

2-4-1982

## 02/04/1982 - The Stress Mess Burning Out Gracefully

University Marketing and Communications

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### Recommended Citation

University Marketing and Communications, "02/04/1982 - The Stress Mess Burning Out Gracefully" (1982). 1982. 46.  
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EASTERN ILLINOIS UNIVERSITY  
 Charleston, Illinois

news

February 4, 1982  
 Select (4)

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FOR IMMEDIATE RELEASE

CHARLESTON, IL --"The Stress Mess: Burning Out Gracefully" is the topic for the first lecture of the year sponsored by the Eastern Illinois University Chapter of the American Association of University Professors (AAUP).

Dr. William G. Kirk and Dr. Glen H. Walter, Jr., will co-deliver the program on Sunday, Feb. 7 at 2 p.m. in the Booth Library Lecture Room. There is no admission charge.

Kirk, Associate Professor of Psychology, and Walter, Associate Professor, Educational Psychology and Guidance, began collaborating in 1978. Since their first stress and burnout workshop in Chicago, they have given programs from Boston to Denver for school, clinic, and industrial personnel.

They have co-authored two articles titled "Education Burnout: Do you Have it?" and "The Teacher Support Group as a Burnout Prevention Strategy."

An AAUP spokesman said the lecture "will focus on the consequences of stressful living and strategies to deal with the stress mess."

The program opens the 30th AAUP lecture season. Scheduled for Feb. 21 is "Youth and the Elderly" by Dr. Joyce Crouse, and "New Directions in Adult Physical Fitness and Cardiac Rehabilitation" by Dr. Tom Woodall on March 7.