

"You don't have to be crazy to need counselling"

By LILLIAN RIOUX

Got problems, heavy, light, or just confusing? What to learn to write essays and resumes? Do you just want a cup of coffee and a sympathetic ear? Well if you do, head for the counselling offices in Annex "B".

There are two full time counsellors that are there to help, Mr. Ken Fuller and Mrs. Bonnie Smith.

You don't have to be crazy to need counselling says Fuller. We are here to help with anything from career counselling to your personal problems.

The counselling service started at UNB in 1968 with just Fuller and has constantly expanded since then by adding more staff as the student demand for counsellors has increased.

Fuller said that with all the changes that one encounters in University life, there will be problems that do arise and the counselling service is there to try to help.

The service operates on a very informal basis, you can call for an appointment or you can just drop by. Last year alone there were 600 to 620 people who made formal appointments but there were countless others that just came by to talk. So far, this year there are about 300 people per month that have come in.

If the need arises the students



Photo by Steve Homer

Director of student counselling, Ken Fuller, has his office in Annex B and supplies a very sympathetic ear to anyone who needs help.

seeking counselling services are administered a battery of tests. If the counsellors can't help you they can point you in the right direction and help diminish some of the red tape.

The service also helps in

teaching skills such as reading, writing, note taking, and exam study or whatever academic problem you run into.

Last year a one day workshop was held on writing resumés. This was for last year students who

were starting to look for employment. The service is hoping to have another in the spring of this year for students who will be in 4th year next year.

You can have testing done on you if you wish but you must make a five dollar deposit that is refunded to you when all the tests are completed. Fuller states the reason for this is so the students will complete the tests and not just go halfway and say "frig it".

The requests for career counselling has increased so the service has made a sizeable and expensive order for career books and leaflets, etc. "We are not concerned with placement" says Fuller. "We are concerned with pointing the student in the most direct way." It is mainly a long term strategic planning thing.

Counsellor, Bonnie Smith states that the service is concerned with personal development.

Smith said that when they first moved into the building it was like an egg shell and they have spent a sizeable amount on soundproofing the offices. Privacy helps the feeling of security for the student so he or she can feel more at ease when rapping with a counsellor there.

The only records that are kept are the test results of the people who come in. These records are only kept for about two years. The reason for this is that it diminishes the possibility of anyone seeing the private affairs of the student.

"The counselling service attempts to respond to the needs and

concerns of any individual student or group of students.

Counsellors are influenced by a strong concern for individual growth and development and are knowledgeable of some of the effective methods and techniques of modern psychology. Counsellors try to listen, understand and communicate with students on their own terms. New life styles, changing values, and development of personal integrity amid conflicting social and academic demand can cause problems among students, and counsellors attempt to help solve these problems.

Counsellors attempt to assist the individual in developing effective career strategies, considering alternatives and keeping options open. An extensive career library is being developed which will provide information on careers, preparation and training, occupational trends etc. A vocational testing program is also available which takes into account interests, abilities, and personality factors.

A basic skills program is offered which focuses on study habits, note taking, problem solving, reading, vocabulary, writing and mathematics skills.

Other areas include relaxation training, personal developmental groups, interest groups, resumé writing and how to deal with job interviews.

So if you just want to talk about your problems or lack of them or anything careerwise or other, drop into Annex "B" or phone extension 451 or 638. It's no rip-off.

Books can be ordered from the library

By LILLIAN RIOUX

Order any good books from the library lately?

If you haven't and don't know how to go about it, it's relatively simple. You can fill out a purchase slip at the information desk in the library and in about three weeks you have your book.

If you don't feel like paying for a book but are interested in seeing it in the library, you can fill out a

suggestion slip and leave it at the information desk.

Usually a purchase for books originate with the faculty and the library staff says Dr. G. E. Gunn, librarian. This order goes into the hands of the collection department which is responsible for the co-ordination of selections. The collection department gets the details on the books and checks to see if the book isn't already in the library or on order.

The budget for ordering books this year is \$440,000 and this is divided between the ordering of books and the ordering of specific serials. The serials are placed on standing order so you can get all successive issues.

The collection department also monitors all requests from faculties to insure that the faculty doesn't fall drastically below or above their level from the previous year.

In the process of verifying a request, the collection department secures Library of Congress cataloging data for the book, if the book is available. For a large proportion of books that come in, the library has the cataloging date which speeds up and simplifies the cataloger's work.

As of now the library employs 23 librarians, 117 full time employees, 15 part time staff, as well as needing 10,638 hours of student employment.

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