

University News Beat

by York's Department of Information and Publications

**Emergency Services
Centre — 3333**

They Care About You

"I need help," the undergraduate declared anxiously, "I have to write my MBA entrance test and I need to improve my reading speed and comprehension."

"If you can come in today at 1:00 for a preliminary test, we'll start you on our reading program right away."

That reassuring response was from James Fitchette of the Counselling and Development Centre. Formerly, the Department of Psychological Services, the new name was chosen according to Fitchette, "Because Psych. Services wasn't broad enough a title to describe all our facilities. We have programs ranging from learning skills to weight control, and individual and career counselling as well."

The Centre is a service department designed to help students and other members of the York community solve problems. Located in the Behavioural Sciences Building, the people at the Centre are friendly and the atmosphere is informal.

Last year close to 1,000 people improved study skills, ended bad habits, learned to relax and benefited from counselling at the Centre. The same services will be provided this year along with a few new ones.

The Learning Skills Clinic at the Counselling and Development Centre offers a Proficient Reading Program that works on a self-help basis. Speed-reading machines, prepared materials and books are at the students' disposal, but no formal classes or seminars are set up.

The program improves vocabulary, comprehension and rate of reading speed. A pre-test pinpoints the areas that need improvement and a post-test determines progress. Pre-tests are given daily at 1:00 and 3:00 in Room 145, B.S.B.

The program is free, but a \$10 incentive deposit is asked of each participant. This is refunded when he completes his set program.

A similar Effective Listening course is offered. This aims at training the individual to overcome background noise and improve his comprehension. It's a short program (generally less than 4 hours) and helps the student take concise lecture notes.

The Study Skills program offers several methods for a student to improve study habits, either individually or in a group.

Videotapes are viewed on such topics as notetaking, exam taking and where and when to seek counsel. After the tapes, students discuss how they can put relevant material to use in their studies.

In addition, essay writing, how to use the library, and how to schedule time will be discussed. Individual counselling is also available for those who want extra help.

Interested in Proficient Reading, Effective Listening or Study Skills? The person to see is Jim Fitchette in Room 145 B.S.B.

Another academic aid is Cathy Neely's Group Communication program designed to help students speak out in tutorials more easily.

Mock tutorials are set up and the students rate each other on how they respond during discussions. The program is designed to overcome difficulty in group interaction. You'll find Cathy in Room 104.

On the other side of the fence is Teaching Skills which is a program for tutorial leaders to help them conduct their groups more effectively.

Sandra Pyke and Chris Furedy, program directors, plan to cover every aspect of the tutorial situation. In addition, lectures will be given by guest speakers who have the reputation of being "good teachers".

The groups meet Wednesday afternoons starting at 1:00 p.m. in Room 108 B.S.B.

The Centre can help you be a good loser when it comes to excess weight or tension.

Based on behaviour modification, the weight control program examines all aspects of eating and aims at changing habits for life.

Practical help in the form of special diets, and lectures on nutrition and calorie awareness are included. Individual counselling is also offered for those who want it.

What is unique about the weight control program at the Centre — its thoroughness. Few diet programs examine the problems of overweight in such detail.

Barbara Kirsh who heads the group says that last year's participants lost an average of 11 pounds each. Contact Barbara in Room 106 B.S.B. for more information.

Relaxation can be learned, according to Sandy Barraclough. The Tension Control Program is designed to help people overcome general anxieties and phobias and therefore relax.

In conjunction with tension control is Bio-Feedback Training which makes use of a machine that measures alpha waves (good vibes emitted by the brain when an individual is in a state of relaxation).

Tension Control is a self-help program that teaches one how to overcome anxieties. If you want to tune in your own alpha waves or join the Tension Control Program, see Sandy Barraclough in Room 122 B.S.B.

Immigration Deadline

The Minister of Manpower and Immigration has recently introduced changes in the immigration legislation which may affect members of the York community.

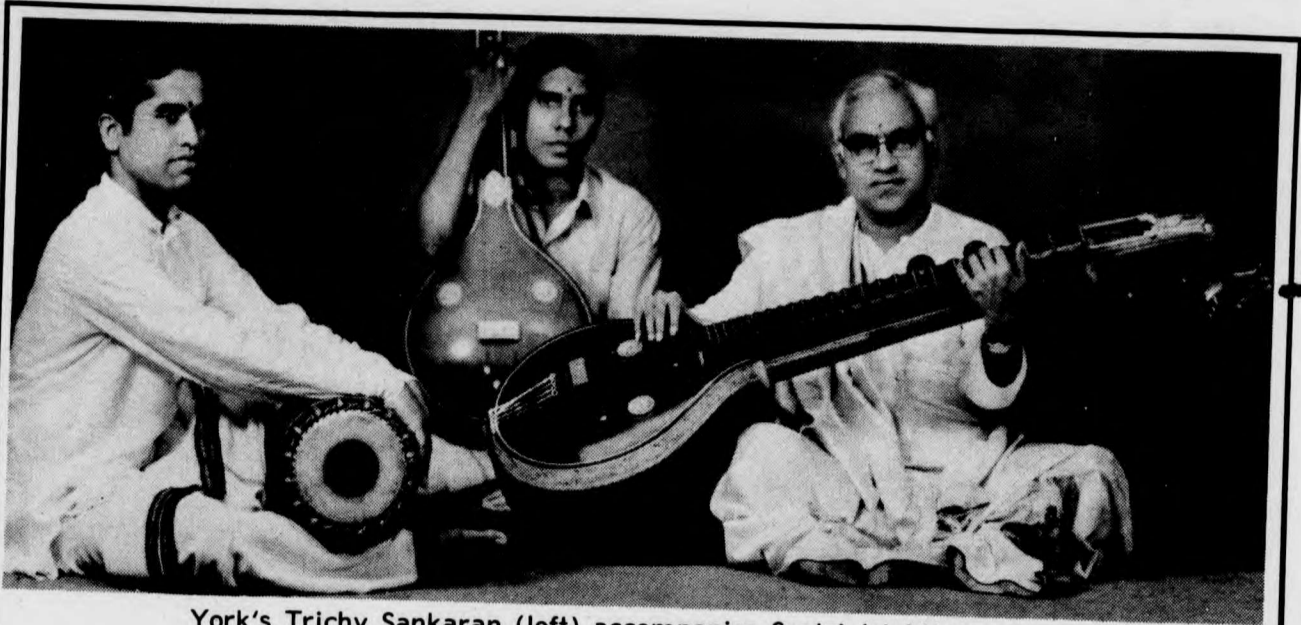
According to this new legislation all those who entered the country prior to November 30, 1972 (except those on Minister's permits or students bonded to return to their own countries or those who fall into prohibited classes otherwise than under the immigration legislation), will have the opportunity to apply for landed immigrant status within sixty days of the proclamation.

This applies not only to those who entered the country illegally, but also to those who came perfectly legally and opted for an employment visa rather than landed immigrant

status and then found that after November 30, 1972, they could not change their status.

All those who entered this country legally or illegally (except for the prohibited groups noted above) will have the right under the new legislation to apply for landed immigrant status within the prescribed period. They will also have the full rights of appeal if their application is rejected by the Department. After that they will have to return to their home country in order to make application for landed immigrant status.

The last possible date for anyone who wishes to apply from within Canada for landed immigrant status according to the new rules is October 15, 1973.



York's Trichy Sankaran (left) accompanies Sastri (right) tomorrow.

From Veena to Vibes at Burton

Music ranges from the veena to the vibes at two public concerts sponsored by the Faculty of Fine Arts.

Emani Sastri, one of the world's foremost exponents of the veena, the principal stringed instrument of East Indian classical music, will perform at Burton Auditorium Friday, September 21, at 8:30 p.m.

Admission for students is \$1.50; all other tickets \$3.00.

The 1973/74 Performing Arts Series begins its season with the renowned Gary Burton Quartet. That concert, featuring Gary Burton on the vibes, is Monday, September 24, 8:30 p.m. at Burton Auditorium.

Tickets for all the events on the Performing Arts Series schedule are now available at special student rates at the Burton Box Office, open Monday to Friday from 11:00 a.m. to 2:00 p.m.



Jazz Vibist Gary Burton on Monday

Drop In and Talk it Over

Counsellors On Call 24 Hours a Day

Anyone who seeks help at the Counselling and Development Centre is seen the same day.

According to Dr. Mark Frankel, each day of the week is served by a team of senior staff members with PhD's in clinical or counselling psychology, graduate and selected undergraduate students (who are the front-line counsellors). These counsellors are on call 24 hours a day.

You can drop in to the Centre, no appointment necessary, for confidential, strictly private counselling

anytime between 9:00 a.m. and 5:00 p.m. After hours simply call local 3333.

The purpose of the counselling services at the Centre is to assist individuals to deal more effectively with current problems.

Mark Frankel says that individual problems range from sex to loneliness to family relationships to the problems of everyday living. Problems associated with drugs or disease are usually handled by Harbinger (student clinic) in Vanier College.

More and more couples are seeking counsel at the Centre and Mark hopes to set up couples groups for those who are willing to discuss problems in a group situation.

T groups at the Centre are always popular. They're being set up over the next few weeks, and this year Encounter Groups will also be conducted.

The attitude of the counsellors is that they expect people to have problems and they want to help in any way they can.

Bonnie Shaffer and Liz Rashkis conduct another type of counselling service — career counselling.

The Career Counselling Place is located in Room 101, B.S.B. The student or staff member using the centre has the choice of dropping in and reading through career information or making an appointment with one of the career counsellors to discuss his or her vocational plans.

Loose-leaf booklets are provided with career information about a number of vocations and Liz and Bonnie are there to answer questions.

Workshops for Women

Starting this year, the Counselling and Development Centre will conduct Women's Workshops.

Nancy Steinberg, director of the program, invites women from the York community to Coffee Times every Tuesday and Wednesday from 12:00 to 4:00 p.m.

These get-togethers will be informal and unstructured. Formal groups will be set up at other times for discussions on specific topics of interest to women.

Reading material and topics have not been chosen yet, as Nancy would like suggestions from students, staff and faculty members.

Drop in to Room 148, B.S.B. on Tuesday or Wednesday afternoon for coffee and conversation.