



"STUDENTS HELPING STUDENTS"

STUDENT RESOURCE CENTRE

REFERRAL & INFORMATION SERVICE FOR STUDENTS

- STUDENT ADVOCACY CENTRE
- STUDENT EMPLOYMENT OPPORTUNITY & VOLUNTEER BUREAU
- DIVERSITY CENTRE
- ACADEMIC SUCCESS WORKSHOPS
- LIFE-SKILL WORKSHOPS
- PEER MENTOR PROGRAM
- and many MORE

**OPEN FROM 9am-4pm
ARE LOCATED IN
ROOM 114, SUB
TEL : 453-5072**

Academic & life-skills workshops are organized in collaboration with UNB Computing Services, Department of Extension and Summer Session, and Counselling Services. The workshops which are available in September & October are:

Computers are as easy as 1,2,3,4.....

- 1 Internet** travelling the Information Highway
- 2 E-mail** the basics of E-mail
- 3 Services & You** using UNB facilities to get your marks, class & exam schedules, access the library and other good things...
- 4 Using Computers at home** how to make the connections !

**No Experience Necessary, Beginners Welcome !
All Sessions Free !!!**

- Topic 1 : Wednesday, September 27, 7:00 - 8:00 pm
- Topic 2 : Wednesday, September 27, 8:15 - 9:15 pm
- Topic 3 : Thursday, September 28, 7:00 - 8:00 pm
- Topic 4 : Thursday, September 28, 8:15 - 9:15 pm

Study Strategies for Adults Returning to University

Date: 23 September, 1995
Time: 9:30 am - 12:30 pm
Place: Room 217, Wu Centre
Cost: \$ 10

Time Management for Students

Date: 30 September, 1995
Time: 9:30 am - 12:30 pm
Place: Room 217, Wu Centre
Cost: \$ 10

**YOU + ? = How to:
take notes, write essays, do library research**

Note-Taking & Study Strategies	Essay Writing & Library Research
Date: 14 October, 1995	Date: 21 October, 1995
Time: 9:30 am - 12:30 pm	Time: 9:30 am - 12:30 pm
Place: Room 100A, Wu Centre	Place: Room 100A, Wu Centre
Cost: \$ 10	Cost: \$ 15

The Art of Thinking, Reading & Writing

Technical & Applied Writing	Critical Thinking & Reading
Date: 21 October, 1995	Date: 28 October, 1995
Time: 9:30 am - 12:30 pm	Time: 9:30 am - 2:30 pm
Place: Room 100A, Wu Centre	Place: Room 217, Wu Centre
Cost: \$ 10	Cost: \$ 13

Assertiveness Training

- Learn to differentiate between nonassertive, assertive, & aggressive behaviour
- Learn assertive skills on how to make or refuse requests, dealing with persistent people, expressing preferences, opinions, and feeling such as anger
- Learn new ways to respond in specific situations

Starting September 28, every Thursday, 2:30 - 4:30 pm, for 8 weeks.
Please call Counselling Services for more information. Tel : 453-4820