

# Group aids transition into the reality of parenting

by Ann Grever

The baby is crying... again. You haven't slept for more than four hours in last six months. As a new parent, you can be easily crushed between high expectations and the reality.

"The cost in time, money and to the relationship comes as an awful shock", says Sally-Ann Mowat who

is organizing a Parent Adjustment Support Service.

The service will include information, referral and distress line, peer-volunteer counselling, and a support group.

The most obvious clients for the service are new mothers suffering from postpartum depression. There are three degrees of depression

from the very common 'maternity blues' to the very serious, but rare (1 in 1000 births) postpartum psychosis.

"Professionals define postpartum depression by impairment of function", said Mowat. "Our definition is more subjective — if the parent feels overwhelmed or unable to cope."

But Mowat believes a service just for new mothers is too narrow. "As people come to us with needs, we'll fill the gaps". Possible groups include groups for new fathers, adoptive parents, and single parent groups.

Mowat wants the emotional reactions of the parents addressed. "We're careful not to duplicate

anything... right now there is nothing for the parents". Mowat stressed the service is not teaching techniques of parenting.

"Our question to parents is how are you feeling."

The program will depend mainly on volunteers. "Volunteers can offer personal experience, and unlimited time and support." But the volunteers will be trained to recognize if they are over their heads, for example if they encounter a case of postpartum psychosis "I really hope to have a complimentary relationship with professionals... I am interested in a cooperative, mutually informative relationship with helping professionals."

New parents could be referred to the service by physicians, hospitals, or public health nurses. The service will start May 1. For more information, call the Parent Center at 465-3976.

## Arts expectations too high, say critics

OTTAWA (CUP) — Critics of a recent survey by the University and College Placement Association that found arts graduates high in demand by employers say students finishing arts degrees shouldn't get too excited.

"The (association) is correct as far as it goes, but there is still a strong, strong demand for business and engineering students," said Pat Brand, manager of the Canada Employment Centre-On Campus at the University of British Columbia.

The survey said arts graduates from the class of 1986 are in higher demand by on-campus recruiters across the country than students of computer science, agriculture or forestry. Arts graduates ranked third behind business and engineering students holding bachelor's degrees.

Brand said the figure is slightly exaggerated and misleading. "The rank of the number of interviews has risen from eighth to about fifth place by discipline and only amounts for about 10 per cent of interview time," he said. Business and engineering interviews account for about 60 per cent combined, he said.

Brand said specific employers are still looking for specific faculties and liberal arts students won't be able to gauge their actual success until placements are filled. "This is always our busiest time of year, so statistically we can only go on what the traffic is like. We won't know who's been hiring who until July," he said.

However, employers are interested in abilities promoted by a liberal arts background. "They're always looking for good communication skills, flexibility and adaptability," Brand said.

Canadian Federation of Students chair Barb Donaldson says while liberal arts graduates may be attracting attention, their programs aren't well-treated in times of university budget cuts. "The arts and the humanities tend to be more threatened. Arts are not often seen as a priority," she said.

Donaldson said arts programs are in trouble because the federal government is pushing for more specialized and industry-oriented curricula. She said the Ministry of Employment and Immigration's new Canada lobs Strategy "is very much enthralled with high technology."

The STUDENTS' UNION can make you a **WINNER!!**

JOIN US FOR **dewey's** WEEKLY PRIZES  
HUB Mall

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
The first 100 customers will receive <b>FREE TICKETS</b> to SUB Theatre Movies	7 - 11 PM <b>HOURLY GIVEAWAYS</b> of LP vouchers meal tickets cabaret and concert tickets	The first 100 customers will receive <b>\$2.00 vouchers</b> redeemable at SU Records.	<b>HAWAII THURSDAY</b> (see Thurs, Gateway for details) <b>Hourly prizes and a chance for a trip to Hawaii.</b>	<b>\$9.99 SPECIAL</b> 2 dinners + a jug of Brew (or 2 happy drinks) + 2 tickets to SUB Theatre movies.

## STUDENTS' UNION AWARDS

### Do You Qualify?



**Lorne Calhoun Award**  
Award — winner: \$100 gift certificate redeemable at the book store of the winner's choice  
— \$300 monetary prize  
— a silver shield

To be awarded to a student who has achieved a satisfactory academic standing, an active member of the Debating Society, an active member of National and/or International Organizations, as well an active member in a University of Alberta Club and/or Faculty Association.

**Maimie Shaw Simpson Book Prize**  
Prize — \$100 gift certificate redeemable at the book store of the winner's choice  
— \$300 + a plaque

To be awarded to a student who has achieved a satisfactory academic standing, and made an outstanding contribution to campus life through hard work and leadership.

**Eugene L. Brody Award**  
Award: The interest from the Eugene L. Brody Fund.  
To be awarded to a physically handicapped student who has achieved a satisfactory academic standing and has made a valuable contribution in extra curricular activities.

**Walter A. Dinwoodie Award**  
Award — \$100 gift certificate redeemable at the book store of the winner's choice  
— \$300 monetary prize  
— plaque

To be awarded to a student who has achieved a satisfactory standing in the 1985-86 academic year, and has made an outstanding contribution to student life through active involvement in public service clubs registered with the Students' Union and/or Students' Union Services.

**Students' Union Award for Excellence**  
Award — \$1000 + medal  
To be awarded to a student in his/hers graduating year who has achieved a minimum Grade Point Average of 7.5, and who has the ability to work well with students, staff, and the general public in extra-curricular involvement in University and/or community activities.

Note: All awards criteria are subject to ratification at Students' Council.

Additional information and application forms available in the Students' Union Office, Room 256, SUB V.P. Academics Connie Uzwyshyn.

Application Deadline: April 30th 1986