

ENTRE NOUS BETWEEN US

Newsletter of the Ontario College Counsellors
Volume No 34 Issue No 1 Winter 2002



Chair's Message

Another year has swiftly come to an end, so I take this opportunity to wish you a Happy New Year with continued good health in 2003.

OCC/CCO is now a member of the Coalition of Mental Health Practitioners, a group that was formed to respond to the challenges that have arisen because of the proposed changes to the Registered Health Profession Act. OCC/CCO has joined with other mental health professionals to explore possible options that are available to self-regulated professionals to obtain regulation by statute.

In order to expedite the process, OCC/CCO has established a task force made up of representatives from each region and members of the executive. Representatives will meet with members from each region for feedback which will be used by the task force to articulate OCC/CCO position to the task force set up by the Coalition of Mental Health Practitioners. You will be kept informed of our progress in this matter.

Between Us/ Entre Nous is the newsletter of the Ontario College Counsellors (OCC/CCO) group published in the Fall and Spring. News articles and notices of interest to OCC/CCO members are welcome.

For mailing list additions or deletions, or for the return of undelivered issues:

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Ontario College Counsellors Executive Officers 2002/2003

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ONTARIO COLLEGE COUNSELLORS OCC/CCO

VISION STATEMENT

*OCC/CCO promotes professionalism for
counsellors in the college system.*

MISSION STATEMENT

*OCC/CCO provides leadership and advocacy for
excellence in counselling to facilitate student
success*

VALUE STATEMENTS

Professionalism, Excellence, and Integrity

OCC/CCO Values:

1. The dignity and development of individuals
2. The promotion of professional ethics in counselling
3. A caring environment
4. The need to anticipate, recognize and manage change
5. Professional integrity
6. Life-long learning

OCC/CCO GOALS FOR 2002-2003

1. Develop a OCC/CCO position in support of the efforts of Ontario Mental Health Groups addressing changes to the Regulated Health Professions Act.
2. Encourage adherence to our OCC/CCO ethical guidelines and promote professional counselling in the CAAT system – counselling ratios, professional qualification, and cultural diversity as stated in our position paper
3. Continue the process to revise and update OCC/CCO ethics
4. Create links with other professional counselling groups, i.e. CUCCA, CCA

FYI



For Your Information

CCDI/OCC/CCO ANNUAL GENERAL MEETING

Rita MacDonald
Mohawk College

CCDI and OCC/CCO will hold their respective AGMs and shared professional development sessions at Kempenfeldt on Tuesday, May 6 and Wednesday May 7, 2003. Mohawk College is coordinating this year's conference. Registration and program information will be available soon via Mohawk's website. We will try to get an idea of who is planning to attend so rooms can be booked. We will be contacting your department early in January to get an estimate of the number of people who might be attending, and for how many nights of accommodation (i.e. May 5, May 6, May 7).

Tentative Agenda

May 6

AM →Registration and continental breakfast
→HPRAC presentation with panel experts

LUNCH

PM →Presentation on anxiety management by Dr. Martin Anthony, Psychologist
{for further information about Dr. Antony, please check his web site: www.martinantony.com}

EVENING →CCDI/OCC/CCO banquet

May 7

AM →CCDI AGM and OCC/CCO AGM

LUNCH

PM →CCDI AGM continues and OCC/CCO TBA

Approximate Cost: \$200 - \$300 includes one night accommodation, 5 meals, and speakers.

For further information, please contact:

Jackie Donnelly @ jackie.donnelly@mohawkcollege.ca

or

Rita MacDonald @ rita.macdonald@mohawkcollege.ca

Destination Success is being held close by in Barrie from May 4 to May 6, 2003, so people may want to consider combining a visit to Destination Success along with the OCC/CCO/CCDI conference.

UPDATE ON THE COALITION OF MENTAL HEALTH PRACTITIONERS

Vinnie Mitchell, Counsellor
Humber College

This year, in the spring and throughout summer and fall, CAAT counsellors have attended meetings in London, Ottawa and Toronto to keep abreast of developments regarding changes to the Ontario Mental Health Act proposed by psychologists. Shirley Porter, counsellor at Fanshawe (who is now enjoying her maternity leave) first informed us on these issues through the OCC/CCO list serve, at the executive and the annual OCC/CCO AGM.

These community meetings were organized by OACCPP, (Ontario Association of Consultants, Counsellors, Psychometrists, & Psychotherapists) to alert all in the mental health field of the likely restrictions to our work if recommended changes to the Ontario Health Act were to be adopted by government.

Specifically, psychologists have recommended that:

1. psychotherapy be controlled and provided only by psychologists and psychiatrists, and
2. emotional counselling be provided only by practitioners regulated under the Regulated Health Professionals Act. (This would exclude Master level counsellors, ministers, social workers, aboriginal counsellors, etc.)

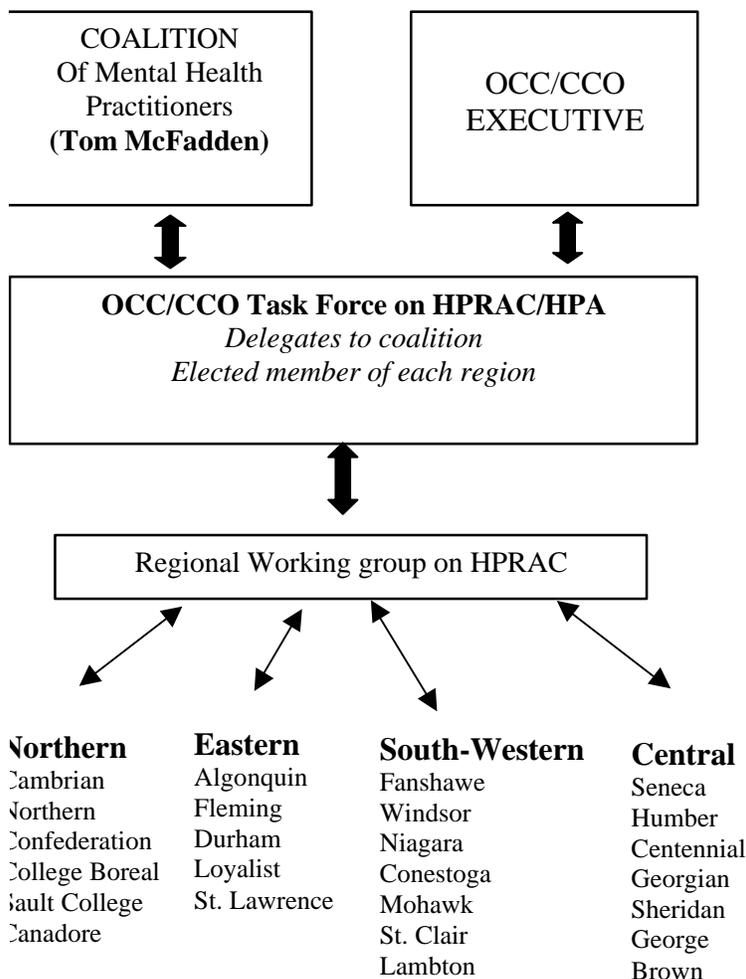
The OACCPP urged that members of all the various mental health professions in Ontario organize to present a united front, deliver a coordinated response, and make recommendations to government.

Most recently, OACCPP has decided on a structure whereby each member group assign two delegates to the Coalition of Mental Health Practitioners. Forty-nine (49) professional associations and agencies/training centres have joined this coalition. This is a wonderful achievement. The coalition will be developing recommendations to government to set structure to secure safety for the public. The OCC/CCO executive has voted to participate in the

coalition and has assigned Rudy Lewis and Vinnie Mitchell to act as delegates on our behalf.

In addition, in order that OCC/CCO represents its members well, the executive set up a Task Force and a model of operation that would support the involvement of colleges in this important activity. Below is an organizational mapping of our internal operation.

RECOMMENDED STRUCTURE



MEMBERSHIP

I. Task Force = 7 members

- 3 Liaison to coalition (2 + Alternate)
- 4 Elected Representatives from Regional Working groups

II. Regional Working Groups = 4 groups of 24 members

- Represents 4 regions
- Each college sends a member to its regional working group
- Each region sends representative to task force

ACTIVITIES OF THREE OCC/CCO GROUPS

I. Task Force

OBJECTIVES

1. Formulates summary of perspectives and makes recommendations to OCC/CCO executive
2. Implements direction from OCC/CCO executive
3. Articulates OCC/CCO Position(s)

PROCESS

1. Links to the Coalition
 - Receive and give information to and from coalition
 - Task to be carried out by the two selected delegates
2. Links to regional working groups
 - Receive and give information to and from regions
 - Task of elected member of the Task force of each region

II. Regional Working Groups

OBJECTIVE

1. Provides regional perspective to Task Force
2. Articulates OCC/CCO position

PROCESS

1. Receives and communicates information and recommendations from each College to the Task Force and vice-versa
2. Implements activities in each College as recommended from Task Force
3. Selects a representative to the Task Force

III. OCC/CCO Executive

OBJECTIVE

1. Reviews Task Force's recommendations
2. Defines OCC/CCO position
3. Articulates OCC/CCO position and directives

PROCESS

1. Delegates to Coalition member of the executive

2. Task Force work becomes ongoing agenda item

In the new year, OCC/CCO will commence meetings in all four regions. Each college will be invited to send a representative to this regional meeting. We ask you to become involved in what may be the architectural lay out of how the counselling/therapy profession may be regulated in Ontario.

It affects all of us.

Confront the difficult while it is still easy; accomplish the greatest task by series of acts

Lao Tzu



DIRECTORY UPDATE OCC/CCO

*Liz Sokol, Counsellor
Humber College*

A new updated member directory is on the way. Really and truly!

In October many of us received (from Kevin Reinhardt) an email attachment in a table form listing OCC/CCO members. Thank you, Kevin! It is now out of date and a new directory is currently being compiled. The layout will be the same as the old 'hard copy' directory but will be in electronic format. The electronic format will allow us to immediately update information as needed...and to communicate changes to the membership in a timely and useful way.

The contact person at each college will receive a copy via email, and can forward it or print it for the other counsellors at that college.

Expect a copy of this new updated directory on your desktop by the start of the new year.



WELCOME TO A NEW BOARD MEMBER

*Lynn Baine, M.Ed., Counsellor,
Georgian College*

Lynn Baine has been a counsellor at Georgian College in the Career and Student Success dept. for 4 years

Lynn's 23-year background in counselling has involved teaching and counselling adults, individually and in group sessions, in private practice, colleges and drug and alcohol treatment centres.

Her educational background includes a Bachelor of Arts in Psychology from the University of Guelph, followed by a Masters of Education degree from McGill University. She is an International Certified Alcohol and Drug Counsellor and has many years of experience dealing with alcohol and drug addiction and the impact on the family. Lynn's love of her work in college settings began during her internship in Montreal at a CEGEP in St. Anne de Bellevue.

She has a special interest in student retention and counsels students with academic, career and personal concerns. She shares the role of liaison counsellor with the new residence and is attached to the academic portfolios of all of the arts programs and hospitality and tourism programs. She frequently does True Colors classroom workshops.

She hopes to have the opportunity as the Central rep. to get to know the counsellors at the other colleges and to help to be an information link for all of the central region colleges



CENTRAL REGION UPDATE

*Lynn Baine M.Ed., Counsellor
Georgian College*

We had our PD day on Nov. 5 at Humber College and our guest speaker was Aida Porras from The Bellwood Health Services program. We got some great resources and website information related to many addictions, including the newest one of gambling. Lunch was great at the Humber Room and I would recommend the chef students highly!

Please e-mail me with any requests about our April PD day in relation to: 1) topic (if you have heard a great speaker please pass their name on to me or if YOU would like to present something please let me know....we have a wealth of experts within our group) and 2) possible location. It is great to be able to rotate around to the various colleges and if you would like your college to be the site of the April PD day, please let me know. I can be reached at lbaine@georgianc.on.ca or call me at (705) 728-1967 ext 1352.



UNIVERSITY APPLICANT CHOICES AND ENROLLED STUDENTS

*Jim Blakely, Counselling Coordinator
Loyalist College*

Increasingly college students and graduates are seeking further education at the university level. While many specific agreements do exist between institutions, often it seems that students want a different institution or a different program than the one specified in the agreement (not surprising because there must be close to a million possible combinations of every college program to every university program at each college and each university). Also, the agreements usually only say “if you have this diploma with this GPA we **may** consider you for admission to our institution with certain credits.”

I am very interested in any sources of information that you have about the results of your own students and graduates moving on to university. I do find it interesting that after two months of college most Loyalist students would consider university in their future while only about 4% of our graduates actually go on directly to university study six months after graduation.

Below is a little table showing applicant choices, enrolled students, a conversion rate, applicant choices per enrolled student, and the percentage of first year students who have come directly to university from secondary school.

Ontario university applicants can have three choices for \$85 and an unlimited number for \$25 each. (In 2001 one Ontario applicant allegedly made 32 choices costing more than \$1,000 - I hope that he got in!) Typically, I believe that university applicants make about 3.5 choices (about the same as college applicants, even though they have five choices possible).

Universities likely have to accept about three applicants to actually end up with one enrolled student (of course that differs by university, by program, by location of the student in relation to the university and many other factors I am sure). This three to one ratio makes sense because each applicant is actually only a third of a person (he or she also having put out two or more other choices).

While my little table is interesting, the results are fraught with difficulty. **If you torture numbers enough, they will tell you anything!** The conversion statistic shows the percentage of applicants who enrolled. In a sense, it is a mix of those who were willing to go (because of the outcome of their other choices) and those who really

wanted to go in to this program at this institution. The real missing piece of information is how many applicants were offered admission. Another key factor is which specific programs the applicants applied for - Pareto’s Law also applies in universities as it does in colleges - 80% of the applications are in only 20% of the programs (this, in itself, is a huge nightmare for colleges and universities - yes, we will have seats for all of you in the double cohort at institutions that you may not want to go to and in programs that you are not interested in!). The application data by program and university is available in the latest **Info** publication (www.ouac.on.ca). Still, in a crude way, my table shows the accessibility or the difficulty of gaining admission to each university in a general way and may give some small guidance to college students looking for further studies at the university level.

While Queen’s (1), Western (3), McMaster (4) being highly selective was certainly not a surprise, seeing Ryerson at number two and Laurier as number five was. Toronto at nine was also very surprising as was Waterloo at eight. You know what Benjamin Disraeli said: “There are only three kinds of lies: lies, damn lies, and statistics”!

Another statistic shown in the table is the percentage of direct from secondary school students. There is a range from 68% at Ryerson and Ottawa (thus 32% older students - the most geriatric institutions in Ontario) all the way to Laurier with 85% direct from secondary students (and only 15% older students).

Fall 2002 Ontario University Application and Enrolment Statistics: (Source: OUAC)

University	Rank	Total Apps	Total Enrol	Conversion %	Applicant Choices per Enrolled Student	% Direct Secondary
Queen's	1	26557	3293	12%	8.1	74%
Ryerson	2	31628	4726	15%	6.7	68%
Western	3	40561	6121	15%	6.6	80%
McMaster	4	28110	4611	16%	6.1	83%
Laurier	5	14939	2530	17%	5.9	85%
York	6	40330	7181	18%	5.6	78%
Guelph	7	23594	4191	18%	5.6	83%
Waterloo	8	26641	4975	19%	5.4	77%
Toronto	9	55635	10809	19%	5.1	75%
Carleton	10	20380	3978	20%	5.1	69%
Windsor	11	14371	2814	20%	5.1	78%
Brock	12	15078	2968	20%	5.1	82%
Ottawa	13	23325	4675	20%	5.0	68%
Nipissing	14	2379	516	22%	4.6	78%
Lakehead	15	5471	1258	23%	4.3	70%
Trent	16	7138	1678	24%	4.3	75%
Laurentian	17	5893	1440	24%	4.1	75%
OCAD	18	1814	722	40%	2.5	73%
Totals		383844	64765	20%	5.6	76%



BEREAVED FAMILIES OF ONTARIO

*Diane Melanson
Algonquin College*

On November 8, 2002, Gail Christie and Diane Melanson attended a workshop sponsored jointly by the Bea Wickett Foundation and Bereaved Families of Ontario - Ottawa Region. Gail Christie is a Board member for Bereaved Families of Ontario in Ottawa, and she graciously accepted an award for their good work.

The workshop presenter was psychologist, Dr. Stephen Fleming, a York University Professor who has years of experience working with bereaved people. His topic was "Trauma, Grief and Bereavement and Adjusting to Loss and Living".

Gail Christie noted some quick learnings from his presentation:

- the idea of stages or phases of grief may not be helpful since the effect of grief is unique to each individual and the idea of stages/phases may be too static;
- grief is "crazy making",
- grief affects us at ALL levels; affective, cognitive, physical, behavioural,
- there is no such thing as "acceptance of loss"; rather there is resignation - the uncomplaining endurance of a sorrow or difficulty;
- Dr. Fleming introduced the idea of legacy - lessons in living learned from the deceased;
- we have a choice in living with our grief - we can be better or bitter.

In our Province, Bereaved Families of Ontario (BFO) offers extensive information and resources about bereavement. These resources include: regular sharing evenings, closed groups around a specific loss, and counselling (usually with a trained peer counsellor). BFO has a provincial office and 13 affiliate organizations.

For more information, go to www.bfotoronto.ca

What's Happening Around The Colleges



News From Fanshawe College

We are pleased to announce that Lois Wey is our new Manager replacing Grant Meadwell who moved to Fleming College. Lois is a skilled counsellor and a dynamic community leader with over 25 years experience at Family Service London managing their Employee Assistance Program. She is extensively involved in numerous aspects of our community and has been well received by staff. Leon Hudecki has now moved to the London office from Simcoe and Susan Hudecki will be responsible for the counselling duties in Simcoe on a sessional basis. Susan started working in the college system over eleven years ago at the Simcoe campus, and then continued part-time and sessionally at Mohawk College, where she is also presently employed in Counselling Services. Marshall Chanda is providing counselling services at the Woodstock Campus. Elisabeth Geertsma is interning this year with us as she completes her Masters Degree in Education (Counselling Psychology) from the University of Western Ontario. She previously served as a Chaplain at Huron College in London and having her in our department is a real delight. Also, Fanshawe's "Millennium Project"- funded through the Learning Opportunities Task Force (LOFT) completed its research successfully and staff has been integrated back into Counselling and Student Life Services. Bill Margrett is off on a well-deserved sabbatical and will be returning next September. Babies: Shirley Porter gave birth to "Aleisha" this past summer and she has already made several office appearances. Mary Lorch gave birth to "Timothy John" in the spring of 2002 and all staff are thrilled for both these families. Finally, we are all excited about moving into new offices for next September, watching the progress daily of several new buildings at Fanshawe.

News From Fleming College

This semester marks a lot of changes at Fleming and in the counselling department in particular. We have restructured and now Counselling, Health Services, Student Access & Referral Services (advising, PLA testing & assessment) and

Learning Support Services (disability accommodations, tutoring, alternative testing) are all together in one department. We created a director position to lead this department and are very pleased that Grant Meadwell has taken on this very challenging and exciting role. Grant comes to us with a variety of counselling and management experience and has spent the last several years at Fanshawe College.

Margot Smith, long-time Fleming counsellor, is off this semester and replacing her is Julie Brown. Julie has worked as a counsellor at Trent University and our local hospital and before that she spent several years as a counsellor in British Columbia.

Brooke Dickey and Audrey Healy have both accepted full-time positions in the counselling department after years of part-time contract work with the college.

With Brooke's move to a full-time position, the part-time position at our Lindsay campus became vacant. We welcome Brenda Blaschuk, who has 2 Masters Degrees and experience at Mohawk and Niagara Colleges.

As well we have a student completing her MSW internship with us this year. Gail Grant comes to us with great experience working with an elderly population at our local hospital.

News From Georgian College

Student Services has merged with International Education and Training. As counsellors, we are now part of the team of "Student and International Services" reporting to John Bobbette, Vice President. Perhaps some of us may be travelling to parts of the world unknown...we will send postcards to all :) just kidding!

There have been 2 new additions to our counselling team, Greg Taylor at the Barrie campus and Maggie Buchanan at the Orillia campus.

We now have a new 500-bed residence at the Barrie campus and are nurturing it through its first year of growing pains!

Georgian is under construction again with our Centre for Enhanced Technology and Learning building as well as a new Athletic Centre.

Lastly, we are getting ready for the double cohort year and have been more than busy this semester (perhaps the pre-double cohort crowd has arrived!)

That's about it from the vacation heartland!!!!!!!!!!!!!!

News From Humber College

This little 'article' is being created after the deadline and after the passing of my role as the primary, nay sole, representative of Counselling Services at Humber. The latter is a good thing, a long awaited development that may just herald a return to fuller recognition of the vital role of counselling in the college. As my responsibilities for Disability services grew, and latterly grew very rapidly, I felt and others observed that on OCC/CCOasion Counselling was not fully represented. Our very supportive Dean, Judy Harvey, agreed to the creation of a second position, that of counselling coordinator. The process of identifying the details of the job, posting it and selecting a person has just been completed. Andrew Poulos has assumed those tasks, just in time to shepherd us through the interview processes for two new sessional counsellors. Yes we have a position description and like my role, his is a coordinator job within the academic bargaining unit.

I sometimes recount that some years ago I was Chair of Counselling and Disability with four co-coordinators. These past years I have assumed all the operational tasks associated with those roles as my position in administration and the co-coordinators were all absorbed in the cutbacks of the 90's. This retrenchment, of course, was true for all parts of the college, witness the decline in our full-time faculty numbers. Also we have been able to get by without the aforementioned coordinators only by leaning very heavily on excellent support staff and the good will of everyone involved. That plus the very special role extended to me by the institution and mediated so ably by Judy has permitted us to function as a multi-faceted unit. For 2002 and beyond we are, on various fronts besides Andrew's role, regaining lost ground. The two counsellors we are seeking at the present are hard fought for, fully earned, long overdue and will just barely enable us to meet new demands. We have done additional special projects and been compensated for those with just enough budget to let us pursue some exceptionally strong candidates. We anticipate that permanent additions to the complement will be forthcoming sooner rather than later. All in all, as I have communicated in these pages before, Counselling is 'striving to thrive' and I am, and I believe the staff is, optimistic that significant enhancements will soon be realized.

This past year we have seen the consolidation of PLAR at Humber within the Counselling umbrella, witnessed a renewed engagement with our FITS initiatives in four

schools, and been able to convert a contract staff into a permanent position, albeit through a retirement. No direct gain there. I expect that when Andrew reports in the next *Between Us* that he will be able to convey some details as to the contributions that our new staff have brought to our service. I wish him, the yet-to-be-hired, and all the staff the very best as they carry on the struggle to provide quality service to an ever-expanding and demanding population. I can turn my, now less-divided energies, to the equally varied and somewhat more immediate and concrete issues of supporting and advancing Disability Services. See you at Kempfenfeldt in May.

News from La Cité collégiale

January 2002 marked the onset of a six-month sabbatical leave allowing Diane Tessier to survey Tutoring Services in several colleges across the province along with a few universities. The final sample consisted of 16 colleges and 6 universities. By means of a detailed questionnaire divided into 5 sections and follow-ups with each participant, Diane was able to collect a wealth of information regarding the nature and delivery of such Services. The findings for participating colleges were examined and compared in relationship to selected criteria such as: organizational structure and resources; types of tutoring; tutor categories; availability and accessibility; target groups; promotional activities and recruitment etc. The main objectives were to better understand what exists elsewhere, establish individual profiles of Services and conduct a comparative analysis which would serve as a framework for enhancing the Tutoring Service at La Cité collégiale. As a result, several suggestions were made and are now being examined by the Colleges' administration. Among other things, it is hoped that complementary models to the traditional one-on-one format will be implemented in the near future. *Évidemment, le rapport final qui fait état des résultats obtenus et de l'analyse comparative critériée a été rédigé en français.*

The counselling team is also very busy offering study skills as part of a new orientation course for targeted programs. It is compulsory for students to participate in all 6 study skills workshops in certain cases, while other programs require their students to choose 4 workshops out of the available 6. Counsellors, faculty and administrators will review the formula and its impact at the end of this semester. Needless to say, counsellors are spending several hours each week in class and everything seems to indicate that this concept will be adapted college-wide next year.

The College is presently actively focusing on student retention and the Counselling team will play a very active role in adapting a diagnostic tool and developing

appropriate intervention strategies with respect to students at risk.

As you can see we are quite busy and concerned that additional resources will be needed in order to cope with the every increasing workload. At this time, our team consists of 3 full-time counsellors and 1 contract counsellor who shares her time between the Special Needs and Counselling Services.

News From Loyalist College

Like every other college counselling service in the province, this fall has been especially busy. While enrolments have increased at most colleges, what is more striking is the number and range of presenting problems of students. A series of articles in *Newsweek* on teen depression highlighted this dramatically. (At least one of the articles is still available at <http://stacks.msnbc.com/news/813570.asp>)

As more and more students come to colleges, apparently a higher percentage of students with more challenges also arrive. Twenty years ago many of these students would not have thought about post-secondary education. Now that our society has essentially made post-secondary education "a right of passage rather than a rite of passage" and most desirable employment opportunities require post-secondary, we are becoming a bit more like secondary schools - you go whether you want to or not. Today medications, supports, and societal expectations bring more students to college.

This fall our Peer Tutoring has surged with almost 400 users by late November 2003 (Loyalist only has about 3,000 students so at this rate sometimes it feels we will have all students tutoring or being tutored by April!) Our residence almost doubled to 476 students so we have a higher percentage of on-campus students. Their concerns and problems become much more our problems as an institution. While the possibilities for personal growth are greater, so are the concerns.

Many of this year's fast-tracking students are younger than usual. Of course, next year will see colleges with about 25% younger than average students (along with 25% from the old five-year plan and about 50% of students who have already completed secondary). The Food Bank is pretty busy this year as well. In all areas it seems that students seem to have an increasingly strong attitude of entitlement. They are customers, they have paid for this and they want their expectations fulfilled! In some ways this is a good thing, but it can be challenging at times.

Laurie Pratt is coordinating the Peer Tutoring program, doing regular counselling, and is involved with a province-wide research project on Food Banks. Lorne Thompson is busy with students after his sabbatical year and is finishing up his last few courses for his BSW from the University of Manitoba.

These days I am finding that I have a hard time staying up late enough to fall asleep watching Peter Mansbridge on the National at 10:00 p.m. - I have to tune in on Newsworld at 9:00 p.m. and then doze off! It is probably age, but I feel like I have never been working harder. Oh well, it is fun.

News From Mohawk College

It has been a very busy fall. In order to continue providing pre-admission counselling services to the community, and to maintain good access to counselling services for our in house students, we have implemented group community pre-admission sessions. We welcome comments from other colleges about what they are doing to cope with the increasing demands for service. Fortunately we have had a slight increase in resources and are very pleased to have Susan Hudecki join us again (dispelling any rumors that Fanshawe has a monopoly here) Susan Pratt also continues her shared position with Counselling and Child and Youth and Don Jamieson has joined us again. Jack Leon, who I am sure many of you know, received his 35 year service award.

A ceremony was held on the anniversary of September 11 to dedicate a park at the Fennell campus to promote peace. It is hoped that the park will be a place of tranquility where people can go for quiet reflection, and also serve as a reminder of the cultural diversity that we have at Mohawk College. A very prominent and striking focus of the park is the peace pole, with the inscription, "May Peace Prevail on Earth", in all languages represented at our college.

The Diversity Awareness Group at the Brantford campus has begun to plan this year's initiatives for staff and students to support the "Race to Care" campaign, designed to promote awareness of differences and to focus on creating and maintaining a respectful campus environment.

News From Niagara College

Christmas is just around the corner and it feels as though we've only just begun the fall term. Our increased enrolment for this fall has been good preparation for next year's much anticipated double cohort impact.

Start Right, our annual workshop for new students was once again very successful. Students much appreciate the opportunity to come to the Welland or Glendale campus the week prior to classes in order to meet with staff, become familiar with our buildings and gain valuable knowledge on topics such as note taking, budgeting and brain skills. Our planning is now underway for our January session.

Our Counselling record keeping system is undergoing a major transformation to a computerized static program – a much needed and welcomed change! The end of the month is, for some of us, that dreaded time again when we need to manually tabulate the many statistics recorded daily. The non-mathematicians in the group certainly welcome the arrival of this automated system. I personally not only look forward to this progression, but have much enjoyed being involved in the development of our new system. The team of three programmers consists of 3rd year students from our Computer Programmer Analyst program. We are thankful the Computer Programmer Faculty accepted our proposal and have given us the opportunity to work so closely with their students. The students' eagerness and level of professionalism made it a delightful experience!

For the first time, the Counselling Department at Niagara College sent counsellors overseas to complete a special project. In a collaborative effort between the International and Counselling Departments, Erik Madsen and Donna Putman spent two weeks in India preparing registered students for their transition to a Canadian education system. Delivering pre-departure orientation sessions in New Delhi, Hyderabad, and Mumbai, the counsellors worked with groups of approximately 50 students at a time. The orientation presentations included: the Canadian and Niagara cultural experience, classroom academic and social expectations, money facts, surviving culture shock, along with other topics designed to ease the transition to Niagara's educational culture. This project presented the opportunity to establish relationships with students prior to their voyage here, relationships which have flourished in their subsequent activities with the International Department. A great initiative!

The theme for this term's Student Appreciation Day is "Snow Bash". This event will include various games and prizes throughout both campuses. We not only look forward to having students drop in but so enjoy the expression on their faces when they are offered treats and a chance to win prizes. The mere mention of a social activity in both of our Counselling offices immediately sends staff into a frenzy of ideas and anticipation of an event even better than the last (as if that were possible!). Halloween, for example, was a huge hit again this year. The Welland team decided to celebrate the Queen's Jubilee. Of course

Elizabeth herself was in attendance along with Charles, his beloved Camilla, Diana and other faithful followers. The “Witches of Westwick”, Counselling staff at the Glendale campus, so named because we are located on the West wing, were especially scary and impressive. That office, rightfully so, was the Grand Prize winner for our annual Niagara College United Way Halloween Fundraiser Challenge.

As the winter term approaches, our focus will continue to include our “usual” daily activities and some new initiatives. We are hoping to produce a Counselling newsletter to be distributed to college staff and local high school counsellors, a Niagara College Counselling Annual Report, and create an informative Counselling link from our website. We are enthused about these projects and aspire to create informative and visually appealing tools. We can only hope that time will be on our side, the time required to turn our ideas into completed projects...

REFLECTIONS ILLUMINATIONS

IDEAS



A Proactive Counselling Initiative for the students in the Personal Support Worker Program, Mohawk College

*Jackie Donnelly, Counsellor
Institute of Applied Health Sciences, Mohawk College
Sandra Hanna, Professor and Coordinator of the Personal Support Worker Program
Institute of Applied Health Sciences, Mohawk College*

Background

The Personal Support Worker program is a very short intense program, which runs for eighteen weeks. Students enter clinical placement in their 8th week and are expected to graduate as competent caregivers by the end of the 18 weeks.

Issues

1. The class is composed of a very mixed group of students who vary in age, socio-economic, educational and cultural backgrounds. Some students have not been in school for 20

years while others have very recently arrived in Canada and still others are traditional students recently graduated from high school.

2. The time frame for adjustment to college is very restricted for adequate counselling intervention given the short time the students are in the program. Unlike other students, they do not have a semester to adjust. By the end of only one semester they have completed the program. From past experience, we have found that if we cannot connect with the students within their first month of college, any counselling intervention will usually be too late to make a difference.

Intervention

I decided to offer a three-hour seminar specifically for these students two weeks prior to their first week of class. The content was directly related to their program. The faculty provided invaluable support for the project by providing a text book for me to work with, a class schedule, multiple choice questions based on the chapter I would be using for my presentation and realistic feedback about whether my content was relevant for their students. As a follow-up, they also reinforced some of the concepts I discussed in their subsequent classes with the students.

Outline of the seminar

1. Introduction

Students were given an ice-breaking exercise, which provided an opportunity to get to know each other and to laugh a little. Connecting even with one person before entering the program is very important for their comfort level and retention. They also had an opportunity to introduce themselves and ask many questions.

2. Content

The concepts discussed were similar to any study skills class. That is, time management, learning and memory, note-taking skills and strategies for writing exams. For my examples and working illustrations I referred generally to one chapter of their textbook, but particularly concentrated on only one page of the chapter so as to make the presentation meaningful, simple and easy to understand. I outlined techniques to help them understand and retain information, using content from that page as an illustration. I also suggested how they might make summary notes from that page. We then answered together multiple-choice questions based on the content they had just learned and so they had an opportunity to experience success.

3. Conclusion

The seminar ended with a tour of the building and an opportunity to informally meet some of their teachers.

Outcome

We were very pleased with the outcome of the project. Attendance for the seminar was very good (about 75%) and the interest and participation during the class was excellent. From the time the students first arrived for the seminar until the end of the seminar, I noticed a real increase in comfort level of the students and their familiarity with their classmates.

We noticed a significant increase from previous years in the number of students from the seminar initiating contact with counselling in the first month of their program. They felt comfortable with the counsellor and had first hand knowledge about our services and how we could help. I also felt that we were better able to help students who, unfortunately were not successful at mid term and were asked to withdraw and make plans to re-enter the program. It was helpful that they were not meeting me for the first time and I felt I could provide more effective support at what was a very difficult time for them.

The coordinator of the program and I were so pleased with the outcome of the project we decided to offer it again for the next intake of students and again it proved to be very successful. Perhaps other colleagues running similar programs might share with me some of their activities that worked particularly well for them.

Please contact me if you wish further information about any part of this project.



Campus Residence Issue

*Marc Duval, BA, Cert, M.Ed., C.C.C.
Counsellor - Woodroffe*

At Algonquin College we have been housing some of our students in our residence for the third year now. Presently construction is underway at the residence to bring our total available beds for the 2003-2004 academic year to approximately 1050 from 700. At Algonquin we have two counsellors that liase with the people running our Residence (Campus Living Centres) and all the Resident Life Advisors. We meet with the RLAs once a month to cover

pressing issues regarding the management of the residence and the students living in residence. We also participate in the hiring of all RLAs. I personally have been offering my services to CLC staff every August in their annual RLA provincial training. This is a very good opportunity to meet the RLAs that will be working at many of our different college campus residences. I encourage all my colleagues to offer their expertise in providing the best possible training to our Campus Residence RLAs. Further, we also provide ongoing training to our RLAs and CLC staff in the areas of Crisis Management, Suicide Risk Assessment, Stress Management, Self Inflicted Violence to name a few. Finally, two of our counsellors can be contacted in the case of any emergency that may occur after hours.

University Application Clinics

For the past two years I have been conducting University Application Clinics for our students who are applying to University. For many of our students, applying to university can be a very stressful process partly because of lack of information, and also because of all the details and information they are presented with. Last year I meet with 33 students in a group format setting. When meeting students in groups much time is freed up in my colleagues' schedules. In my clinics I take students through the OUAC application and cover such topics as: How does the application process work?, But I have not graduated form college yet, Can I transfer credits?, What About Bursaries/Loans?, Transfer Agreements, and What about transcripts-Who sends them? My experience has taught me that students find these clinics very helpful. They ask many questions or obtain information that confirms to them that they are filling out their applications properly. This year I am running the clinics from November to the end of March 2003. Finally, students register for the clinics at Counselling services Reception, and they have many different dates and times to choose from.



Guided Meditation

*Candice Lawrence
Fanshawe College*

Meet Your Wise Elder Along Your Path

Close your eyes and get comfortable.
Slowly take in a deep breath – in, two, three, four, and then out, two, three, four. Again. In, two, three, four and then, out, two, three, four.

Feel the stress, and tension of your daily life slowly lift off your shoulders, dissipating into thin air, and any remaining

tension in your body flow down your body, through your legs, out your feet and into the ground.

You are outside, in the natural world, surrounded by trees and the sounds of birds. You breathe in deeply and enjoy the clean, clear, fresh air. All tension that exists in your body, that you have been carrying with you gradually melts away. You feel the warmth of the sun's rays shining down on your back as you walk along a path in the woods.

You continue walking along this path, and enjoy the sounds, colours, and scents of the natural world surrounding you. You know that this walk, along this path, will lead you to exactly where you need to go, in order to clarify the question in your mind.

You pause, and take in the complete sensory experience of the moment. And at this time, you pose to your wisdom, and to your intuition, a question that you would like an answer to, one that you have been wondering about, that is important to you at this time. Perhaps you sit down, on a nearby log, or on the ground, as you consider and formulate your question.

Just take a minute to articulate in your mind, the nature of your question.

PAUSE (minute or so)

You now have your question in your mind. You begin your journey again, along your path, enjoying the feeling of the sun on your back, the scent of the woods, the green earth, the flowers, the sounds of birds. Your body feels strong as you walk along your path. This is your path, one that leads you to your place of wisdom.

You continue to walk along your path, turning as it turns, walking where it leads you. Eventually, you come into a clearing in the woods, and as you do, you notice a figure, or an image, or notice that this figure is an older person, a wise person. They beckon for you to sit down beside them, in front of the fire which burns before you, in a small circle in the clearing, in the woods.

You sit down and you are asked, "What is your question?" You pose your question to your wise elder and then allow yourself to listen to what they say. Pay attention to any gifts they give to you, any words that they tell you, any object that they show you. Listen with an open heart and an open mind. You stay a while, and after you feel ready, you thank the elder, and rise to leave, saying "goodbye and thank you". Perhaps you have a gift to give them, in thanks for the teachings they have given you. You turn to walk away and return to your path, and walk along it, continuing until you eventually come to a place where you can sit

down and reflect on your experience. You know that now, anytime you need advice, or wish to connect with your inner wisdom, your intuition, that you can do so by walking down your path, and coming to that clearing in the forest.

Now, slowly return to your current place and time, in this room, and when you are ready, slowly open your eyes.

What were the answers that your Elder taught you?



Peer Mentoring @ Conestoga College

A pilot Peer Mentoring project with the Diploma Nursing program began at Conestoga College in September 2001. The Peer Mentoring Service helps with early identification of students who are experiencing academic, study skills and or personal problems which could impact on their success in the program. The service is based on philosophy of "students helping students" for the purpose of student success and student retention.

Peer Mentors are senior level peers contacting first semester students by telephone on a monthly basis. Mentors offer support by providing information about resources and by referring students to services such as tutoring, counselling, and study skills if barriers to learning arise.

The Peer Mentoring service expanded to the RPN program in February 2002. In September of 2002 the Early Childhood Education (ECE) program joined the mentoring service. Currently, there are 10 nursing mentors, mentoring 26 mentees, and 7 ECE mentors, mentoring 28 ECE mentees. Peer Services is looking forward to developing partnerships with additional college programs in the future.

Mentors participate in a mandatory, comprehensive, training session which is conducted in September. For more information on Peer Mentoring please contact Brenda Anderson at (519) 748-5220 ext. 3600 or Sheila Hollidge (519) 748-5220 ext. 3486



E-Tips

*Diane Moore, Counsellor
George Brown College*

Counselling, Career & Employment Services at George Brown College has initiated a weekly e-mail "e-tip" service to students. Tips are being distributed electronically to

students on resume and interview preparation, study skills, test prep, coping with depression, and much more. Our goal is to make students aware of the full range of services available to them at the college and also to provide timely, relevant advice for all students including those who might otherwise not be inclined or able to access our services. In addition, we ran a Wellness Contest in late October to early November. Students entered a draw to win \$100.00 by completing a questionnaire on healthy habits. Students turning in a questionnaire with correct answers automatically received a small prize. More than 400 questionnaires were distributed and a draw was held on Nov. 6 for the grand prize.



World Wide Web of Heart-Links

Candice Lawrence
Heartlinks Participant

It has been over a month now, since I have returned from Peru. There have been many times that I have attempted to sit down and write about my experiences. Usually, I am not at a loss for words when I am writing, yet I have found it incredibly difficult to articulate how this experience with the Heartlinks Team of 2002, and the experiences of meeting new Peruvian friends has impacted on me.

First, I have to say that I would recommend this cultural experience to anyone who has an interest in getting to know & learning about the lives of folks who are from a vastly different culture than their own. I have learned much from all the folks in *Zana*, *Cajamarca*, *Cayalti*, and the other communities that we were so graciously welcomed into with open arms. It felt like being introduced into an extended family that we are only now getting a chance to meet.

I am so grateful to have had this opportunity and wish to thank all of these people and the entire group that constitutes the Heartlinks Team who make this experience a possibility. I consider it a gift of love, pure and simple, and it has changed me, in some very deep ways. This is why it is so hard to write about this, for even now as I write, I find that all of the emotions and thoughts, sensations and images and sounds come flooding back to me. Each time this happens I am transformed just a little bit more.

I recall a book that I have recently read by a man who has spent considerable time in Peru, learning from the various healers and shaman of the *Q'ero* people. Villoldo says that, he has learned the importance of being conscious during each new experience, so that he may actually “serve” the experience and learn from it. This learning is then not to be

just kept to himself, but to be shared with others who also wish to learn more about other cultures and other people. It is my hope to allow the depth and richness of my journey to Peru with my new Heartlinks friends, to work it's way into my soul, heart, mind, spirit and body.

Peru, the land, and all of the people that I met in *Zana*, the kids, the women, the music, the art, the joy and sadness, the richness of relationships amidst an often endless life of economic disadvantage, the tenacity of heart and soul, the beauty and strength of these people, all have served to provide me with a rich experience that I will never forget. And I hope to “serve” this experience, by doing whatever I can to talk to people about it. I wish to find the words to share this adventure with those who are truly interested in an experience beyond the superficial, beyond the canned and pre-packaged vacation trips to resorts in countries where the gap between rich and poor is so very wide.

We have a lot to be thankful for, living in a country such as Canada, yet we have a lot to learn from other cultures in other countries as well. I believe that programs such as Heartlinks expand individual awareness, one heart, mind and soul at a time. It is an important realization to actually SEE and not just read about the impact that the wealth of powerful nations of the world, such as Canada, can have on a nation such as Peru.

Peru has millions of people living in poverty, many cannot find regular work, or get paid very minimal wages for extremely hard labour. This is a land where children have learned early the art of peddling various wares, outside airports, anywhere there are tourists, on street corners, bus stops, and everywhere. It is not uncommon for folks to eke out a living with various part-time jobs. This is a country where health care is not readily accessible, or even affordable for many, where educational advancement into a college or university is only a dream for most. Running water is not a given in many homes, and the infrastructure that we take for granted in our cities and towns is sometimes in disrepair, patch-work throughout an area, or completely non-existent.

This is one of the times in my life, where I truly FELT within my whole being, that we are all part of the same family, the family of humanity. We have links across imaginary lines dividing countries and landmass, for we are all part of the real “world wide web”. I feel this connection back to the people of *Zana*, and try to bring this to my daily life. I hope that I am able to maintain this connection, even though my hectic life as a counsellor in a community college, teacher and practitioner of aikido, and daughter of an ailing mother often finds me tired and stretched beyond what I think are my limits. It is during these times, that I

hope to be able to bring that awareness back into my consciousness, so that I may remember to put daily life and all of it's incumbent stresses and worries into perspective. I hope to cherish all that I have learned from these beautiful and loving people, including a feeling of deep respect, faith, laughter, joy, sadness and hope amidst seemingly insurmountable odds.

I know I want to go back to Peru, to volunteer again, visit new friends that I have met there, learn from traditional healers, explore the countryside, and to perhaps even expand my awareness of the South American continent, region and people. I want to keep my "heart-links" alive and receptive, open to new experiences and cultures different than my own. I hope to continue learning Spanish, so that I may learn even more from the people I meet. For I suppose at my very basic level, I am always seeking to learn new things, to have meaningful contacts with people, and to stretch just beyond my perceived boundaries of experience and adventure, absorbing like a sponge, the world beyond my four walls.

As I work at bringing this awareness to my daily life, back here in London, Ontario, I hope to be able to share this with those who would like to learn from what I have experienced. It is my goal to be able to encourage others to open their hearts and minds beyond their comfort zones, and beyond the familiarity of daily existence. Peru is another patch in the piece that makes up the quilt of human experience. It is my desire to provide interested folks with a glimpse of even a tiny fraction of the various colours and textures of the fabric of humanity that makes up Peru.

I wish to extend an invitation to anyone who wishes to learn more about my Heartlinks journey, to contact me via email at: ashikal@rogers.com or phone me at my home at 455-9322. If you think that a cultural awareness program such as Heartlinks would of interest to you, whether you would like to get involved in fundraising efforts towards the various projects in Peru that Heartlinks supports, or go on a Heartlinks journey yourself, feel free to contact me. I would be delighted to share all that I have learned over a cup of tea, and help to paint you a small picture of this beautiful land and the beautiful people of Peru. You may also contact the folks at the Heartlinks Office in London by calling 1-519-432-8557 or emailing them at: heartlks@mnsi.net



Women and sexuality

1. http://www.canadian-health-network.ca/1sexuality_reproductive_health.html
2. <http://www.sexualityandu.ca/eng/adults/SX/>
3. http://www.hc-sc.gc.ca/hppb/srh/e_resources.html
4. <http://directory.womenspace.ca/Sexuality/>

Career/Education

1. <http://www.careermatters.tv.org>
-developed by TVO for high school students providing good information on various careers (including video interviews/documentaries with people working in specific careers), and links to education, training and career planning websites

Government

1. <http://www.pegab.edu.gov.on.ca>
-34 applied degrees will be starting up this year in the CAAT's. Check it out.
2. <http://www.edu.gov.on.ca/eng/new/new.html>
- 2.1. <http://www.edu.gov.on.ca/eng/general/postsec/postsec.html>
-want to keep abreast of Ministry changes? These two websites will have you updated faster than any newspaper. You can even enter your email and new government announcements will be emailed to you without much effort.
3. <http://www.cicic.ca/bulletins/bulletin07.en.asp>

ENGLISH

The most recent edition of "What's new in foreign credential assessment in Canada", October 2002, is now available on our Web site at the above address.

This newsletter is designed to keep you informed of activities at CICIC. If you have suggestions,

comments or news you would like to have published, please let us know.

FRANCAIS

Le dernier numéro du bulletin "L'évaluation des diplômés étrangers : quoi de neuf, Septembre 2002" du Centre d'information canadien sur les diplômés internationaux (CICDI) est en ligne à l'adresse suivante :
<http://www.cicic.ca/bulletins/bulletin07.fr.asp>

Ce bulletin a comme objet de vous mettre au courant des activités du CICDI. Si vous avez des suggestions, des commentaires ou des nouvelles à nous proposer, n'hésitez pas à communiquer avec nous.

Yves E. Beaudin

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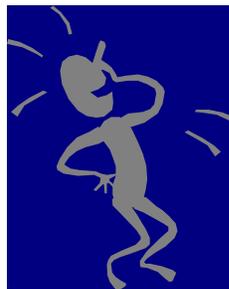
E-mail/Courriel: y.beaudin@cmecc.ca

<http://www.cicic.ca>

Gateway to Recognition of Academic and Professional Qualifications

<http://www.enic-naric.net/members.asp>

<http://www.enic-naric.net/members.asp?country=Canada>



Humour/ Quotable Quotes

Our Deepest Fear

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.

It is our Light, not our Darkness, that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you NOT to be?

You are a child of God. Your playing small does not serve the World.

There is nothing enlightening about shrinking so that other people won't feel unsure around you.

We were born to make manifest the glory of God that is within us.

It is not just in some of us;

It is in everyone.

As we let our own Light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.

Nelson Mandela
1994 Inaugural Speech

Inner Peace...

A tendency to think and act spontaneously rather than on fears based on past experiences.

An unmistakable ability to enjoy each moment.

A loss of interest in judging other people.

A loss of interest in interpreting the actions of others.

A loss of interest in conflict.

A loss of the ability to worry.

Frequent, overwhelming episodes of appreciation.

Contented feelings of connectedness with others and nature.

Frequent attacks of smiling.

An increased susceptibility to love extended by others as well as the uncontrollable urge to extend it.

Author Unknown

(submitted by a shy counsellor)

Mr. Smith goes to the doctor's office to collect his wife's test results. The lab technician says to him, "I'm sorry, sir, but there has been a bit of a mix-up and we have a problem. When we sent the samples from your wife to the lab, the samples from another Mrs. Smith were sent as well and we are now uncertain which one is your wife's. Frankly, it is either bad or terrible!"

"What do you mean?" said Mr. Smith. "Well, one Mrs. Smith has tested positive for Alzheimer's and the other Mrs. Smith has tested positive for AIDS. We can't tell which results belong to your wife." "That's terrible!" said Mr. Smith. "Can we do the test over?"

"Normally, yes, but you have Nfld Health Care, and they won't pay for these expensive tests more than once." "Well, what am I supposed to do now?" asked Mr. Smith. "Nfld Health Care recommends that you drop your wife off in the middle of town. If she finds her way home, don't sleep with her!"

Go placidly amid the noises and the haste, and remember what peace there may be in silence.

As far as possible, without surrender, be at peace with all persons.

Speak your truth quietly and clearly, and listen to others, even the dull and the ignorant: they, too, have their story.

Avoid loud and aggressive persons; they are vexations to the spirit.

If you compare yourself to others, you may become vain and bitter, for-always-there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery.

But, let not this blind you to what virtue there is; many persons strive for high ideals, and-everywhere-life is full of heroism.

Be yourself.

Especially, do not feign affection.

Neither be cynical about love; for, in the face of all aridity and disenchantment, it is perennial as the grass.

Take kindly the counsel of years; gracefully surrender the things of youth.

Nurture strength of the spirit to shield you in sudden misfortune.

But, do not distress yourself with dark imaginings.

Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore, be at peace with your God, whatever you conceive Him to be.

And whatever your labours and aspirations, in the noisy confusion of life, keep peace in your soul.

With all the shame, drudgery and broken dreams, it is still a beautiful world

Be cheerful.

Strive to be happy.

Max Ehrmann

Up Coming Conferences

CALL FOR PROGRAMS

111th Annual Convention of the American Psychological Association
Toronto, Ontario, Canada
August 7—10, 2003

Information and forms for registration and housing for the 111th Annual Convention will appear in the March through May issues of the American Psychologist, in the March issue of the APA Monitor on Psychology, and on APA's web site @ www.apa.org/convention. All program participants, members, non-members, and students are expected to register for the meeting and pay the appropriate registration fees.

<http://aix1.uottawa.ca/~iupsys/mtg.html#2004%20JUL>

Humor & Health Journal

Volume VII, Number 2
(March/April, 1998) ISSN

1066-3088

Joseph R. Dunn, Ph.D./Publisher
Jackson, MS 39236

Humor Production for Stress Reduction:

Does it Work—for Everyone?

An Interview with Michelle G. Newman,
Ph.D.

By Joseph R. Dunn, Ph.D.

<http://www.psychjournal.com/newman.htm>

Health Rhythms

<http://www.remoc.com/health/index.cfm?ObjectID=71>

Canadian Psychological Association



Société canadienne de psychologie



Hamilton Entertainment and Convention Facilities Inc.

June
12 - 14
Juin
2003

Counseling the Procrastinator in Academic Settings

The aim of this conference series is to bring together counsellors and researchers so that both groups can benefit from their perspectives on procrastination. The first meeting was held at York University in August of 1999 (see the menu to the left for a link to the abstracts from 1999). The second meeting was held July 5-6, 2001 in Groningen, The Netherlands. The next meeting will be held in the United States in 2003 (to be announced).

[Presentation schedule and abstracts](#) for the Groningen Conference.

[Participant Contact Information](#) (and a [few pictures](#) from the conference)

ACA Annual Convention

Cosponsored by the California Association for Counselling and Development.

The 2003 Convention will be in Anaheim, California
March 21-22, 2003 — Pre-convention Learning Institutes
March 23-25, 2003 — Convention Education Sessions/Exposition

<http://www.counseling.org/convention/learning.htm>
http://www.counseling.org/convention/convention_schedule.pdf

Psychology journals
<http://psych.hanover.edu/Krantz/journal.html>

including:

Added 2002

The Panic Center

The Panic Center is an interactive Web site dedicated to helping those who suffer from Panic Disorder. Our goal is to promote interaction between panic sufferers and healthcare

professionals.

<http://www.paniccenter.net/>

Psychological Science on the Net

An informative resource for students, faculty or anyone interested in psychology. This page is not affiliated with any particular psychological organization or university.

<http://www.psychologicalscience.net/>

Mental Health Matters

A large amount of information, articles, and resources about a variety of mental Health and Psychology topics.

<http://www.mental-health-matters.com/>

Added 2001

CSIOP - Canadian Society for Industrial and Organizational Psychology

The Canadian Society for Industrial and Organizational Psychology is an official section of the [Canadian Psychological Association \(CPA\)](#). Members consist of faculty from both Psychology departments and Business schools, consultants from various organizations, and students from numerous universities.

<http://www.ssc.uwo.ca/psychology/csiop/>

Classics in the History of Psychology

Collection of the complete texts of historically-significant articles and books on various topics in psychology and allied disciplines.

<http://psychclassics.yorku.ca/>

Social Psychology Network

Welcome to Social Psychology Network, the largest social psychology database on the Internet. In these pages, you'll find more than 5,000 links to psychology-related resources.

<http://www.socialpsychology.org/>

Classics in the History of Psychology

Collection of the complete texts of historically-significant articles and books on various topics in psychology and allied disciplines.

<http://psychclassics.yorku.ca/>

Birth Psychology

Explore the many mental and emotional dimensions of pregnancy and birth in everything from scholarly articles to personal stories and late-breaking headlines.

<http://www.birthpsychology.com/>

Center for Nonverbal Studies

The Center for Nonverbal Studies (CNS) is a private, nonprofit research center located in Spokane, Washington and La Jolla, California. Underway since October 1, 1997, the Center's mission is to advance the study of human communication in all its forms apart from language. The Center's goal is to promote the scientific study of nonverbal communication, which includes body movement, gesture, facial expression, adornment and fashion, architecture, mass media, and consumer-product design.

<http://members.aol.com/nonverbal2/index.htm>

Eating Disorder Referral and Information Center

The Eating Disorder Referral and Information Center is dedicated to the prevention and treatment of eating disorders. We provide information and treatment resources for all forms of eating disorders. The Eating Disorder Referral and Information Center was created to fill an important community need, that of providing prompt information to individuals needing assistance in finding eating disorder treatment in their area. We provide referrals to eating disorder practitioners, treatment facilities, and support groups. Referrals to eating disorder specialists are offered at no charge as a community service. In addition, we offer general information to the public about the treatment and prevention of eating disorders and we hope to promote social attitudes that enhance a healthy body image and self-esteem.

<http://www.edreferral.com>

Nonverbal Behavior / Nonverbal Communication Links

Universidad de Salamanca

A collection of links in this area.

<http://www3.usal.es/~nonverbal/index.htm>

Added August 2000

PsycPORT.com - Psychology in the News

American Psychological Association, Washington, DC, US
News from the world of psychology brought to you by the folks at APA.

<http://www.psycport.com/>

Added May 2000

The Psychology of Cyberspace

John Suler, Ph.D., Department of Psychology, Rider University, Lawrenceville, NJ, USA

The purpose of this online hypertext book (web site) is to explore the psychological dimensions of environments created by computers and online networks. It is intended as an evolving conceptual framework for understanding the various psychological components of cyberspace and how people

react to and behave within it. This framework is the basis for my ongoing research on what I call "the psychology of cyberspace" - or simply "cyberpsychology."

<http://www.rider.edu/users/suler/psycyber/psycyber.html>

Psychology In Daily Life

American Psychological Association, Office of Public Affairs, Washington, DC, USA

Several brochures to provide information on mental health and psychological issues that face us all.

<http://www.apa.org/pubinfo/pubinfo.html>

Added January 2000

Canadian Society for Brain, Behaviour, and Cognitive Science

c/o Department of Psychology, Carleton University, Ottawa, Ontario, Canada

The Canadian Society for Brain, Behaviour and Cognitive Science (CSBBCS) is a non-profit organization whose primary function is to advance Canadian research in experimental psychology and behavioural neuroscience.

<http://www.csbbcs.org/>



Turbulences, unease, conflicts, battles, war? The world can so easily be positioned in discord. The Season of Peace..Peace with joy, Peace with good will... is hardly handed to us. It is made manifest through much effort, a sense of justice and a kindness of heart. Our counselling activities daily herald efforts to assist in bringing peace and love into the lives of those we support. In some miraculous ways, these often boomerang back to us. Between Us/Entre Nous is part of this caring outreach.

Thank you to all who have so generously given time to write for this edition. Thank you for the gifts of thought, and for the words that keep us connected with a common sense of purpose. Much thanks goes to Christine Bartley whose patience and computer skills have been than tested with each new edition.

Season's Greetings for the New Year! May the spirit of hope, generosity and care envelop you and your families, friends, colleagues and students. May it extend to encircle the globe. And for ourselves as counsellors, may we partake in this season of celebration and high activity keeping in mind ways to reach our own internal peace. Here are the words that might come in handy: "*How beautiful it is to do nothing and then rest afterwards.*" Spanish proverb.

Happy Holidays
Vinnie Mitchell
Editor