

## Getting your vitamins lately?

Have you ever stopped to ask yourself: Due to the increased consumption of nonnutritional diets, adequate amount of the essential vitamins I need for good health? Should I be taking vitamin supplements or should I be watching what I eat? Does my favorite food contain the vitamins I need? I have been lacking energy lately, does this mean the level in my diet is inadequate? What happens if I consume vitamins excessively, will I be even healthier than I am right

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University of Alberta will answer your questions at a display set up in Cab pedway between 10:00 am and 2:00 pm.

### DO YOU WANT?

- A Challenge
- Management/Leadership
- New Skills/Techniques
- Part-time Employment
- 12 Weeks Guaranteed Summer Employment

### CONSIDER

The Canadian Armed Forces Primary Reserve Reserve Entry Scheme Officers in Engineering, Artillery, Armoured and Infantry Classifications

### FOR FURTHER INFORMATION CONTACT

Northern Alberta Militia District HQ  
Telephone 456-2450 (Ext 432)

# They got oriented

by Randall Peter

"They should have left out the cafeteria," was one of few complaints by Salisbury High School grade 12 student Dave Oginski, from Sherwood Park.

"It was well worth the while," says Oginski. "If a person did not know what to expect in university, they showed what was needed and involved. They showed the academic aspect as well as the leisure side. The university is not as big and confusing as first expected."

Orientation Days have completed their second appearance on campus. They replaced Varsity Guest Weekend (VGW).

"Orientation Days show what the university is all about," explains Barb Mah, one of many volunteer university students assisting at the event.

"Everything is from the student's point of view," adds Jeannette Laframboise, another university student at an Orientation Information booth.

Orientation Days began organizing last fall.

"We start preliminary planning near the end of October," says Lorne Gunter, University Orientation Co-ordinator.

Information was sent and distributed to students by councillors in over 200 high schools in Alberta alone. "We have participation from all over the province and from Saskatchewan and B.C.," says Laframboise.

Most of the activities were well received.

"The assembly was a waste of time," says Oginski. "They didn't tell you much except room changes and repeat their introductions from the Orientation Days Information pamphlet."

"The lectures were interesting," adds Oginski. "They answered questions about how

everything works, how to set priorities, and how the system works."

"Parents were encouraged to attend. Some came from over 300 miles away," says Mah. "It has

been really well received. For Parent Orientation Night we expected only one or two hundred, but four hundred showed up."



photo Bill Inglee

The university took some skeletons out of the closets last week for Orientation Days.

## THE UNIVERSITY OF ALBERTA 1981

### Spring Session & Summer Session

The University of Alberta is planning to offer a number of degree credit courses on campus in the 1981 Spring Session and the 1981 Summer Session. Courses are planned for the following areas although not all courses will be offered in both sessions. Students should consult the 1981-82 Special Sessions Calendar before registering.

Accounting  
Agricultural Economics  
Animal Science  
Anthropology  
Art & Design  
Bacteriology  
Biology  
Botany  
Business  
Chemistry  
Christian Theology  
Classics  
Clothing & Textiles  
Computing Science  
Dance  
Drama  
Economics  
Educational Administration  
Education - Adult  
Education - Audio-visual  
Education - Curriculum & Instruction  
Educational Foundations  
Education - Industrial Arts  
Education - Practicum  
Educational Psychology  
Engineering  
English

Family Studies  
Foods & Nutrition  
Food Science  
Finance  
French  
French Canadian  
Geography  
Geology  
Health Education  
History  
Interdisciplinary Studies  
Latin  
Law  
Legal Relations  
Library Science  
Linguistics  
Management Economics  
Marketing  
Mathematics  
Management Science  
Movement Education  
Music  
Nursing  
Occupational Therapy  
Organizational Analysis  
Organizational Theory  
Physical Education

Physical Therapy  
Philosophy  
Physiology  
Political Science  
Psychology  
Recreation Administration  
Religious Studies  
Russian  
Sociology  
Soil Science  
Speech Pathology & Audiology  
Statistics  
Ukrainian  
Zoology

Spring Session 1981 is scheduled as follows:

Full Session: May 4 - June 12  
1st Term: May 4 - May 22 with classes held on Saturday, May 9 in lieu of the Victoria Day Holiday (May 18).  
2nd Term: May 25 - June 12.

Students who have never attended the University of Alberta, must submit an Application for Admission form along with complete and official transcripts of academic records by March 2. The Registration Form must be returned to the students' Faculty Office before the deadline date of April 1. As registration in some courses are limited students are urged to submit all appropriate forms as early as possible.

Summer Session 1981 is scheduled as follows:

Full Session: July 6 - August 14  
1st Term: July 6 - August 24  
2nd Term: July 27 - August 14 with classes held on Saturday August 8 in lieu of the Civic Holiday (August 3).

Students who have never attended the University of Alberta, must submit an Application for Admission form along with complete and official transcripts of academic records by April 1. The Registration form must be returned to the students' Faculty Office before the deadline date of April 30. As registration in some courses are limited students are urged to submit all appropriate forms as early as possible.

## FACULTY OF SCIENCE

### AWARD FOR EXCELLENT TEACHING

The Faculty of Science annually recognizes its outstanding teachers by conferring the "Faculty of Science Award for Excellent Teaching." Only one award is given each year and previous participants will be excluded from further competition. Each Department, through its Chairman, may nominate one person each year. Moreover, any group of ten undergraduate students in the Faculty of Science may submit nominations for the award to Dr. J.L. Mahrt, Office of the Dean of Science, Chairman of the Award Selection Committee, which consists of four academic staff and four undergraduate students.

Nominations are hereby invited for this award and should be submitted no later than March 10, 1981. Nominees should have held a professorial appointment in the Faculty for at least ten years and should have a reputation among their colleagues and students for excellent teaching.