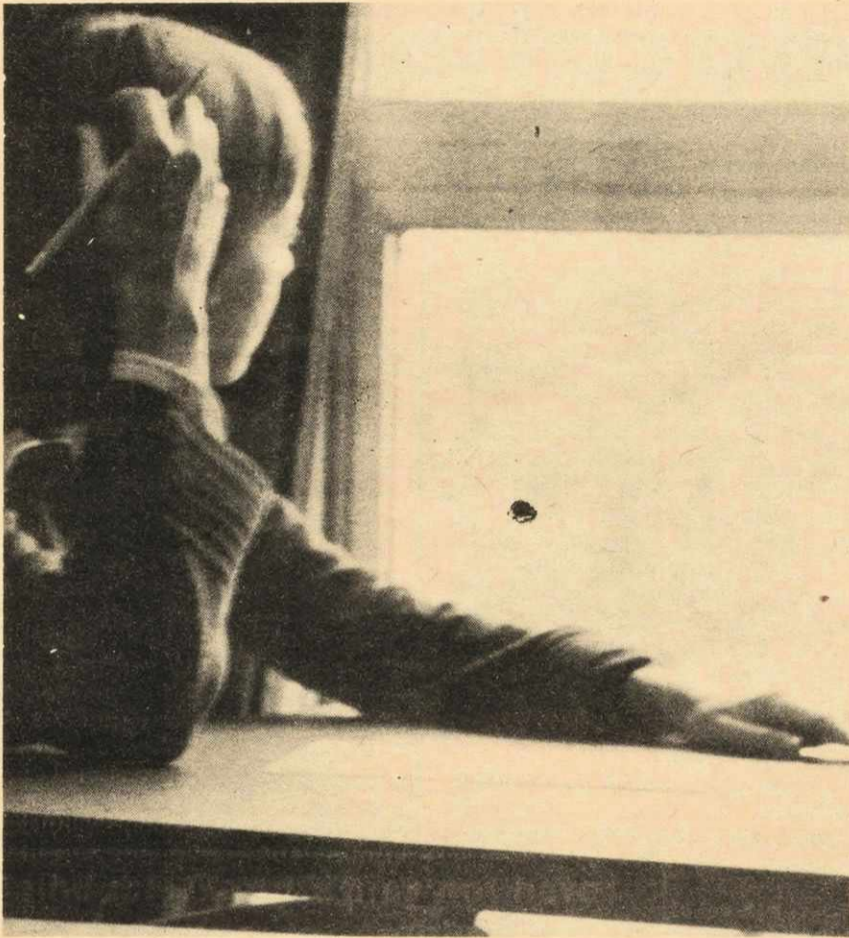


Counselling at Dalhousie



by the Counselling & Psychological Service Staff...Part 4

Fifteen to twenty percent of university students underachieve due to anxiety experienced when they face evaluation. To deal with this problem, the Counselling and Psychological Service Centre has developed a test anxiety programme.

Researchers have determined that anxious students are just as bright as non-anxious students: when tests are taken or academic work done under relaxed conditions, they do just as well or better than non-anxious students.

What causes the performance difference in evaluation situations? One important difference lies in what the students are doing and thinking in those situations. For example, when taking an exam, the non-anxious person thinks only about the exam and does things that are relevant to getting the exam done.

The anxious person carries around a whole bundle of "worry thoughts", all ready for any evaluating situation. These thoughts can be a wide variety of things, but they're usually self-centred and usually involve thinking about **how** one is doing rather than about **what** is being done.

The student may mentally punish her/himself for not studying, or for being generally stupid, or for studying the wrong things; she/he may think about the consequences of doing poorly, or about other similar experiences in the past. She/he may get angry with the exam or with the prof for setting a stupid exam; or worry about how other students are doing, or think with longing about the conclusion of the exam.

Whatever the exact content of these worry thoughts, they are always irrelevant to what needs to be done in the situation. Each person has only so much time and attention - if it is used up in

worrying, it can't possibly be used in meeting the demands of the situation.

Another component of anxiety is, of course, physical tenseness or emotional arousal--including things like sweating, rapid heart rate, butterflies in the stomach, rapid, shallow breathing, etc. These physical symptoms don't interfere directly with intellectual functioning unless one attends to them.

A certain level of anxiety facilitates performance, generating the energy and alertness necessary to do well. However, when tenseness becomes quite extreme and uncomfortable, it demands attention and interferes with performance.

In the test anxiety programme we will talk about the exact nature of your own peculiar brand of worry thoughts, so that you will learn to recognize them and how they interfere with what you're doing.

Secondly, you will learn means of "turning off" your worry and "turning on" appropriate thinking and behaviour.

Thirdly, you will learn some means of structuring and dealing with particular kinds of academic evaluating situations including exams, seminar situations, classroom discussions, and studying.

Finally, you will learn some simple relaxation exercises that can be used to reduce tension.

The test anxiety programme is available either on an individual client/counsellor basis or in a small group. It will involve four to six one-hour sessions.

For more information, come up to the Counselling and Psychological Services Centre (4th Floor, SUB, 424-2081) for an initial interview.

In later issues of the **GAZETTE**, Counselling and Psychological Services staff will describe in more detail the development programs and the format of typical counselling sessions. But don't wait to read about us--students and faculty are invited to come in for a cup of coffee anytime.



Rebecca Cohn Auditorium
Dalhousie Arts Centre
Tickets & Information
424-2298

Coming Attractions . . .

CARLOS MONTROYA
Wednesday, November 3, 8:30 p.m.

TUDOR SINGERS
Thursday, November 4, 8:30 p.m.

JESSYE NORMAN
Friday, November 5, 8:30 p.m.

WILLIAM TRITT
Thursday, November 11, 8:30 p.m.

1977 Commerce Graduates

interested in a career in public accounting
leading to qualification as a Chartered Accountant
are invited to meet
with our representative on campus

Monday, November 1, 1976
Tuesday, November 2, 1976

Appointments may be arranged with
the Canada Manpower Centre on Campus

HR Doane and Company

Chartered Accountants

Amherst	Dartmouth	Marystown	Summerside
Antigonish	Digby	Moncton	Sydney
Bathurst	Fredericton	Montreal	Toronto
Bridgewater	Grand Falls	New Glasgow	Truro
Campbellton	Halifax	Newcastle	Windsor
Charlottetown	Hamilton	Saint John	Woodstock
Corner Brook	Kentville	St. John's	Yarmouth

UNB approves NUS

FREDERICTON (CUP) — Students at the University of New Brunswick voted 60 per cent in favour of continuing membership in the National Union of Students (NUS) Oct. 20.

Thirty-two per cent of 5,000 UNB students cast a ballot in the referendum called by student council in the spring because it felt last year's vote, decided by a 40 vote spread, was unrepresentative. NUS fieldworker Miguel Figuero

said the referendum "clearly showed UNB students are concerned about student aid, rising tuition and unemployment."

While voter turnout for the referendum was slightly down from last year Figueroa said "the level of support has gone up tremendously".

At the end of the month delegates to the Atlantic Federation of Students conference will vote a representative NUS central committee.

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