



News Editor - Julie Hirschfeld
Deadline - Wednesday, Noon.

ADULT STUDENT LIFE REWARDING

For many adult learners, the paper chase isn't just a game: it's the most rewarding thing they've ever done. Increasing numbers of adults are taking on the challenge of a university degree or certificate program in addition to the responsibilities of jobs, homes and community life. What's more, they're loving it.

Karen Gallagher, a fourth-year student at the University of New Brunswick in Fredericton, hasn't received her paper scroll yet, but she feels that chasing it has already yielded rewards. Like many adults who contemplate university level studies, she was initially unsure of her ability to succeed in a degree program. A professional weaver, Ms Gallagher's experience of teaching her craft led to the realization that if she could teach, she could probably also learn. At a turning point in her life - when she became a single parent - she weighted her options and decided to seek post secondary education.

difficult at first to give her kids the time and attention she wanted to give them. Effective time management became imperative. "I offered the kids an incentive program, paying them for each job they did around the house," she says. "It really worked! They were surprised to learn how much money they could earn by taking on household responsibilities." The family has become more close-knit as a result, relying on each other to pull together to get the job done.

Being a student has positively affected her children's academic performance as well. "It has made them more competitive. When I get good marks, it makes them want to do well too. They're really proud of me," she adds, smiling.



Karen Gallagher, mother and part-time student leads a fulfilling life.

Swim or Drown

Although many people test the waters by registering for courses part-time, Ms Gallagher jumped right in and enrolled full time in a two-year business certificate program at UNB. "I decided I'd either swim or drown," she says. She successfully attained her certificate without drowning, but she did get hooked. "I got so much satisfaction from my elective courses that I opted to continue on to get an arts degree."

Now nearing completion of her BA in sociology, Ms Gallagher has a busy schedule taking four courses, holding down a part-time job, and parenting her two children, ages eight and 12. Though she has always been good at budgeting and has never had problems finding day care, she found it

If you're uncomfortable saying "no" when friends ask for favours, telling your partner what you need, negotiating with professors, dealing with family who persistently try to take charge of your life, or starting social conversations, then you may be interested in the Assertiveness Training Group offered by Counselling Services.

Assertiveness is the ability to express one's preferences, opinions, thoughts, and feelings in direct, honest and appropriate ways. It also means standing up for your own rights without violating the rights of others. When someone asks you out and you don't want to go, being assertive means saying "no" without making up excuses. When you room-mate wants to socialize and you want to study, being assertive means negotiating a solution that takes into consideration what you both want. When you're angry at you partner, being assertive means telling your partner that.

The first part of the workshop involves brief lectures, demonstration of various assertive skills, and practice where participants learn "by doing" in role-playing situations.

Participants also receive constructive feedback so they can gradually change their behaviour. The importance of non-verbal communication is also emphasized early in the workshop. You may want to tell a friend that you need to study instead of continue talking, but the verbal message can get diluted by an overly soft voice, frequent pauses, or lack of eye contact.

Participants also learn what stops them from being more assertive. They learn to identify and explore the thoughts and feelings that make it difficult to respond assertively in specific situations. Sometimes being afraid of hurting a friend's feelings or losing a friendship can make it difficult to be assertive. But not talking directly to a friend can also hurt the relationship because, as resentments build, they can get expressed indirectly as sarcasm.

The second part of the workshop provides participants with an opportunity to work on personal situations in their own lives. Situations are role-played and participants get feedback on the practiced responses. This provides a bridge to the real situation where participants can try the response for homework.

The group starts January 24, and will meet Tuesday afternoons from 3:00 p.m. - 5:00 p.m. for ten (10) weekly sessions. It is free and open to any interested full-time students of UNB/STU.

Interested persons will need to have a preliminary interview prior to attending the group. For more information or to register, contact Larry Finkelman at 453-4820.

CAMPUS DAYCARE

"No place at the inn"

By Alan Carter

"Universities have a duty to provide a safe environment for the children of their students," says Irma Ferlatte, president of the Saint Thomas Student Union. She thinks the need for a daycare system is an obvious problem, because it is affecting the academic lives of students with children. Parents have no place to leave their kids during the day. Often they have the choice of either staying home, or taking their children to classes with them. As far as Irma is concerned, "the university is not a proper environment for young children." Recently the student councils of UNB and STU have decided to take on the task of setting up a daycare center. Both councils have decided to

about the availability of space. However, a daycare center off-campus would have a lower insurance rate, so the councils are now also looking for a possible facility in the general area of the university.

Finding the funds for the daycare center is still a dilemma. Neither university considers this an academic problem and the provincial government will not fund such a project in its first year. At this point, Ferlatte would be satisfied with a temporary babysitting service where the children can be left safe and happy until the necessary funds can be raised. "The issue can not be put off any longer," Ferlatte says, "even after two hundred years, the innkeepers are still saying there is no place at the inn."

Write for The Bruns!

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