

## Violence between the sexes

by Erin Hancock

Soon, as we mark the 16th anniversary of the tragic and violent passing of 14 women at Ecole Polytechnique in Montreal, we must ask if violence between the sexes is still strong.

Innocently studying at the technical school, Genevieve Bergeron, Nathalie Croteau, Anne-Marie Edward, Maryse Laganiere, Anne-Marie Lemay, Michele Richard, Annie Turcotte, Helene Colgan, Barbara Daigneault, Maud Haviernick, Maryse Leclair, Sonia Pellier, Annie St-Arneault and Barbara Klucznik Widajewicz were murdered by firearm in their classroom. We are all likely familiar with the shooter's name but we do not need to give him any more publicity today for his act. Let us remember these women that died because they were women. Now, 14 years later, we still see a tremendous amount of violence from men to women.

Statistics Canada tells us that seven per cent of women in relationships or those who have been in relationships have experienced abuse from their male partners. Each year in Canada, approximately 62 women are murdered by their male partners. Statistics Canada reports: "Violence against women is a complex matter that is linked to women's equality in society. In general, women are more frequently subjected to severe forms of violence from men than men are from women."

Only one province away, in Nova Scotia, a woman's murdered body was found buried in a shallow grave in the woods on November 23. Leslie Ann Conrad, a mother of four, had stated the days before her disappearance that she needed to leave her unhealthy relationship with her husband and now she has been found dead. However, her husband is still living free, with the four children, and under no watch from

the police.

Violence towards women is not isolated to long-term relationships. In a Health Canada survey, they reported that "four out of five female undergraduates surveyed at Canadian universities said that they had been victims of violence in a dating relationship. Of that number, 29 [per cent] reported incidents of sexual assault." Violence against women can be towards strangers, those with which one is acquainted, or towards a long-term partner.

Right here on the UNB campus, we have the Muriel McQueen Fergusson Centre for Family Violence Research. On December 6, the anniversary of the death of the 14 women listed above in the 'Montreal Massacre,' the centre is hosting a workshop to explore how men can contribute to less violence towards women. These initiatives still beg the question: will the men who attend be the ones that need to be there?

In documents produced by the Muriel McQueen Fergusson Centre for Family Violence Research, they write: "The most important thing is to leave the violence."

After leaving: Go to a friend, nearest shelter, or hotel; see a lawyer or call Legal Aid - Domestic; inform the children's school of their absence. Tell them not to give out your address or telephone number; you are eligible for emergency financial assistance through Family and Community Services."

Statistics Canada reports: "Emotional and psychological abuse has been determined to be one of the most important predictors of physical and sexual violence in spousal relationships."

For the mourning families of murdered women, there is no turning back to help them. So, to all of you out there who are seeing the warning signs of control and emotional abuse, do what you can to get help (for yourself or others). In Fredericton, you can contact the CHIMO help line at 450-HELP (4357).

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positions in the past, and was sometimes unsure of my abilities and my style of leading. By attending the various modules offered in the course, I am now confident that I am quite capable, both in ability and in style."

According to Kelsey Strudwick, a kinesiology/science student, "the program was extremely practical and applied to my daily life."

The Student Leadership Program will resume for the winter semester on January 10. Workshops will be held on Wednesdays from 6:30 to 9:30 in room 320 of Marshal D'Avry Hall. Every week, presenters will strive to connect the theory being taught to participants' personal leadership activities and experiences.

The first workshop will expose students to a variety of leadership theories and models, challenging participants to explore their own leadership style. On January

17, the program will cover time and stress management techniques. January 24, participants will be exposed to methods of effective communication and conflict resolution.

The January 31 session offers students the opportunity to explore the way in which they view the world based on their own personality type and to better understand the way others think, behave, and interact. On February 7, they will learn parliamentary procedure, mediating skills, and other abilities important in effectively running meetings. The program will conclude on February 14 with a session on team building and motivation.

"I would recommend [this] program to any student, whether already in a leadership position or looking to improve," says Strudwick.

Adds Cunningham, "it is a very worthwhile project that offers a great deal to the students who attend it."

## Students bracing for exam stress



Internet

by Niki Klukas

Bleary eyes, parched lips, shallow breaths, and a blank page while the final moments of an exam period wind down. This is a huge fear for many students.

Around this time every term, students begin to realize that exams are too quickly approaching. For some students who are either very well prepared or who have no exams, this time of year is no problem, but for most, it is a time of high anxiety.

Exam anxiety can differ from regular test anxiety, but the causes and symptoms are the same. The major difference is that exams can potentially have a much larger impact on students' lives than regular tests.

Test anxiety is a more specific form of performance anxiety, which is similar to what athletes feel before stepping on the field, or actors before stepping onstage.

The physical symptoms of sweaty palms, increased heart rate and breathing, and butterflies in the stomach are caused by adrenaline running through the body.

UNB Counseling Services, located at 13 Bailey Drive, has several brochures in the office as well as several links on their

website that can help students reduce their exam anxiety.

It may help students to remember that stress is "neither negative nor positive. It is our body's normal response to challenge, threat, or excitement," according to Dr. Horace Lamb of the University of Adelaide.

Lamb goes on to explain that the symptoms of stress and the result of these symptoms can be manipulated by each person based on their understanding of the situation and knowledge of their own body.

He continues, "it would be a mistake to get rid of all stress during exam time, because it is useful and necessary for you to perform at your optimum level."

Lamb discusses a few different ways that students can deal with their exam stress in a positive way. Students can "ensure realistic performance expectations, manage outside pressures, and make positive self statements."

Students can also try to "visualize success, practice muscle relaxation, eat the right kinds of food, and get rid of nervous energy through exercise."

He also recommends that "if your stress has increased significantly because of circumstances outside your control (e.g.

family problems, accommodation problems, death in the family), see a counselor."

Holiday stress may also be creeping in for students at this time of year. It may be tempting to eat a box of chocolates while studying and stressing.

According to Lamb, it is important for students to separate the two stresses and focus their energy on them one at a time, beginning with exams.

Planning and time management are often the two biggest keys to successful terms, according to Trish Anderson of the semester.com.

Just in case this term has slipped away, next term can provide the fresh start that is much needed. Anderson says "avoid becoming engulfed in your syllabi. Study the night before each class as though you were preparing for an exam that would cover what was taught in the previous class."

She elaborates; "keep your mind on the smaller modules, the individual classes, the building blocks, and by the time exams roll around, you'll hardly need to study."

Carolyn Zaccagni of St. Joseph's University in Philadelphia hosts a "workshop exploring ways to relax before final exams through music, aromatherapy, knitting, food and crafting." She emphasizes the importance of

focusing the mind on other things instead of over-preparing for final exams.

Though nothing can replace actually preparing for an exam by studying and knowing the material, there are some exam taking strategies that can be helpful.

According to Anderson and the semester.com, some general strategies include answering all questions whether you know the answer or not (in a multiple choice setting) and assuming each answer is true in a true/false portion until you can prove the answer false.

Anderson goes on to suggest that for essay tests students can demonstrate what they know about a topic by putting the concept into their own words, even if it does not fully answer the question.

She concludes by saying that "essay exams not only test your understanding but also demand that you can organize and present your knowledge thoughtfully. Short answer essay questions require a written response that directly answers the question and is no longer than a paragraph."

Students will probably not know every answer on every exam they will have to take, but they can be prepared mentally and physically in order to increase their chances for success and lower their exam anxiety.

## MUN an 'Old Boys club,' female faculty say

by Sheena Goodyear  
The Muse (Memorial University of Newfoundland)

ST. JOHN'S, N.L. (CUP) -- Details of a report conducted in response to allegations of an unsupportive and unwelcoming environment at Memorial University have been released.

Shirley Katz, an associate professor of humanities at York University and a member of the Bar of Ontario, conducted personal interviews, group meetings, telephone interviews, e-mail correspondence and held an open forum.

"While some interviewed emphasized a positive environment, many of those interviewed reported evidence of a serious malaise and masculine culture," said the report.

Findings of the report were released in September, but it was not made public then due to privacy concerns. The edited report is now available on the university's website.

Many female faculty members told Katz

they felt Memorial was a bad environment for women to work in.

The report takes into consideration the testimonials of a couple of students, two secretaries, and about 60 female faculty members.

"This is not a representative sample of women at Memorial," said Katz in the report. "Perhaps many of the women at Memorial are content with their working lives, but based on what the women I did meet told me, I have to conclude that there is a serious malaise at the university with respect to the climate for women."

Women called Memorial a "Newfoundland Old Boys network" with a "broadly masculine culture." Many felt women have no room for advancement.

"In my view, Memorial is at least 20 years behind in its efforts at culture change within its management ranks," said one woman in the report.

Katz notes women are upset at the lack of women in positions of authority on campus.

"From my perspective, women do not have real power at the table. Unless you have

the title and the budget and the reporting relationships, you're not really at the table," said another woman.

There has never been a female president or vice-president at Memorial. Nine of the 16 deans and directors are female.

The percentage of tenured faculty at Memorial is 75.2 per cent male to 24.8 per cent female. However, tenure-stream positions are very close at 55.2 per cent male to 44.8 per cent female.

"When it comes down to it, there is that group -- the men -- who make the critical decisions," said a woman.

Leisha Sagan, the Graduate Students' Union rep on Memorial's Women's Committee and a volunteer at the Women's Resource Centre, says the Katz report should have been directed more at students.

"When you look at the masculine culture on campus for women you need to examine the university as a whole," she said. "The way the university is approaching the recommendations with the mindset that they are for the university as a whole, but they're not."

The Women's Resource Centre and the

Women's Committee requested interviews with Katz, but were not contacted.

Sagan says a masculine climate affects students as well. Memorial needs better security, more emergency phones, and better lighting, she says.

Sagan and Gill were not at all surprised Katz found a masculine culture at Memorial. They say that women's groups have been working to combat that for years.

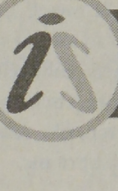
"On the one hand it's nice that these things can be addressed and progress can be made, but on the other hand I think it's really sad that it had to come out of something so tragic when it really wasn't looked at before," said Sagan. "It should have been examined a long, long time ago."

The report came in response to concerns about the experiences of Deepa Khosla, a political science professor at the university.

Khosla passed away in November 2005 from a brain hemorrhage caused by a brain aneurysm. Following her death, the university received messages from her family and colleagues alleging she felt a lack of support for her safety and an unwelcoming environment for women at Memorial.

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## Leadership



If you are looking for a leadership position next year, are already a leader on campus, or just generally want to improve your leadership skills, think of checking out the Campus Leadership Program.

This series of 6 workshops covers topics from time management to running effective meetings and conflict resolution. Workshops presenters are well known UNB deans, professors, and staff -- all experts in their topic. This is a chance to network and meet other student leaders, learn the hard skills of leadership, and apply the taught theory to your personal leadership initiatives on a weekly basis.

Campus Leadership Program:  
A \$20 fee covers all 6 workshops. Wednesdays tentatively from 6:30pm to 9pm starting January 10th. Applications should be sent to: RC@unb.ca with the subject line "UNB Leadership Program". Please include the following information:

- 1) Name
- 2) Student Number
- 3) Degree program enrolled in
- 4) Student organization you currently have, or would like to have a leadership role in

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