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CANADA MANPOWER CENTRE

Researchers anxious to please

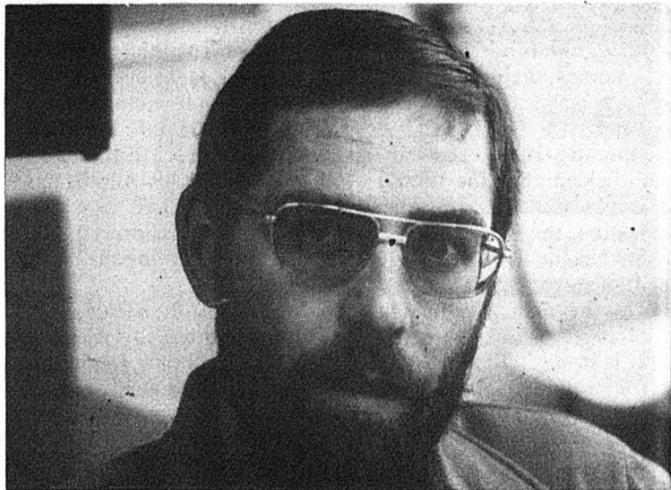
Two U of A researchers are offering you an opportunity to learn how to relieve anxiety.

George Fitzsimmons, assistant professor, and Bryan Hiebert, research assistant, both with the Education Psychology faculty, are preparing a study which will cuminate more than two years of preliminary investigation.

Fitzsimmons and Hiebert have studied four methods of reducing anxiety and are now endeavouring to discover which combinations of the four will provide the most effective method of reduction.

All but one of the four methods are the result of a careful inspection and testing of methods forwarded to the academic community by other theorists and researchers.

One method, which deals



Bryan Hiebert Ed. Psych research assistant. Photo - Shirley Grew

with recent developments in the field of bio-feed back, was developed by the two Alberta researchers.

The long range goal of the study is to provide a tension relief to members of society at large, however, the immediate objective is focused on teaching students to deal with anxieties stemming from problems rooted in the university environment.

These include examinations, public-speaking, and interpersonal social problems.

Two hundred people are needed for the study, which will be divided into four sections. The first of these begins Sept. 26.

One basic assumption underlying the study is that everyone has within him the potential to discover the roots of his anxiety by examining his social behavior from the perspec-

tive of the influences of values instilled by parents, school, churches, and other social institutions, and then judging these in the light of the individual's own objectives and reformulated ethical framework.

It should be stressed that the study does not place the blame involved in a situation where they experience anxiety. The intent is to show people how to overcome anxieties already a part of their mental constitution.

Fitzsimmons and Hiebert expect the data to be compiled by the end of January, one month after the study is finished. The results are to be made public in March.

Students who are interested in the program are encouraged to call Dr. Fitzsimmons at 432-3600 or Professor Hiebert at 432-5747.

Committee seeks citizens' views

The Advisory Committee on Further Education met for the first time during the 1977/78 academic year last week. Dr. Bert Hohol, Minister of Advanced Education and Manpower, announced Friday.

The committee advises Dr. Hohol on issues affecting further education in the province.

"Throughout the 1977/78 term, the committee members will meet in various centres in Alberta to discuss policies and procedures pertaining to further education, and to obtain public views on further education matters," Dr. Hohol said.

Committee members are appointed from various community recreation and education groups, further education councils, school divisions and continuing education divisions, extension departments of universities, colleges and other post-secondary institutions in the province.

"The main purpose of the committee," Hohol said, "is to encourage citizens to express their views about the education of adults in Alberta, and in this way, to participate in the development of provincial policies on further education."

Tapscott, from p.1

the only party in Canada based on the trade unions. As such, it has a responsibility to contest corporate rule at all levels."

He said he would not run in the election if the NDP fielded a candidate.

Council should call on the province to include the area of sexual orientation in the Alberta Bill of Rights and the Individual Rights Protection Act, he said.

"Gays and lesbians face a deep oppression and discrimination rooted in the nature of this society." There should be no discrimination against lesbians in child custody cases and Council should support the reinstatement of John Damien, a racing steward fired by an agency of the Ontario government because he is a homosexual, he said.

Tapscott further criticized the city on its transit system. Public transit, he said, is not comprehensive, regular or rapid. He said the Edmonton rapid transit project is a positive but completely inadequate and suggested there be a review of the process of ETS increases, and a move towards free public transit. Tapscott opposes the McKinnon Ravine freeway.

"I think the only solution to the problems facing the people is a fundamental reorganization of society."

"The problem of politics cannot be solved within the civic framework, because the problems are rooted in the fact that a small group owns the wealth."



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