



**HUMAN RELATIONS COMMUNICATION WORKSHOP**

Down on yourself?  
 Confused about who you are?  
 Playing roles? Fitting molds?  
 Meeting others' goals?  
 Bottling things up? Want to reach out, establish, and maintain supportive friendships?

For information come to a coffee orientation meeting: TARTAN ROOM, ALUMNI MEMORIAL BUILDING  
 Jan. 22. 7-9pm



**EXAM SKILLS PROGRAM**

Free ESP  
 Uptight over tests and exams?  
 Learn ways to study more effectively and to reduce excessive tension over tests and exams!

Join our program consisting of THREE 2-Hour sessions beginning Thursday, Jan. 31, from 7:30pm to 9:30 pm  
 KIERSTEAD HALL, ROOM 125

If you can't make either meeting or if you want more information first, call 453-4820 or drop by counselling, Annex B.