

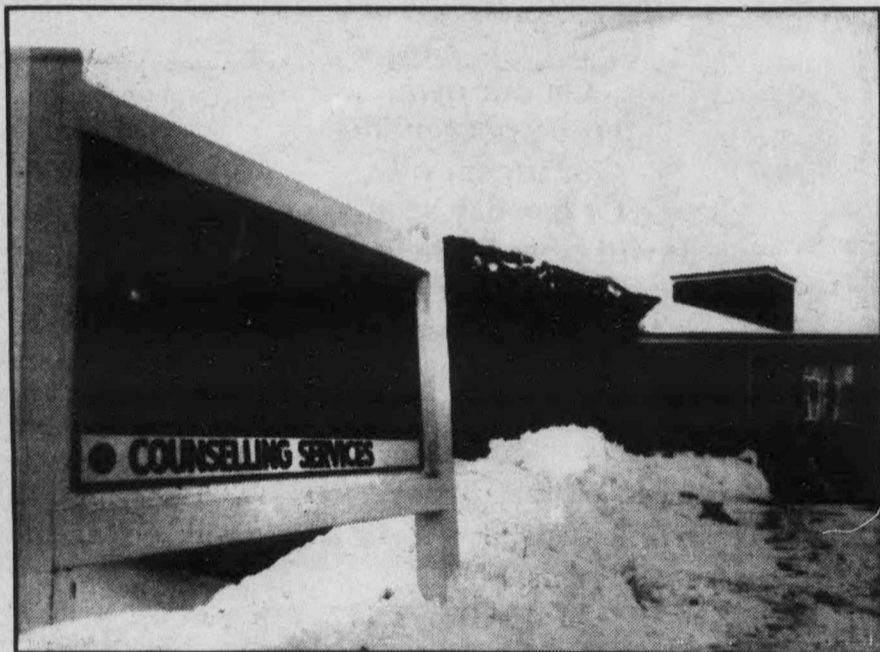
UNB CAREER & PERSONAL COUNSELLING

Feature by: Kira Schoch & Tim Ju

Well people! It's that time of the year again. . . papers are piling up, mid-terms are closing in. . . generally, university life may magnify any other problems you may have. Don't look away, there is a place on campus that can help. Recently, I decided to visit the Counselling Services offices where I was immensely surprised at the facilities. I was particularly impressed by the extensive career counselling library. But, the most significant fact about the facility is that over and above the Career Library, there are Counselling Services provided to help you deal with every imaginable problem. From anything from simple, everyday problems to more complex, personal difficulties. If Dr. Horsley and Margaret Brown help you, you will have nothing to worry about often after visiting the office.



Director of UNB Counselling Services: Dr. Fred Horsley...
very easy to talk to.



Photos by Glen Vienneau

SCHEDULE OF COUNSELLING EVENTS

Jan 23 - Apr 3 Couples Communication Workshop (10 weeks)

Jan 31 - Mar 28 Career Options Workshop (8 weeks)

Starting early Feb. Self-help Group for Women Survivors of Sexual Abuse

Mar 17 Choosing Your Major or Faculty Workshop (one day only)

On demand: Stress Management Workshop
Interpersonal Communications Workshop

Note: All workshops are free of charge to UNB & STU students

WHAT KINDS OF PROBLEMS CAN COUNSELLING SERVICES HELP WITH?

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

- choosing a field of study, making satisfying career choices
- coping with tension, learn to relax, and improve concentration
- problems on dating relationships;
- coping with relationship break-up;
- depression and suicidal thoughts;
- abuse of alcohol or other drugs;
- eating disorders;
- difficulties in personal relationships with parents;
- conflicts with sexuality and related areas;
- physical and/or sexual harassment;
- deal more effectively with anger and conflict;
- deal with death or loss of a friend.

These problems are real. They can happen to any of us. It is a wise person who seeks help when help is needed, not alone.

EMOTIONAL AND RELATIONSHIP DEVELOPMENT

Individual counselling is available on an appointment basis. Just call and set a time. Couples who are having difficulties in their relationships are counselled together. If you have become stressed, resentful, are feeling unsupported in your studies or are having other difficulties, make an appointment. Group counselling is offered as needed. For example, Counselling Services offers help with physical difficulties or those who have recently separated.

CAREER INFORMATION LIBRARY

Thirty percent of students enter university without having chosen a career plan. Probably a larger percent of students at UNB and STU get career counselling and employment information.

The career library was established in 1982 and has been a resource centre for students at UNB and STU since then. The library provides information on 400 Canadian companies all indexed by name and employment trends. It also includes calendars from the U.S. financing information and other information for those planning to study abroad. Also there is information on distance education.

Every Canadian university and post-high school program is listed in the library. There also is information for teachers about alternative careers and what to do with your degree. In addition, every government department is listed.

But for students and faculty to take full advantage of this vital resource, they must visit the library. The library is open from Monday to Friday. Also, to take full advantage of the Career Library questions must be asked, in order to fully understand what the library has to offer and how to use it.

The Career Library at Counselling Services has resources to help you with a career choice, or a successful job search. In addition, there are resources for students with disabilities.

Some of the materials at the library include:

- *all Canadian university and community colleges
- *information on universities abroad
- *description of occupations
- *future employment trends
- *annual reports for Canadian companies
- *reference books on resume writing and job applications
- *career options for university graduates
- *current information on women's and national issues
- *material on study or work abroad

COUNSELLING SERVICES STAFF

DIRECTOR Fred Horsley (Ph.D. Psychology)

COUNSELLORS Reg Craft (Ph.D. Psychology), Larry Finkelnstein

CO-ORDINATOR OF CAREER COUNSELLING Mary Lou Trimble (B.A., B.Ed.)

CAREER LIBRARY ASSISTANT Margaret Brown (B.A., M.L.S.)

ADMINISTRATIVE ASSISTANT

HOW TO GET HELP

Counselling Services is open from 8:30 am to 5:00 pm, Monday to Friday. To make an appointment, call 453-4820. After hours, please call 453-4820 and leave a message.

In EMERGENCIES on weekends or nights, call Security at 453-4830.