

# WORKSHOP OFFERED

By ALICE J. PITRE

Making decisions can be difficult, even if it's only a decision on what to wear or what to choose from a menu. But career decisions are important. And scary! If we don't make the best choice the first time, we're sunk, right? Wrong!

Fourteen years ago, I was a freshman, bound and determined to be a nurse. Twelve and a half years ago, I dropped out.

I suppose I could have tried something else then, but I had no idea where to turn. A decision on my career was something to postpone, as it turned out, until I had married and my own kids were in school.

When I was their age, I had wanted to be a teacher. By

high school, I thought I might be a psychiatrist. But in grade twelve, any career other than nursing or teaching didn't seem right for a farm girl like me. I certainly wouldn't be a scientist like some of my friends.

The list of courses for an education degree looked rather drab. And what could anyone do with "just" an Arts degree? So I chose nursing. No wonder I dropped out. Not a soul had explained to me how things worked. (Or how life worked, for that matter.)

Last year, I was back. I headed straight for the nursing faculty again. You'd think that I would have learned. But no, only when general discontent led me to the Counselling Centre did I discover I had other

options.

I wouldn't be surprised if alot of you are confused as I was even a few months ago. Maybe you have a dozen dreams to follow, but don't know where to start. Or you can't decide which dream is most important. Or maybe you know you need an education, but nothing, nothing at all, is the least bit interesting.

I have wonderful news. Starting September 28, Mary Lou Trimble, of Counselling Services, will be offering an eight session workshop on career planning. Not only will she be helping students sort out their interests, but she will guide them in the discovery of skills they already have and perhaps never recognized.

The Workshop explores

career options based on these interests and skills. Participants research those options and finally develop career goals and strategies for reaching them.

It can be embarrassing, of course, to tell the whole world you've always wanted to be a nurse, and then to find you've been lying to yourself all these years. But there is no rule in the universe that declares it is impossible to fix a mistake. In fact, the Career Workshop will show you how.

The Career Workshop begins Wednesday, September 28, at 7 p.m. in Room 19, Alumni Memorial Building. The agenda looks great. There are drawbacks, though. You must be committed to attend all eight sessions, and to do

about two hours of homework each week. But I bet this homework is alot more fun than what the professors hand out.

For some, all this may not be necessary, at least not right now. Counselling Services is also offering half-day workshops on choosing your major or faculty. The first of these is Thursday, October 20. Pre-registration is required, so call Counselling Service well in advance at 453-4820.

Life is too exciting to spoil by doing anything other than what suits you the best. It's not what your teachers or your parents, or even your grades suggest, that will make your career choices fulfilling. Only you can discover your own best future.

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## NOTICE

Students intending to apply for entrance to medical and dental schools are requested to make appointments for the purpose of having the personal interview which is required for admission into dental and medical schools. Interviews will begin as soon as possible. Please apply at Rm. 109, I.U.C., Office of the Dean of Science.

DR. M.C. SEARS  
Assistant Dean of Science

# FOREIGN SERVICE

Few careers conjure up an image as being a diplomat in Canada's Foreign Service. Most young Canadians think about joining it at some time in their life.

For the fourth year, former Foreign Service Officer Barry Yeates will offer his specialized seminar to help people prepare for the Foreign Service exam and interview. Ninety student

organizations at universities coast to coast now co-sponsor his annual prep seminar, which has an enviable success rate. Every year, candidates who take the course are more than twice as successful in attaining Foreign Service interviews and jobs as those in the general test-taking group.

The one-hour free introductory lecture and six-hour intensive training seminar cover all

view process. The study kit included in the full-length seminar, or available separately, helps participants identify key issues, focus their reading, and save precious time.

Yeates' presentations run from September 19 to October 17, taking him from the College of Cape Breton to the University of Victoria, with 31 stops in between.

The October 22 exam is open to Canadian citizens with at least a Bachelor's degree in any discipline. Students who expect to graduate in 1989 are also eligible to write.

Anyone considering writing the Foreign Service exam will benefit from attending Yeates' free intro lecture and full-length prep seminar to find out how to improve their chances of getting into the Foreign Service.

Yeates will be giving his free intro lecture in the SUB, room 203, at 4:00 p.m. on September 21. The paid seminar will start immediately thereafter at 5:15 p.m.

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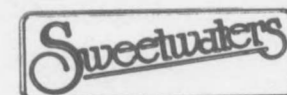


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