

# Availability key counselling principle

by Dorothy Wigmore

"The general goal of Student Counselling is to contribute to the education, health and welfare of the students," according to its director, Dr. H. D. Beach.

"The general principle is to make yourself available," he explained. "Really, I think that's the first principle of a service like this."

The Counselling service is there to help students solve problems they may have. Study and concentration, learning

problems, family problems and decision and planning problems in reference to careers are some areas dealt with.

The most common problems, Beach said, are learning or study problems and decision-making problems.

"To some extent, this may be because it is easy to come in on that basis," he explained. "We don't like to admit we have problems."

"In fact, these are very often a reflection of the nature of the institution and the age of the

people we are dealing with," he added.

The four professional counsellors and the counsellor assistant want to operate, function and relate to students on a normal level.

To do this, four main programs have been developed. The elements of a program for decision-making problems were developed last year. It will continue this year, Beach said.

A study skills program covers such common problems as note-taking, writing exams, reading

and writing efficiency, and organizing time.

From past experience, Beach discovered that those students who terminated the course mutually with the counsellor got higher marks than those who left unilaterally.

To overcome this, he has instituted a system which requires that a deposit be paid at the beginning of the course. Students earn it back either by attending seven of the eight sessions, or by receiving a certain amount back for every session they attend.

"It's really a kind of contract with yourself," Beach said.

The two other programs are for communication between couples, and to help people control or get rid of exam anxiety.

Students also may talk to the counsellors about anything they wish. There is virtually no waiting list, for it is against their policy.

The counsellors also have tried to make a point of talking

to students in the cafeteria, from time to time, Beach said.

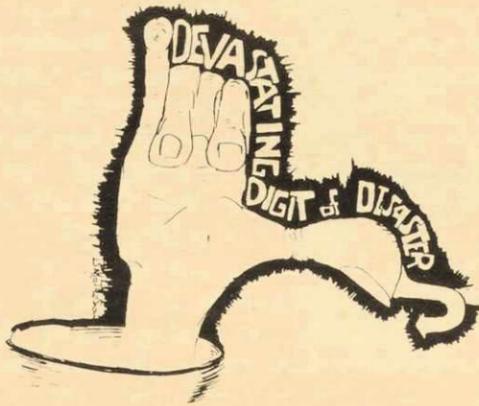
With all the programs and personal talks, confidentiality is the key word.

"We are really quite sticky about confidentiality. This cannot be violated without the



Dr. H. D. Beach, director of Student Counselling. (photo by Lloyd MacDonald)

client's permission," the director explained. "Of course, it's a practical thing too. If we didn't maintain this confidentiality in the relationship, (cont'd. on p. 10)



The newly reinstated Devastating Digit of Disaster this week goes to the Summer Students Council for unswerving devotion to duty.

They recently passed a motion to admit elected student reps into SUB functions free. Guests will not be charged unless the ticket value is above \$2.

For this brilliant play, we present them with the Digit.

## Fee payment time extended

The Registrar's office has announced that, due to the delay in the processing of the student loan application forms, registration assistance will be made available to those students who have received their student aid cards.

According to informed sources, those who have proof of their application for a student loan will be able to receive an extension of registration payment until the 31st of October, unless their loan was filed at an extremely late date.

This extension will not involve

any surcharge whatsoever, the usual procedure will be followed regarding late payment of tuition.

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