

The Concordia College

Blue & White

SEPTEMBER 1, 1994

A Publication of the C.C.S.A.

WELCOME ONE AND ALL

The CCSA and Blue & White wish to extend a heart-felt welcome to both new and returning students of Concordia College.

The '94-'95 year promises to be exciting with Student Council planning more and more activities for both on and off campus. Cultural week begins September 12 and ends with Beach Blast I Friday the 16. The last week of this month will focus on CCSA elections (nominations open Sept. 6 and close Sept. 26). The Used Book Buy Back, September 2 and 6, offers students the opportunity to sell their old text books to help offset the cost of acquiring new ones. On September 7 and 8 the CCSA will be selling used texts for approximately 75% of bookstore prices at their kiosk in the Tegler Centre.

Returning students as well as faculty are sure to appreciate the changes occurring all around campus. These include the \$2.5 million addition to the library building which will house classrooms and offices for the high school on the main floor and a much needed expansion to the library facilities on the

second. The \$2.5 million for the library includes approximately \$500,000 for book allocation. Faculty House has been renovated at a cost of \$16,000 to provide office space for faculty members who's offices were subjected to the wrecking ball.

Other improvements soon to be complete include the removal of all the unsightly power and telephone poles and forty more parking stalls for students.

It should be noted that abuses of the two hour parking restrictions on streets surrounding the college have prompted residents to approach city hall in an effort to restrict on-street parking to residents only.

And let's not forget our new Campus Chaplain, Pastor Warren Steckleberg, who was active in youth work while he served in Regina but since arriving in Edmonton fourteen years ago he has worked in our inner city. Pastor Steckleberg has been blessed with unique and interesting opportunities and this, combined with his wonderful sense of humour, should enrich the lives of all here at Concordia.

"God is our
refuge and
strength"
Psalms 46:1

"Learning teacheth more
in one year than experience
in twenty."
Roger Ascham

OPINIONS

**BEACH
BLAST I**
FRIDAY SEPT. 16th
AT THE MORGUE

TICKETS
AVAILABLE FROM
THE CCSA KIOSK

The Concordia College
Blue & White
Phone: 479-8481, ext. 577

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Contributors

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deadline is Sept. 12, 1994

OPINIONS

As a voice of the Student Association, Page two, entitled "OPINIONS", grants students the opportunity to express their views and concerns. Because of the policies that this newspaper strives to adhere to and out of respect for both this institution and the CCSA, the *Blue & White* exercises its own discretion as to what is published. Articles submitted are fairly evaluated by the *Blue & White's* own staff and are neither censored nor judged according to content.

Jeffery McKeddie
Editor

HELP WANTED

The *Blue & White* is presently seeking to fill several vacant positions on its staff. These positions include Sports Editor, Assistant Editor, Layout Co-Ordinator, On-Campus Reporter. Experience is not required, but good writing skills would be an asset. *Blue & White* staff members receive honorariums for their time and effort.

For more information contact Jeff at the *Blue & White* office (located within the CCSA office area) or phone 479-8481, ext. 577 and leave message.

EDUCATION STUDENTS' ASSOCIATION

The ESA would like to take this opportunity to welcome all new and returning students to Concordia College. My name is Shelley Gauthier and I will be president of the Education Students' Association (ESA) executive council this year. On campus, you will be able to take part in Study Buddy, Teachers And the Law, Career Choices and other exciting activities.

The ESA is planning to have class representatives in most of the Education classes, and will be looking for additional executive members. If you are interested in any of these positions please feel free to and see me. Our office is located in the CCSA office area or you can leave a message on voice mail at extension #576.

If you have any questions, comments or concerns, please drop by - we are here to help you.

Shelley Gauthier
ESA President

OVERCOMING BACK-TO-SCHOOL WORRY

While "back-to-school worry is certainly not a clinical term in psychology, it is a widespread form of anxiety, particularly for first year students. Back-to-school worry involves anxiety over: getting the right courses, not knowing anyone in your classes, failing tests, getting lost on campus, or in some way making a fool of yourself. Basically, back-to-school worry involves unnecessary negative thinking about any aspect of going to college. These thoughts, however, are not only unnecessary but not substantiated by fact or truth. There is nothing to suggest that you will fail, get lost, or make a fool of yourself. In fact, it is very unlikely that the worst case scenario is about to happen. But regardless of what you logically know to be true, you continue to imagine yourself as a failure.

The emotional impact of such negative thinking is tremendous. If you believe you are incapable of meeting the challenges of adjusting to a new school setting and meeting new people, you are falsely defining yourself as a loser and come to believe this of yourself. It is hard to look forward to each new day, because you worry about blowing it. You feel nervous, anxious, frightened

and exhausted, and view every challenge as an opportunity for failure. The entire school issue becomes one of "why bother". You stop trying, and in doing so, actualize the inadequacy that you feared in the first place. All of this is the result of negative thinking, where you anticipate the worst and fail to believe in yourself and your abilities.

To combat this type of negative thinking you need to remind yourself that, although a new year of college poses many new challenges, they are challenges that you can handle: you will do your best to organize your time, to comprehend lecture material, to meet new people, and basically to deal with all the "unknowns" that confront you. You are a capable human being and that is why you were accepted at Concordia College. If you need assistance with scheduling, course information or study skills, skillful people are available to help you at the Registrar's Office and at Student Services Office. You need to work on accepting yourself as worthy and capable, and know that even if it is scary to begin college studies, you have the ability to be successful. Finally, you need to accept your imperfections, and allow yourself to make

mistakes. You might not always know what to say when you're introduced to someone new. Or you might get lost looking for a classroom during the first week of classes. But none of us is perfect. You need not focus on what awful things might happen, but rather on the exciting new opportunities that lie ahead. You need not dwell on your weaknesses when you also have many strengths. You need not fear failing when you are capable of success. You need to know you can do it, rather than believe that you cannot. The critical thoughts you have about yourself and your abilities causes you unnecessary anxiety and clouds your hope for the future. Break free and know you can do it!

Dr. Colleen Hammermaster
Counselling Psychologist

Dr. Hammermaster is an individual who truly enjoys helping others and is excited that this year offers her the additional opportunity to teach.

As a Counsellor here at Concordia for the past five years, Dr. Hammermaster's services have aided hundreds of students in need. She provides personal, family and crisis counselling for all students, and arranges for students to see other professionals or agencies when appropriate.

Appointments should be made through the Student Services office.

THUNDER ATHLETICS

College students interested in participating in any of the college's interscholastic athletic teams are asked to attend the appropriate practice session or meeting.

HOCKEY:

Please see Mr. MacLean in the P.E. Office as soon as possible.

GOLF:

Tuesday, September 6; 12 noon in the P.E. Office.

SOCCER:

MEN: Tuesday, September 6, 5:00 pm on the athletic field.

WOMEN: Wednesday, September 7; 5:00 pm on the athletic field.

CROSS COUNTRY RUNNING:

Wednesday, September 7; 12 noon in the P.E. Office.

MALE & FEMALE BASKETBALL:

Tuesday, September 20; 5:30 pm at Commonwealth Gym.

BADMINTON:

Tuesday, September 27; 5:30 at Commonwealth Gym.

SWIMMING:

Tuesday, October 4; 12 noon in the P.E. Office.

Learning Without Limits

Athabasca University and Access Network bring you 4 new university courses on television *this fall*.

These courses feature one-on-one toll-free telephone tutoring:

Spanish 100 *Destinos: Spanish for Beginners*

Economics 247 *Introductory Economics*

English 201 *Introduction to Literature*

Art History 201 *A Survey of Western Art*

The courses run from September to December. Four companion courses will be offered in January. The registration deadline is September 16, 1994. For information, or to register, contact the Athabasca University Learning Centre nearest you.

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Calgary 263-6465
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