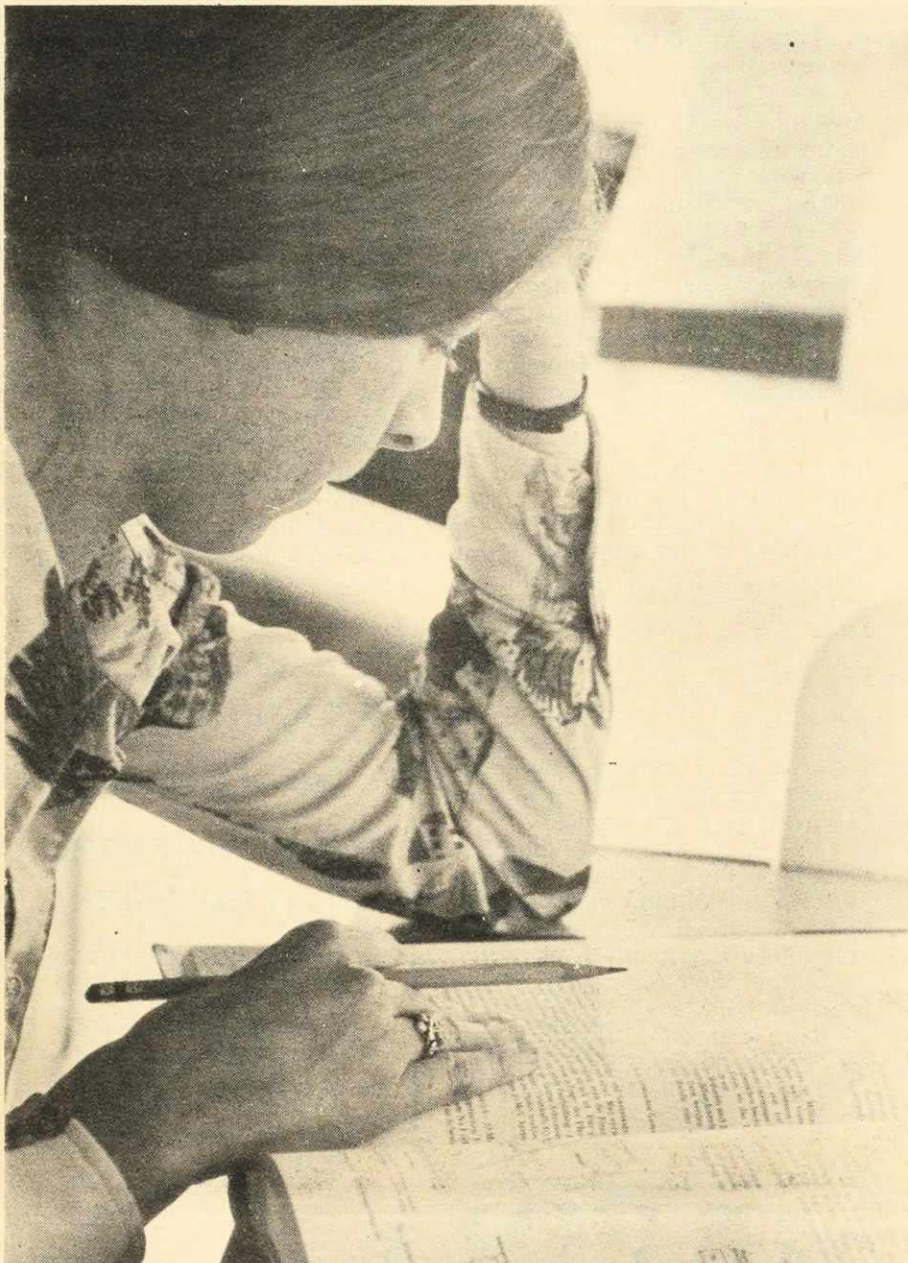


Counselling at Dalhousie



and Psychological Services Centre is a good place to begin.

Study skills are techniques students can use to make their study behavior more effective and efficient. The rationale of the Centre's program is to have participants learn, and apply in their own day-to-day study behavior, study skills principles which have already been successfully employed by others.

There is no one study method that is best for all students. Several techniques are offered in each skills area and students are encouraged to experiment to find the one they can adapt to their needs.

Knowing when, where, and how to study does not automatically result in more efficient study behavior and consequently better grades. You have to practice with the techniques and use them regularly. An important component of the program is self-control strategies - how to motivate yourself to get going and keep going once you know how to study.

The study skills program consists of a series of seven video-taped sessions demonstrating learning techniques. During each session participants complete several exercises which involve the application of the principles presented on the tape. Feedback is provided by a counsellor and discussion encouraged.

A \$10 deposit is required to take this program, all of which can be earned back by attending sessions, completing the exercises during the sessions, and filling in a questionnaire concerning your study habits.

Offered regularly throughout the academic year, all you have to do to enroll is drop into the Centre (4th floor, SUB, 424-2081) for a brief interview.

NOTE: Two good paperback books on study skills are available in the reference section of the main bookstore, or on reserve at the Killam Library: **How to Study in College** by Walter Pauk and **How to Take Tests** by Jason Millman and Walter Pauk.

Students are encouraged to make appointments by calling 424-2081 or dropping up to the Centre, 4th floor of the SUB, weekdays, 9 - 5 pm. A staff member can usually see a student immediately if necessary, but generally appointments are made a couple of days in advance. There is no charge for general counselling services.

In later issues of the **Gazette**, Counselling and Psychological Services staff will describe in more detail the development programs and the format of typical counselling sessions. But don't wait to read about us — students and faculty are invited to come in for a cup of coffee anytime.

by the Counselling & Psychological Service Staff...Part 3

In most classes, a student appears to the prof as the sum of what is done in class, performance on exams, and on what is written. How you "performed" last year (in university or high school) need have no bearing on what you can do now — if you learn the appropriate skills. And you can learn to learn.

Deficiencies in the basic learning skills - reading, writing, listening, remembering, notetaking, and test-taking - are at the heart of many university failures. These skills can be learned and the study skills program offered by the Counselling

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No lunch bucket

by Sheilagh Beal

You must be wondering what happened to the "Lunch Bucket"! Unfortunately, Alan McHughen took it to England with him this year. As the new Food Committee Chairwoman, I face the formidable task of taking over where Alan left off (he's a hard act to follow).

For those students, new and old, who may not be aware, the Food Chairwoman acts as a liaison between the students and Saga Foods, who run the cafeteria. The Chairwoman monitors the food served by Saga and the prices charged, takes suggestions that are offered by students and acts on them, and keeps in close touch with the Saga Food office, primarily the manager, Frank.

Already I have had a number of meetings with Frank and have been on an inspection tour of the kitchen. Although I have been checking the suggestion box, it has been empty so far (with the exception of a feather and a rotten apple core). Now that you know that there is someone around who will read and act on your suggestions, or complaints, I hope that you will fill the empty box (it's lonely). If you can't write or are just too lazy to, tell me your plight in person. I'll then talk it over with Frank and get back to you.

Unfortunately this year there will be no "Lunch Bucket". Instead, articles will appear similar to this one, but hopefully, much better and mainly informative.

There are a few things to watch for in the cafeteria. Day-old donuts are sold for \$0.15 on the line but you really have to look for them. Sandwiches are colour-coded this year and by now there should be a chart posted by the sandwiches explaining their freshness. By all means, take the freshest sandwich for yourself and leave the stale one for Saga. Diet pop is available for



Dal Photo / Grandy

those of us who need it, and if you don't see it, ask. This applies to anything (well, almost...). During Oktoberfest weekend, Saga will be offering daily German specials — bierwurst, beer, etc.

That's all for now, with a P.S. — For all of you who are wondering about the outcome of the Tang-Honeydew 'shit' argument, Tang won and will replace Honeydew when current supplies run out.

World Inequality: Problems and Services. Any individuals or groups interested or active in volunteer agencies or volunteer service who would be interested in participating in an international and national **Day of Awareness** on poverty (Nov. 3) at Saint Mary's University International Education Centre, should contact Dr. Dougald McFarlane at 422-7331 (ext. 354) immediately.

Passport and application photos are taken in room 320 of the SUB from noon until 5 p.m. on Fridays. The price is four dollars for four prints.

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