

How Do You Add Things Up?

We are all familiar with the Ole phrase "I don't have time" and very often use it as an excuse to get us in or out of a job. Very seldom does anyone doubt the validity of it as in many cases those who are involved are always busy, and those who are not involved "don't have time".

How do you get things done? Are you a goal-setter who completes tasks and has things done on time and with less anxiety, or are you a procrastinator, putting things off and suffering the consequences of being rushed, and under a lot of pressure? Either way, what a person has been accustomed to doing, will probably dictate the course of his behavior in future, unless of course you decide to make a change.

What do you miss by not having time? Being involved and being committed have many benefits. There is an opportunity to grow and become a more broad-minded human being, and a chance to get involved in new experiences to broaden your horizons, and teach you something about yourself. Organized group involvement, social activities, time for leisure, hobbies and volunteer work all have a part to play in enhancing human development.

Not to have time involves denying yourself many opportunities to become more knowl-

edgeable, to be a freer human being, and to share your talents and skills with others. Students sometimes find themselves in this grave dilemma at this time of year, when pressure from papers, book reports and mid-terms are on. The age-old effort of cramming runs rampant and begins to isolate individuals from other activities they had been involved in. It is very difficult to organize one's studies, and discipline oneself, in the face of such distractions that can occupy a student's time and mind. It is difficult to work out a study schedule, a term schedule, a book report schedule time for group involvement, when the thing to do is have a good time.

Something has to suffer when you don't have time, and mostly that something is you. Unnecessary anxiety

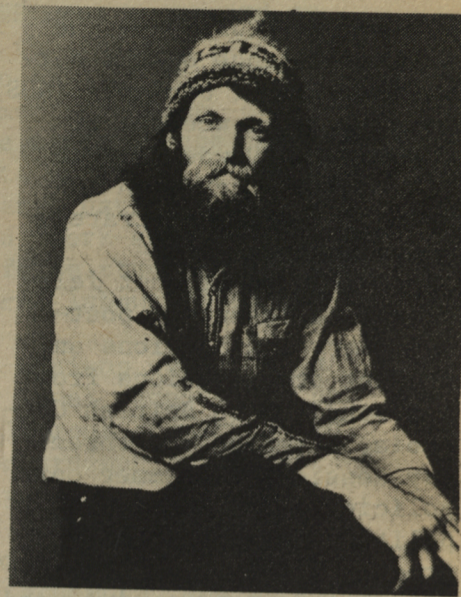
builds up, pressure causes discontent and dissatisfaction with life, and tasks are done many times at the last minute. The results are usually guilt feelings for not having performed as well as you could. Many times you sell yourself short, because very often you feel you could have done better.

A well-rounded schedule of studies, work, social life, and leisure time activities may

help to keep things under

Presenting : VALDY

November 30th, well-known singer-writer Valdy will visit Charlottetown for a U.P.E.I. S.U. sponsored concert. Valdy was born in Saint John, N.B. but now makes his home with his wife and kids in the backwoods of Newfoundland. He has a definitely unique style and the best way to describe the man and his music is probably through his own words (from the jacket of his first album, Valdy, 1968).



i am a farmer
i live by the sea
my family and me
age 25 virgo
gemini rising
moon in cancer
musician: music is a
vehicle in which you
drive around
a feeling
vocalist: voice is the
free instrument
the unlimiting factor
writer: i have a shelf
full of good dusty songs
my latest tune is
invariably the
best
i can't relate to
myself in terms of

control. Schedules are meant to be guidelines and if they aren't flexible, can be more destructive than constructive. Goal-setting especially around things one would like to do rather what one should do,

adjectives
performer: a performer
is a catalyst
an axis
for the listener's energies
canadian: it's a fine country
still fairly free
with care we can keep it free
we are not being careful now
i've been at this
for eight years
writing
playing
winning
losing
looks like it's my life

gives one a feeling of satisfaction, contentment, and joy. Making the most of your time could very well mean you "don't have time".
Marion Morrison
Student Services.

Student Union Offers Interesting Positions

Student Union has several positions open for interested students to apply for. All of these positions pay a small salary to give some remuneration for the time involved, although if you are considering thinking of them as jobs, you should note that it will not come to be better than 50¢ or so per hour.

Managing Editor of the Cadre
Shall be responsible for all aspects of the layout of the newspaper, including graphics, typing, headlining, headlining, etc. The Managing Editor in conjunction with the Editor shall comprise an Editorial Board which shall have say as to the editorial policy of the newspaper.

C.U.P. Reporter of the Cadre
Shall be responsible for all communications to and from the Canadian University Press (C.U.P.) and the various other members thereof.

Head Reporter of the Cadre
Shall be responsible for aspects of newsgathering and for assuring that all events worthy of coverage by the pa-

per are covered. In addition, if one member of the Editorial Board is for some reason absent, then the Head Reporter shall take her/his place.

Internal Advertiser
responsible for:

all on-campus advertising of student union events seeing that such events get appropriate coverage in the Cadre and on CIMN.

The placing of posters and other appropriate advertising advertising around campus for student union events.

The above are to be done at the earliest possible date before the events; e.g. Posters and media coverage on Monday for a Thursday Pig.

Speaker of the Student Union
Responsible for chairing all student union meetings.

Responsible for chairing all executive meetings

Must remain impartial

Responsible for interpreting the constitution

Responsible for making up and sending out all agendas with minutes.

As well as numerous other duties

Recording Secretary

Must be interested in all S.U. affairs and be available for Council meetings Sunday and Executive meetings Wednesday afternoon

Winter Carnival Chairman
Must be able to type
Responsible for all aspects of organizing the Winter Carnival including: booking bands, arranging events or

delegating authority to others to do so, gaining liquor licences, etc.

Fat Freddy's Con't

U.P.E.I.S.U. shall be ex-officio member of the Board, acting purely in a advisory capacity.

5. Upon the invitation of the Personnel Board, outgoing chairmen of Council committees, boards, etc., and student representatives of the University Committees, may attend the respective interviews or their committees as non-voting members.

Big Mac

For those with big appetites.
Two beef patties,
a special sauce,
lettuce, cheese,
and a triple
sesame seed
bun.

