

UNSELLING.....TALKING IT OUT

by *Ma Schoch & Tim Judah*

*...closing in... generally, the pressures are starting to get to you. These new pressures from schoolwork and uni-
...a place on campus that is designed specifically for you.*

*...rised at the facilities available for UNB Staff and Students. I was given a tour of the complex and was particu-
...act about the facility is that it is designed for you, the UNB student.*

*...deal with every imaginable problem. The staff are professional counsellors, who are there to help you handle
...e. Horsley and Margaret Brown are any indication of the kind of staff that are there for you, I can assure you,*

PROBLEMS CAN COUNSELLING SERVICES HELP YOU WITH?

Counselling Services has helped students deal with all kinds of problems:

- Choosing a field of study, making satisfying career choices;
- Dealing with tension, learn to relax, and improve concentration;
- Problems on dating relationships;
- Dealing with relationship break-up;
- Depression and suicidal thoughts;
- Abuse of alcohol or other drugs;
- Eating disorders;
- Difficulties in personal relationships with parents, spouses and others;
- Conflicts with sexuality and related areas;
- Physical and/or sexual harassment;
- Dealing more effectively with anger and conflict;
- Dealing with death or loss of a friend.

...wise person who seeks help when help is needed. It is a good friend who helps a friend find help. You are not

PERSONAL AND RELATIONSHIP DEVELOPMENT

...on an appointment basis. Just call and set a time to meet one-on-one with a counsellor.
...counselled together. If you have become strangers under one roof, are experiencing feelings of jealousy or
...ies or are having other difficulties, make an appointment for you and your partner to get help.
...example, Counselling Services offers help in stress management and assertiveness training.
...can receive assistance at Counselling Services to get started. Counsellors will assist, for example, students
...difficulties or those who have recently separated from their partners.

CAREER INFORMATION LIBRARY

...probably a larger percent of students at UNB and STU are unaware that Counselling Services provides a Career Library that can help students

...at UNB and STU since then. The library is able to aid students and faculty in many different aspects of career and employment informa-

...ment trends. It also includes calendars from all Canadian universities, community colleges and other non-degree courses arranged by province.

...study abroad. Also there is information on Cooperative Programs. If a person only wants to study by correspondence the library has files

...our degree. In addition, every government department, organization, and hospital in Canada is listed in the Canadian Almanac in the Career

...library. The library is open from Mon - Fri from 8:30-12 noon, 1:15-5:00 pm.

...understand what the library has to offer and employees at the library are always happy to answer any questions.

...choice, or a successful job search. In addition there is a variety of information about programmes offered at Canadian and foreign educational

...1 Canadian university and community college calendars

...formation on universities abroad

...description of occupations

...future employment trends

...annual reports for Canadian companies

...reference books on resume writing and job interviewing

...career options for university graduates

...current information on women's and native issues

...material on study or work abroad

COUNSELLING SERVICES STAFF

Horsley (Ph.D. Psychology) Licensed Psychologist

(Ph.D. Psychology), Larry Finkelman, M.A.Sc. Licensed Psychologist

Timble (B.A., B.Ed.)

NATIVE STUDENT ADVISOR Serena Knockwood (B.A.,

..., M.L.S.)

ADMINISTRATIVE SECRETARY Marilyn Rees (Secretarial Diploma)

HOW TO GET HELP

...y to Friday. To make an appointment, phone 453-4820 or drop in to Room 19, Alumni Memorial Building.

...ours, please call 453-4820 and leave a message.

...call Security at 453-4830. The officer on duty will contact a counsellor.



Margaret Brown, Career Library Advisor, has created an extensive career resource library

THE ROLE OF THE NATIVE ADVISOR

The position of Native Student Advisor was established to provide counselling and other support services to Native Students in post-secondary programs enrolled at St. Thomas University and the University of New Brunswick. Some of the responsibilities include:

1. Visiting reserves and preparing potential students.
2. Participating in student orientation.

I assist with the registration process, with course selection and making the required arrangements with the Department of Indian Affairs.

3. Conducting individual "outreach" interviews.

I actively meet with students outside my office making one-on-one contact to learn of their needs and to inform them of the services and resources that are available in the university community, e.g., Library, Counselling Services and Health Services etc.

4. Assisting students with career development.

A major resource which Counselling Services provides is a Career Information Library. This library contains information on post-secondary educational institutions across Canada, career descriptions, resume writing, job search techniques, native issues, etc.

5. Helping with writing and study skills.

Time management, study habits, essay writing and reading hints are areas I have worked on with students. I also make active referrals for students who need additional help to the Writing Lab, Extension Services, UNB.

6. Provide personal counselling.