

Psychologist speaks at opening of CDLS

By Cara Latham

The opening of the new Center for Development of Leadership Skills (CDLS) kicked off last week with keynote speaker, Dr. Hendrie Weisinger.

The first class of students to enroll in the newly created program attended the event held in the BLC Theater at 7 p.m., which was jointly sponsored by the Center and the University Lecture Series.

Dr. Carol Watson, faculty member and director of the Center, opened the event and welcomed the students enrolled in the new certificate program.

"The heart of our leadership development programs is the extensive interpersonal skills training that we're going to give our students," she said. "The [training] that we're providing is very similar to what people now call emotional intelligence."

Emotional intelligence was the topic discussed by Weisinger, a licensed psychologist who has developed and implemented programs that have helped many of the nation's most prestigious corporations, government agencies and organizations to operate more efficiently and effectively.

Weisinger said that what he was speaking about "will have a direct impact on the quality of [the students'] lives, in terms of creating success." He told students to take action and develop emotional intelligence by means of self motivation, and controlling their emotions and urged them to listen to what he "prescribed."

"Being able to turn setbacks into comebacks is a crucial component," he said. "If you develop and apply your

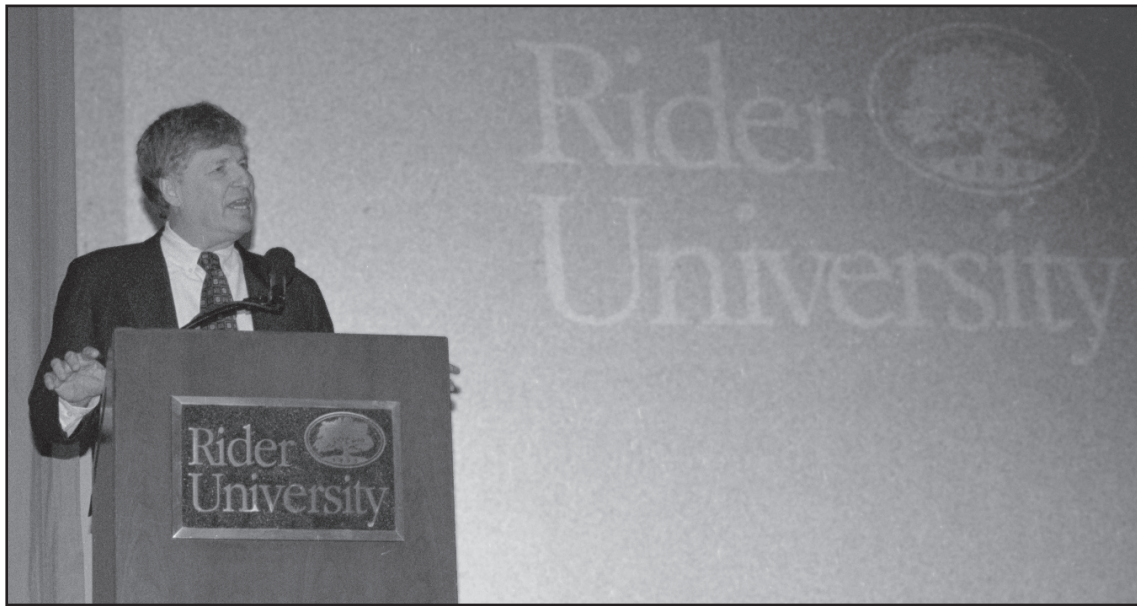


Photo by Al Vicedo

Psychologist Dr. Hendrie Weisinger was the keynote speaker during the opening of the new CDLS center. He spoke to the first class of students in the program about emotional intelligence.

emotional intelligence, using your emotions, feelings and moods and [those of the people around you], as a source of information, as data, that allows you to act more effectively."

He gave the audience 10 tips to help them achieve this goal. One of the tips was to "listen to how you talk to yourself." He stated that talking positively instead of negatively in an unpleasant situation will be beneficial.

"Once you become aware of how you talk to yourself, you start to use your thoughts to help you, rather than making the situation worse," said Weisinger.

He also gave tips on using thoughts as instructional self statements and to be aware of their "own intentions."

"Knowing your intentions gives you direction," said Weisinger. "Your behavior tells you exactly what you want to be doing. Then you can start to navigate your behavior more effectively."

After students know their

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intentions, they will then be able to observe their behavior using other people to increase awareness of their actions, he said.

"Get into the practice of watching yourself in the middle of doing something," he said. "Then you can [know] if your behavior is working for you or against you."

Learning to relax, which includes a quiet environment, physically comfortable position, having a key phrase or mental image and a passive attitude, was also an important concept.

"Studies have shown those people who relax are not only healthier, but more productive," he said.

Generating good humor

was also a significant tip he gave the audience, because it releases hormones that literally act as a pain killer, said Weisinger.

"If you do not have 10 to 14 laughs a day, I must diagnose you as an underlaughed individual," he quipped.

The other tips he advocated included becoming a good problem solver, practicing the power of positive criticism, listening to the message of emotions and making tasks "underwhelming."

Weisinger has authored seven books, including *Emotional Intelligence at Work*, *Anger at Work* and *The Critical Edge*. He has made over 200 appearances on major TV programs including *The Today Show*, *Oprah* and *Phil Donahue* and teaches at a number of executive educational programs and MBA programs at universities around the country, including UCLA, Cornell, NYU and others. His work has also appeared in *The New York Times' Sunday Business Section*, *USA Today*, and *Business Week*.

SECURITY BRIEFS

Would You Like Some Charges with Your Ticket?

A female resident student arrived at the Safety and Security Office to complain about a parking ticket when she became disorderly, shouting obscenities. On Monday, Oct. 18 at 10:40 a.m., the student drove to the office, entering through the exit lane, and illegally parked in front of the office to demand that Security take care of the parking ticket. When the Security Officer tried to explain the reason behind the ticket and the appeal process, she stated that she had tried the process before and that it hadn't worked. Then, the officer offered to help remove obsolete decals from her vehicle, and she began to scream obscenities. When she was asked to lower her voice, she started kicking the wall in the waiting area. Two officers responded to try and calm her down. She left the office and backed out of her spot without looking and proceeded to speed out in an unsafe manner. She was charged with disorderly conduct, indecent conduct and reckless endangerment in addition to her ticket.

The Joke's On You

Security observed a female student speeding through the Lawrenceville campus roadways, failing to stop at stop signs and driving in a reckless manner. On Monday, Oct. 18, at 1 p.m. the driver of the vehicle, with three passengers in her car, had to swerve to avoid hitting two pedestrian students walking along the street. She then skipped the stop signs at South Gate and the kiosk and made a right onto Rt. 206. When the female and passengers saw Security, they giggled and sped away. However, the officers were able to get her license plate and she was identified and charged with reckless endangerment. The matter has been referred to the Office of Community Standards.

Who Needs a Fire Door?

The crashbar to an emergency fire door in Switlik Hall was removed by an unknown suspect. On Saturday, Oct. 16, a male staff member reported that the vandalism had occurred sometime between 12:30 and 1 a.m. The estimated repair cost is \$175 and facilities has been contacted. Investigation is continuing.

Information provided by the Director of Safety and Security, Vickie Weaver.

First AIDS awareness quilt at Rider under way

By Jeff Frankel

Rider University's Center for Multicultural Affairs and Community Service Department will construct the school's first AIDS Awareness quilt that will be displayed on Dec. 1, World AIDS Day.

"World AIDS Day is a national event, which Rider University has been an active participant in since 1999," said Josanne Sampson, a student worker in the Center for Multicultural Affairs and Community Service Department, who had the idea to make the quilt for Rider, along with Ann Singh, another student worker.

Usually, this day is celebrated by renting an AIDS quilt from the NAMES Project

Foundation, an Atlanta based organization whose mission, according to their website, is to preserve, care for and use the AIDS Memorial Quilt to foster healing, heighten awareness, and inspire action in the struggle against HIV and AIDS.

This year, Rider will make its own quilt and send it to Washington, DC.

Each club will create one three foot by six foot panel that will be later stitched together to make two quilts. So far, 24 campus organizations have expressed interest in participating. Some of the clubs and organizations include: RHA, LASO, EOP, Lambda Theta Phi, FLAG, Switlik Hall, Hillel, the Rider Community Scholars, and the Psychology Service Club. There may be even more clubs participating by the time

the final quilt is unveiled.

The cost of the project is not cheap, as the construction of the quilt alone adds up to over a thousand dollars.

"We recently went to the finance board to collaborate with them on making this project a reality," said Sampson. "We are pleased to say that they have not only generously offered their monetary support, but have contributed to the development of this project."

"World AIDS Day is commemorated around the globe on Dec. 1. We recognize this tradition by inviting the campus community to participate in an event designed to educate and instill an appreciation for those that have suffered at the hands of this indiscriminate disease," said Sampson. "This is an excellent opportunity for

these student organizations and clubs to contribute significantly to the university's community service initiative and unite the Rider community."

The quilt will be on display in the Cavalla Room in the Bart Luedeke Center on Dec. 1 from 9 a.m. to 9 p.m. The World AIDS Day Commemoration will begin at 7 p.m. and at that point, each club and organization will have the chance to present their panel.

Sampson and Singh both said they were excited about the project and can't wait to see its completion.

"It is not often you see this many various groups coming together to commit to and celebrate a common cause," said Sampson.