

## 'No Problem Is Too Small'

"Our role is to assist people in the university community in any way we can," said Reg Kraft, of UNB Counselling Services.

Counselling Services is located in Annex B and is a part of the student services offered at UNB.

Kraft is finishing a doctorate in psychology. Also on the staff is Ann Heisner who is finishing a Masters degree in psychology; Heathy Davey with a masters degree in counselling and human relations; Norman Whitney, who is a member of the National Training Institute and who also holds a Bachelor of Divinity degree; and Tom Battiste, a native Indian counsellor who works with the native Indian program at Saint Thomas university.

Heisner said they try to help students make decisions rather than make the decisions for them. They try to do what they call "positive" counselling, that is, help develop abilities rather than point out weaknesses.

They spent about 1,000 hours last year in "contact hours."

If a student has a problem, "All he has to do is say 'I need some help.'" Further, said Davey, "There is no such thing as a silly problem," and, said Heisner, "No problem is too small."

Kraft said they would rather have students come in while the problem is still small. "You don't have to have a really big problem to come to us," he said.

The counsellors recognized that

there is a stigma among people about counselling, but Davey said it was a "sign of strength" if a person could recognize a problem and take action to correct.

"I've had more than one student come in here and say, 'Are you the shrink,'" said Kraft. He emphasized that the counsellors will not "pounce" on persons seeking their help: "Nobody is going to twist their arms to sit down and talk," he said.

However, he said students could make more use of the service than they presently do. "Anybody in the UNB-STU community can avail themselves of the services," he said. "Even if they just have a cup of coffee here, they'll find out what's here and maybe find

something he'll joke." Kraft suggested students drop in there between classes.

Most people come to counselling services looking for career advice. The student often starts there and will then "start looking at his whole life," said Heisner.

Following career counselling, the second largest number go with "anxiety problems". Third is people with problems with personal relationships, and fourth is sexual counselling.

Strict confidentiality is maintained. "It never gets out," said Kraft, for legal and moral reasons. The offices are soundproof and files are kept under lock and key.

The counsellors said they would like students to use the service as a

resource centre. They have a career library. They can give tests to point out particular problems such as a reading disability and can provide remedial exercises, et cetera.

Around exam time, "anxiety control" sessions are held "if there are enough people to make the group worthwhile." This can also be done for individuals.

Workshops for faculty are held and mature students are also invited to avail themselves of the service, due to special problems they might have.

However, they said counselling does not do much academic counselling. They usually send persons with academic problems to their department heads.

They said that if they were not competent to handle a particular problem, they would send the person to someone who was. They usually set up an interview.

Kraft said he usually encourages people to come back and tell how they made out.

The counsellors said they were satisfied with their physical facilities, although they would be favourable to relocating an expanded Student Union Building.

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## Musicians Wanted

Students, faculty and staff interested in musical participation may find both opportunity and facilities at UNB.

Music Director Douglas Start invites anyone interested in joining a woodwind, brass, string, recorder or choral group to contact him in room 25 of the Art Centre, Memorial Hall or to call Carolyn Cole at extension 4623.

Various woodwind and brass instruments are available to performers, with previous experience, but who are currently without an instrument.

## Red 'n Black Is Coming

Red 'n' Black Review will hold general meetings on Monday, September 20 and Thursday, September 23.

This will be the thirtieth Red 'n' Black, and show director Terry Doherty is asking students to "sign up and find out what it is all about."

As a preview to the show, which will be held on November 9, 10, and 11, movies of the last three shows will be shown in the Blue Lounge of the Student Union Building from 12:00 to 7:00 p.m. on Tuesday and Wednesday, September 21 and 22.

## Kennedy Resigns

Gordon Kennedy is no longer vice-president of the UNB student union.

He did not register as a student this year, thus disqualifying him from holding the position.

His position will be up for election along with the regular fall elections. As well, there will be another vice-president elected, as the Students' Representative Council decided there should be external and internal vice-presidents.

## Fate of

NELSON, B.C. (CUP) — Dame University, the only granting institution in the interior, will know within weeks if it will continue beyond this academic year.

The recommendations of one-person government commission on non-metropolitan university education will be made by then, according to NDU union president Terry Peterson.

However, the Sacred Trust is not bound to follow Winegard Commission proposals which Peterson speculates closely parallel those made by the student union and other groups on the commission.

Notre Dame students and faculty have fought the university's closure since the former government announced such a move in the fall of 1975. The government eventually conceded to demands for further consideration of an interior university. The government failed to enact legislation to prevent their defeat by Bennett's Credit party.

In January 1976, education minister Pat McGeer disclosed the university's grant and funding over to the University Council of B.C. (UCBC), which funds B.C.'s three universities. UCBC subsequently revealed no money was available for NDU.

But in March the council announced it would fund NDU for another year on condition that it transfers its second year courses to the College in nearby Castlegar. The college's faculty and transfer capital assets to the provincial government.

During that time NDU staged an information campaign in the Nelson community. This was a community-run "save our school" campaign.

## Sim... maintenance

BURNADY (CUP) — Fraser University's 71 mechanical trade workers went on strike Wednesday, September 8, all unionized services for a second day of classes.

The university's 660 unionized clerical, cafeteria and janitorial staff honored the picket line producing cutbacks in library, maintenance and administrative services.

The mechanical trade workers who have been without a contract since April, are demanding parity with similar workers at the University of British Columbia and a modified work week.

In a letter to the union vice-president of administrator George Stuart said the union is prepared to support a 6.7 percent increase of 10.8 percent, and the poly-party unions will support a reduction in the work week from seven and a half to six hours nor in the work week from one half to 35 hours.

the 6.7 percent increase "would put the university in violation of what the law of the country."