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434-7172**Student stress at U of A**

by Nadia Rudyk

A report into student life at the U of A states that "nearly all faculties and schools give lip service" to the importance of controlling stress on students.

The report was presented to the General Faculties Council executive meeting last Wednesday.

The increasingly complex administrative structures in

student organizations, faculties and departments, and the decreased extra-curricular or social contact between a large number of students and most of their faculty members are two of the factors creating an alien stress-filled environment for students. These factors make heavy demands on the students' capacity to cope with academic

requirements.

Taking two years to research and write, the report looks into the problem of stress in relation to four areas of university life: administrative; social and personal; physical environment; and academic.

Thirty recommendations designed to decrease the causes of stress have been proposed by

ADMINISTRATIVE FACTORS WHICH MAY HAVE RELEVANCE, TO STRESS

	per cent of total student respondents		
	Strongly Agree & Agree	Neither Agree Nor Disagree	Disagree & Strongly Disagree
1. Campus libraries are well run and convenient to use.	64.8%	15.1%	19.5% Med., Phys. Educ.
2. I feel Student Counselling Services are adequate and accessible to the students on campus.	25.7%	50.2% Dent., Eng., Law, Grad St.	22.5% Med.
3. The administration is not really concerned with the individual student.	62.6% Arts, Bus. Admin., Law.	21.0%	15.2% Med.
4. Student Health supplies the type of medical service students need on our campus.	61.2% Ag., Law., Med., Phar., Reh. Med., Grad St., H. Ec.	28.0%	10.1%
5. The faculty is usually liberal in interpretation of regulations and treats violations with tolerance.	30.1%	45.1%	23.3% Arts. Law.

the report. Some of these recommendations include:

- providing readily-available tutorial assistance for courses with a large enrollment, either on an individual or group basis.
- a longer freshman orientation program should include departmental participation.

- greater attention to three way communication between faculty, office staff and students, so that students are not scared off by an indifferent reception on their first approach to an administrative office.
- more effective information on the services available on campus

- should be given to students.
- the problem of 'loneliness' should be looked into with an emphasis on an investigation of cliques which seem insensitive to others, too much bureaucracy in the students' union, and an over-emphasis on a few interests.
- all faculties should ensure that

SOCIAL AND PERSONAL FACTORS WHICH MAY HAVE RELEVANCE TO STRESS

	per cent of total student respondents		
	Strongly Agree & Agree	Neither Agree Nor Disagree	Disagree & Strongly Disagree
1. A general characteristic of most U of A students is extreme apathy.	47.8% Arts, Law, Bus. Admin., Reh. Med., St. Jean	25.1%	26.0%
2. I feel the recreational facilities provided on campus serve every student's need.	49.1%	20.2%	29.7%
3. The U of A is so large, and impersonal that it is little wonder student and faculty loyalties are hard to develop.	62.5% Arts, Educ., Law	16.2%	20.1% Ag., Eng., Phys. Educ.
4. Recreational facilities need not be supplied by the U of A for general student use.	5.0%	6.9%	87.8% Eng., Med., Phar., Reh. Med., Sci., Grad St.

students receive honest, straight-forward and up-to-date information regarding job prospects.

- provision should be made for foreign students studying at university who are separated from their families, by providing them with some financial assistance in bringing their

families with them.

- an expansion of library orientation program to include greater emphasis on term paper research techniques.

Three of the most serious problems encountered by students mentioned in a previous study related to student mental

health were: despondency and depression; lack of self-confidence; and relations with the opposite sex.

The physical and mental well-being of students was considered to be an important factor influencing students' ability to pursue their academic and maturational tasks with as little outside interference as possible.

A questionnaire was sent out in February, 1973 but the Institutional Research Study for the GFC Committee on Ultimate Size of University. Circulated to 1,785 students with a 55.5 per cent return, the questionnaire considered questions of possible relevance to the Committee to Investigate Student Stress. The three results of the questionnaire, divided up into the four areas researched, are listed here:

see chart on opposite page

First air route to China

(EARTH NEWS) - The growing number of American businessmen and government officials planning on visiting China may soon be traveling through Canada. A Canadian airline is opening the first regularly scheduled commercial air service to China.

A technical delegation from CP Air is presently in China discussing arrangements with the aviation authorities in Peking. As

soon as these can be worked out, regular flights will begin.

Meanwhile, Canadians are already linked to China by telephone. The president of the Canadian Overseas Telecommunications Corporation announced this week that the Intersat Four satellite is now carrying phone messages between the two countries.

Now all we need is Peking's area code.

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Representatives of our Firm will be on campus to interview students, Wednesday, October 31, Thursday, November 1 and Friday, November 2, from the faculties of Commerce and Law who are interested in a professional public accounting career.

Offices in VANCOUVER, CALGARY, WINNIPEG, TORONTO and MONTREAL. Further information and arrangements for interviews available through the Student Placement Office.