

Study Skills Seminar

Learn to study more effectively and give your grades a boost! Study Skills Seminars are offered, free of charge, to University of Alberta students. Seminars meet once a week for two hours over a three week period.

Topics covered include:

- Note-taking
- Textbook reading skills
- Examination techniques
- Developing a study strategy that can be applied to different courses.

For further information, contact:
STUDENT COUNSELLING SERVICES, Room 102
Athabasca Hall, Telephone 432-5205.

Mature Student

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11:00 - 1:30

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Co-sponsored by: Office of Student Affairs and Student Counselling Services.

...more letters

Making friends on the inside

My name is Fielding Downs and I am presently attempting to set up a correspondence program that will benefit my fellow prisoners. As a prisoner, I recognize the negativity that affects a man when he becomes incarcerated. The greatest of which is isolation; isolation from outside relationships. There are a great majority of prisoners who experience the loss of their immediate families and friends over the years of their incarceration. Prison is a bleak and cold world for anyone whose misfortune it is to become confined, and while we recognize that a man who has committed a crime must pay the cost of that debt to society, desolation is a hard debt to extract from that man.

Loneliness proves to be a cruel mockery to a man for having so foolishly discarded his freedom, nor can it ever be helpful to his rehabilitation. Yet, without friendship, compassion and human understanding, a cold emotional deterioration sets in and begins to destroy him. Many men recognize this dilemma and seek to escape from it by withdrawing or by hardening themselves and their feelings, but, escapism has never been the answer to any problem. Only the sharing of human feelings and an exchange of positive thoughts and aspirations can achieve that.

It is for this reason that I am writing to you. I feel that given the chance to establish new friendship with people on the outside it will greatly benefit the rehabilitation of the prisoner on the inside. Such friendship might help him to develop self-awareness, self-esteem, self-confidence and self-worth. We need your help to reach out; to become better men. Today's prisoner was once a

father, a brother, a friend and neighbor. Though he made a mistake in his life, took the wrong path, it is not too late for him to start the right way. All he needs is understanding.

I am enclosing a list of prisoner's names who are attempting to reach out, who want to establish new and meaningful friendships, it would be appreciated by us all if you would post the list on your bulletin board. I am sure that through it's response many new friendships may be made. In closing I would like to extend my own personal thanks, as well as the regards of my fellow prisoner's, for your time, help, and concern.

Sincerely,
Fielding Downs

Ed. note: Names and addresses available at the Gateway office, Room 282, SUB.

In praise of

I would like to direct this brief note towards one of your staff members, Mr. Peter West, and congratulate him on a job well done. I don't often bother with film reviews, but his particular review of Gallipoli in the recent Gateway issue was a joy to read. The article showed true professionalism and indicated Mr. West had obviously done his homework. Thank-you, Sir, for the pleasure I received in reading such a true interpretation: I believe you have restored my faith in film reviews once again.

Thank you
Carol L. Neil
1st Year Student
PVM, U of A

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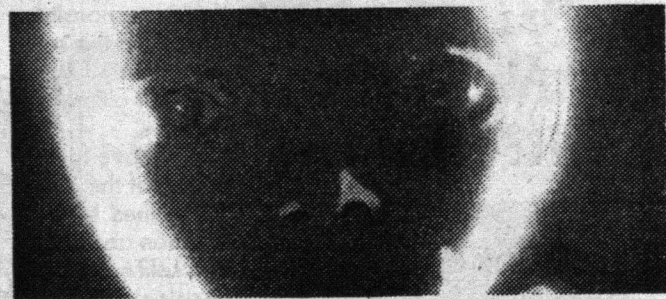
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UNIVERSITY OF ALBERTA

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January

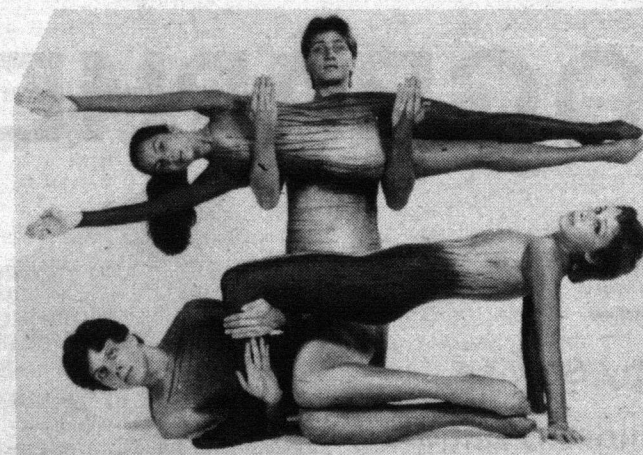
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