

Depressed? Who me?

By Jonathan Orlovski

University life can be very hectic: five or six credit course per semester, pressure to maintain a particular grade or scholarship mark, and the attempt to make friends out of strangers.

Stress is put on the student by parents who push sons or daughters into areas of study traditional in the family for generations, for example. If your father, grandfather, and great-grandfather were all doctors, why break tradition?

Parents don't at first see how much stress it put on the individual to succeed. They can use manipulation or guilt to channel the student in their own interests, not the student's. They say, "if you don't follow the family tradition, you will disgrace the family name."

The poor student may rebel against parents' wishes, but sanctions may be enforced on regular privileges. No use of the family car, weekend curfews, or the extreme — getting kicked out of the house — are examples.

Once the student has had the chance to think about the rules of the game, he or she may humbly apologize for supposedly rash reasoning, and fall into line once more.

At this point the prospect of attending university looks gloomy because the area of study is not interesting. Therefore, a minimum amount of effort is put into courses.

This can lead to a state of loneliness, where the student is caught between determined parents or family and unwanted studies.

Loneliness can make your social life difficult. In the attempt to make friends, you can try too hard to be one of the gang. More of ten than not, you get rejected.

With these forces acting on the student all at once, a great sense of depression can sink into the mind.

What can students do for depression?

Approach your problems with a positive attitude.

Students' response: "Sure! That's easy for you to say."

A positive attitude doesn't develop overnight. It progresses as you progress in your work.

Society has taken the view that everything in the modern world is instant: instant coffee, instant curl, and instant food.

Some even try instant physical fitness.

What it comes down to is

starting out with a little positiveness.

Smile once in a while. But some people don't like happy people, misery loves company?

Make the effort to be different. Smile even if it hurts. No pain, no gain.

Do a good deed for a friend, like helping them to recall a list of definitions.

Have a set, determined goal in your homework during the week. Then, if you achieve the goal treat yourself to a night on the town.

If you don't? You will hurt nobody but yourself.

With a positive attitude, you may find it easier to swallow that hard pill of reality.



Opinion

Liberals offer no real difference

Authors are asked to keep such submissions as brief as possible, to sign their work, and to submit articles type-written and double-spaced.

By Michael Zinck

The Campus Club of the Liberal party is about to hold

another meeting, or will have by the time you read this.

Yet what else do they do?

As a Liberal I am at a loss to know where the Campus Liberals, the Young Liberals for PEI and the Liberal Party itself is going.

Meetings produce more meetings, more talk and discussion, but in the end very little that could interest you, as the most important person of all, the voter.

As an Islander, I ask what the Liberal party is doing these days, and especially the Campus Club. Where are their policy statements, what does the party offer you as a voter?

Increasingly, as a Liberal and a voter, I think very little.

The Island will most likely

face an election within a year. And the real question of that election will not be higher tuition fees, ferry rates, hog subsidies or electricity rates, but "why vote Liberal?"

The Liberals want to win; the talk is of getting rid of the Tories. With what?

Where is the real difference in policy and positions that the electorate needs to make a sound choice?

In the end it will once again be a personality contest.

If that happens, the Liberals may win, but not because they offer better policies. Instead they may win simply because people may vote for a change: a win by default.

Is that what my party has

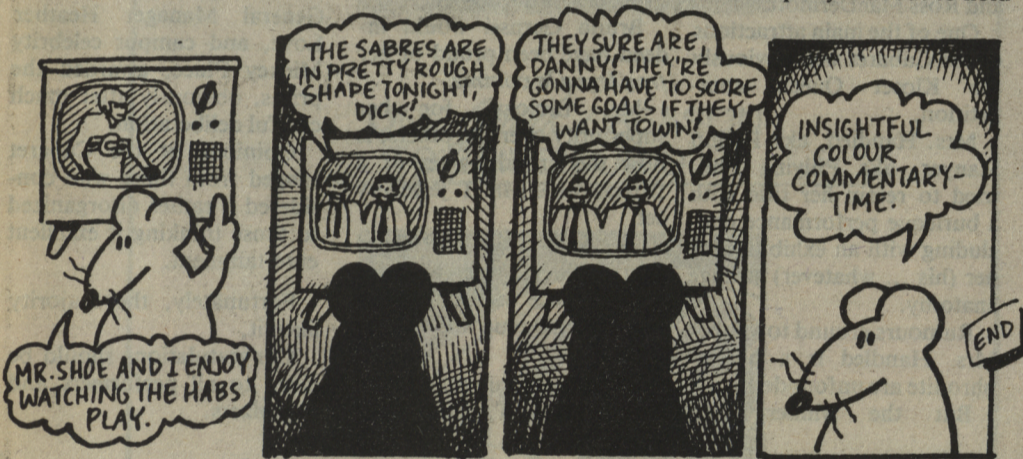
come to, a party so empty that it cannot offer better alternatives and solutions to Islanders' problems?

And why do Liberals believe that this is acceptable? I think that this blind expectation they have of winning by default is more a wish, and I am sure the voters won't buy it. After considering what the Liberals have to offer, the question remains: "What is there to buy?"

For you, the Island student at UPEI, if the Liberals won't promise higher post-secondary funding, extra money for summer jobs, more student bursaries, or further support initiatives that provide the student with help to continue studies, but instead yell about restraint and budget slashing, why should you vote Liberal?

If after all is said and done, the axe is still going to fall on you anyway then the point remains.

Will you vote Liberal simply to get a change in Henchmen?



Graphic/Charlatan

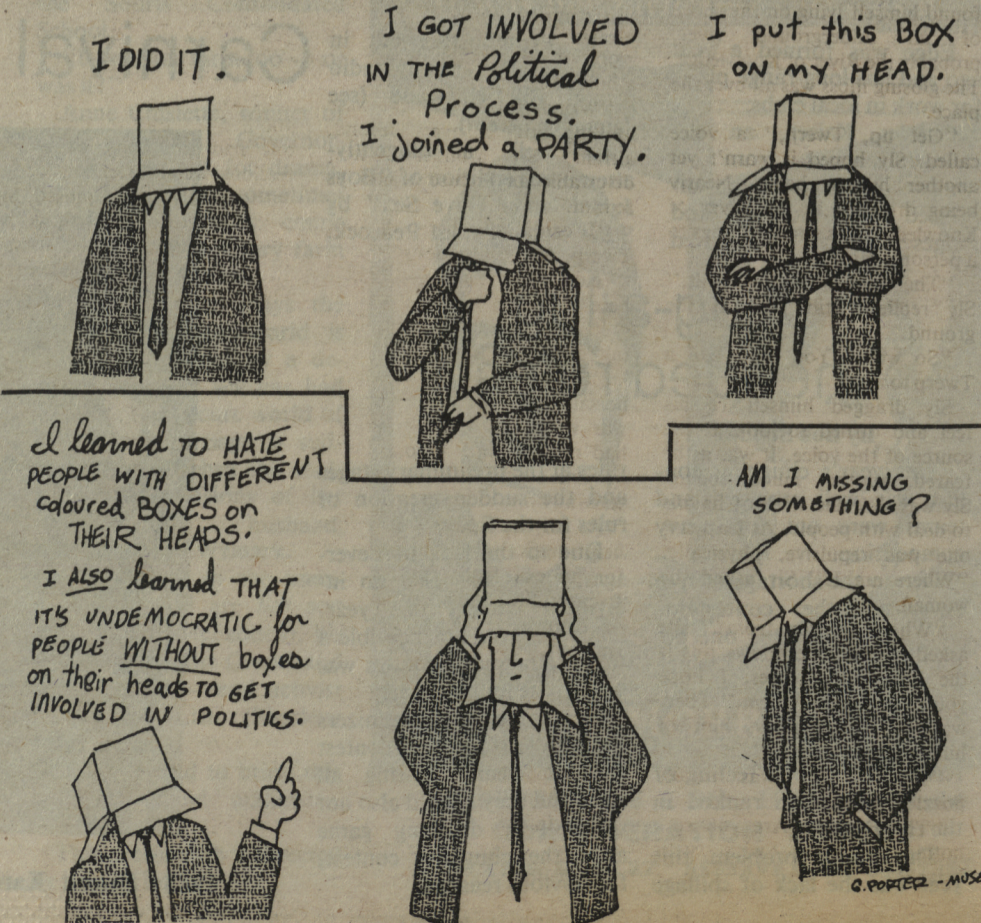
Meet with Lee

UPEI students have a meeting next Monday with Premier Jim Lee to discuss post-secondary education funding and student employment.

Cathy Campbell, provincial representative for the Canadian Federation of Students, says about ten students from the Council and other bodies will speak with Lee and, hopefully, Industry Minister Wilbur MacDonald.

"We're going to try to work with the government to come up with ideas, ... we don't want a confrontation," said Campbell in a telephone interview Tuesday.

Lee is to leave for Ottawa soon after the meeting for a federal-provincial conference on the 13 and 14 of the month.



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