



## Careers in Information Technology

**Tuesday,  
November 24**  
Kelly Building,  
Conference Room  
University of  
Prince Edward Island  
**5 pm**

*ITI Information Technology Institute is Canada's leading postgraduate information technology (IT) education institution. Founded in 1984, ITI is Canada's largest single source of new IT graduates. Industry-driven curriculum, an innovative learning environment and professional employment services mean jobs for ITI graduates. Interested in finding out more? Contact us today.*

*Find out how you can become a professional in Canada's fastest growing industry*

Imagine receiving multiple job offers before you even graduate! That's an experience many students enjoy at ITI Information Technology Institute. Our graduates' phenomenal employment rate of over 90% within the first six months of graduation is no accident. Our talented and career-ready graduates are highly prized by employment partners like Royal Bank, Deloitte & Touche, Keane and more.

Come find out how you can combine your university degree with up-to-date IT knowledge from the Applied Information Technology (AIT) program or our new MBA(IT) program. It could be the best career move you'll ever make.

### Who Should Attend?

University Students who:

- Wish to learn more about future IT employment opportunities

University Graduates who:

- Have a degree from any faculty and wish to learn more about a career as an IT professional



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### STRESS WHO NEEDS IT? WE DO.

If we didn't have stress, we wouldn't have the ingenuity to get out of bed in the morning (and I wouldn't have a job). Stress is a good thing designed to keep us alert, and ready for action in times of danger (how would we have the strength to make it to that Friday morning class after the Thursday night pub otherwise?). Whether we're dealing with a frightening event ("I did what with whom last night?") or an ongoing tension in our lives (exams coming up, I hear), our body's physical response is the same. The problem today is that stress has become chronic and the body may remain in the stress alert mode for extended periods of time (you think university is tough, wait for the real world of bills, bosses and kids get a hold of you... these are the good old days, my friends). Unfortunately, what once kept us from becoming wild animals, dinner is now eating us alive. Would you believe that one in three adults in America has some form of sleeping disorder (present company excepted... I know that none of you have trouble sleeping in class). North Americans spent over a billion dollars last year on over the counter sleeping aids, and in the '90s, the best selling prescription drug was an ulcer medication (I don't know whether Pit food had anything to do with that...). It's obvious that stress is becoming a major epidemic. Stress was important to the survival of early humans because it allowed the body to take the energy used for routine maintenance and repair and divert it to survival mode. It would use that siphoned energy to either fight the danger or to take flight from the danger (after all, there is no reason to digest your breakfast if you're about to become someone else's lunch).

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