

INFORMATION

Do you know about Counselling Services for UNB/STU students? If you're like most, you probably don't. The most important thing to know is that Counselling Services are available and how to locate them. In case you ever need help, let me tell you a bit about Counselling Services.

Everybody has problems, some big and some small. We all need advice or help at one time or another. That's what we do - help you. That's the reason we exist. And we feel that's a very important reason.

We don't do heart surgery, but we can help with personal problems and with making good career decisions. Check us out. We have skilled counsellors and there is no charge. Try to beat that combination. And we have 24 hour emergency help. And the service is very confidential.

HOW TO GET HELP?
Normally you just call Counselling Services at 453-4820 for an appointment, or drop in to the Alumni Memorial Building. Office hours are 8:30 a.m. - 5:00 p.m. weekdays. Other times leave a message on our telephone answering machine. For emergencies, call Security at 453-4830. They'll know how to get us and help right away.

HERE ARE A FEW THINGS TO CHECK OUT:**Assertiveness Training**

An Assertiveness Training Group will be held at UNB Counselling Services starting October 3, 1989. The group will meet Tuesday Afternoons from 3:00 p.m. - 5:00 p.m. for ten (10) weekly sessions. The group is open to any interested full-time or part-time student of UNB/STU. For more information or to register contact Larry Finkelman, 453-4820.

Stress Management Workshop

This is an intensive four session workshop for students who experience excessive stress and want to learn to deal with stress in an effective way.

This workshop will be offered whenever there is sufficient demand. A minimum of six students is needed for a workshop to be conducted. Dates of Workshop: Latest possible date: week of November 6, 1989. For more information, contact Reg Craft, 453-4820.

Interpersonal Communications Workshop

This is an intensive six session workshop that will be offered to students once in each term, if there is sufficient demand. A minimum of six students is required for a workshop to be offered. Dates of Workshop: Latest possible Date: week of October 23, 1989. For more information, contact Reg Craft, 453-4820.

Career Planning Workshops - 1989-1990**Career Options**

This is an intensive 8-session workshop for students who want to learn the skills of career decision making, set specific career goals, and develop a plan of action.

Job search techniques are not specifically addressed, but many of the activities provide the basis for resume-writing and job interviewing later on.

The Workshop takes place on eight Wednesday evenings starting October 4, 1989 (fall term) and January 31, 1990 (winter term) from 7:00 - 10:00 p.m. Participants are expected to attend all eight sessions and complete approximately 2 hours of homework each week.

Choosing Your Major or Faculty

This is a half-day workshop designed to help you choose a field of study. If you can't decide between several subject areas OR you don't have a clue where to start your studies OR you are unhappy in your present program, this workshop may be useful. Enrolment is limited. Pre-Registration is essential. Dates: Saturday November 4, 1989 and Saturday, March 17, 1990. For more information, contact Mary Louise Luck, 453-4820.

GALA UNB/STU stands for Gay and Lesbian Alliance at UNB/STU. The organization was founded in March of 1989 to meet the needs of the Gay and Lesbian community at UNB and STU.

Our objectives are fourfold: to provide lesbian and gay members of the University community with an opportunity to meet to discuss issues of relevance to them in a supportive environment; to provide an on-campus support network for gay men, lesbians, and those unsure about their sexuality; to advocate for the rights of lesbians and gay men at

the University; and to increase awareness and tolerance.

Your first year at University can be difficult enough without the added stresses that dealing with issues of sexuality brings. You do not have to be gay or lesbian. If you are not sure about your sexuality, if someone you know or someone you are close to is coming out of the closet, or if you just have questions we can help.

Our first meeting is Sunday, September 17 at 7:30 p.m. in the Tartan Room of the Alumni Memorial Building. You do not have to be gay or lesbian to come, you do not have to give your name, you just have to be interested. We look forward to seeing you. We have regular meetings every two weeks; you can find out times and places from the Student Union office, the FLAG line (457-2156), or through notices.

If you do not feel comfortable coming to a meeting, you can get in touch with one of us to talk through the FLAG line, a Don or Proctor, Counselling Services, Campus Ministry or through the Student Union.

IDENTIFICATION

I.D. Cards will be made on the following days:

LAW STUDENTS

Tuesday, September 5 - d'Avray Hall 9:00 a.m. - 12:00 noon & 2:00 p.m. - 4:00 p.m.

Wednesday, September 6 - d'Avray Hall 9:00 a.m. - 12:00 noon & 2:00 p.m. - 4:00 p.m.

FRESHMEN and UPPERCLASS

Thursday, September 7 - Aitken Centre 9:00 a.m. - 5:00 p.m.

Friday, September 8 - Aitken Centre 9:00 a.m. - 5:00 p.m.

POST-GRADUATE

Monday, September 11 - d'Avray Hall 9:00 a.m. - 12:00 noon & 2:00 p.m. - 4:00 p.m.

Wednesday, September 13 - d'Avray Hall 9:00 a.m. - 12:00 noon & 2:00 p.m. - 4:00 p.m.

SAINT THOMAS UNIVERSITY

Tuesday, September 12 - STU Registrars Office 9:00 a.m. - 12:00 noon & 1:00 p.m. - 4:00 p.m.

Please be advised that I.D. Cards will NOT be made at d'Avray Hall until Friday, September 15. After that on Mondays and Fridays only 9:00 a.m. - 12:00 noon & 2:00 p.m. - 4:00 p.m.

HELP CENTER

Ever wonder where you can borrow a typewriter (FREE)? Buy a postage stamp? Buy a Fredericton Transit Buss Pass? Or buy a photocopy?

Well, many students at UNB seem to be unaware that these services are available to them in the SUB.

These services are provided by the UNB Student Union and are but one of the many ways membership in your Student Union works for you, the students of UNB.

The following is a list of the many services provided:

Typewriters

We have 8 typewriters available for your use. You must provide your own paper but we supply ribbon and correction tapes for the machines. They must be used in Room 118 and cannot be taken from the room. They are available each day from 8:30 a.m. to 1:00 a.m. Glenna will be there from 8:30 a.m. to 4:00 p.m. After hours, you can go to the SUB office and the officer on duty will

Glenna will be happy to explain Services will only make these cards on Mondays and Fridays.

Photocopies are only available between 8:30 a.m. and 4:00 p.m. (except for a half hour for lunch 12 - 12:30).

Bus Passes

Fredericton Transit Rider Cards are a very economical investment for students who regularly travel on the bus. By using a Rider Card you only pay sixty-two and a half cents per ride. Students can purchase a 24 ride card for \$15.00 or a 12 ride card for \$7.50. Non-student cards and bus schedules are also available here.

New UNB Student ID Cards

If you have lost your UNB I.D. Card or had it stolen, you can get a replacement card. The cost for a new card is \$5.00 and you must pick up the initial form at the Help Centre. This form is required by the Registrar's Office for them on such things as location of buildings, faculties, phone numbers, yearbooks, faculty clubs and societies, student elections, etc.

We have 2 photocopy machines which are available for the use by students and also by faculty clubs and societies. The way they operate is by getting the counter key from Glenna; it counts the copies and when you return it to her, you then pay ten cents per copy. If you do not know how to use the machine - PLEASE ASK!

Tickets to Up-Coming Events

We usually sell tickets to many of the up-coming events on campus or we can usually tell you where tickets are on sale.

Information

If you need any information about anything on the UNB campus, come in and ask. If we don't know, we can usually find the information for you. We can give you information on such things as location of buildings, faculties, phone numbers, yearbooks, faculty clubs and societies, student elections, etc.