

DIRECTIONS

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The Secrets of Shifting Careers

When he leads the November 7th Career Conversation, "Strategies for Career Change", Dr. Harold Minden will be speaking from experience. In 1965, Dr. Minden, who was then the president of three companies, decided to abandon the business world and return to school.

"It was not an easy decision," he recalls. "I was going from a situation where I had some experience and some control to a situation with little experience and little control. There were also great financial sacrifices to be made."

Yet Dr. Minden was interested in gaining the academic tools to explore questions about stress. Inspired by the writings of surgeon-turned-author Wilder Penfield, and armed with a B.A. in Psychology, he entered York University and emerged in 1969 as York's first Ph.D graduate in Psychology.

Dr. Minden, who is currently an Associate Professor, will assume the roles of Chairman of Counselling and Development and the Director of Psychological Services in January 1985. He served as a clinical psychologist for the Canadian Olympic team at the 1984 games and is the author of "Two Hugs For Survival", a book about strategies for effective parenting that is going into its fourth printing. Three other books are in various stages of completion. He feels that his move in 1965 was worth it. "I feel grateful that I had and took that opportunity," he says.

Dr. Minden feels that many people are poised for such a move. He cites statistics that sixty to seventy percent of workers, who are asked if they would rather be working at something other than their job say "Yes." He calls it a sad



Dr. Harold Minden, host of "Strategies for Career Change", the Career Conversation on November 7th.

state to be in. "It affects productivity, effectiveness on the job and interpersonal and family relationships. There are a number of displacements, including one on children. Expectations can be transferred into pressures on children to be what their parents weren't."

Although the desire to shift careers can be strong, Dr. Minden warns against focusing only on the negative points of one's present job to justify a move. "If there isn't anything at all that you like about your present career, there's a likelihood that you're not going to find it where you're going. What you may want instead is not a change in careers, but a change in attitude."

The Career Conversation on November 7th may be entitled "Strategies for Career Change",

but for students, career choice can be an important offshoot of change. "I've talked to students who seem unable to make the decision on where to go," observes the Doctor. "Some people seem to get stuck on making a decision because they believe that their decision is forever. It doesn't have to be so. Students can work in one area then try another. They're not necessarily trapped for life," he says. "There is great excitement and growth in changed careers."

Dr. Harold Minden will host "Strategies for Career Change" on November 7th in the Senate Chamber (S 949 Ross) between 3 and 5 p.m. The Career Conversations are sponsored by the Career Centre.

University of York (England) Exchange

Applications will now be accepted for this one-year undergraduate exchange programme with the University of York, England.

Up to two spaces may be made available to students with high academic standing in science or the liberal arts. Tuition scholarships will be paid by York University (Canada). All other expenses are to be borne by the student.

For further details, please contact the Office of Student Affairs.

Application deadline:
Friday, January 4, 1985

CAN YOUR CLUB AFFORD TO MISS THESE BENEFITS?

- Dependable access to tables and chairs for use in Central Square.¹
- Listing in University publications
- Permission to apply for financial contributions from University-funded sources.
- Ability to use the name of the University or one of its subunits.
- Use of the Student Affairs Electronic Billboard²

The Office of Student Affairs is currently working with the Council of the York Student Federation to update records of campus clubs and organizations in order to provide a more complete picture of these groups. Your group can enjoy the benefits listed above by aiding us in this ongoing process. Simply visit the Office of Student Affairs at Room 124, Central Square where you can have your organization accredited by completing the proper application forms, and providing us with the signatures of ten current York students, who are members of your group.

Further sponsorship can be obtained by approaching the Council of the York Student Federation, where your club or organization can apply for funding and other privileges.

¹ TABLES IN CENTRAL SQUARE

Does your club or organization need a table or chairs for a display in Central Square? You can obtain them from the Office of Student Affairs for up to 14 consecutive days per one month period. Tables can be used between 9:00 am and 3:30 pm. This free service is provided to all clubs and organizations who register with the Office of Student Affairs. Simply pick up an application form at Room 124, Central Square. Tables should be booked one month in advance of the required days.

² IMAGINE . . .

Your club or organization's announcements being displayed in flashing lights—24 hours a day in Central Square! It's possible, thanks to an electronic billboard operated by the Office of Student Affairs. Affiliated clubs and organizations can have their messages to the community programmed for one week periods. Simply contact Emanuela Bagnarol at Room 124 Central Square for further information. We advise you to keep your messages short for maximum impact. The Office of Student Affairs reserves the right to edit submissions for length.

Race Relations Hearing

The York University Committee on Race and Ethnic Relations will be holding a public hearing on **Wednesday, November 7, 1984 at 4 p.m. in S872 and S869 Ross Building** to assess race and ethnic relations in the University community.

The Committee invites individuals and groups within the community to make presentations which may address any of the following issues:

1. Perceptions of race and ethnic relations at the university;
2. Experiences of ethnic or racial discrimination at the university; and
3. Recommendations for institutional responses (education; complaint procedures) in order to promote harmonious race and ethnic relations at York University.

Any other issues which are felt to be pertinent may be addressed.

Individuals or groups wishing to appear before the Committee at the hearing are invited to notify the Chairperson by *Friday, November 2*.

Professor Peter A. Cumming, Chairperson
Committee on Race and Ethnic Relations
c/o Room 434, Osgoode Hall Law School.

Written submissions may also be made in lieu of appearance at the hearing.

For further information, please contact the Secretary of the Committee, **Brenda Hanning, 124 Central Square, tel. 667-2226.**