we should give up tiles and shingles in favor of pines, birches and oak.

The front entrance is augmented with an outdoor rack, where the Japanese warriors would leave their swords before entering the Tea House. My tour guide, John Campbell, who is also CNC's acting vice president for development, said that the Japanese wanted everyone to be equal when they entered the house. That way, negotiations would proceed smoother and more quickly. (It's a shame Congress has not picked up on this idea.)

Inside the house, everyone takes off their shoes. Before this tour, the only part of Japanese culture I knew about was that they don't buy American products, they buy Nikes, and in came the cold, February air. The combination of sock-feet and frigid climate made for a short jaunt through the house.

As with most cultural exhibits, some may be disappointed, asking, "Is that all it does? Just stand there waiting for a hurricane?"

So, if you are looking for a laser show and rockets and F.D.R.'s wheelchair, go somewhere else. But, all that aside, it is a neat house. The best thing about the Enan Tea House is the attention it brings to the College. Since colleges and universities are supposed to be cultural centers, as well as learning places, the Tea House adds to the culture-base here. The Tea House, coupled with the Falk Gallery, makes CNU start to look fairly cultured.

LETTERS

Men don't count

To add a qualified (woman's) response to the articles regarding abortion, I would like to bring attention to a few points. First of all, why has there been two men

— not women — discussing this issue so far? The fact is that abortion is about women's bodies — not men's. Specifically, why should a male have any say in this matter at all?

Until a man goes through PMS every single month for the rest of his life, and has to

worry about becoming pregnant every time he has sex (no form of birth control is 100-percent effective), and has a papsmear every six months, and delivers a baby, then a man will have a valued opinion about abortion.

Name withheld

The Captain's Log office will be closed March 16 until March 22.

The office will reopen
March 23.

The next issue will come out
on March 30.

Campus Activities Board

presents

Comedian "Carrot Top"

Monday, March 30, 1992

Noon in Christopher's



You'll love the irresistible non-stop energy, and charm of Carrot Top. His unbelievable imagination and observations of everyday life will blow your mind. He's unique, crazy, charming, wild and tons of fun. Four full-size trunks, full of amazing inventions that the average mind could never think of. Imagine a clothes hanger for short people, or the best place to hide your house keys, just to name a few. His recent TV appearances include CTV (The comedy Network), Showtime Comedy Club Network, Caroline's Comedy Hour and Comic Strip Live. Watch for him coming up on Star Search as well. Taking the country, the stage, and the house by storm, Carrot Top is converting average, normal citizens, into devoted Carrot Head fans. You Could be next!

Don't Miss Him!

Opportunity to study in Japan awaits

In addition to a student exchange program between Christopher Newport College and the Kansai University of Foreign Studies which has been in place for the past two years, CNC has recently established an exchange program with Osaka International University in Osaka, Japan.

This year, the exchange student from CNC, Ms. Brittany Matsumoto, is enrolled in the Asian Studies Program at Kansai Gaidai, and two Japanese students from Kansai Gaidai, Ms. Yuko Asada and Ms. Aki Ochi are here on campus to pursue their first

academic studies experience in the United States.

This exchange program was initiated to address the challenges raised by the increasingly important U.S.-Japanese relations and to respond to the increasing need for international education. The program also promote international friendship and world peace by stimulating intercultural understanding and supporting scholarship projects between students from the United States and Japan.

For the academic year of 1992-93, in accordance with student exchange

agreements, Kansai Gaidai has selected Mr. Yasuhiro Nozaki to attend CNC, and Osaka International University plans to send two students to CNC.

In response, we would like to recruit CNC students interested in participating in the student exchange program with either of the two Japanese universities. Some scholarship funds are available.

The program is open primarily to upper-class students; however, second-year students are also encouraged to inquire about this extraordinary

opportunity.

After participating in carefully planned and closely supervised practical study experiences in Japan, students should return to the United States with a clearer view of their place in the world, a deeper understanding of other cultures and a stronger sense of where their skills and talents can take them.

For more information, please contact Dr. Elizabeth Hansen, Director of International Studies, at 594-7751 or Dr. Sang O. Park, Director of Japanese Studies, at 594-7176.

"Table Talk" luncheons and discussions scheduled

In observance of Lent, United Campus Ministries invites the college community to Table Talk, a series of lunches accompanied by discussion.

The lunches will be free, and conversations will center around the theme of healing.

The weekly series will be held in the Banquet Room of Christopher's from noon to 1 p.m. on Thursday, March 19

and thereafter on Wednesdays, March 25 through April 15.

Speakers and topics include: Ms. Becky Glass, Baptist Campus Minister, "Healing the Self," March 19; Ms. Virginia Keithley, Student Services Specialist, "Healing Family Relationships," March 25; Ms. Jelane Kennedy, Adjunct Professor of Psychology, "Healing Life's Losses," April 1;

Dr. Shelia Greenlee, Professor of Psychology, "Healing Racial and Gender Barriers," April 8; and Dr. Harold Cones, Professor of Biology, "Healing the Earth," April 15.

Carolyn Lawrence, Christopher Newport College's Campus Minister, invites all students, faculty and staff to participate. For further information, please call 595-4604.

Alpha Kappa Alpha Sorority hosts informational meeting

Alpha Kappa Alpha is the first black sorority which was founded on Jan. 15, 1908 at Howard University in Washington, D.C. by Ethel Hedgemen Lyle.

Ms. Lyle established Alpha Kappa Alpha Sorority "as an instrument to make college experiences meaningful

and as valuable as possible in enhancing the capacity of college-trained women for significant self-realization."

On Jan. 29, 1913, the sorority was incorporated "to ensure perpetuity."

Nu Epsilon Chapter of Alpha Kappa Alpha at Christopher Newport College was chartered on Jan. 3, 1980.

The women of Nu Epsilon Chapter of Alpha Kappa Alpha Sorority, Incorporated invite you to join us at our information session on Sun., March 29 at 3 p.m. in the Campus Center in room 150.

For further information, please contact Erica Greene at 877-8128.

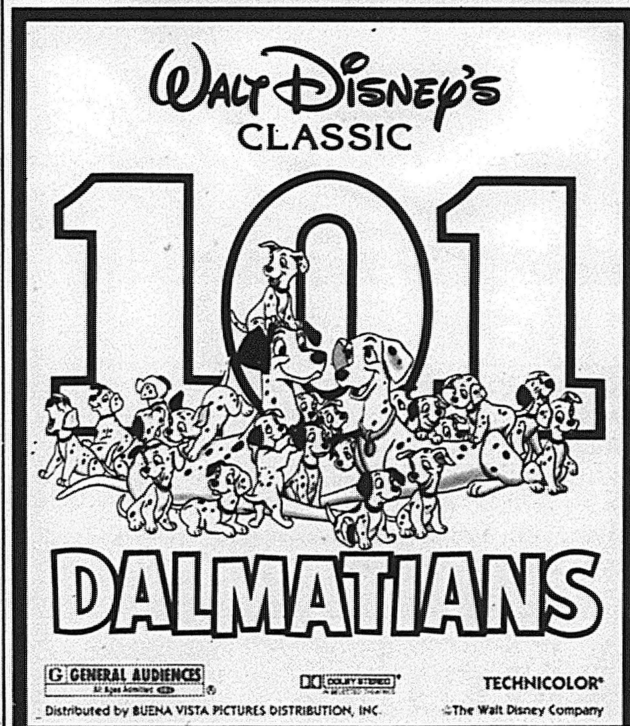
SGA sells New York cheesecakes

The Student Government Association will be sponsoring a Cheesecake Sale the week after Spring Break. The cheesecakes are the finest quality, fresh-baked New York Cheesecakes and are speedily shipped to Christopher Newport College. Each costs \$8.00.

The money raised will go into the SGA's general operating fund and will be used to fund student activities on campus.

To purchase a cheesecake, see any member of the SGA. Hurry! The sale ends March 20. The cakes will be delivered on April 14.

Campus Activities Board presents... "101 Dalmatians" the Movie



Free
Admission
Popcorn
Drinks



Saturday, March 28, 1992
10am - 12noon
Campus Center Lounge

Women host NCAA game despite loss

For the first time in school history, the Lady Captains will be hosting an NCAA Tournament game.

CNC will entertain Marymount (24-3) Saturday Mar. 7 at 7:30 pm in one South Regional game of the Division III Championship. Roanoke (23-3) visits Maryville (24-3) in the other regional game. The winner of the CNC—Marymount game will face the winner of a contest between Wisconsin—Eau Claire (21-4) and Wisconsin—Oshkosh (18-5) in a sectional game somewhere in the Great Lakes Region.

The NCAA bid is CNC's third ever, the Lady Captains having played in 1982 and 1986.

The Lady Captains have faced Marymount twice this season and split the games. At the Marymont Tip-Off on Nov. 24, CNC fell, 78-70. However, on Feb. 2 at Ratcliffe Gym, CNC won, 99-98, on a driving layup

by Karen Barefoot at the buzzer in one of the most exciting games of the season.

The NCAA bid follows a disappointing Dixie Conference Tournament showing for the Lady Captains, who entered as the No. 1 seed, but lost to Ferrum in the semi-finals, 74-69.

Against Ferrum, CNC suffered through a horrendous shooting game, hitting only 24 of 86 shots.

A put-back, off a missed shot, by Ferrum's Kellie Vardaro, with 6:00 to go in the first half gave the Lady Panthers a 23-22 lead.

CNC never led for the rest of the game, despite tying the score three times in the second half. The last tie came at 53 on a basket by Tara Jimmerson.

Tia Johnson led the way with 26 points and 21 rebounds, while Barefoot had 17 points and Kinsey Pritchett 11 points.

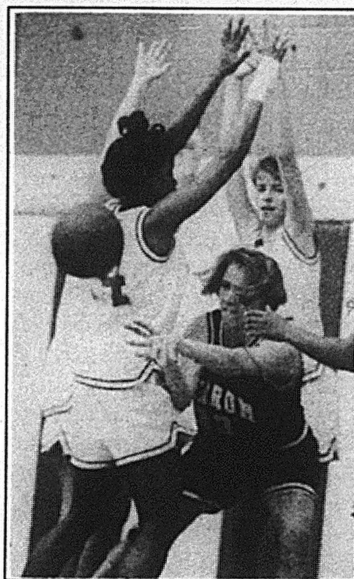


Photo by Keith Hassan
Kinsey Pritchett and Tia Johnson surround an opponent.

Men lose in DLAC championship

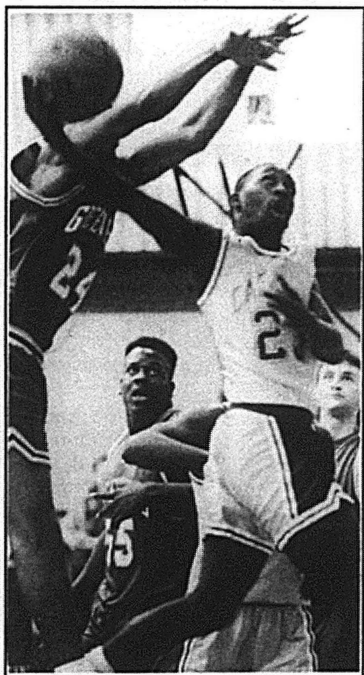


Photo by Keith Hassan
Steve Artis uses an acrobatic move in a previous game.

A great stretch run fell just short for the Captains in their bid for a sixth NCAA Division III National Tournament appearance in the last seven years.

A foul-plagued CNC team lost to Ferrum, 99-96, in the Dixie Conference Tournament Championship game, and left CNC fans wondering what might have been had the Captains had all their players in the second half.

Leading, 52-41, at halftime, CNC saw its top players relegated to the bench through a series of controversial foul calls. First, center Donald Smith picked up his fourth personal with 13:32 to play, and did not return to action until the 3:57 mark.

Then Dixie Conference Player of the Year Steve Artis received his fourth 12:50 to go. Artis returned at the same time forward James Boykins got his fourth, with 6:47 to play, but fouled out just 38 seconds later on a hotly-debated charge.

The Captains outscored the Panthers by ten baskets, 41-31, but saw

Ferrum parade to the foul line 40 times to 22 for CNC.

Smith paced CNC with 23 points and 11 rebounds, followed by Ted Berry with 22 points. Boykins added 16 points and 10 rebounds, while Artis contributed 13 points and six assists and Bruce Johnson 12 points.

The Captains earned their way into the championship game with a thrilling, 88-83, win over N.C. Wesleyan.

Artis hit a huge three-pointer to break an 81-81 tie with exactly one minute to play. Following a pair of free throws by the Bishops' James Condery, Artis make two of his own to put CNC back on top, 86-83.

He then converted a break-away after a N.C. Wesleyan miss to put the finishing touches on a great performance.

Artis scored 11 of the Captains' last 13 points to finish with 31. Boykins added 22 and Smith 16.

Congratulations go out to men's basketball team for an exciting season and a great effort!

Women's tennis begins season with 1-1 record

Strong play by the No. 1 doubles team of Amy Lawrence and Stephanie Seward has helped the Lady Captains start the Spring season off with a 1-1 record and a positive outlook for the rest of the season.

CNC opened the season with a hard fought loss to Dixie Conference Champion Methodist, 6-3, but evened their record with a rout of Division I University of Maryland—Eastern Shore, 9-0.

Against Methodist, the Lady Captains were led by Lisa Lunde who took the only singles match of the day for CNC at the No. 3 spot with a 6-4, 6-7, 6-4 victory. In the doubles, the No. 1 team of Lawrence and Seward carried over their success from the Fall season to win 6-7, 6-2, 6-4.

"That was the first time that Lawrence and Seward defeated them [Methodist's No. 1 doubles team]...this should help their confidence tremendously and give credence to their pre-season ranking," stated coach Pat Accettola.

This past Fall, the Lawrence and Seward team went undefeated in match play, including an important victory against the No. 1 doubles team for NCAA Division III National Champion Mary Washington College.

By winning all singles and doubles matches, CNC won easily over University of Maryland—Eastern Shore. Notable performances included a No. 2 singles victory by Seward, 6-1, 6-4, and a No.1 doubles win by Lawrence and Seward, 6-1, 6-1.

The Lady Captains take to the road for their next Dixie Conference match—ups against Averett and Ferrum on Mar. 20 & 21.

Experts say you should begin your career search early. For information on services available at Christopher Newport College, please see page 6.

Career counseling

Highly-skilled professionals are available to assist you in discovering more about yourself, your interests, values and personal style.

Career exploration and decision making are also discussed. Confidentiality of all information assured.

Personal assessment

Your counselor has a variety of assessment instrument to help you. These instruments are used as a catalyst for discovery and clarification of interests, values and personal style.

Instruments include the Strong-Campbell Interest Inventory, Self Directed Search and Myers-Briggs Type Indicator.

Resource center

The Career Resource Center is a centralized location for career and educational information. Resources are available to answer many of your career questions concerning the nature of work, outlook for employment, salary trends and methods of entry.

Employer files, graduate and professional school resources and additional job search information is also available. The Center is located in the OCCS in Campus Center Room 146.

Career guidance

If you do not need to see a counselor, you may wish to try SIGI Plus, a computer career guidance program. SIGI can help you explore your values, interests and skills.

Based on this information SIGI searches its career library and presents ideas for your review. Visit or call the OCCS at 594-7047 and sign up to use SIGI, it is easy to use.

Seminar series

The Office of Career and Counseling Services offers a comprehensive seminar series each semester. Career topics include Choosing A Major, Identifying Your Career Interests, How to Set Goals and Identifying Your Personal Style for Career Planning.

Seminars are offered at various times throughout the semester to accommodate student schedules. Visit our Office or call 594-7047 to register. There is no cost to you!

Video tape series

The OCCS has developed a video tape series for your perusal. Topics relating to career planning include Corporate Careers for Humanities Graduates, Career Strategies 1, Career Strategies 2, Moving Up, Making Contacts: The Power of Networking and Negotiating the Job Offer.

The Captain's Log would like to extend a special thank you to Mr. Douglas C. Gallaer, director of CNC's Office of Career and Counseling Services for taking time out of his schedule to prepare the information on this page.

Career planning: Not just matching people and jobs

For many, career planning is nothing more than trying to choose the right job to pursue. This concept of career and planning is very short-sighted and ignores the real value and purpose of the process.

This myopic view over-emphasizes the importance of external factors such as earnings and labor market needs at the expense of vitally important concerns such as self awareness.

Career planning is much more than what you do for a living—it is life planning and involves an introspective look at self, including all the major spheres in your life—occupational, personal relationships, community/civic involvement, leisure/recreational activities and spiritual/personal growth.

Career planning is a process whereby you seek congruency and reasonable balance between who you are, what you do and how you live both in and out of the work environment.

Let's begin with some basics. You are a unique, dynamic, complex human being with more capabilities and qualities than you realize. Your capabilities and qualities extend well beyond the boundaries of any 9 to 5 occupation.

Your worth and dignity come from within and have nothing to do with your job title, but rather how you live your life and treat other people. Moreover, you are who you are, wherever you are. As such, why not seek opportunities and environments in life that tap your qualities, interests, values and needs, whether in your job, relationships or community.

Your major challenge in the career/life planning arena is to learn more about yourself. Key areas of discovery include your interests, values, personal style, strengths and needs. Self awareness is the primary key to satisfying career and life planning.

Knowing your needs, your gifts and the contributions you have to offer others is indispensable in clarifying career and personal goals. As you learn more about yourself and discover what is important to you, you are in a

better position to make choices in all areas of your life.

The career and life planning process is ongoing. It requires some time and effort, not because it is difficult, but because you are complex and capable of more than you know. As such, true career planning does not produce the perfect decision. Rather, ambiguity and confusion are normal and expected in this process.

Embracing confusion and channeling it into positive action yields choices rather than choice. Understanding the relationship between yourself and the myriad choices you face is positive. As you gain insight in this arena you may feel a greater degree of control and direction in your life.

As you experience career and life planning you are basically learning how to deal with change—a skill for life. Whether through the natural process of personal development or caused by outside events, change is ongoing. Interests, values and needs changes with time and experience.

Coping with change is not always easy, but it can be managed. Understanding yourself and the choices you face enables you to make informed decisions. Congruency between self and the major spheres of your life—i.e., the degree your interests, values and needs are expressed and met by what you do and how you live—is a key to career and life planning and satisfaction.

If this article has left you with more questions than answers, good! You may be an excellent candidate to learn more about yourself, the choices you face and information to support decisions you may make.

Additionally, it is never too late to begin the process.

The Office of Career and Counseling Services (OCCS), in Campus Center Room 146, offers many services to help you help yourself. Please review the career services noted and use all that you find beneficial. You will find a caring and professional staff eager to assist you.

Career & counseling services: A closer look

One primary purpose of the Office of Career and Counseling Services is to help students in developing and implementing career plans. Career planning is a developmental process that can be fostered during your educational experience at CNC. We offer a variety of services that do just that.

Specifically, we offer services to help students: engage in self assessment; obtain career information; explore a full range of employment opportunities and/or graduate study; learn how to market themselves in the world of work and learn job-seeking skills to find employment.

Most of these services can be used throughout your educational experience at CNC, whether you are an unclassified student, a freshman, sophomore, junior, or senior.

Many CNC students seek employment, not only as graduating seniors, but at various times throughout their college experience.

Although we do not operate as a typical employment agency or guarantee employment, we do offer substantial services to support the student in his/her job search.

Extensive job vacancy information and seminars to teach the student to place him/herself are available to all students. Additionally, an on-campus recruitment program is available for CNC seniors and graduates.

The Office of Career and Counseling Services offers numerous other services not noted in this article. Personal counseling, resume and placement support services, student employment program, extensive job vacancy information and video tape mock interview are additional areas of service.

The OCCS welcomes and encourages you to take advantage of these opportunities. You will find a caring and professional staff eager to assist you. We would like to be a "link with your future."

Another primary purpose of the OCCS is to assist students in adjusting to college life. In this regard, personal counseling is available to explore myriad topics. Adjusting to college, enhancing personal relationships, family and economic concerns, anxiety management and other issues are addressed. All counseling sessions are confidential.

Please visit the office in Campus Center room 146 or call Mr. Gallaer at 594-7047 for further information.

The staff

Douglas C. Gallaer, director; Glen G. Vought, counselor/coordinator of handicapped services; Norma J. Brown, coordinator of corporate recruitment; Dennis R. Ridley, director of student assessment; and Sharon Lue, secretary

Campus Activities Board

presents

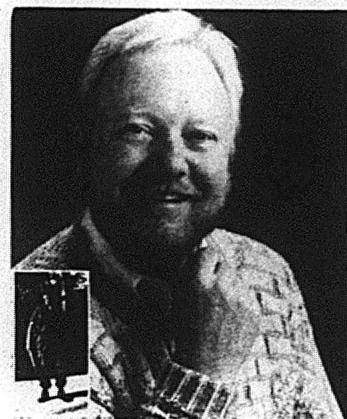
Speaker Brent Burns

... on Vietnam

Don't miss the dynamic conversations with an insider!

It was 1968 during the height of the Vietnam conflict, when a then 19 year old Brent Burns was drafted into the U.S. Army and sent to the jungles of Southeast Asia. Months later, he was nearly fatally wounded after which time he spent three years recuperating in military hospitals. In his exciting and informative lecture program, Brent relives the long months in the midst of the war, and through tears and laughter, captures this most misunderstood period of history in a unique and moving way. Brent reflects on his personal experiences in the Vietnam war and on American life during that era.

Wednesday, April 1, 1992
8:00pm Campus Center Lounge
Free Admission

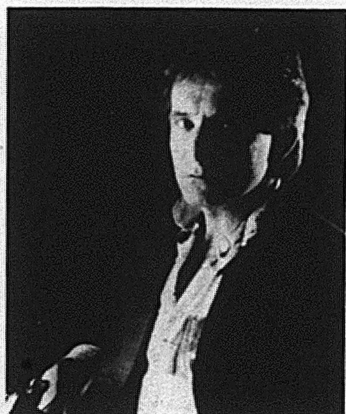


Campus Activities Board

presents

The Very Talented Musician

Gene Cotton



Wednesday
March 18th

9:30 - 10:45pm

The Terrace

Thirteen albums, Top 40 singles, duets with Kim Carnes and Jennifer Warnes, movie scores, national TV appearances, tours with Olivia Newton-John, Jennifer Warnes, Hall and Oates, recipient of NACA's Harry Chapin Humanitarian Award, five-time nominee for NACA Entertainer of the Year Award. With upwards of 100 campus dates annually, Gene Cotton remains one of the most eminently popular attractions in NACA. A seasoned performer who makes you feel like he is just getting started! His relentless drive and commitment keep Gene's creative talents at a constant peak. The result is a performance which is current, relevant and downright fun. With the addition of synthesizers, drum machine and computerized sequencer, this solo performer puts out a wall of sound and at a price which, including sound and lights, makes him one of NACA's genuine bargains. Above All, Gene Cotton's performances have the spark, the connection and the substance that bring him back to campuses again and again.

Classifieds

Miss
Classified
594-7196

CLASSIFIED COPY DEADLINE

(for businesses and non-college-associated persons only)

- CALL "MISS CLASSIFIED," to place your ad.
- Or come by The Captain's Log office in Room 223 of the Campus Center at Christopher Newport College, 50 Shoe Lane, Newport News.
- To NOON Monday for following week's publication.
- Please contact Miss Classified for rates and other Classified information.
- Payment must be received before classified will be published.
- Office is closed on weekends. Leave a message for Miss Classified. A representative will contact you.
- Space is allotted on a first come, first serve basis. Ad position cannot be guaranteed by *The Captain's Log*.

CUSTOMER SERVICE

Please call 594-7196 on all CHANGE OF COPY OR CORRECTIONS. Deadline NOON on Friday preceding publication.

Certain Seller Ads—For individuals only, no businesses, please. Ads listing more than one item: each item must be priced and for sale only, no rentals. Ads cannot be cancelled or changed before the first insertion. Call Miss Classified for further information and rates.

• *The Captain's Log* reserves the right to discontinue or amend any of our programs or offerings at any time.

MISS CLASSIFIED 594-7196
50 Shoe Lane, Newport News 23606

NOTICE—THE CAPTAIN'S LOG

For the protection of our readers, all advertisements are accepted for publication in the Classified Section on the premise that the product is properly described in the advertisement, is available at the advertised price, is available at the advertised address and will be willingly sold to a buyer at the price and conditions stated in the advertisement.

Advertisers deliberately violating these standards will not be permitted to use our advertising columns.

If the reader encounters anything other than faithful compliance with these conditions, we will appreciate your call to the Better Business Bureau, (804) 722-9101, or write BBB, 3608 Tidewater Drive, Norfolk, Virginia 23509.

NOTICE of typographical or other errors must be given before the second insertion for

claims or refund or extension cannot be recognized.

After an ad is ordered it cannot be cancelled or changed before publication. Read ad carefully at the time of first insertion. If it contains an error and you wish to correct or cancel your ad, call MISS CLASSIFIED (594-7196) and ask for CLASSIFIED CUSTOMER SERVICE DEPARTMENT.

The Captain's Log does not assume financial responsibility for losses sustained as a result of any typographical error in any ad imperfectly or incorrectly printed or accidentally omitted.

All advertising copy is accepted subject to the approval or rejection by the management of *The Captain's Log*, and if rejected, any consideration paid will be refunded to the advertiser, and all parties will be released. *The Captain's Log* also reserves the right to edit, reject or classify all ads under appropriate headings.

TAPE-A-QUARTER CLASSIFIEDS:

Students, faculty, staff and members of the alumni society of Christopher Newport College. Order a classified for only 25¢ per six lines. See coupon below.

Announcements

Would you like to know what goes on backstage of a play? Or how a play is done? Well come on Fridays at 2pm in the green room of the theater and find out.

Omicron Delta Epsilon: Honor Society in Economics 3.00 GPA overall; 3.0 GPA ECON. 12 Hours Econ courses required (201,202);

Housing

ALPINE LODGE. Completely and attractively furnished dorm-house designed for female college students. One mile from CNC. Private room available now. \$275 per month with semester lease includes all charges. Washer, dryer, color TV with cable, completely equipped kitchen with microwave and dishwasher and all supplies except food. Non-smokers only. No pets. Contact Ron Mollick, Biology Department (594-7123) or Beth Mollick (594-2702); evenings and weekends call 595-5074. Owners do not live on premises.

Person to Person

JANE, HOW ARE YOU AND DICK? YOU'RE PROBABLY BETTER OFF WITH DICK, BECAUSE THIS HOT BUBBA IS HARD TO GET!! BUBBA

Jane, You are such a skeeze. Dick, go play the skin flute. Neil and Bob, are they your names or what you do best? All of you need to save your quarters and call someone who cares. Love, Buster Hymen & Peter Gozinya

Ali: You are the rad-est, bad-est granny on campus and my Smith-field Sweetheart. Study hard so I can retire. All my love, Skip

CNC Women's Basketball: Congratulations on your bid. We know you will do well. We will be with you as far as we are able to be. You will always have someone in your corner. "You're too sexy..." L.B.1 from the Cheerleaders

Person to Person

The missing pledge was also missing from the paper last week. His cousin (supposedly) Hopskin Yotum III must have rigged the letter. Congratulations to Kambar Khoshaba. Sigma Pi

Lightnin, I'm not sure I can play with you after you broke my G-String twice! It's been really blue since you scorned my comment. Til next time, Blind Baby

G.C. - You know who you are. You know who she is. So ask her for coffee, lunch, a soda, or help grokking those nasty French verb conjugations. Don't be a stranger in a strange land! A Friend
A big congrats to all the cheerleaders for kickin' butt and taking first place down in Greensboro. You worked hard and earned it. Keep it up! Go for 3 in a row. Signed, A close friend of all of you.

Person to Person

CNC Cheerleaders! Methodist who? Congratulations! We busted our butts and it paid off. Two years in a row. I feel a 3-peat coming on. Let's do it again. We still have the women's tournament. Go Lady Captains! "We're too sexy..." L.B.1

ATTRACTIVE WHITE MALE, 22, MED. BUILD, MUSTACHE, VERY FRIENDLY. DESPERATELY DESIRES FEMALE COMPANIONSHIP WITH AN ATTRACTIVE OUTGOING WOMAN, INTERESTED IN A VARIETY OF ACTIVITIES. CALL PAT AT 898-4263.

Dianna, Terrie, Tim and Sherri: You all behave yourselves when we leave you at home by yourselves next week. Don't do anything we wouldn't do. Seriously though, have some fun! See ya on the 23rd! —Amy, Cathy, Steve, Del, Robby and Teresa.

Person to Person

CNC Community: *The Captain's Log* will not be printed on Monday, March 23, 1992. The next issue of the paper will be on March 30. Remaining issues this semester are: April 6, 13, 20, and 27.

Tom, Thanks for putting up with me this past week. I love you dearly and I can't ever imagine my life without you. Thanks for always being there. Always, Teresa

Elizabeth, I miss you. You haven't been around in a while. I thought that we would spend more time together this semester... I guess I was wrong. Call me. Love, Your Big Sister.

Gamma Phi Beta Sisters: I'll miss you all next week when I'm in New York. Try not to have too much fun while I'm gone! Love in IKE, Teresa G.

TAPE-A-QUARTER CLASSIFIEDS

Tape-A-Quarter Classifieds are for students, faculty, staff and members of the alumni society only. Simply write your ad and tape a quarter to it.

- Rates are .25¢ per ad for six(6) lines. Ads exceeding six lines will not be run.
 - All ads are run in one issue only. For multiple runs call MISS CLASSIFIED (594-7196) for further information.
 - Tape-A-Quarter Classifieds must be submitted on an official Tape-A-Quarter coupon. Coupons can be obtained in each issue of *The Captain's Log*. Ads submitted on anything other than official coupon WILL NOT be published.
 - Included on the coupon must be your name, phone number and the date that ad was submitted. Failure to include such information will result in ad not being run.
 - Tape-A-Quarters must be left in our convenient drop-box located on the first floor of the Campus Center next to the stairwell by the Jown W. Gaines Theatre or by mailing to: *The Captain's Log*, Tape-A-Quarter Classified Department, 50 Shoe Lane, Newport News, Virginia 23606. DO NOT bring Tape-A-Quarter ads to our office.
 - Tape-A-Quarter ads are published on a space available basis. Those ads which are not published because of space constraints will be published in the next issue.
 - *The Captain's Log* is not responsible for lost, misdirected or late Tape-A-Quarter ads.
- DEADLINE for all Tape-A-Quarter Classifieds is NOON on Tuesday the week preceding publication. Publication dates are available upon request.

For more information about our classifieds, refer to the information at the top of the page or call Miss Classified.

OFFICIAL TAPE-A-QUARTER SUBMISSION FORM

Ads which are not submitted on this form will not be published

NAME (required)

PHONE NUMBER (required)

TODAY'S DATE: ___/___/___

Check one: ☐ Student ☐ Faculty ☐ Staff ☐ Member of Alumni Society

Print Message below. Please DO NOT exceed six lines.



Tape-A-Quarter ads are printed on a space available basis. Those ads which do not appear because of space constraints will be published in the following issue.