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## Relieve Social Pressure

Most people's anxiety in social situations are concerned with being judged and evaluated by others. This kind of evaluative anxiety has been divided into two components. The first of these is emotionality which includes physical reactions like muscles becoming tense, throat becoming dry, heart rate increasing, and perspiration. The second component, worry, involves a selfdefeating preoccupation with thoughts regarding the adequacy of one's performance and the impression one makes upon others. How can you get enough control of evaluative anxiety so that you can react more spontaneously to others? The following strategies may be helpful to some of you. First, identify early signs that you are becoming anxious. Be becoming acquainted with the kinds of circumstances that bring on these feelings, you will know to be vigilant whenever you enter a potentially troublesome situation. Specify the first things you notice when you start getting anxious. You can learn to treat early signs of anxiety by instituting efforts to stop the spiral of anxious thoughts and feelings.

One possibility for combating the anxiety is to engage in a very relaxing activity, yoga and transendental meditation have been helpful in this way. At the Counselling Centre, we teach several relaxation exercises which can be useful. One of the simplest things you can do is to take several deep breaths filling your lungs, holding your breath to the count of 5,

slowly. Try to clear your outgoing and self-assured: mind and focus your attent- you forget about all those ion soley on the breathing and the pleasant sensations as you exhale. Something as that people develop at simple as this can help take different rates in their enough of the edge off your anxiety to allow you to concentrate more on the particular situation.

Another possibility for controlling your discomfort is to attack the worry component of anxiety. First, identify the things you are telling yourself when you are anxious in social situations. Typically, these self-statements are centered internally on oneself rather than on the external situation - what others are saying and doing. They tend to become selffulfilling in that they increase one's level of tension rather than reduce it.

### ation

This last consideration may seem trivial, but it is offers counselling and theraquite important. Some of you py for those with social are probably not as deficient as you think you are. It is hard for someone to gauge on a group basis might be what the norm is with something like social skills. There is a tendency for a person to compare himself/ herself with the few who excell at social skills rather than the many who do not. The people who stick out in the 4th floor of the Student your mind at a party are Union those who appear quite 424-2081

who stay more in the background. It is obvious physical attributes. The same holds true for social development. The important thing is that you continue to develop your skills and self-confidence, not that you meet some imagined standard for your age group.

cont'd from last week

A final point to keep in mind is that there is room for many different kinds of people. A university environment often seems made to order for the extroverted type of person, who likes large, loud group activities and can mingle easily with others. However, there should be room for the more reflective person, who enjoys getting to know others on a 3. Accuracy of self-evalu- more individual level in quieter surroundings.

The Counselling Centre concerns. Also, the following programs which are offered relevant to some of you: Social Skills and Confidencebuilding, Couples Communication, Project Date, Public Speaking Anxiety, and Anxiety Management.

The Centre is located on Building,

#### Law students strike in Montreal

than 1,200 law students marched on the Palais de delay leaves students con-Justice in Montreal this week cerned that they will have to protesting, "the indifference of authorities concerning the current program of the Bar quality of professional legal or, even worse, that they training in Quebec.'

recent years that law stu-funds. dents from all over the The protest.

The students went on strike to protest a "breach of contract" by the law deans and the Ministry of Education in the long-demanded revising of the professional training program which more practical aspects of law.

In March of 1974, after years of discussion, the Bar and the law deans agreed to establish a new program that vould take professional train ing away from the Bar, where it is currently taught, NEW YORK (CUP-ENS) -and place it back in the The J. Walter Thompson university milieu.

on the condition that law a-month contract with the students be required to Chilean military junta. follow a uniform curriculum which would prepare them selected to mount a massive for the Bar exam.

concentrate in areas of United States. special interest, the students

the Ministry of Education opt out of the deal.

MONTREAL (CUP) - More needs more time to consider the budgetary factors. This tolerate the poorly-regarded might have nowhere to turn It was the first time in at all when the Bar cuts off

The law students insist province joined together in a that they kept their part of the bargain and that the delay is due to bureaucratic incompetence.

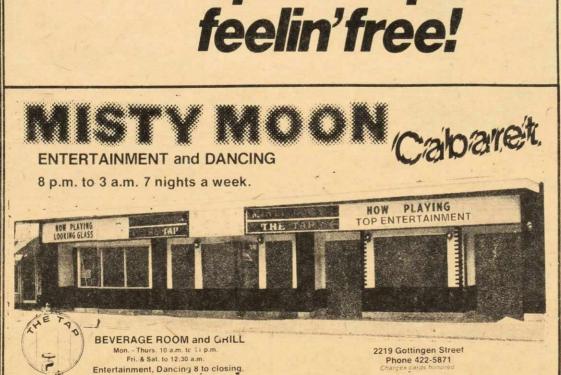
"If they work together, they could have the program ready in time," said Jean-Rene Ranger, president of the Law Undergraduate Socgives lawyers training in the lety. "They're just passing the responsibility back and

## The Junta that refreshes

Advertising Agency has The Bar agreed to this only quietly terminated its \$8,000-

The agency had been media campaign to improve Although this curriculum the dictatorial junta's badly inhibits a student's ability to tarnished image in the

However, smarting from accepted the proposal and adverse publicity regarding began taking the required the agency's previous emcourses. The new program ployment of Watergate dewas set to begin in Septem- fendants H.R. Haldeman, Ron Zeigler and Dwight But recently the author- Chapin, as well as threats of ities have indicated that the violence against some of the new program will not be company's European offices, ready for next year because the agency has decided to



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