

# Counselling services: there if you need them

By CAROLYN MICHAUD  
Brunswickan Staff

The building is small, the offices unprepossessing, but the staff is friendly....Let me introduce you: there's Dr. Ralph Bierman, Director; Mr. Reg Craft, Counsellor; Anne D'Amour, Administrative Secretary; Heather Davy, Counsellor; Serena Knockwood, Native Student Advisor; Marilyn Rees, Secretary; Dr. Norman Whitney, Counsellor, and Dr. William ("Bill") Davey, Writing Lab Instructor. This is the staff of UNB and STU's Counselling Services.

The Counselling service caters to three problems: career, social-emotional (personal) and academic problems.

Different approaches are used in dealing with the different areas of concern. Those who go for career assistance have individual exploratory interviews where the student and counsellor explore the student's interests and aptitudes. For the students who aren't sure of what their career interests are, they can take a series of career tests which will later be interpreted by a staff member, and explained to the student. The Counselling Service also has an information library with an abundance of information on careers and training programmes in North America. You can just walk in and browse, or ask a staff member for help.

The second area which one can receive understanding and assistance is that of social and emotional problems. About two-thirds of the students who go to the Counselling Service for help, are interested in this area. It's felt that there are many more students who, either because of shyness or embarrassment, don't go for help. These feelings of shame, shyness and embarrassment are hard to overcome, the Counselling Service is worried about these students but understand. In order to reach these students who suffer from such inhibitions they are hoping to initiate a programme that involves fellow students as helpers.

The atmosphere at the Counselling Service is very warm and friendly. Since they employ skilled caring people, you aren't treated as a "case", but as a person; a person who needs a supportive friend to help him deal with a problem. We all have times when a caring listener would be the perfect cure for the many frustrations brought on by a student life. Rest assured, you are treated with the utmost respect and confidence.

There are two types of sessions when dealing with students who are having social or emotional problems. You can get help individually or in couples. In the individual sessions, you get the chance to talk out issues and find your own solutions toward new ways of coping. Or you may be taught tension control, an important aspect in helping the problem. This tension control incorporates relaxation techniques. This is an alternative to less healthy ways, i.e. drugs, alcohol, depression, of dealing with problems.

Many couples receive help in resolving conflicts, in fighting fair, and in communicating with each other. Also, given the trends today in couples separating, sep-

aration counselling is becoming more and more important and some couples come for help in learning how to part ways.

Speaking of relating, the Counselling Service is beginning a Human Relations Communication Workshop, to help people develop skills for coping better with their own feelings and relationships. This is an intensive group which meets for four-hour long weekly sessions during the months, October and November. There is an "Info" evening with coffee and munchies, Tuesday, Sept. 23 from 7-9 pm in the Tartan Room of the Alumni Memorial Building. This

workshop is basically for three different types of people: for the individual who is feeling down on himself and is confused in his identity and in who they are; for couples losing touch with each other; and for people who want to help themselves, but also others, in a volunteer role. These people may eventually become part of the student to student programme.

The third area in which the Counselling Services offer help is academic process skills.

Like the other areas, you can get individual help. Dr. Davey gives each student a one-on-one tutorial that helps improve writing, read-

ing or study skills. There are also special group programmes that are held on request. As a matter of fact, for those of us who get hyper come exam time, an exam skills programme is offered. This year it is being held on Wednesday Nov. 5, 12, and 19 from 7:30-9:30 pm. This programme helps students to reduce excessive tension about exams. It also offers help to those who want to prepare for exams and learn skills. For more information on programme, call counselling at 453-4820 or 453-4821, and ask for Dr. Bill Davey or Mr. Reg. Craft. For any information on any

Counseling Service programme feel free to either phone, or drop into the Counselling service build-

ing (remember, Annex B, just across from the Bank) During the school terms, the Counselling Service is open from 8:30 am - 5:00 pm, Monday through Friday.

Although it's best to make an appointment, if there is a genuine emergency, DON'T WAIT! go for

help. The Counselling Service will be there ready to help - this Service is there for YOU!!

## Firewood day set for September 27

Organizers of Fredericton Firewood Day are hoping for fine weather on Saturday, September 27, to ensure that area families can enjoy an interesting outing while answering all their questions about "Wood Heat-Today and Tomorrow."

Firewood Day is scheduled from 9:30 - 4p.m. on the 27th, at the Maritime Forest Ranger School, across from the Regent Mall on the Regent Street Extension.

Even veterans of past Firewood Days will find something new this year. A shuttle bus will be running to two homes in the Fredericton area which are heated by woodchip furnaces, and there will be morning and afternoon presentations by Richard Hill, one of the most well-known proponents of wood heat on the eastern seaboard.

Co-ordinator for Firewood Day is Alex Dickson, continuing education officer for the UNB Faculty of Forestry, one of the event's sponsors.

he said visitors will have the option of visiting either or both of the woodchip heated homes -- forestry professor Marc Schneider's restored farmhouse in

Douglas and the modern split-level home of engineering professor Anthony Short in downtown Fredericton, off York Street. One home has a hot air system, and the other is heated by hot water, making the demonstration projects of interest to many homeowners, Dr. Dickson says.

General admission for the day is \$1.00 per person, or \$2.00 per family, and there is no extra charge for the bus service.

Prof. Schneider reports that Dick Hill is a leading researcher in the areas of advanced, high-temperature wood combustion, solar energy, and heat storage. Prof. Hill designed the Hampton Jet-stream woodstove, which is now manufactured in PEI and sold in Canada and the US

Prof. Hill, who is on the faculty of the University of Maine at Orono, owns three houses where he tests various heating systems. Prof. Schneider says he was a primary contributor to the Main Public Broadcasting Program titled "Firewood Harvest," aired in October, 1979.

Prof. Hill will be speaking at 11:30 a.m. and 2 p.m. in McCormack Hall on the Ranger School

grounds.

Firewood Day will feature films, displays by suppliers of wood heating equipment, and a demonstration of safe wood harvesting and handling techniques, cooking on a woodstove and chainsaw maintenance.

Procedures governing the use of firewood from crown lands, installation and care of stoves and chimneys, solar energy for drying wood and supplemental heating systems, skidoo logging, and buying and selling wood will also be topics on the Firewood Day agenda.

Firewood Day is a Fredericton innovation, first organized by Dr.

Dickson in 1976 and he reports that it has attracted considerable media attention nation-wide. The event continues to enjoy the support of commercial exhibitors and government agencies he says.

Other sponsors of the event include the Maritime Forest Ranger School, the New Brunswick departments of natural resources, labor and manpower, and agriculture, the Canadian Forestry Service, the provincial Forest Industries Safety Association, Inc., Energysave Systems Ltd., the provincial fire marshal's office and the Fredericton Energy Conservation Project.

Further information is available from Dr. Dickson at 453-4501.

## Workshop offered by literacy council

The Literacy Council of Fredericton offers a free service to adults in the Greater Fredericton area who wish to learn to read, or improve their reading abilities. The Council is sponsoring a workshop to train volunteer tutors to instruct non-readers. The sessions will be held on September 26 and 27 in Room 321 of Marshall d'Avray Hall. If you have a few hours to spare, please consider helping in this worthwhile effort. For further information call CHIMO, at 455-9464.

### FLAG (Fredericton Lesbians and Gays)

A friendly social organization for N.B.'s gay community.

For information on our weekly dances and other social events, contact us at

Box 1556, Sta. A,  
Fredericton, N.B.

Coming soon: our phone line....



"Henry, you know that phase little Hank was going through? Well, it just turned into a lifestyle."

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