

CAMPUS

people

Almer Agmyren
Swedish Exchange Student

What makes a person want to study in another country? I can not really put my finger on the sources that create the urge. But I do know that I love to see new places, meet different people and learn something new. Note that Canadians are not entirely different from Europeans or at least Swedish people, to whom I belong. Canadians seem to appreciate the same things in life: American movies, good music and McDonalds, (maybe not McDonalds, but Harvey's anyway).

The scenery and climate is very similar (almost however). There are a couple of things that really stand out compared to Sweden. One thing is definitely different and it is spelled: B-I-G. That was the first impression I really got when I first arrived. Everything is just a couple of sizes bigger here. The houses, the cars, the clothes, and the books here are really more bricks than books.

Another thing is the genuinely warm and friendly atmosphere. Swedish people are known to be a little bit careful when making a first impression and maybe shy and silent the first couple of times they meet someone new, but Canadians are really easy to get to know and everyone is always helpful and they always have time to chat for a while.

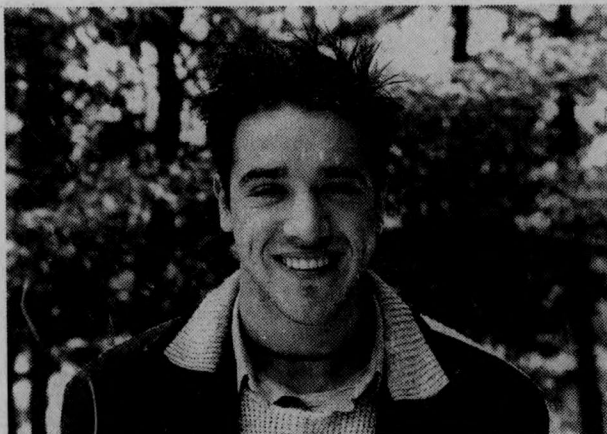
Another thing that struck me is that even though Fredericton is a relatively small town, there is so much to see, all the different cultures and the high level of education that are offered in Fredericton. There are a lot of things to do in your spare time.

And I am sure that this diversity has contributed in a lot of ways and has a very important effect on the people here and educating them about things elsewhere in other countries.

As a human being today, I know that in order to get something today whatever it may be we have to learn or dare to be wise. Organizations do not just hire anyone nowadays. We can not afford to be merely a face in the crowd. We see that everyday on TV or when we read the newspapers. Instead, we have to possess something extraordinary, it all depends, but there has to be something unique.

Traveling doesn't only make you more attractive to employers, it also has personal benefits. Nobody really wants to stay the same the rest of their life. We want to change or rather need change and seek new adventures under the sun. People are wanting animals, even though it does not sound too good, we have to remember that the human race developed through change.

Whether we come from Europe, Canada or wherever on this plane, we basically enjoy the same things in life. Traveling might just be one of those things that make us feel good



PAT FITZPATRICK PHOTO

about ourselves. For another person, watching TV might be equally satisfying. Speaking for myself, I know that change is one of the things I believe in.

I believe in it because I know deep inside that we depend on it, today as well as tomorrow because it is an intrinsic part of our society.

There is a fear about traveling, but I would like people to see what there is outside of their hometown. We can change our fate and together with other people we can change this world. Everything can be changed for good or bad. Even it may seem difficult, we are all players on the same team. We can play individually or we can play together. If we decide to play together, we should know our teammates and the only way we can do that is by sharing information. Whether the team is in a school, in the army or in an organization the same thing applies everywhere. It is a universal theory and in order to change we have to change our environment. I live in Fredericton now and I won't deny that I like this place. But more importantly if I had not come I would have known less about Canada.

I changed my environment in order to learn something new and I have. This is an example of show together we can change. You can change your situation by joining the Swedish Students Society or the Debating Union, or you can try to seize the day and let yourself visit new places. In that case, you should definitely visit Sweden on your next stop. Why not Umeå, my hometown? And that change might bring something of value to you.

My wish is to see and learn, not merely during my stay here in Fredericton but also on my lifelong journey towards new frontiers.

By the way it you happen to visit Sweden, do not forget to mention that you are Canadian, Swedes love Canada. And I am sure that you will be treated in the same nice fashion that I have been treated here in Fredericton. Thank you all.

IN RESIDENCE



Coping with exam stress

Chances are you are feeling pretty stressed right now. Exams are starting in less than two weeks, and it is about that time where you realize how little you know. For those of us living in residence, we have an excellent resource which we can tap. ARPs. ARPs (Academic Resource Person) are there to help coach you through your work. Upper class students who have been through the grind many times before, they are there to help you. The following are just some of the things that they can help you with: time management, changing faculties, crisis intervention, stress management personal problems, help with job and school applications, provide cultural activities, information source, cutting through "red tape" (appeals, etc), someone for you to talk to.

As well as the above, ARPs are available to arrange for tutors, study groups, and info sessions. Residence students are advised to keep watch for exam study sessions being organized by your ARP.

There are ARPs in every residence, except Maggie Jean Chestnut and Lady Beaverbrook Residence. ARP coordinator Ian Mitchell can be found as Proctor in MJC. According to Mitchell, the ARP program was set up in 1992-93 in Aitken House, part of Lady Dunn, and part of Tibbits. At this time, there were five ARPs, and now there are 24 across the campus.

Recently Mitchell and Chris Kennedy (Proctor in MJC and former ARP in Aitken House) arranged for a stress management session for residents of MJC who felt like they needed a hand. The session, given by New Brunswick Teacher's Association Counsellor Anne Kennedy, dealt with different causes and enhancers of stress (i.e.: procrastination, caffeine) and methods for relieving stress (i.e.: exercise), as well as a quick quiz to determine levels of stress. The students in attendance found the session enjoyably as well as informative.

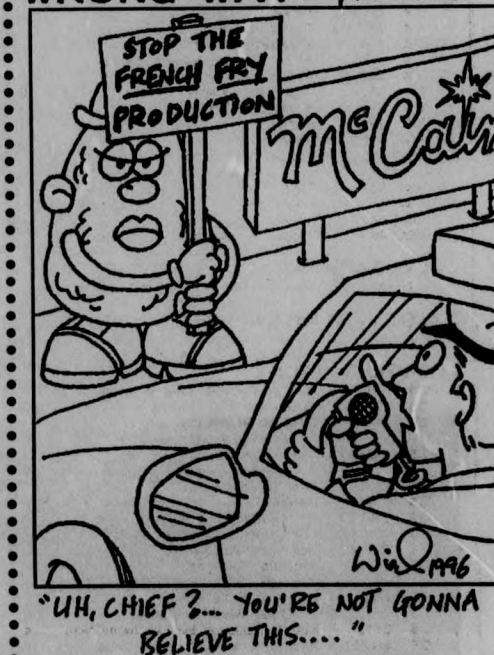
If you are feeling stressed, talk to an ARP, a proctor, your Don, or even a counsellor. It helps.

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TOP TEN LOUSY CHRISTMAS GIFTS

10. My First Yeast Infection Barbie
9. The Bob Packwood Guide To Dating
8. An inflatable duck
7. A Whigfield box-set
6. An incontinent puppy with a bowel complaint
5. Anything on The Brunswickan Christmas List
4. A subscription to Pig Fanciers' Monthly
3. Pepperidge Farms Salmonella Ball
2. Chlamydia
1. Fisher Price Activity Abattoir

WRONG WAY by Keith Wood



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at the rear door of the driveway (lower side of the Bookstore where 1st year books are sold in September). Please visit the buy-back area to determine if you have any eligible textbooks.

University Bookstore

SLOAN COMPETITION RESULTS (again)

Some slowpokes out there didn't make it to the office on time last week, so if you still need to pick up a prize, come to The Brunswickan office today (Friday) between noon and 2 pm with a piece of ID. This is your final chance, so take advantage of it.



Brunswick Christmas Party

Saturday, November 30
8 p.m.
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