

its adult form; you have begun developing the philosophy that will carry you through adulthood. These have been impressionable years and the experiences of the posting will leave an indelible mark. How you handle the transition from post to home will be a vital part of that experience.

Looking Back

It is important that you take the time to say good-bye properly to all your friends and teachers, even though it will be difficult. Saying good-bye is a very emotional experience and the tendency to cry is universal. What's wrong with a good cry, especially a mutual one between friends? If you don't say good-bye, you will always feel that somehow you should have, and then you will feel guilty as well as sad.

Take time to exchange pictures; buy a yearbook; get autographs; write down addresses and telephone numbers; throw a farewell party; buy souvenirs; take pictures of the school, favourite haunts, swimming pool, the club, vacation spots, the school dance, your house, the servants and your nanny; make a scrapbook; collect match covers from your favourite or special restaurants, clubs and resorts; collect placemats from special dinners (if they are paper); buy a batch of postcards; pick up some brochures of places of interest that you have visited; make a few of those planned but never taken excursions; visit the main landmarks again.

Looking Ahead

So much for looking back - accept that you are really leaving and look forward. This is the time to renew contact with old friends, with relatives and neighbours. Even if you haven't written for a few years they probably would like to hear from you. If you think you might be in a position to take a job, write to potential employers with your resume and a letter of introduction.

Prepare yourself for Ottawa-Hull

The more you can reduce the gap between what you imagine and what you know, the fewer problems you will have. Look at the pictures from home; read up on Ottawa-Hull and Canadian life; get some magazines from home to find out what is being worn, what the concerns are, what music is popular and the names of the groups; find out what the current trends are re: dating, academic standards, drugs, alcohol and sex. Think about how you feel about these things because you will have to make some decisions. Obtain information about school credits, course offerings, number and size of classes, placement options.

Talk To Your Parents

Your parents are having some of the same feelings even though they may seem too busy to care or talk. Express your anxieties, resentments and mixed feelings. Often people keep very busy in order not to have to think. Begin to discuss the cultural differences, attitudes, use of city buses, personal freedom, change in status and loss of servants. Begin practising more independence in making decisions (go slowly, this makes parents nervous), making your bed, cooking or planning meals. Find out what the Canadian laws are on drinking age, drugs, drivers licensing, seatbelts and work permits.