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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

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FOR IMMEDIATE RELEASE:

COLES AND SURROUNDING COUNTIES

CHARLESTON, IL--Eastern Illinois University's School of Adult and Continuing Education is offering two Fall workshops for undergraduate or graduate credit at Lake Land College.

Carol Pyles, dean of Eastern's College of Health, Physical Education, and Recreation, will conduct the workshop, "Dealing with Depression" Oct. 26-27. This workshop, which surveys the causes and symptoms of depression and effective techniques of dealing with it, emphasizes skills development. It is not designed to address the situation of those who are severely depressed and who require professional assistance.

On Nov. 30 and Dec. 1, Marla Sanzone, a clinical psychologist, will conduct the workshop, "Destructive Relationships, Personally and Professionally: The Impact of Personality Disorders." This workshop addresses the ways in which personality characteristics can affect, and sometimes undermine, personal and professional interaction. Symptoms, theories, and treatment regarding some of the most pervasive emotional disturbances will be discussed.

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COLES & SURROUNDING AREA

EIU's fall semester begins Aug. 22. Tuition per semester hour is \$65.50 for freshmen/sophomores, \$66.50 for juniors/seniors, and \$70 for graduate students.

For more information or to receive a complete schedule and registration materials, call the School of Adult and Continuing Education at 1-800-446-8918.