Attention Seniors!

Consider being an MIT Admissions Counselor.

The Office of Admissions is now accepting applications for Admissions Counselors. This is a one year full-time position starting in July, 1988 (some flexibility is possible). Duties will include:

- Conducting information sessions for visitors
- Interviewing prospective students
- Recruitment travel around the U.S.
- Coordinating MIT student involvement in the Admissions Office
- Evaluating applications
- Participating in admissions committee decisions

The position is open to students graduating in January or June. Applications are available from Jane Alexander in the Admissions office (8-108) and should be returned not later than February 29, 1988.

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**Pressure, confidence and self-esteem.**

**Third in a series.**

**Thinking about your education.**

Pressure to excel is inherent in any institution that strives to be the best of its kind. For many of us, M.I.T. is our first experience in an environment where the problems are so challenging and where our fellow students are so capable.

The challenge to our confidence and self-esteem can be enormous and leads to pressure to "measure up".

There is a temptation to suggest changes to reduce this pressure: a lighter course load, easier grading, easier courses, less homework, etc.

Experience teaches us that in the long run self-esteem and confidence cannot come from reducing the challenges we face. Confidence and self-esteem are outward manifestations of a very special experience.

This experience comes the same way scientific knowledge is obtained: by testing in a real situation. When we face the challenges of solving real and difficult problems; when we solve problems others have attempted and have not solved; when we break ground by testing in reality and verified, then we acquire confidence and self-esteem. There simply is no other way.

And recognition, when it comes, is fully deserved.

In the most basic terms, we gain confidence and self-esteem not by reducing challenges, but by meeting and overcoming them. Less pressure does not produce self-esteem, and it certainly does not provide confidence.

Our challenge is to approach every problem with this perspective. Our challenge is also to develop the attitude that only the best effort is acceptable and the belief that we can, in fact, produce the best work.

While we struggle and learn we need to remind each other that we have chosen the finest and most challenging educational institution of its kind, and that the confidence and recognition will eventually come.