

photo by Martin Beales

Up, up and away

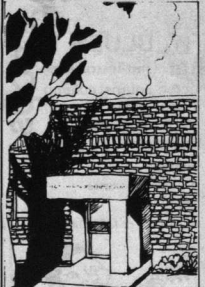


photo by Ray Giguere

Smiling, happy people who survived the bookstore



Freshman Introduction Week: the bandstand, the beer, and the bodies



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# Stress & frustration

by Michael Leitch

While attending university, many students encounter situations or problems which often have a detrimental effect upon their studies. Although life on campus can be quite the challenge, there also exists a high potential for great frustration.

Many students must now learn to cope with the various changes in their lifestyles, together with career decisions that will greatly affect their lives in many different ways. It is only natural, therefore, that problems should arise, whether they have to do with study skills, test anxiety, or even weight loss. Fortunately, there is help....

The Student Counselling Services is a U of A funded program whose purpose, to put it simply, is to help. It started out as the Student Advisory Services in 1944, shortly after the war, with the original purpose of aiding returning veterans, although other students also took advantage of the new program.

In 1949, the GEC Faculties Council recommended the U of A take over funding, which it did, and today the program is

specifically aimed at university students and prospective students. Students voluntarily come to SCS on their own, or occasionally a faculty having become aware of a student's problems sends the student to SCS.

The staff at SCS sees over 6,000 students each year and is headed by nine professionally qualified psychologists, with Dr. Allen Vander Well as Acting Director. While the number and type of problems which arise each year is extremely varied, there are basically three arenas of services that are offered by the counsellors: academic, career/vocational, and personal problems.

The academic services aid the student with organizing his time, improving his study strategies, handling his assignments, preparing for exams, and so forth. Two of the larger programs within this service are study skills and test anxiety. Approximately 400 - 500 students take advantage of the study skills program each year. It is basically a learning assistance program, which attempts to improve the general learning

effectiveness of the student.

Problems range anywhere from the way a student takes notes in a lecture or the way he reads, to the way his week is organized. A student's organization could fundamentally be falling apart. Some feel it necessary to do everything, learn everything, and take every course. At SCS students are taught to concentrate only on that material which is truly important to him.

Also available is the test anxiety program, which is basically a course in anxiety reduction aimed at giving a student input on how to become relaxed under stressful situations. A perfect example of times during the year when the anxiety level on campus is likely to rise is during exams.

While the number of students seeking advice during these periods may rise slightly, Dr. Vander Well states that the daily number of students pursuing his counsel remains quite constant throughout the entire school year. He does admit that during registration week his office is particularly inundated with frustrated students.

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**Student Handbook Available**

The 1982-83 Student Handbook is available to all students at the SUB Information Desk.

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