

Student Services

COUNSELLING SERVICES

Sometimes it is difficult to cope, especially in the pressure of a university environment. Feelings of being no good, fears, grief, depression, loneliness, and confusion about where our lives are headed -- these are feelings we have all experienced at one time or another. It is important to learn to deal with feelings before they start dealing with us, and this is where Counselling Services can help. We are concerned with helping people find solutions to present problems in living...and are deeply committed to helping people develop their potential in order to live fuller, more satisfying lives.

Counselling is available to any UNB and STU student. Experienced counsellors, most of whom are trained psychologists, give confidential assistance to students, including:

● **Personal Counselling** to help with social-emotional and family difficulties in living, with tension control, and with handling of conflicts and adjustments.

● **Career Counselling** to help you choose a career, sort out what you want to do with your life, and to regain direction in school.

● **A Career Library** with information describing a wide range of careers, university and college calendars from across Canada, reports on the job market, and books on how to choose a career or get a job.

● **A Human Relations Communication Workshop** for people who are down on themselves, bottling up their feelings, confused about who they are, having trouble being close to others, and for couples who are losing touch with one another. This is offered each term.

● **A Native Student Advisor** to help native students meet their special needs in coping with university life.

For an appointment, drop in to the Alumni Memorial Building, Room 19, or phone 453-4820/21. The first person you meet is likely to be one of our secretarial people. They are: Sharon Cote - Secretary/Receptionist and Marilyn Rees - Administrative Secretary

We are normally open between 8:30 a.m. - 5:00 p.m.

HUMAN RELATIONS COMMUNICATION WORKSHOP

The coffee-orientation meeting for the Human Relations Communication Workshop for this term was held on Thursday, September 23. If you did not attend this meeting but would like to see if this workshop is for you, please call 453-4820 or 453-4821 as soon as possible to make arrangements.

CAREER WORKSHOP

If you're wondering, "What job can I get with an Arts degree?" Or if you're in a technical program because you thought it would lead to a job and now find that your heart's just not in it. Or if you're trying to make any other career decisions, you may be interested in the Career Workshop. For more information call Counselling Services at 453-4820 and arrange to attend an information meeting on Monday evening, September 27, or Wednesday evening, September 29. The workshop is offered free of charge to all UNB - STU students.

IMPROVING EXAMINATION SKILLS

If you get uptight before or during exams, perhaps the Improving Examination Skills workshop is for you. This workshop will be held on November 20. Watch this column for further information.

MATURE STUDENTS' ORIENTATION SESSION

All full and part-time mature students 23 years and up are invited to attend this special session in the lounge, Alumni Memorial Building, 7:30 p.m. - Wednesday, September 29, 1982 - This will be an opportunity for you to meet representatives of various university services including the Registrar's Office, Libraries, Student Services, the Dean of Students, etc. We hope you will join us for coffee and donuts!

INTERNATIONAL STUDENT ADVISOR

We have a new handbook which includes an up-date on Immigration regulations. Anyone wishing a copy of the handbook, please come into the International Student Advisor's Office, Room 18, Alumni Memorial Building.

CANADA EMPLOYMENT ON CAMPUS

On Campus Recruitment Seminars are being held Wednesdays and Thursday - four each day - 9:45, 10:45, 1:45 and 2:45. Students should book an appointment to learn how the system works. Call Ron Jackson - 453-4668.

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THE BRUNSWICKAN-5

Career counselling offered to students

By CHRISTIE WALKER
Brunswickan Staff

If you are wondering what to do with the Arts degree everyone tells you is useless after you graduate, Larry Finkelman of Counselling Services just might have the answers to your questions.

Finkelman is the coordinator of a newly expanded area of Counselling Services known as Career Counselling. A three year grant provided by the Counselling Foundation of Canada has enabled Finkelman, with the help of Career Library Assistant Cynthia Gottraux-Grandy, to improve, update and expand all of established career material. The Career Information Library, located in the main office of Counselling Services, boasts a large collection of books, pamphlets and other literature on a broad variety of topics such as job search techniques, employer profiles, directories of associations, institutions, government agencies, professional schools, and labour market data etc.

With the unemployment rate so high today, many students feel lucky just to be able to find a job, or will study a field that holds little interest to them,

merely because more jobs are available in that area. "The general attitude towards a job," said Mr. Finkelman, "is that it is supposed to enable you to pay the bills, support a family and afford a car and house, plus give you money to enjoy leisure time." The fact remains; however, that once out of school we spend a great deal of our day working and it makes much more sense to enjoy what we do.

Perhaps you are confused about what you want from a career, or like many people, don't have a career choice in mind. There are many ways to collect clues about what kind of job you may wish to pursue. What are your interests? What other activities do you spend time doing? What summer jobs have you had and which of them did you particularly enjoy? Does a certain topic excite you to talk about? All of the answers to these questions can be valuable clues to making a good career decision.

Finkelman also pointed out that it was important to encourage students to, "discover what they're enthusiastic about," and for students to, "identify their skills." Every person has between 500-700 skills and Mr. Finkelman

stresses the importance of, "becoming less blind to our own strengths."

For those students who have a career choice in mind, but aren't sure about how to get there, they have two avenues available to them. Firstly, through the literature available in the Career Library, and even at a regular public library, they can read up on what the job entails. Secondly, they could arrange an "information interview" with someone involved in that field and thus obtain first hand information.

"There is a lack of accurate information circulating about the job market today," Mr. Finkelman advised. "Don't base any decision on rumours."

If you are interested in learning more about career decision making there will be two informal information meetings held on Monday, Sept. 27 and Wednesday, Sept. 29 starting at 7 pm. The meetings, which will be held in the Counselling Services office, in the Alumni Memorial Building, will give students the opportunity to ask any questions they wish. To arrange to attend one of these meetings or for more information please call 453-4820.

Library service instituted

CAHRO, the Canadian Association of Housing and Renewal Officials, is a national bilingual non-profit association whose goal is to promote the development of housing policies and programs in support of affordable, adequate

and socially responsive residential environments. The association also publishes a national housing magazine, IMPACT. CAHRO's national office is located in Fredericton.

Last February CAHRO was the recipient of Community Development Project from Canada Manpower and a staff of three went to work organizing and cataloguing all the resource material in CAHRO's head office.

The result is a library has been established with the documents listed in UNB's Phoenix Computer System.

Information, statistics, and reports on a wide range of community development,

housing and related topics are now readily accessible.

CAHRO extends an invitation to UNB and STU students and faculty to use this library to assist them in term papers, research or assignments. The material includes government reports and research papers students may not have access to otherwise. CAHRO is located at 353 Charlotte St., and for more information, contact Patricia Donihee at 455-2243.

New STU vice-prez announced

Rev. George W. Martin, President of St. Thomas University, has announced the appointment of Dr. William A. Spray to the position of Academic Vice-President. Spray succeeds Winfield Poole who held the post since 1975.

Spray is a native of Chatham, N.B. He was educated at the University of New Brunswick (BA, MA); the University of London, Kings College (PhD).

Since 1968 Dr. Spray has been a member of St. Thomas University's History Department. He has held various ad-

ministrative posts during his career at the university including: Chairman of the History Department, member of the Senate, member of the Board of Governors, member of the Executive Committee of the Board, and member of numerous Senate and Board Committees. He has also served on several faculty committees.

An historian, Dr. Spray is the author of *The Blacks in New Brunswick* (1972), *David's Kingdom: The History of the Anglican Church in the Parish of Chatham* (1979) and co-

author with W.D. Hamilton of *Source Materials Relating to the New Brunswick Indian* (1976). Since 1970 over 25 of his research papers have appeared in various publications. He is an active member of the Canadian Historical Association, and of the Atlantic Association of Historians. He has served as President of the Atlantic Association of Historians, as Editor of the A.A.H. Newsletter and is currently Chairman of the Editorial Board of ACADIENSIS, a journal of the history of the Atlantic Region.