

Judy's ten ways to succeed at Dal

Armed with unmarked notebooks, sharpened pencils, a new packsack, a daily planner and a week of Frosh orientation activities under his or her belt, any frosh would be equipped to survive Dalhousie.

Right, and a Bachelor of Arts degree will get you any job you want.

In the event you haven't already overdosed on advice from parents, older brothers and sisters, frosh leaders, and the helpful writers at *the Gazette*, I would like to share some tips that may make your first year at Dalhousie a little easier. Hey, I didn't spend five years and \$40,000 at university for nothin'.

1. Go to class. The surest way to flunk out of Dal is to skip classes. Even if your professor's lectures should be prescribed as an effective sleeping aid, and reading your text book backwards makes more sense, drag yourself to class to keep track of homework assignments, important deadlines, and exam dates. Also, if you ever miss an exam, ask for an extension for an assignment, or need a reference letter, profs

are more understanding if they recognize you.

(Bonus tip: Let your prof know if you can't make class whether it's in person, via email, or a note left at their office. They get to know you better, and it makes them think they're important.)

2. Join a club. I especially recommend this if you don't live in residence or if you're shy. You could sit next to the same person in class for a year and still not learn his or her name. There are tons of societies, activities, and clubs on campus, and at least one of them must be doing something you'd be interested in. All you have to do is live with being the new guy/girl on the block for awhile. Trust me, it's worth it.

3. Ask stupid questions. Luckily, as a first year student, people expect you to ask a lot of questions. If you didn't, then the rest of us wouldn't get a chance to show off how wise and experienced we are. Take a deep breath, raise your hand and ask your prof to clarify a point, beg the person next to you to decipher the graffiti on the chalk board, and demand that some-

*To do - shop for groceries (lots of veggies!)
- pay tuition
- buy books
- go to library (study at least 3 hrs)
- go to Dalplex, climb Stairmaster*



SEPTEMBER

one show you where the wash-room is. There are no stupid questions... or at least none that haven't been asked before.

4. Learn to cook. I'm not even going to tell you to eat healthy. If you made it and it didn't cost more than \$10 and you're not hungry an hour later, then you're doing alright. If, like me, your two basic food groups are "instant" and "way-too-long", then I recommend buying "The Starving Student's Cookbook" by D. Hall for \$9.99. The dishes described are cheap, simple to prepare, and most importantly, most of the meals take only minutes to make. A student cannot live on coffee and muffins alone. Kraft dinner maybe, but not coffee and muffins.

5. Remember, SUB stands for Student Union Building. The Student Union Building was made for you, the student. In this building you can grab a coffee, buy concert tickets, have your resumé typed, book a flight home, find a new apartment, chug a beer, host a radio show, get a part-time job, play pool, and lots more. I was in my second/third year before I knew the SUB had a cafeteria. Don't just walk by wondering what all those people are

*To do: - steal roommate's Mr. No Odle (veg flavour)
- pay phone bill
- pay library fines
- ask parents for loan
- go to class (at least once this week)
- go to SUB, climb stairs to counselling & Bych. Centre*



NOVEMBER

doing, sitting and staring out the windows onto University Avenue. Come on in, pull up a chair and find out for yourself.

6. Realize Halifax is bigger than Dalhousie. One of the reasons why students get stressed out is that university becomes our own little world. Halifax is a beautiful, happenin', and in my experience, safe city. If your universe doesn't extend beyond University Avenue, then little problems in school will feel like catastrophes. *(Bonus tip: Learn something about the province you're now living in. Knowing that Nova Scotia is not an island is a good start.)*

7. Call 494-2081 when you need help. That's the number for Counselling and Psychological Services Centre located on the fourth floor of the SUB. The kind of help you can get ranges from time management seminars to sexual assault counselling. University can be a fun experience, but it can be very stressful too. Whatever the problem, there is a psychologist or counsellor there willing to help.

(Bonus tip: If you need to talk to someone right away, say so. The counsellors are busy, and most appointments booked are for two to four weeks later. However, emergency

cases can be accommodated.)

8. Take a fun class. By "fun class" I don't necessarily mean a bird course. I mean take a class that has nothing to do with the degree you plan on pursuing, or something you've always been curious about. Most frosh do general studies in their first year, but often just look into the courses they did well in during high school. Take a good look at the student calendar. You'll find courses you didn't know existed and classes you won't believe you'll be getting credit for because they're so much fun. Learn to play the classical guitar, how to speak German, or conquer your fear of computers. You may even figure out what you want to be when you grow up.

9. Get lost. Once you've figured out how to get to and from campus, start exploring the 95% of Dalhousie you wouldn't see on the way to class. Knowing where the hell everything is located is an easy way to feel like you belong here and builds self-confidence. Getting lost can be fun, but if you decide to check out the Life Sciences Centre (LSC), bring a compass and give your roommate an estimated time of arrival. A cell phone might be a good idea too.

(Bonus tip: For cold or rainy days, take cover in the tunnels that connect the Killam Library, the Arts and Administration (A&A) Building and the LSC.)

10. Read the Gazette. Not only is reading it more fun than doing homework, *the Gazette* is the best guide to what's going on at Dalhousie. Whether you're interested in concerts, games, yard sales, or the annual Let's-Increase-Tuition Board of Governors meeting, you'll find something of interest. At least we hope you will.

Judy Reid

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