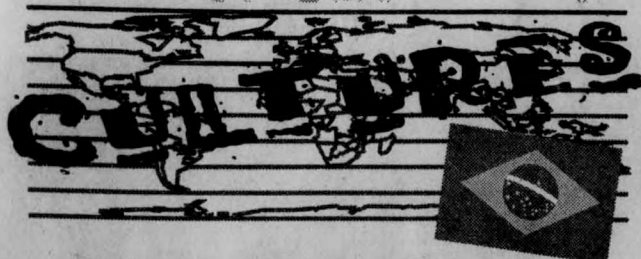


CAMPUS



Brazil: Diana Campos

DENNIS GERMAN
THE BRUNSWICKAN

The country in focus this week is Brazil and the student is Diana Campos. Diana is in her second year of a Masters in Chemical Engineering. She comes to us from Fort Aleza. "I came to Canada because when I was doing my undergraduate in Brazil one of my professors had done his Ph.D. here at UNB. He told me about UNB and suggested that I come here."

"I miss the beaches. I used to go to the beaches all the time back in Brazil. I've gone to a beach here but the water is very cold compared to Brazil's beaches," says Diana. Of course she's going to find it cold here. Fort Aleza experiences twenty-five to forty degree weather year round. They do experience winter down there but they don't get the good ole' white stuff that we're used to up here. "Instead of snow we get rain. We don't get as much rain as the southern part of Brazil does, but we still get a lot of rain. The south actually experiences floods from time to time. The weather is very much tropical like down there."

There's a lot more to Brazil than the weather. "The carnival takes place in February. The carnival is this huge street party where bands play for prizes. There's dancing in the streets. It's a huge event. There's a lot to do during the day, however a lot of people still go to the beach. Even at night a lot of people go to the beach. Besides the beach though, there are shows you can go to. There is a legal drinking age but it's not strictly enforced and the clubs stay open till all of the people go home. That could be four or five in the morning."

We know that the people over in the UK love soccer (you'd know this if you read the cultures column on Stuart Baldwin). Is there any other place in the world where the same sentiments

are felt about that sport? Oh yeah, Brazil usually takes centre stage in World Cup soccer. "Soccer is very big in Brazil. Here you have hockey, in Brazil they have soccer. Everybody plays that or beach volleyball. Sometimes there's too much soccer. Like, there might not be anything else on TV except for soccer."

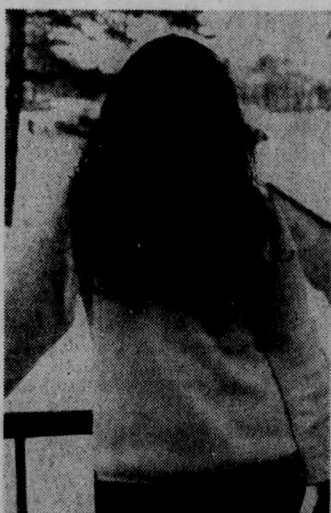
The education system between the cultures has its similarities but in Brazil a student has to write an exam which will either allow them to go on to university or not allow them to go on, it depends on their mark. "The

government university is free in Brazil, so there's a big competition to get into school. There are government universities and private universities. Competition is fierce for both. I like university better here in Canada because there's more choice and you also get the chance to work. In Brazil the course load is a lot heavier. Instead of going for three hours a week per

course here, you have to go to six hours per week, per course, down at the university that I went to." And you thought that three hour class on Wednesday night was hard.

The Amazon rainforest covers all of the North part of South America. In the last little while there has been a big problem with the deforestation of it. "There are a lot of Conferences being held down there in regards to the problem with the rainforests. There's so much talking, though. It's all talking and not much action. They are cutting down on the number of wood exports though."

Maybe Canada, to improve their voter turnout, should adopt the same policy on voting that Brazil has. "In Brazil it is mandatory for people who are of the age between eighteen and seventy to vote in elections." Well, actually, perhaps UNB should adopt this method instead.



JUD DeLONG PHOTO

In his recent book, (Emotional Intelligence Quotient): Why it can matter more than IQ, Daniel Goleman presents research from the latest brain and behavioral studies to support the importance of EI to life success. Cognitive skills (IQ) account for only 20% of the factors that determine success in our work and personal lives. Underdeveloped emotional skills can have serious negative effects on relationships, physical health, intellectual pursuits and careers.

What is emotional intelligence? Goleman describes five domains or aspects of EI.

1. Self-awareness.

Recognizing your emotions as they happen is crucial to psychological insight and understanding. How often have you told yourself and others that you were NOT angry and then later realized that you were? People vary widely in how well they can identify their feelings. We say we aren't feeling anything or we can't describe what we're feeling. Or we're only aware of one emotion (anger) and not the hurt underneath it. Awareness of what you are feeling (as well as your judgments about your feelings) is the basic building block for the other dimensions of EI. *What range and intensity of emotions do you experience in a week?*

2. Handling Feelings Appropriately.

Being able to manage your

body spirit

How's your EIQ? (Emotional Intelligence Quotient)

emotions rather than becoming overwhelmed and lost in them allows you to bounce back from the normal disappointments and setbacks of life. How adept are you at shaking off a 'bad work' day? Studies show that worry increases anxiety and anger builds on anger. If you've had a bad day, you are more likely to explode over something trivial. Handling the earlier feelings better could prevent a nasty scene at home. 'Handling' your emotions does not mean suppressing them. We want the richness of a full emotional life, but without the debilitating and damaging effects of overwhelming anxiety, immobilizing depression or raging anger. *How do you help*

yourself feel better after an upset?

3. Motivating Yourself.

Being able to have your feelings work for you rather than distracting you from your goals can result in a 'flow' experience and superior achievement. Students who are anxious, angry or depressed don't learn or perform effectively. Their 'working memory' is inundated with emotional flak and they, literally, can't think straight. Most of us have had that experience at one time or another. Students who have high levels of enthusiasm, optimism and persistence especially in the face of setbacks can achieve remarkable results. Goleman writes, "Being able to enter flow is emotional intelligence at its best."

Do you know how to channel your emotional energy toward your goals?
4. Empathy.

Recognizing emotions in others is a key 'people' skill for work such as teaching, sales, management and all 'caring professions'. It is also crucial to our intimate relationships whether romantic, parental or friendship based. Empathy involves intuiting another's feelings, often through nonverbal cues such as facial expression, body posture, tone of voice and gestures. The more awareness we have of our own emotional life, the more sensitive we will be to the other person. *How good are you at recognizing what others are feeling?*

5. Handling Relationships.

Social competence is the art of managing emotions in other people and requires a high level of self-management and empathy. It involves skills such as being able to calm others in distress, motivate achievement in others, set the emotional tone in an encounter and connect with others easily and naturally. People with a high level of social competence make good leaders and organizers. *What social skills would you like to improve?*

The really good news about emotional intelligence is that you can increase your abilities in all five areas. Watch for the second part on April 11. *How to increase your EI.*

Mary-Louise Luck is a counsellor with counselling services.



November 30, 1973

Open parking is really what is needed

Construction of the new parking lot up behind the SUB seems to be zipping right along. Hopefully, we'll be able to park our cars there soon. President Anderson certainly took the wind out of the sails of all those who had been complaining about parking. However, with the addition of this lot, the problem has not been rectified.

The problem, as we see it, is that the faculty and staff have all the choice parking spots. Why are they so different that they get these considerations? They get paid to work here. We, the student, pay them to work here. Are we second class citizens? Are we inferior? Or are we just young and healthy so, therefore,

a little walk won't hurt us?

Why doesn't UNB institute an open parking policy on the entire campus? First come, first served. We can see no logical arguments against this, except that far to their place of work. That holds no water with students. If a professor has an 8:30 class he should be in his office early enough to go over his course material for the day. There is no need of him to arrive at 8:20 and have a nice handy space waiting for his car.

There's more than enough parking space on the campus right now. Unfortunately, the choice lots are all reserved. Why is this? Our student representatives, on both the Senate and the Board of Governors, should be pushing for this sort of a policy right now. So should our SRC.

WRONG WAY



THE CRIMINALS, THINKING BOB WAS DEAD, WERE COMPLETELY UNWARE THAT, AS A CARTOON, IT WOULD TAKE MORE THAN A STEAMPOLLER TO KILL HIM.

IN RESIDENCE



The problem with house relationships

ANTHONY DAVIS & PETER CULLEN
THE BRUNSWICKAN

University life revolves around many things: studying, attending classes, managing finances—but what about relationships?

Being in residence, your main social net is comprised of your house mates. Whether it's breakfast, supper, study time or just hanging out, you're bound to encounter many members of your residence at some point during the day. Although the friendly atmosphere is a plus to anyone's day, bumping into an ex can dampen spirits at any time.

Regardless of how much you love your significant other, you're bound to see too much of him or her. Unless you're at school, your time together is far too condensed while in house. But even if you take a breather elsewhere for a while, you run the risk of "ignoring" your partner. Perhaps one of the strongest disadvantages to dating in a residence is the fact that everyone and their dog (note: This is an expression. Dogs are actually prohibited in residence) somehow seems to know every tiny detail regarding you and your boyfriend/girlfriend. One of the embarrassing aspects can be summarized in two words: Thin walls.

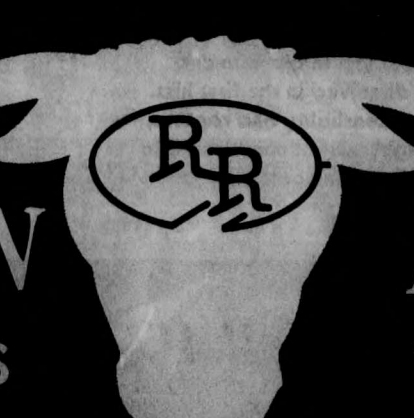
The worst part about dating within

the house is the (almost) inevitable breakup. The odd thing about residence is that you immediately get to know your girlfriend/boyfriend, instead of the traditional method of learning about them casually, over time. However, that intensity can soon backfire; it's bad enough to bump into someone you dislike, but chances are you'll see your ex while you're eating lunch, walking to the washroom, or just on your way out the door to start your day. Worse yet is that you still share the same friends, who are virtually a family while you're in residence.

Foregoing any further pessimism, there are also advantages to dating in house. If you're willing to play 'married couple', you can trade off on cooking duties, and even share groceries. You can also cultivate a very sincere relationship and you also have someone there to hear your news. The proximity strengthens the bond between the two, which in turn enriches the relationship.

Ultimately though, one of the biggest bonuses of in-house dating is that it's an excellent way to meet future girlfriends/girlfriends—if you want to run the risk of avoiding half your house every time you step into the hallway.

Peter Cullen appears courtesy of the Entertainer's Department.



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