

University News Beat

by Department of Information and Publications

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C.C.E. programme

"There must be more to life than this" - - E G O director

Four years ago, Sy Silverberg decided to investigate the Education and Growth Opportunities (E.G.O.) programme that had just been set up at York University. He registered for a weekend programme, and rationalized by telling himself that it was intellectual curiosity.

"I was happily married, had three kids, a good practice, a Jaguar, my pilot's license. But

something was missing."

In the following article, Sy Silverberg, a Toronto general practitioner, and the new Director of the Centre for Continuing Education's E.G.O. Programme, talks about the Programme and the growing number of people who are turning inward to discover who they really are, and what their relations to others could or should be.

The nagging feeling that "there must be more to life than this" is frequently the feeling that prompts people to enroll in one of the courses offered by York's Education and Growth Opportunities Programme. E.G.O. offers a series of evening seminars and one-day and two-day workshops that are designed to help people discover the more to life they are looking for.

Participants for the most part are men and women who have attained their basic life goals to some degree. Most are married and have children, but there is a growing number of singles (unmarried and previously married) who are sick of the phony courtship games and looking for more meaningful interpersonal relationships. Most are mentally and emotionally "healthy" and function very well in the conduct of their daily lives.

In spite of having all these things going for them they still feel that something is missing. In most cases they can not identify precisely what this vacuum is, but it is often voiced as, "Is this all I have to look forward to for the next 30 or 40 years?" Jobs become routine and dull and marriages and relationships become stagnant and boring. The things that produced intense pleasure in the past become only mildly entertaining.

Room for development

Social scientists have agreed for many years that man is using only a very small part of his potential. Estimates range from a low of 2% to a high of 20%. Regardless of which is closer to the truth there is obviously much room for development. I believe that human beings have an instinctive drive to develop their unused potential and that in the absence of such movement they experience the kind of frustration with life that I have been describing.

The group of individuals and couples who are finding their way to the E.G.O. Programme in their search for growth and challenge are looking inward and asking themselves what they really want out of life, as opposed to others who are living their lives based on what our society says they should want. They are also looking outward at their interpersonal relationships with family and friends.

More and more of these people are becoming dissatisfied with the superficial kind of relating that has come to characterize modern man's existence. They are feeling the



Dr. Sy Silverberg, new director of York's E.G.O. programme.

alienation and loneliness that goes with being unable to be open and honest with the significant others in their lives. And they are beginning to realize that as long as they are relating to others out of socially predetermined roles they can not feel satisfied or real. They can play out these roles and gain all kinds of respect, love, and admiration, but since they know at some level that this behaviour is just a facade that the "real them" is hiding behind, they can't really accept all these good things. Their frustration drives them to try even harder to perfect these roles - it becomes a never ending cycle. Unless you interrupt it.

The E.G.O. Programme offers courses that attempt to interrupt this circle - in essence to help people become more real.

New forms of behaviour

Most of our programs involve the participants in small group interaction which allows them to learn how they are being perceived by others. The groups are designed to foster an atmosphere of trust and safety that encourages people to experiment with new forms of behaviour - based on what they are really feeling rather than what they think is expected of them.

Our courses cover the broad spectrum of the newer approaches to understanding human behaviour and facilitating personal change. The for-

mats range from single evening, introductory seminars, to week long personal growth laboratories with all sorts of intermediate length workshops.

Our Faculty is composed of the most competent and respected practitioners in their particular fields and we can claim with pride that in the 4 years of operation of the E.G.O. Programme we have not had one so called "group casualty".

Individuals who participate in these programmes very often find that they subsequently make significant changes in their lives. Giving up phony behaviour for authentic relating often involves giving up old friends. It may involve changes in work situations, and occasionally may involve getting out of a destructive and limiting relationship.

These decisions are rarely if ever regretted by the individuals making them but there are others who would consider them negative and self-defeating. These are usually people who are totally unaware of man's potential for sensitive autonomy, a state possible for all to achieve. If only they take the time to develop it.

The E.G.O. Programme publishes a brochure which describes in detail the courses mentioned above. It is yours for the asking. Give us a call at 667-3276 - or, drop into the Centre for Continuing Education, 2nd floor of the Administrative Studies Building.

Focusing on new talent

The faculty of fine arts is offering talented young musicians from across Canada the chance to acquire a major concert credit by performing in a young artists concert next year.

Continuing in its effort to promote new Canadian talent, the faculty will include a concert by one or two gifted young musicians as part of the Performing Arts Series for the 1975-76 season.

"For some time now I've been aware that young musicians have difficulty in launching their careers", Douglas Buck, Performing Arts Series director and York theatre professor said in an interview this week.

"Each year, many letters from hopeful young Canadian performers cross my desk, and the problem has been: how do we include beginning artists in a high-prestige series such as P.A.S.?"

AGE LIMIT 30

The successful young musicians, who must be under 30 years of age, will appear at Burton Auditorium as part of the Performing Arts Series which has brought to the campus such internationally-acclaimed musicians as Oscar Peterson, Ravi Shankar and Maureen Forrester.

This year, the 'serious' music section includes the Waverly Consort on November 20, performing "Las Cantigas de Santa Maria", a collection of 13th century Spanish songs and verses. Also featured will be the Festival Singers of Canada, giving a special concert examining the development of Canadian choral music on February 12; and mezzo-

soprano, Cathy Barberian on March 13.

The remaining jazz and folk events are Canadian duo, Fraser and DeBolt on November 5, and the Bill Evans Trio on March 5.

And advisory panel will choose among nominees solicited from over 100 orchestra conductors and other authorities for York's award concert. Finalists of all national music competitions will also be considered.

"Because there is so much more talent across Canada today, it is harder for beginning musicians to make a name for themselves than it was a few years ago", said James Norcop, head of the concerts and artists program for the Ontario Arts Council. Norcop, enthused by York's proposal, has agreed to act on the advisory panel for the young artists concert.

PANEL OF EXPERTS

Also on the panel are such experts as Hugh Davidson, head of the music section of the Canada Council; Victor Bouchard, director general, performing arts for the Quebec government's Ministry of Cultural Affairs; CBC radio music network supervisor, Carl Little; Austin Clarkson, chairman of music at York; and Franz Kraemer, music director for Toronto Arts Productions.

Commenting on the Young Artists Concert, the dean of fine arts, Joseph Green said, "It's an exciting idea and one that can be of mutual benefit to all. York's young artists concert is yet another modest contribution to the development of young talent in this country".



Commencing next week the York Community will have a new sports bulletin: IN ACTION. Posted on bulletin boards and distributed to offices, IN ACTION will preview upcoming events, report on past games, and list scores.

Tucker to complete term in July, new principal sought for Glendon

Dr. Al Tucker completes his five-year term as Principal of Glendon College next July. A committee has recently been established to conduct the search for a new Principal. Made up of students, faculty and staff members of Glendon, the Committee is responsible for compiling a "long-list" of candidates from results of advertising and canvassing of nominations, trimming this to a "medium-list", and presenting a "short-list" to Faculty Council early in the new year. It is expected that President Macdonald will announce the new Principal of Glendon next spring, with the appointment effective July 1, 1975.

The Search Committee believes that the important thing is not a set of stated "criteria" against which all candidates may be measured, but rather the soundness of candidates' conception of what Glendon is and what it can become, and the Glendon community's confidence in their abilities. In interviewing candidates the Committee will look for a candidate's enthusiasm for academic excellence, about undergraduate liberal arts training and about Canadian public affairs.

In relation to all these, concern for the Canadian cultures and proficiency in the two official languages of Canada will be considered impor-

tant. In addition, the Committee will look for evidence of administrative capacity in an academic setting, and of diplomatic and public relations skills.

Advertisements have been placed in such publications as University Affairs, the CAUT (Canadian Association of University Teachers) Bulletin, and various newspapers across Canada.

Nominations and applications are invited from members of the York Community. All enquiries should be directed to Professor Edward Appathurai, Chairman of the Search Committee for Principal, Room 360, York Hall, Glendon College.