

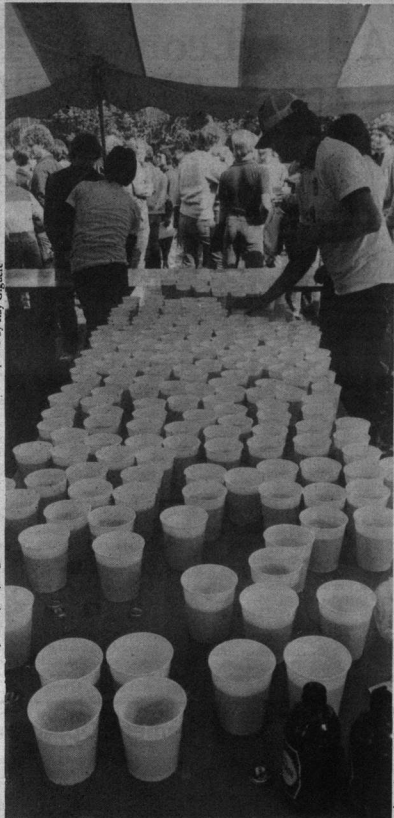


Apot Garret and the autumn tweed blues



photo by Ray Giguere

photo by Ray Giguere



Enough beer for almost five minutes

photo by Martin Banks

haunt the U of A

In such a situation, however, he has some advice that should be remembered.

"Firstly, stress is to be expected. If we didn't feel stress we'd simply fall asleep. Secondly, in most cases, despite what you might think at the time, you will probably survive. And thirdly, after the stressful situation has passed, you will shake your head and grin as you think back upon the situation. The fault of stress during registration lies not with you, but with the administration. Just remember that stress is normal. It only becomes dangerous when it is debilitating, and in such an instance one should definitely seek help."

Another service available is the career/vocational counselling "in which the student is assisted in self-exploration and in considering occupational choices." Here a student can gain assistance in developing career goals, exploring fields of work, career opportunities, education programs, and so on.

While the academic and career/vocational services are frequently used by advice-seeking students, the services utilized by

far the most are those which deal with personal problems, especially those that have to do with marriage and the family. As the age of a student increases, so do these problems. In fact, 28 per cent of the students seeking advice are over 25 years of age.

When a student first comes to one of the staff at SCS, several things are generally determined. A student is asked how long his problem has existed, why he chose to seek advice at this particular time, and what the student has already tried to do about the problem. The counsellors do not want to find themselves telling the student what the student has already attempted himself, but rather they want to seek new avenues of solutions.

Of course, the services described above are only a small part of the field of services the counsellors offer. All programs are in response to demand, and there is a wide variety of services offered ranging from stage fright to weight control. There are even special programs for women. And don't be afraid to ask simple questions either, such as the marriage status of your good

looking professor or even the way to the laboratory.

So if you should have any trouble finding time to study or knowing where you're going to sleep tonight — but you think you can handle it — well, fine; perhaps you can. But if your tax refund is ten months late and your girlfriend just left you, your wife is sick with hemorrhoids and you find the kids don't seem to love you any more, then come on down to Student Counselling Services. Dr. Vander Well and his staff would just love to see you!

Student Counselling Services is staffed by professionally qualified and experienced counsellors. The services of the centre are available without charge to all currently enrolled and prospective students. Interviews are confidential and information is released only with the student's consent. The Student Counselling Services office is in room 102 in Athabasca Hall. To arrange an interview, drop by or call Student Counselling Services at 432-5205. Hours: 8:30 a.m. - 4:30 p.m. (Sept. 1 - April 30) 8:00 a.m. - 4:00 p.m. (May 1 - Aug. 31).

Transcendental Meditation Programme

Introduction Lecture on the meditation Programme on Sept. 21, 8:15 p.m.
 Sept. 22, 12 noon
 Introductory Room 2-33
 of Natural Law

ORCHESIS CREATIVE DANCE CLUB

First Meeting 1982 - 1983 season

for those men and women interested in modern dance technique, improvisation, choreography and the performance/production of Dance Motif '83

Date: Thursday, September 23
 Time: Beginners, 5 pm. - 6 pm.
 Meeting, 6 pm. - 6:45 pm. (all)
 Intermediate, 6:45 pm. - 7 pm.
 Place: Phys. Ed. Bldg. Room E-19
 Information 432.5969 432.4727

Come dressed to dance/beginners welcome

In celebration of the University's 75th Anniversary four commissioned works by professional dance alumni will be featured on this years concert.

This Month At The peoples pub

Sept. 20: USK
 Sept. 27: Automatix

Open from 7 p.m. -
 No cover Mon. - Tues.
 Wed. is Ladies Night
 & U of A Pub Night
 (Admission free to U of A students with I.D. 433-9411)

Renfords Inns
 10620 - Whyte Ave.

Special Student Prices

Men's Shampoo, Cut & Style • \$12
 Ladies Shampoo, Cut & Style • \$15

Campus Hair Centre

Bsmt. Campus Towers
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