

JUST SAY NO

If you're uncomfortable saying "no" when friends ask for favors, telling your partner what you need, negotiating with professors, dealing with family who persistently try to take charge of your life, or starting social conversations, then you may be interested in the Assertiveness Training Group offered by Counselling Services.

Assertiveness is the ability to express one's preferences, opinions, thoughts, and feelings in direct, honest and appropriate ways. It also means standing up for your own rights without violating the rights of others. When someone asks you out and you don't want to go, being assertive means saying "no" without making excuses. When your room-mate wants to socialize and you want to study, being assertive means negotiating a solution that takes into consideration what you both want. When you're angry at your partner, being assertive means telling your partner that

The first part of the workshop involves brief lecture, demonstration of various assertive skills, and practice where participants learn "by doing" in role-played situations. Participants also receive constructive feedback so they can gradually change their behavior. The importance of non-verbal communication is also emphasized early in the workshop. You may want to tell

a friend that you need to study instead of continue talking, but the verbal message can get diluted by an over soft voice, frequent pauses, or lack of eye contact.

Participants also learn what stops them from being more assertive. They learn to identify and explore the thoughts and feelings that make it difficult to respond assertively in specific situations. Sometimes being afraid of hurting a friend's feelings or losing a friendship can make it difficult to be assertive. But not talking directly to a friend can also hurt the relationship because, as resentments build, they can get expressed indirectly as sarcasm.

The second part of the workshop provides participants with an opportunity to work on personal situations in their own lives. Situations are role-played and participants get feedback on the practiced responses. This provides a bridge to the real situation where participants can try the response for homework.

The group starts October 3, and will meet Tuesday afternoons from 3:00 p.m. - 5:00 p.m. for ten (10) weekly sessions. It is free and open to any interested full-time or part-time students of UNB/STU. Interested persons will need to have a preliminary interview prior to attending the group. For more information or to register, contact Larry Finkelman at 453-4820.

ADOPT A PRINT

The UNB Art Centre's annual exhibition of art reproductions available for loan to students is now hanging in Memorial Hall.

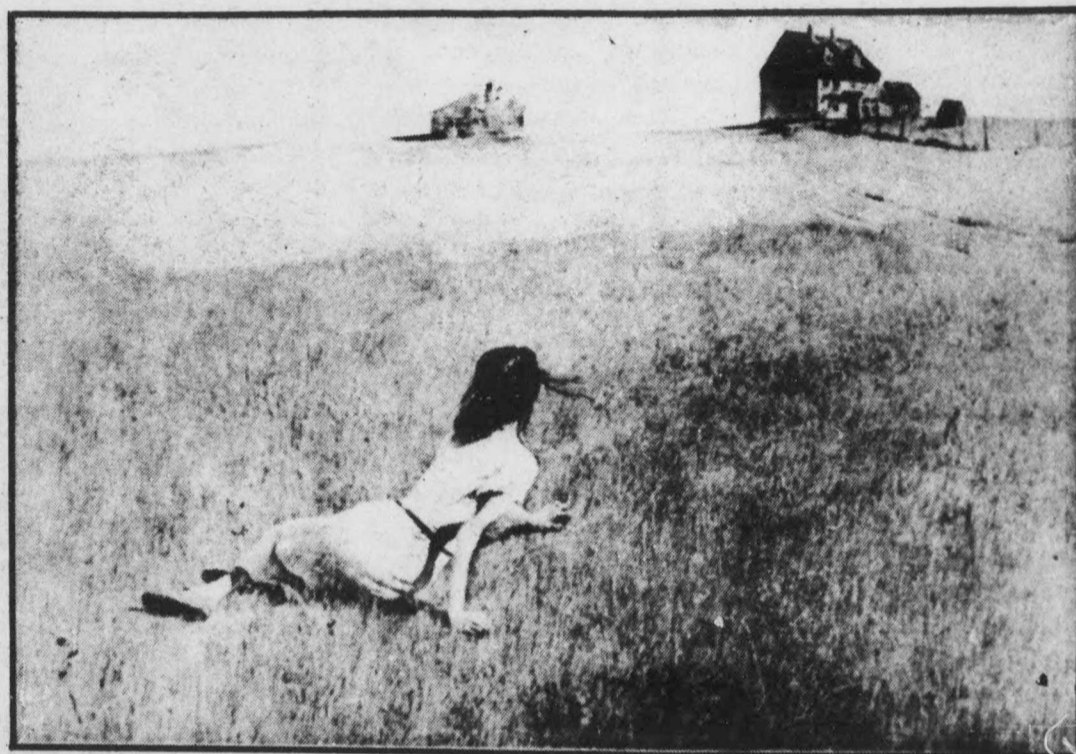
The prints will be loaned out on Friday, September 29 at 10 am.

The Art Center has a collection of over 200 prints, big and small, classical and modern, realistic and abstract. Each year

they are shown as an exhibition so the students can view them at their leisure. Then on the designated day they are picked up on a first-come, first-served basis.

Students should bring their ID cards to sign the prints out. There is NO CHARGE, and the Prints can be kept until Exam Week in the spring.

Because of the demand there will be only one print per student, but if there are any left the following week, a student can borrow a second one. Students who have classes at 10 a.m. Friday can send a note and ID number with a friend.



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