Counselling offers workshop

CAREER WORKSHOP

Choosing a career is an important, yet difficult decision. Many people today are not satisfied by their work. They're simply putting in time. The real career choice is this: Do you want to put in your time, or do

you want to use as many of your skills as possible and be satisfied with your career?

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WORKSHOP INVOLVE?
Once a week you would meet in a group with 10-12 people. You would learn methods to help you identify

your transferable skills; those skills such as the ability to organize, or to work with numbers, which can be used in many different fields. You would also learn methods to help you identify your interests and to generate a list of job alter-

natives which fit you.

You would learn how to research careers. This includes using the Career Information Library and interviewing people in relevant occupations.

You would learn procedures for identifying what stops you from making or

following through on career plans. Some of these things include your doubts about yourself, loss of direction in life, fears, or conflicts with family. The workshop will also help you work on these issues, and would involve sharing some of these feelings with others in the group.

WHO IS THE WORKSHOP

FOR?
Are you wondering,
'What can I do with an Arts
Degree?' Or in a technical
program because you
thought it would lead to a
job, and no find that your
heart's just not in it. Do you
feel discouraged about not

having any direction in life?
Are you looking around, thinking that everyone knows what they want to do, and asking 'What about me?'. Then this workshop is for you. The workshop is offered free of charge to all UNB-STU students.

HOW MUCH TIME IS IN-VOLVED?

The workshop would last from the end of September until the beginning of December. Three hours each week would be spent in group meetings and one to two hours in homework. Over the 10 weeks it would take five hours a week of your time.

WHAT COULD YOU GET OUT OF IT?

From the workshop you can gain a greater sense of purpose or direction in life, formulate meaningful career and educational goals, and build up your confidence.

HOW DO YOU FIND OUT

Call Counselling Services at 453-4820 and arrange to attend the information meeting on Monday evening, September 26 from 7:30 - 10:30 in the Alumni

Memorial Building.
WORKSHOP WILL TAKE
PLACE MONDAY EVENINGS
7:30 - 10:30 STARTING
SEPTEMBER 26.





























