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## Foreign Exchange—How To Get What You Bargained For

For many, it's the chance of a lifetime—meeting different people, observing great treasures of another country, experiencing a culture unlike their own—but for some the experience can take the form of a nightmare.

Most of us have contemplated the idea of foreign exchange. Seems nice—traveling to another country, meeting different people, and it can be too. With a little investigation and planning your trip could be the delightful one you deserve—not the disastrous one you dread.

Rule #1—Make sure the program is school accredited.

Though most programs offered at schools are usually endorsed by the school, there are sometimes programs situated on campus that are not accredited by the school. These programs, usually run by private agencies, combine part-time work, study and the chance to travel.

One such program run by a private agency is the Accord Cultural Exchange. The program involves caring for children and often light housework and requires at least

30 hours of service over 6 days per week.

A student who participated in such a program informed me they were not always arranged in the student's favor. Ann (not her real name) said that there were many flaws in the program—flaws that go unchecked and eventually hurt the student.

According to Ann, one of the major flaws in the program is the selection process. She wrote numerous essays, attended interviews and completed an avalanche of paperwork. Au-pairs, as the students are called, go through extensive evaluation, while the families aren't really evaluated at all. As long as a family expresses interest in the program, they are basically accepted without much questioning. In fact, for the most part, the only information the program truly gets on the families is through the feedback from the au-pairs. With this system, problems could go unheeded for some time, as was the case with Ann. Not only was there an au-pair leaving due to trouble with the family when she arrived, but after she left three more followed suit—that's five au-pairs in total!

Ann says part of the friction between the family might have been caused by the cultural difference. Ac-

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# IF WINTER COMES, CAN SPRING BE FAR BEHIND?

As I'm writing this, I'm thinking ahead to spring semester plans, even though Christmas isn't yet here. We just finished with our "photo op" of Art Weston and Debbie Maday putting an ornament on the school tree for the Honors Society. Many thanks to Debbie and her mother for making the darling ornament! I hope you all got a chance to see it.

Since *The Challenger* editors have decided that the time lag required for screening pictures isn't worth the delay in getting out the newsletter, these pictures will probably end up in the Honors Society album, which is being done this year by Wendy Martinez. Many thanks to Wendy, too. Anyone who has pictures or other memorabilia that might fit into our album, please donate copies to us. We'll add pictures from the end-of-the-semester party at my home.

While I'm thinking of people who have served the society above and beyond the call of duty, Teresa Beeksma organized two bake sales, and Shabana Jameel deserves credit for making arrangements for both Second City (January 15) and *Oleana* (January 20) and for arranging publicity for both. Shabana and Debbie are also sharing the job of taking minutes for all meeting and posting them on my door for anyone who wants to know what's going on. Larry Vais has been coordinating the T-shirts/sweatshirts. Try to remember to say a personal

thanks to your dedicated officers next time you see them!

P a t t y  
V a i s   a n d  
T o m   E l l i s

have been sharing the responsibilities for attending the monthly Honors Committee meetings and providing the students' perspectives to the committee for purpose of planning the future of the Program. The committee is now analyzing the largely positive report we received from the National Collegiate Honors Council (NCHC) Evaluation Team last spring.

Thanks to all students, faculty, and administrators who spent time talking to the two evaluators. One of the nicest things Ira Cohen (of Illinois State University) said to me was, "I was greatly impressed by the quality of teaching and learning I observed in your Honors Program classes and I'd welcome any of your Honors transfer students in my program at ISU." High praise!

Some time in February we should be moving into our new space in Building L and Larry Kent and I will be sharing two offices, one of which we'll use primarily for our teaching responsibilities and the other for Honors Program and Phi Theta Kappa records and activities. This will, in part, address one of the weaknesses identified in the NCHC report, the lack of dedicated space for Honors. In addition to the office,

we are also continuing to work with the Administrative Long Range Planning Committee to obtain our space for classes and other activities of the Honors students.

For those of you who have expressed regret that you cannot attend the weekly meetings of the Honors Society, you may want to organize a small group to take a field trip together to some cultural event, museum, or other activity. We can request the Student Activities vans (7 passenger and 15 passenger) if we have enough lead time. Contact Vice-President Larry Vais if you have ideas, and do it NOW, because it always takes more time to make arrangements than we think it will. (Betty's Law: **Everything always takes twice as long as I think it will—at least!**)

If you want to get involved with the AIDS quilt in March, call Art Weston NOW. If you're interested in working for the Environmental Expo in April, call Gayle Corcoran (see change of address & phone number in this issue) NOW.

Those of you in Honors classes this fall may have heard from you teachers about the Honors Council Illinois Region (HCIR) meeting at Northern Illinois University in March and the Upper Midwest Honors Council (UMHC) meeting in Oshkosh April 22-24. Pat

**FROM THE DESK OF  
DR. HULL**

# Welcome New Members

*President's corner*

## Changes of Address:

Judith Finlay  
951 Pleasant Street  
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Elizabeth Berry  
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Catherine James  
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Katrina Josefsen  
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Jennifer Bondelli  
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Palatine, IL 60067  
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## Correction:

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Rebecca Leff  
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Barbra Ray  
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483-0904

## New Members:

Amy Allen  
1316 N. Douglas  
Arlington Heights, IL 60004  
398-8524

Joseph Hazelton  
504 N. Yale Avenue  
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392-7449

Nancy Moczisko  
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228-9373

Jason Weiss  
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Arlington Heights, IL 60004  
870-1354

Jim Beckman  
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Rolling Meadows, IL 60008  
253-7726

Mansoor Hussaini  
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Joan Morrone  
441 W. Kenilworth  
Palatine, IL 60067  
359-7679

Kally Vavaroutsos  
7 Red Ridge Circle  
South Barrington, IL 60010  
426-9559

## Hull, continued from page 2

Fitzsimmons is willing to talk to anyone who is interested in being an active program participant. Pat attended the HCIR meeting last February at the University of Illinois in Champaign and the UMHC meeting in April at Carthage College in Kenosha, as well as the NCHC meeting this fall in St. Louis, making presentations on the program at all three meetings. Talk to her if you wonder what it's like and how much of a learning experience

it can be. Those who wish to make presentations at either the UMHC or HCIR meetings need to let me know no later than February 1. If you're interested in going as an observer, I need to know by February 15.

Because of the jam at the beginning of the semester, we'll hold our first meeting the second week of classes, **January 26**. Our regular time will be Wednesdays at 3:00 p.m., room to be assigned after all

classes are established—I'll post it on my office door. At that first meeting, we'll be electing a new treasurer, looking for a volunteer to handle publicity, and choosing topics for discussion for the first half of the spring semester, as well as getting volunteers to staff the Honors Society table for clubs and organization days, January 31 and February 1.

*Elizabeth Anne Hull*



# Procrastination ...

## Don't Put Off Until Tomorrow What Can Be Postponed Indefinitely

Everyone procrastinates now and then—humans naturally avoid pain or unpleasantness. For most of us, procrastination is a matter of bad habits, unexamined priorities, or lack of time-management skills. As outside pressures build up, we finally start moving and get the job done.

If we want to use our time more efficiently, we may seek advice to get us on the right track. Lucy Hendrick, a specialist in self-organization, feels that people procrastinate for three reasons: “They don’t reward themselves, or the job is too big, or it’s not important to them.”

If you are trying to get a thankless task finished, Hendrick suggests that you promise yourself a reward when it’s finished. If the job is too big, break it down into small tasks. If the job is not important to you, delegate it to someone else, or let it go undone.

### Chronic Procrastination

Some 15 to 25 percent of people are chronic procrastinators, moving beyond bad habits into self-destructive behavior that destroys grades, careers, relationships and self-esteem by deliberately and habitually postponing things that must be done.

Jane Burka, a California psycholo-

gist, says that to deal with chronic procrastination, we must first figure out what function procrastination is serving. Delaying may be a strategy that protects the procrastinator from facing some difficult fears and anxieties, such as fear of failure, fear of success, or fear of being controlled.

“If you don’t understand why you’re putting things off, then all the practical suggestions in the world aren’t likely to help, because you won’t let yourself use them,” says Burka.

### Fear of Failure

Probably the most common reason for paralyzing levels of procrastination is fear of failure. In a survey conducted at the University of Virginia, nearly half the students admit putting off writing term papers, and the most frequent reason was fear of failure.

People in the grip of fear of failure tend to be perfectionists with a series of unrealistic attitudes about life, says Burka. They give themselves impossible goals (*I must be perfect*), hold unrealistic attitudes about the way life works (*everything I do should go easily and without effort*), and, most dangerously, decide that it’s better to be considered lazy, disorganized or uncooperative than inadequate or unworthy (*It’s safer to do nothing than to take a risk and fail*).

# AS WE SEE IT

The underlying fear of these procrastinators, says Burka, is that unless they are perfect, they are failures and unworthy of love. They will go to incredible lengths to avoid being judged for their real ability. If they delay writing the essay until the last possible moment, they can't be expected to do their best work in the mad rush. If they don't complete the work at all, no one can judge their efforts as unworthy.

A high achiever has learned to plug away at things—doing something and working to make it better, says Burka. Failures and mistakes become ways to learn, not marks of worthlessness. High achievers expect mistakes and setbacks. They can tolerate frustration and even failure because they know they can improve and are willing to work hard to do so.

Recognizing the role of fear of failure is just the first step. Next the chronic procrastinator must find some strategies to help deal with reality. "If you've searched your soul and believe you understand the reasons—you won't get anywhere unless you do something to overcome it," says Burka. Sometimes, listing the possible results of failure and success will help to examine unrealistic fears in the clear light of day. Learning to expect setbacks and learning to break down a big job into small tasks can short-circuit the impossible goals perfectionists set for themselves.

## Fear of Success

Fear of success, while less common, is insidious. Usually it strikes when the individual is close to com-

pleting a goal: the student who drops out of a class he would pass, the college senior who can't quite finish the last requirement for graduation, the Ph.D. candidate who can't quite finish her thesis.

Procrastination allows us to avoid actions which would mean change and moving into the unknown, says Burka. Most of us can

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**"If you are trying to get a thankless task finished, promise yourself a reward. If the job is too big, break it down into small tasks. If the job is not important to you, delegate it to someone else or let it go undone."**

**—Lucy Hendrick**

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identify fear of failure in ourselves, but fear of success is likely to be hidden from the victim—they just sabotage their own work without knowing why they do it.

People are particularly vulnerable if they come from a background where traditional values do not include individual achievement. Women or members of some minorities may be moving outside of the roles expected of them in their home life. They believe—subconsciously—that they must choose between success and acceptance.

## Fear of Control

Fear of control is a kind of rebellion. For children who can't assert themselves against the demands of parents or teachers, procrastination is a remarkably effective tool to gain some control over the situation. They retain control by doing it their way—late (*Yes, I'll clean up my room ... later*) Procrastination is a kind of kindergarten strategy for dealing with adult relationships, and can destroy them.

The underlying belief is that cooperation is capitulation, says Burka. Any erosion of independence means a complete loss of self-respect. (*Following someone else's rules means I'm giving in and I'm not in control.*) At some point, a chronic procrastinator is so determined not to do what someone else wants that they prevent themselves from doing what they want. One of Burka's clients refused to complete school assignments, because that would have meant she was not in charge of her own life. Of course, she flunked out of school and was unable to enter the career she wanted.

Burka says you need to understand why you procrastinate and then figure out a strategy to deal with the behavior. Reading her book *Procrastination* would be a good place to start, but you'll have to get it from interlibrary loan. The copy from Harper's library—and the copy from Schaumburg's library—were checked out a long time ago. No one has gotten around to returning them yet.



## Life on *The Challenger*—The Editors' Perspectives

### Linda Urman

Independent Study 290, the Honors Newsletter Class, is schizophrenic. An independent study journalism class, out of the business and social science department, produces a group project, *The Challenger*, the Honors Society newsletter. The material comes from the liberal arts department, but the actual production is a matter for the publications department. Coordinating three departments can be interesting.

Instructor Rhea Dawson got us started, then allowed us to find our own way. Nothing has been easy this semester, even trying to find a time for the editors to meet, since two of us teach, and one of us had surgery.

Working as a group can be a little tricky, but has been a lot of fun. Someone always has an idea for a story, a way to handle a lay-out problem, a stupid joke to get us over the frustrations of phone calls that aren't returned or newsletters languishing for a month in the printer's backlog.

The real purpose of the class is to learn desktop publishing. With help from Skip Chidester, the guru in the Mac Lab, and patient tutoring from fellow editor Dick Trent, I can now produce a readable page.

Pagemaker is a powerful program and I recommend this class to anyone who needs a good reason to learn how to use their computer. I've even learned how to translate IBM into Mac, thanks to the friendly people in D building.

The articles have been fun to write. I've observed three different

honors classes, talked to transfer representatives from most of the local four-year colleges, and tracked down more people on the phone than a skip-tracer. Editing other people's work was a little more intimidating, but with Rhea's encouragement, I've learned the limits and responsibilities of an editor.

Trying to outfox the back-up at publications has been the most frustrating part of this class. We discovered with the first issue that using a photograph caused a two-week backup in graphics. So, we killed all photos for the second issue, which made it through graphics in a week, only to sit in a line at the print shop for three weeks. *The Challenger* is not high on the list of priorities.

We've got a pool running for when this last issue will be out. I say February 27.

### Debbie Maday

Looking back at the semester of fun I've had in IDS 290 producing *The Challenger*, I'd recommend this class to anyone seeking an invigorating, thought-provoking, fun-filled class.

One of the best features of the class is the freedom one has—in writing and also meeting with fellow editors. This aspect was a saving grace to me; without it I would have never been able to keep the class due to the fact I had surgery.

I learned many things while taking IDS 290: the importance of group work, the basic workings of a Macintosh computer, and the fine art of phone tag.

An item I consider a requirement for the class is patience. It's a good virtue to have when your issue sits at publications for a month waiting to be printed, when your article's "flat" due to the lack of information, or the peculiar feeling everyone you've called is out and is never going to return.

All said and done, the rewards of the class outweigh its drawbacks. Looking for an honors class with a twist? It's right here in IDS 290.

### Dick Trent

Do you want to see your name in print? Do you want to learn the newest technologies in desktop publishing? Do you want to make new friends? Come to *The Challenger*.

*The Challenger* is not a club, it is a job. Working on *The Challenger* is an initiation into the world of publishing and journalism.

Actually it is an honors course. Three or four students (three this semester) produce four issues of the honors newsletter for publication and distribution to faculty and other honors students.

This semester the course was taught by Rhea Dawson, but teach is a bad word. Rhea simply helps and leads. Initially she brought us together and gave us some information. We were to produce four editions of *The Challenger*.

*The Challenger* was left to us. We were able to choose the format, the basic layout design, and the material. We were able to do almost anything we wanted. Rhea encouraged us to experiment, to try some-

thing different. Although not radical, we did venture into the unknown.

For the first time, *The Challenger* used color. We also designed a new masthead and used a consistent layout template. We tried to include other consistent graphic features as well as tables and charts. We were pleased with our results.

The most challenging aspect of the project was the "WE." We had to work together over a four month span to produce a consistent product. Although we had different personalities, talents and time constraints, we did work together. In the end, the "WE" worked.

Personally, I had the opportunity to learn some important things for my job. I came into the course with some experience with basic desktop publishing. I was able to experiment with aspects of the process and the program. Specifically I learned how to design tables, integrate color and produce a consistent periodical. These will be important to me in the future as a high school journalism teacher.

I am glad I participated in this course. There are very few experiences in the college environment where you can produce a product which has a purpose other than to fulfill a teacher's assignment. I hope you have enjoyed our product and I look forward to seeing the results of others' work in the semesters to come.

## Exchange, continued from page 1

According to Ann, "Au-pairs in general, even ones working in the U. S., consider the program a cultural exchange; I don't think the families think of it that way." Even though the program is known as Accord Cultural Exchange the difference between cultures never truly seems to be acknowledged. Though Ann does not discourage people from participating in the foreign exchange program she does have some advice for them—make sure the program is accredited by the school—school accreditation can give you the security you need because you know you won't be left out in the cold.

Rule #2—Mull It Over! Plan Your Exchange—Put Some Time Between The Date You Decide And The Date You Go.

Time can be a friend or a foe, depending on how you use it. An-

other point Ann makes is to use the time between when you decide to go and the actual date you go. Research who your contacts are in the country you're traveling to and where they are located.

When Ann went to Spain she quickly found out there was no "greeting"—she would have never found the agency office and other pertinent information if it was not for the kindness of another au-pair. A lot of the confusion could have been avoided according to Ann if such pertinent information was "simply written on a sheet of paper," and mailed to the students BEFORE they traveled. In all, the time you invest in planning your program only enhances your chance to truly enjoy the exchange.

# challenger

## OFFICERS

President	Art Weston
Vice President	Larry Vais
Secretary	Shabana Jameel
	Debbie Maday
Treasurer	Teresa Beeksma

## EDITORIAL STAFF

Debbie Maday  
Dick Trent  
Linda Urman

## EDITORIAL POLICY

The Challenger is the voice of the Harper College Honors Society. We welcome articles, ideas and letters of interest appropriate for our members. We encourage contributions. Final editorial judgment is the sole responsibility of the editorial staff. For information on possible submissions, call x 6581. Written material should be placed in the Challenger box in the Journalism office, A379.

# Fitness in Building M

If you park in lot 1 or 2 you cannot help but see Building M off to your left. Building M? What is Building M?

M for muscle? Maybe. M for maniac? Might be. M for mighty? Mayhap.

In any case, Building M is the place where students, faculty, staff and other community members partake in recreational activities. For in Building M there is a swimming pool, a weight room, a gym, five racquetball courts and a newly opened Fitness Center.

Students can use the facilities by showing their activity card and a picture identification. The pool, gym and weight room are free while the racquetball court costs five dollars per hour. People who are not directly associated with the college, or Friends of Harper, can also use the facilities after paying nominal fees. Residents must pay five dol-

lars for a photo I.D. card and a two dollar fee above the normal student fees. Non-residents must pay five dollars above the normal student fee for each use of the facility. To use the Fitness Center, residents must pay \$175 for a one year individual membership or \$300 for a family membership.

## What exactly can you do?

- You can swim in the swimming pool.
- You can play either basketball or volleyball, or jog in the gym.
- You can lift weights in the weight room.
- You can play racquetball or wallyball in the racquetball courts.
- You can undertake a total fitness program in the fitness center.

The fitness center includes Nautilus and Camstar variable resistance machines, Airdyne and Windracer stationary bicycles,

Stairmaster and Lifestep stair machines, Trotter treadmills and Concept II rowers.

## Now, when can you do all this?

During the day, the facilities are open to students, faculty and staff. At night Friends of Harper may also join the Harper community. The hours vary and may change depending on intercollegiate athletic use of Building M. You can walk in and use the facilities any time they are open, except for the racquetball courts. Reservations are necessary and can be made in person or over the phone for a \$10 annual fee.

## So what is your excuse?

A healthy body leads to a healthy mind so get to it. Improve your mind and your body at the same time. Oh yea, have some fun. For more information on Building M, call 397-1771.

## Building M Schedule

	SWIMMING POOL		WEIGHT ROOM		GYM		RACQUETBALL	
	OPEN	CLOSE	OPEN	CLOSE	OPEN	CLOSE	OPEN	CLOSE
MONDAY	NOON	1:30 PM	11:00 AM	1:00 PM	11:00 AM	1:00 PM	11:00 AM	1:00 PM
TUESDAY	NOON 6:00 PM	1:30 PM 7:00 PM	11:00 AM 4:00 PM	12:30 PM 10:00 PM	11:00 AM 7:00 PM	1:00 PM 10:00 PM	11:00 AM 4:00 PM	1:00 PM 10:00 PM
WEDNESDAY	NOON	1:30 PM	11:00 AM	1:00 PM	11:00 AM	1:00 PM	11:00 AM	1:00 PM
THURSDAY	NOON 6:00 PM	1:30 PM 7:00 PM	11:00 AM 4:00 PM	12:30 PM 10:00 PM	11:00 AM 7:00 PM	1:00 PM 10:00 PM	11:00 AM 4:00 PM	1:00 PM 10:00 PM
FRIDAY	NOON	1:30 PM	11:00 AM	1:00 PM	NOON	1:00 PM	11:00 AM	1:00 PM
SATURDAY	10:00 AM	4:00 PM	10:00 AM	4:00 PM	10:00 AM	4:00 PM	10:00 AM	4:00 PM
SUNDAY	10:00 AM	4:00 PM	10:00 AM	4:00 PM	10:00 AM	4:00 PM	10:00 AM	4:00 PM