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Want exam anxiety cut?

Do you shiver at the thought of an exam the next day? If so, the psychological services department has something for you.

This term the department is running a program specifically designed to help reduce test anxiety. If you feel that you are blowing your exams because you are worrying about them too much, maybe it's time to visit psych. services in room 142 of the Behavioural Sciences Building.

"Our methods involve the presentation of situations which you report to be related to the occurrence of detrimental anxiety in tests and exams," the program's director, Bruce Sarbit, explains.

"As it is not possible to actually place you in such situations, you will be instructed how to vividly imagine them.

"You will proceed in steps, imagining the situations from least

to most threatening while implementing a relaxation process whenever anxiety occurs. Each situation will be repeated until a complete absence of anxiety is experienced."

Sarbit says anxiety is manifested in muscle tension, and that you cannot be tense at the same time as your muscles are relaxed.

"If you are able to achieve relaxation in all situations related to testing, then anxiety should no longer prove to be a source of poor marks on examinations," he says.

"Also, by presenting a graded series of anxiety situations, there is an opportunity to become less sensitive to mildly anxiety-provoking situations before more anxiety arousing situations are introduced."

The program takes about 10 hours to complete, spread over five weeks.

York has safety pioneer

The supervisor of technical administration in the science research department at York is pretty hard-headed about matters of safety in sports.

More specifically, he is hard-hatted in his approach to the whole subject, being one of Canada's most vigorous proponents of fiberglass-reinforced plastic headgear and a leading authority on the design and construction of protective helmets.

A one-time hard-rock miner, Charlie Patterson has had a lifelong interest in sports. His deep concern about the recurrence of head injuries in some of the rougher sports led to his pioneering in the development of protective headgear.

Starting with a new mouthguard for hockey players and lightweight helmets for a variety of other outdoor activities, Patterson's latest baby is a rugged equestrian

helmet, patterned after the traditional riding hat of velvet-covered, pressed cardboard. The invention offers more protection for the head, will last longer and should retail cheaper.

But these successes aren't enough for Charlie. He's already got a new general utility type hard hat on the drawing board that can be used for hockey, snowmobiling, bob-sledding and sulky racing.

SANDBOX

013 doesn't live — but Sandbox does. The Winters coffee house changed its name over the Christmas holidays when it came under new management. The new co-managers are George Molyneux and Bryan Thomas.

CONGRATULATIONS!

you and 68,000 others graduate this spring

got a job?

It is becoming common knowledge that this year there will be many more graduates than jobs. We are aware of the situation and we're taking steps to solve it.

During workshops held recently by the Human Studies Foundation and Career Assessment Ltd., leading employers discussed Canada's human resources problem. Their findings are important to you:

- (1) Employers agreed that there are more and more applicants each year for fewer and fewer jobs... and the ratio is growing.
- (2) Turnover of newly-hired grads is increasing annually, making students a bad risk for expensive training. This is due to the fact that grads often do not like their first job, since at the time they were hired, they were unsure of their real interests and abilities.

The workshops were conducted by several eminent psychologists, including Dr. Edwin Henry and Dr. William Owens. The former has been Chief Psychologist of the U.S. Armed Services, and Director of Selection, Peace Corps. The latter is President of the Division of Industrial Psychology, American Psychological Association.

Drs. Henry and Owens, along with Mr. James Hickling, one of Canada's foremost industrial psychologists have accepted positions with the Foundation to help students find the **right** job. The first time.

The Foundation can do this if you complete a Biographical Inventory Blank — BIB... a multiple choice inventory of auto-biographical questions relating to your own past experience. Once you have completed the BIB, and returned it to the Human Studies Foundation, you will be sent an individual, personal counselling report based

upon your responses. The compilation of this report involves advanced computer analyses based on thirty years of research.

The BIB could also provide you with professionally selected job opportunities. This is done without charge to you by Career Assessment Ltd. Our staff of psychologists will be recommending lists of people who complete the BIB to various Canadian employers. The recommendations are made only after careful matching of job specifications to BIB profiles have been completed by the psychologists.

BIB will be available in your campus bookstore, along with explanatory material, as of January 21st. Your fee of \$5.00 is remitted to the Foundation to help finance further research. If you wish job assistance as well as a counselling report, your BIB must be postmarked no later than Jan 29th. For more information about BIB, contact your Department of Psychology.

If you cannot get BIB from your bookstore, write the Human Studies Foundation, 50 Prince Arthur Avenue, Toronto 180, Ontario, enclosing \$5.00.

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