

DIRECTIONS

Published by the Office of Student Affairs, 124 Central Square, York University

CLASSROOM IMPROVEMENT

*Empty cups and cans under your desk?
Tired of studying amongst leftovers?*

Concerned over the problem of classroom upkeep, the University has launched a clean-up campaign aimed at improving the maintenance and safety standards of classrooms --welcome news to the thousands of students and faculty who use the classrooms on campus.

A Classroom Maintenance Committee has been formed to coordinate the efforts of the departments responsible for cleaning, maintaining, developing and allocating centrally-administered classrooms.

"Classrooms at the University are so heavily utilized between 9am and 4pm that cleaners cannot access the rooms without disrupting a class," said Elizabeth Dolan, Manager, Room Allocation Centre and member of the Committee. "We need the help of students to keep these rooms clean so that they and the next class aren't faced with a dirty classroom."



Students are asked to place newspapers, wrappers and coffee cups in the wastepaper baskets provided, put desks and chairs back where they belong, and report breakage and lighting problems to Caretaking (736-2100, Ext.7604).

INFORMATION MEETING

EXCHANGE PROGRAMME WITH THE
UNIVERSITY OF UMEA IN SWEDEN

Tuesday, November 15, at 4:30 PM in the Career and Placement Centre N105 Ross. For more information contact the Office of Student Affairs, 124, Central Square. **Application deadline:** Friday, Jan. 6, 1989. Graduate and Undergraduate students are welcome to apply.



INFORMATION MEETING

EXCHANGE PROGRAMME WITH THE
UNIVERSITY OF YORK IN ENGLAND

Tuesday, November 8, at 4:00 PM in the Career and Placement Centre N105 Ross. For more information contact the Office of Student Affairs, 124, Central Square. **Application deadline:** Friday, Jan. 6, 1989. Undergraduate students are welcome to apply.



ATTENTION:

FIRST YEAR STUDENTS IN THE FACULTY OF ARTS

Do you have questions?
Are you experiencing any problems in your studies?
Do you need help in writing essays or studying for exams?

During the month of November, Network Advisors for first year students will be available to their advisees for consultation. If you are a first year student in the Faculty of Arts, please take advantage of this opportunity to discuss your concerns, ask any questions concerning regulations or services at York, or just say "hello". Your Network Advisor is expecting to hear from you. Please make the call.

Your Network Advisor's name and phone number are on the College membership card you received during enrolment. If you have forgotten the name and/or phone number of your Network Advisor, or have misplaced your card, please call the Advising Hotline (736-5022) for help.

CALL YOUR NETWORK ADVISOR TODAY!

For additional information, or to find out the name of your Network Advisor, call 736-5022, or visit S313 Ross Building.

Skid. Slide. Steer. Stop. Labatt's Road Scholarship.



A FREE COURSE IN ADVANCED DRIVING TECHNIQUES THAT COULD SAVE YOUR LIFE.

A two-hour discussion and video presentation will be held on Thursday, November 17, at 4:00 p.m. in Curtis Lecture Hall 'I'. This program is a presentation of Labatt Breweries of Canada and Ford Motor Company of Canada, Limited, with assistance from Shell Canada Products, Limited.

STRESS MANAGEMENT TIPS

You can do a lot to keep tensions within reasonable limits--BEFORE they lead to trouble.

- 1. Talk Things Over**
When tensions build, discuss the problem with a close friend, or those involved.
- 2. Take a Break**
A change of pace no matter how short gives a new outlook on old problems.
- 3. Exercise Regular**
Swim, walk, jog--any favorite sport will help you let off steam and work out stress.
- 4. Plan Your Work**
Tension builds when work is endless. Plan to use time and energy efficiently.
- 5. Be Realistic**
People who expect too much of themselves can get tense if things don't work out. Set practical goals.



ARE YOU INTERESTED IN INTERNATIONAL DEVELOPMENT ISSUES?

Applications are now available for the World University Service of Canada Seminar on the Leeward and Windward Islands for 1989.

This program involves development related research (in sociology, anthropology, economics, agriculture, environment, geography, demography, education or the health sciences), and a six week itinerary through the region including exposure to development projects, research, travel, cultural events and leisure activities.

For further information, please contact Clark Hortling at 124 Central Square, 736-5144.

CAREER AND PLACEMENT CENTRE REMINDERS:

"CHOICES" Computerized Occupational Research Seminar: Nov. 9, 9:30 a.m. - 3:00 p.m., Nov. 14 & 21, 6 - 8:30 p.m.

Interview Skills Workshop: Nov. 14, 11 - 12 noon.

Resume Writing Workshop: Nov. 16, 2 - 3 p.m.

On-Campus Recruiting Registration Times: Mon. 11 a.m. or 6 p.m., Tues. 12 noon or 6 p.m., Wed. 1 p.m. or Thurs. 2 p.m.