

# DIRECTIONS

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

## WELLNESS

**E** There are eight simple health habits that can affect how healthy, or unhealthy, we become and remain:

- E**
-  eat breakfast every day
  -  get moderate daily exercise
  -  sleep 7-8 hours a day
  -  eat 3 meals each day
  -  don't smoke
  -  avoid snacking
  -  maintain your recommended weight
  -  restrict your use of alcohol

Find out more about facilities and resources in the York community at the Central Square displays from 10am-3pm during Wellness Week:

**OCTOBER 9 - 11, 1990**

**Counselling and Development Centre**

SERVICES FOR THE YORK UNIVERSITY COMMUNITY

Personal Counselling

For individuals, couples, or families. Discuss your personal concerns with a counsellor.

- \* All conversations confidential
- \* No appointment necessary for initial interview
- \* Hours 9am to 5pm, Monday to Friday

Community Mental Health Consultation

Staff members of the CDC are available for consultation with individuals, offices or departments on issues relating to the psychological well-being of the university community. CDC staff are available to give presentations and design and direct workshops.

For further information contact the

**Counselling and Development Centre**  
145 Behavioural Sciences Building  
736-5297

**\$\$ NEED MONEY - PAID POSITION \$\$**

**USHERS AND ROBE ROOM STAFF ARE NEEDED FOR CONVOCATION ON NOVEMBER 9 & 10, 1990**

FOR MORE INFORMATION CONTACT THE CONVOCATION OFFICE: 736-5325 ROOM 205/219 CURTIS LECTURE HALLS

**Diploma Pick-up Date:**  
**WEDNESDAY, NOVEMBER 14TH, 1990**

Graduands not attending their ceremony this Fall may pick up their diplomas from the Convocation Office, 205 Curtis Lecture Halls. Mailing of diplomas can be arranged through the Convocation Office for a fee of \$10 for regular mail / \$15 for registered mail.



**FACULTY OF ARTS**  
**Special Events for Outstanding Students 1990-91**

- **CAREER DEVELOPMENT SERIES:**  
Monday, October 22, 1990 - Senate Chamber (S915 Ross) 4:00-5:30 p.m.: **Getting Into Education Programs:** Louise Lewin, Associate Dean of the Faculty of Education, will tell you about teacher training programs at York and elsewhere in Ontario. She will explain the admissions process for York's Concurrent and Consecutive Education programs.
- **DISTINGUISHED YORK FACULTY SPEAKERS SERIES:**  
Each speaker has been invited to talk about some aspect of her/his professional development which will give students insight into academic life and the process of intellectual inquiry.  
Monday, October 29, 1990 - Senate Chamber (S915 Ross) 12:00-1:00 p.m.: Meyer Burstein, PhB, MA, JD (Chicago), Professor of Economics  
**"The Love of Beauty and the Search for Truth: A Peregrine in Academe"**

CAREER AWARENESS WEEK - OCTOBER 1-4, 1990 - SUITE N108, ROSS BUILDING				
	Monday	Tuesday	Wednesday	Thursday
9:00-11:00	On-Going Events Free Resume Critique Service Career Videos Job Postings Contest			
11:00-12:00	Orientation	On-Campus Recruiting Intake Session	Orientation	Resume Writing Workshop
12:00-1:00	LUCKY DRAW Career Videos: Artistic, Literary and Performing Arts	LUCKY DRAW Career Videos: Management and Administration	LUCKY DRAW Career Videos: Sales	LUCKY DRAW, Career Videos: Accounting Careers by the Society of Management Accountants
1:00-2:00	Career Video: Education	Career Videos: Your Temperament Related to Work Situations	Career Videos: Science and Mathematics	Career Videos: Planning through Career Explorations
2:00-3:00	On-Campus Recruiting Intake Session	Orientation	On-Campus Recruiting Intake Session	Orientation
3:00-4:00	Choices - Occupational Research Demonstrations	Resume Writing Workshop	Choices - Occupational Research Demonstration	On-Campus Recruiting Intake Session