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Summer Health Fair in the SAC today!

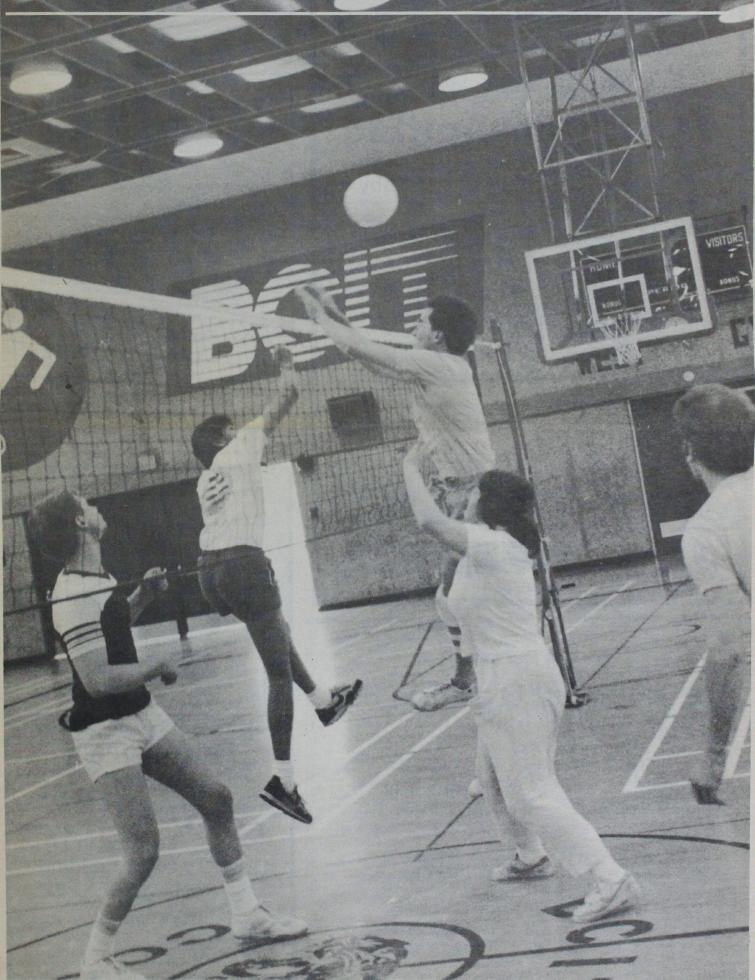
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\$150,000



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THE LINK





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- : Recognizing aggressive/passive responses
- : Identifying some areas for personal assertiveness development
- : Discovering methods of becoming more assertive.

DATE:

Wednesday, April 22, 1987

TIME:

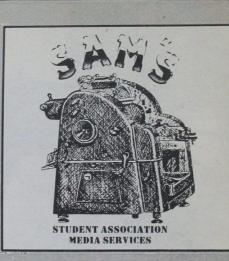
12:00 - 2:00 pm

PLACE:

Room 201, Building 1A

TO REGISTER: CONTACT THE COUNSELLING CENTER - BLDG. 1A, 2nd Floor

ELEPHONE: 432-8433



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#### COUNCIL REPORT

THIS WEEKS MEETING OF THE STUDENT ASSOCIATION EXECUTIVE BROUGHT REPORTS ABOUT THE NEW CAMPUS CENTER, REPORTS RE THE REORGANIZATION OF B.C.I.T'S FACULTIES, SUGGESTIONS TO IMPROVE THE S.A. ELECTIONS AND ADOPTION OF THE NEW MANAGER'S EMPLOYEE MANUAL. NEW BUSINESS INCLUDED A POSSIBLE FUND RAISING SCEME TO RAISE MONEY TO SUPPORT RICK HANSEN AND FUND RAISING FOR A CAPILANO COLLEGE PROGRAM

BUSINESS MANAGER LORNE HILDEBRANDT ANNOUNCED THERE HAS BEEN SOME TROUBLE IN FINDING ALUMNI TO HELP FUND THE NEW CAMPUS CENTER HE ADDED THERE MAY BE A CHANCE PROVINCIAL CABINET MINISTER ELWOOD VEITCH AND B.C.I.T. PRESIDENT ROY MURRAY WILL HELP APPROACH SOME ALUMNI TO HELP GET THE FUND RAISING ROLLING.

HILDEBRANDT ALSO REPORTED THINGS ARE LOOKING GOOD FOR NEXT YEAR'S BUDGET. THE BUDGET WILL BE PRESENTED TO COUNCIL ON MAY

ALSO ON THE BUSINESS SIDE THE EXECUTIVE HAVE ACCEPTED THE NEW MANAGER'S EMPLOYEES MANUAL. THE MANUAL COVERS NEW GUIDELINES FOR PAY INCREASES, VACATION AND HOLIDAY PAY, AS WELL AS GUIDELINES FOR TERMINATION. THE MANAGERS THEMSELVES HELPED TO DRAFT THE MANUAL, WHICH HAS BEEN INSPECTED BY A LAWYER TO BE LEGAL. THE NEW MANUAL IS EFFECTIVE IMMEDIATELY.

THE RE-ORGANIZATION OF B.C.I.T.'S FACULTIES HAS NOW BEEN FINALIZED. THE FINAL CHANGES LEAVE B.C.I.T. WITH THREE FACULTIES OR SCHOOLS OF EDUCATION. THE NORTH CAMPUS STUDENTS IN THE TRADES WILL NOW FALL UNDER THE SCHOOL OF ENGINEERING. THE POLICY HAS TO

VICE PRESIDENT FOR ADMINISTRATION AND FINANCE EXPRESSED SOME CONCERN OVER THE NEW CONSTITUTION. WITH ONLY A FEW WEEKS LEFT IN BEFORE THIS COUNCIL LEAVES. IN ORDER FOR THERE TO BE A VOTE THE LAWYER AND HAVING IT COME BACK AS A LARGER, MORE DIFFICULT TO

CONCERN WAS ALSO EXPRESSED DURING THE MEETING ABOUT THE THERE WERE SUGGESTIONS THAT ALL MARKS ON A BALLOT BE ACCEPTED. THIS DOES NOT FIT IN WITH ELECTION REGULATIONS SO THE CONCENSUS WAS TO INFORM PEOPLE MORE SERIOUSLY IN THE FUTURE TO MARK THEIR

COUNCIL WAS INFORMED ABOUT A COMMITTEE WHICH IS FORMING ON FROM B.C.I.T. IN SUPPORT OF RICK HANSEN'S MAN IN MOTION TOUR. RICK IS EXPECTED TO BE STOPPING AT BRENTWOOD MALL DURING HIS AT ONE O'CLOCK WEDNESDAY AFTERNOON IN THE S.A. BOARD ROOM.

FUND RAISING WAS ALSO BROUGHT UP BY VICE PRESIDENT OF STUDEN AFFAIRS, CAROL HESS. SHE HAD BEEN CONTACTED BY CAPILANO COLLEGE PUT IN A SPECIAL ACCOUNT TO HELP PAY FOR THE GIRL'S MEDICAL THROUGH ADVERTISING OF THE EVENT IN THE T.V. MONITORS IN "TAPS" LETTERS IN THE "LINK", PLUS A POSSIBLE DONATION TO THE FUND OF THE FUND RAISER WILL BE AN A DAY AT CAPILANO COLLEGE A BEER GARDEN, A BAR B QUE, DUNK TANKS, A HOT AIR BALLOON PLUS OTHER

## Publisher's Note:

After teetering on the brink of complete and utter selfdestruction for over two months, The Link's phototypesetter finally said good bye to the world. The big blue box came to a bloody end; screaming for life but shuddering to its death just as work on this issue got underway. Thus the unusual production for this issue.

The Link intends to plant the dead typesetter in the creek behind the SAC. Hopefully it will serve to amuse passing students and resting waterfowl.

Back to normal next week, we hope. (cover photo by Pat Lodewijkx)



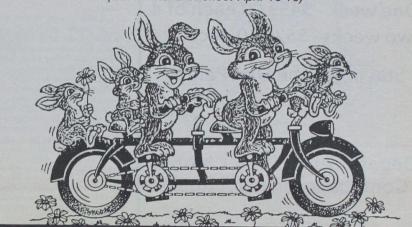
# **EASTER CELEBRATION**

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# **Environment can** influence our memory

Hugh Westrup
Psychological studies in the last ten
years have suggested that people
remember things best when they are
in the place where they first learned

In one English study, scuba divers were read a list of words while sub-merged. When the divers were later asked to remember the words, they recalled more words when tested underwater than on land. (The psychologist who conducted the study remained on land and communi-cated with the divers via two-way

Looking at such studies couver psychologist, Dr. Eric Eich, recently conducted an experiment to improve memory by asking people to

connect what they learn with the place where they learned it.

The subjects were students at the University of British Columbia, who were each read a list of words, just as the scuba divers were. (The students were not aware they were involved in a memory test.) The environment in which the students were read the

words was an office at the university.
"I gave the students explicit instructions to integrate the words with their surroundings, which was not asked in the scuba experiment."
says Dr. Eich. "If I gave a student the
word 'apple." then he might form an
image in his mind of the apple sitting
on a bookcase in the room."
When Dr. Eich tested the students

later, he found that they could recall the words better if they were in the same room. If they were tested in a different room, their memory was

poor.
"It made a whopping difference if they were tested in the same room," says Dr. Eich. "Their test scores were

45 per cent better."

The result of the experiment was exactly what he expected. However, a second experiment with other stu-

dents turned out differently.

Dr. Eich gave each student in the second group the same list of words that had been used in the first exper-iment, but did not ask them to connect the words with things in the room. He assumed that the students would nevertheless go ahead and make connections between the words and their environment, just as the scuba divers did underwater.

This turned out not to be the case. Dr. Eich found that the students did not remember the words better in the same room than in a different room.

"Memory was better only when the students were asked outright to make a connection between the words they learned and their envir-onment," he says.

Because the second results do not jibe with the scuba experiment, Dr. Eich now questions the impact of environment on memory.

"Perhaps environment does not play as important a role in learning as we thought," he says, "Maybe what's more important is the feeling you get in an environment

I know that I feel very different

underwater than when I'm on land, he says. "Perhaps the divers remem-bered more words underwater because they felt the same way there as when they learned the words. Perhaps the students in my second

haps the students in my second experiment did not feel any different moving to the other room."

Dr. Eich plans to recreate the experiment, but with a twist. Next time, he will try to create environments that put the students in a different mood. If students are given a list of words in a room with a cheerful atmosphere, they will then be tested in a room with a depressing feel.

"Perhaps the students will remember the words better when tested in the room that gives them a good feeling," he says.

good feeling," he says.

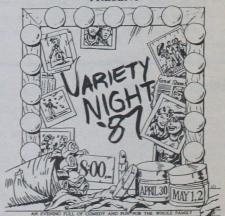
Dr. Eich says this idea fits in with other studies which show that memory is affected by mood-altering drugs—alcohol, marijuana, barbiturates. These studies have shown that when people learn under the influence of a drug, they remember the material better when put back on the drug than when sober

Dr. Eich's research was funded by the Natural Sciences and Engineer-ing Research Council. (Canadian Science News)



TW	TM	WKS	SONG	ARTIST
1	3	4	Knew you were waiting	Aretha/George Micha
2	1	6	Mandolin Rain	Bruce Hornsby & Ran
3	6	4	Don't dream it's over	Crowded House
4	4	8	At this moment	Billy Vera & Beater
5	2	8	You got it all	Jets
6	8	2	Boy in the Bubble	Paul Simon
7	9	1	With or without you	U2
8	10	2	Wild Horses	Gino Vanelli
9	5	8	Ballerina Girl	Lionel Ritchie
10	14	4	Rose Garden	K.D. Lang
11	11	1-	The right thing	Simply Red
12	12	2	Tonight, Tonight, Tonight	Genesis
13	17	2	Someone like You	Daryl Hall
14	19	1	What you get	Tina Turner
15	20	2	I wanna go back	Eddie Money
16	NEW		Montego Bay	Amazulu
17	18	1	Lessons in Love	Level 42
18	NEW		Nothing's gonna stop Us	Starship
19	13	4	Will you still love me?	Chicago
20	NEA		Baby Grand	Billy Joel/featuring

THE YOUNG ANONYMOUS PLAYERS PRESENT



CONTACTJOHN 248-3837FOR TICKETS

# SPORTS & RECREATION

## SHISEI KAI KARATE NEWS

"It will take your entire life to learn Karate"

Master Funakoshi Founder of Karate

Members of the BCIT Karate Club are finding out the truth of this statement and learning more about themselves at regular training sessions. At the same time, club members are advancing in knowledge. Congratulations to these candidates who completed their March gradings:

9th KYU Leyland Jay Gary Ludwig Norm Ohloff

8th KYU Dan Burnett Bill Chepal Anthony Gurr Carin Holroyd Tony Lo John Soutter

#### BC Junior Karate Tournament

Club members volunteered their time as scorekeepers and timekeepers at the Provincial Tournament, held April 4th and 5th at Burnaby Central Junior Secondary. They witnessed some incredible performances by children and teenagers, thereby learning what practice can do for a person. Thanks to these students for their

#### Shihan Higuchi Arrives at BCIT

Shihan Higuchi, Head Instructor for Japan and Canada Shisei-Kai, comes to Vancouver at the endo of April. The Karate Club is very honoured t have Mr. Higuchi come to BCIT and perform a grading and training of Shisei-Kai Black Belts. This activity takes place in the first week of May at the BCIT gym. All students are invited to come and watch some very talented Black Belts perform highly skilled Karate. Come and see what Karate can do for

#### BCIT Shisei-Kai now a registered Dojo

The Karate Club is now an official Shisei-Kai training dojo. Members can now be graded regularly, take part in Shisei-Kai activities, and train with other dojos. The club receives regular high quality instruction by James Johnson, chief instructor. Guest instructors also train at the club. Members are becoming very skilled as they train!!

We welcome new members!! If you want to just watch a session, or take part in a session for free, please come to the 3A activity room Monday and Wednesday nights, 8:30 - 10:00 p.m. Call Anthony Gurr at 437-3934 (evenings) for more information.

# **Clubs Update**

Outdoor:

Next hikes: Sunday, April 12th Reifel Wildfowl R Saturday April 18th Hanover-Brunswick

Canoe trip coming up.

SKYDIVING: First Jump course starts today with eight somewhat enthusiastic students. Registered divers interested in joining the club should contact Martin Ettinger at 589-5808.

Tennis:

The Spring tournament began this week with a large number of participants. Details will follow next

Safety in Summer Sports Health Fair Wednesday April 8, 1987

11:30 to 2:30 - SAC Lobby ented by BCIT Medical Services



FREE SAMPLES!

**Congratulations Staff Hockey Team** 5 - 1 victors over GAS & OIL in the hockey finals

19th Annual BCIT Recreation & **Athletic Services Awards Banquet and Dance** Saturday April 11 **SAC Building** 

Cocktails at 6/Dinner at 7 Awards presentation/Dancing Price \$12 per person/Tickets available at Recreation and Athletic Services Office

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# TUG-OF-WAR

## MEN'S AND WOMEN'S DIVISION

DATE: Tuesday April 28th & Thursday April 30th TIME: 11:30 a.m. - 1:00 p.m. LOCATION: Grass area by the Painting & Decorating Building (Smith street)

If raining the event will be postponed to Tuesday May 5th and Thursday May 7th

### **CO-ED DIVISION**

DATE: Wednesday, April 29th TIME: 11:30 a.m. - 2:30 p.m. LOCATION: Grass hill between the SAC and the library

If raining the event will be postponed to Wednesday May 6th

### **ENTRANCE FEE: \$10.00 per team**





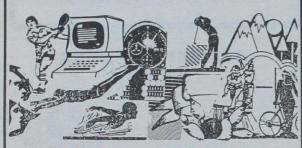


# **Safety in Summer Sports Health Fair** Wednesday April 8, 1987

11:30 to 2:30 - SAC Lobby Presented by BCIT Medical Services

Participants include:

Lakeview Dental Jib Set Sailing Club CNIB **BC Lung Association** ICBC Mountain Equipment Co-op Canadian Coast Guard Canadian Cancer Society
Dairyland Foods Sunshine Oranges Red Cross Water Safety Ileitus and Colitus Society



FREE SAMPLES!

# Moderate exercise can help in repairing damaged heart tissue

By Hugh Westrup
A team of Canadian researchers has discovered that a regular and moderate amount of exercise can restore damaged heart tissue in laboratory rats that have suffered a recent heart

attack.

The results suggest that human heart attack victims who exercise sensibly might receive a similar benefit, says Dr. Karen Przyklenk, now a professor of medicine at Wayne State University in Detroit, Michigan

Dr. Przyklenk made the discovery while working as a graduate student with Dr. A.C. Groom, a professor of biophysics at the University of West-ern Ontario medical school.

Dr. Przyklenk's research was aimed at discovering the effect physical exercise has on a region of the heart she calls the "transition zone": a narrow area in the heart of heart attack victims that divides the heart's healthy tissue from the dead tissue

killed by the heart attack.
The two researchers examined rats that had experienced an artificially-induced heart attack on the operat-ing table in their lab. Blood supply to the rat's heart was partially cut off; this had the same effect as a real heart attack and killed 25 to 40 per cent of

Dr. Przyklenk then examined the "transition zone" in each rat's heart and found that the heart attack had greatly reduced the number of small blood vessels there. "The average number of blood vessels in the transition zone was down by about 22 per cent," she says.

Dr. Przyklenk then proceeded to find out what effect physical exercise would have on the transition zone. In the next two weeks, she recorded the time that each rat spent running on a large hamster wheel. Her group of 48 rats showed a wide range of interest in the wheel, with exercise fanatics at one end of the spectrum and couch potatoes sitting idly by at the other.

She found that rats that ran a total

distance of five to 10 kilometres, and distributed the activity evenly over the two weeks, experienced a growth

of new blood vessels. "The number of new blood vessels. The number of blood vessels in the damaged transition zone of the heart returned to normal," she says. (There was no change in the dead tissue.)

(Some rats covered the five to 10 kilometres by running for two hours a day six days a week. Others did the same distance by running twice as fast for two hours a day three days a

Not unexpectedly, rats that ran fewer than five kilometres showed no recovery in the transition zone. However, rats that ran more than 10 kilometres showed no improvement

either.
Dr. Przyklenk thinks the rats that ran more than 10 kilometres failed to

ran more than 10 kilometres falled to recover because they deprived their damaged tissue of vital oxygen. "Too much exercise doesn't allow new blood vessels to form because you're using all the available oxygen to get the heart beating," she says. "As a consequence, there's no "As a consequence, there's no reserve of oxygen for the growth of new vessels. It's not good to overdo."

After the two-week exercise test period, Dr. Przyklenk kept observ-

ing the rats and found that it was necessary for them to keep working out on the wheel at a moderate rate. Otherwise, if they stopped, their heart's transition tissue deteriorated

Dr. Przyklenk says her experiment demonstrates for the first time that

demonstrates for the first time that blood supply in damaged tissue can be restored by increasing an animal's, demand for oxygen through exercise. Previous studies with healthy rats have shown that vigorous exercise can stimulate the growth of new small blood vessels in healthy

Dr. Przyklenk says it is always dif-ficult to give people advice based on laboratory results with rats. Never-theless, she says her results may indicate that human heart attack victims too could benefit from a moderate

regular exercise regime.

Drs. Przyklenk and Groom's research was funded by the Ontario Heart Foundation and the Medical Research Council.

(Canadian Science News)

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## THERE IS NO SUCH THING AS A "SAFE" TAN

MITH PARASOLS AND FLOPPY HATS TO SHIELD AND BUTTERNILK TO BLEACH, SCARLETT O'HARA TOOK GREAT PAINS TO MAINTAIN THE ALABASTER COMPLEXION OF PLANTATION ARSISTOCRACY. HITH WHAT IS KNOWN TODAY ABOUT THE LONG TERM EFFECTS OF SUN EXPOSURRE - FROM PREMATURE AGING OF THE SKIN TO FATAL CANCERS - IT'S SURPRISING THAT HER SOUTHERN BELLE LOOK HASN'T RETURNED TO HIGH FASHION.

ON THE CONTRARY, HIGH TECH HAS BROUGHT COSMETIC TANNING INDOORS, WITH TANNING BEDS USED IN HEALTH CLUES, BEAUTY SALOMS AND TANNING "CLINICS". BUT DESPITE MANUFACTURER'S CLAIMS, ARTISICIAL BROWNING IS NOT HUCK SAFER THAN THE REAL THING.

MATURAL SUNLICHT CHITS TWO TYPES OF ULTRAVIOLET LIGHT-ULTRAVIOLET ALPHA RAYS (UVA), WITH LONGER WAVELENGTHS, AND ULTRAVIOLET BETA (UVB). BOTH STIMULATE CHANGES IN THE SKIN'S NATURAL PICHENT, CALLED MELANIN.

TANNING OCCURS IN TWO PHASES. UVA CAUSES IMMEDIATE

DARKENING OF MELANIN ALREADY PRESENT. THE TAN FROM UVA IS APPARENT SOON AFTER EXPOSURE, THEN GRADUALLY FADES OVER ONE OR THO DAYS, KEW MELANIN FORMATION CAN BE INDUCED BY BOTH UVA AND UVB. THIS TAN IS EVIDENT A FEW DAYS AFTER EXPOSURE AND PERSISTS FOR SEVERAL WEEKS.

SINCE IUVB IS ASSCRIPTED WITH ACUTE STIMULUM AND, PROBBALLY.

TAM IS EVIDENT A FEW DAYS AFTER EXPOSURE AND PERSISTS FOR SEVERAL WEEKS.

SINCE UVB IS ASOCIATED WITH ACUTE SUMBURN AND, PROBABLY, SKIN CANCER, TANNING SPAS CLAIM ANYONE CAN SAFELY TAM IN THEIR UVA-ONLY BEDS OR BOOTHS. BUIL UNI TATINING (SAY) HARPLESS.

UVA PENETRATES DEFER THAN UVB. IT PASSES THROUGH THE OUTER LAYER OF SKIN, THE EPIDEWIRS, AND EXERS IS TS EFFECTS ON THE UNDERLYING DEMIS, WHICH CONSISTS OF CONNECTIVE TISSUE AND BLOOD VESSELS, PERISISTENT UVA EXPOSURE CAN AFFECT THE BODY'S IMPUNE SYSTEM, DAMAGE, THE VASCULAR NETWORK AND INCREASE THE RISK OF EDEMA (FLUID COLLECTING IN THE TISSUES) AND SKIN CANCER. LOWG TERM UVA EXPOSURE ALSO DAMAGES THE FIRST STATA GIVE SKIN ITS ELASTICITY, EVENTUALLY LEAVING IT WRINKLED AND LEATHERY.

TAKE PECAUTIONS

METHER OR NOT TO SEEK A TAN IS A PERSONAL DECISION. IF YOU DECIDE COSMETIC REASONS OUTWEIGHT THE RISKS, AT LEAST BE MARED OF THE DAMAGES OF ARTIFICIAL TANNING AND TAKE PRECAUTIONS WHIREY YOU CAN:

-DON'T EXPECT AN INSTANT TAN. START WITH SHORT EXPOSURES AND BUILD UP GRADUALLY. FOLLOW INSTRUCUTIONS PRECISELY.

-VEAR PROTECTIVE GOOGLES. WITHOUT THEM, UVA CAN DAMAGE THE RETNA AND PROMOTE FORMATION OF CATARACTS.

-IF YOU ARE ESPECIALLY SENSITIVE TO SUNLIGHT, MAYE A HISTORY OF

AND PROMOTE FORMATION OF CATARACTS.

-IF YOU ARE ESPECIALLY SENSITIVE TO SUNLIGHT, MAYE A HISTORY OF SKIN PROBLEMS OR ARE TAKING ANY MEDICATION, CONSULT YOUR DOCTOR BEFORE PERBARKING ON A TAN. MANY MIDELY-USED DRUGS, INCLUDING ANTIBIOTICS, DIRUBETICS, TRANQUILIZERS, ANTIHISTAMINES AND OTHERS CAN INCRASE YOUR REACTION TO ULTRAVIOLET RADIATION AND CAUSE SEVERE BURNS. (CERTAIN INGREDIENTS IN SOME SOAPS AND COSMETICS ALSO HAVE THIS EFFECT.) SOME SKIN PROBLEMS, SUCH AS COLD SORES, ARE AGGRAVATED BY ULTRAVIOLET. AND IF YOU SULALLY BURN EASILY AND DON'T TAN IN THE SUN, DON'T EXPECT ANY MIRACLES FORM ARTIFICIAL RAYS — THEY'RE UNLIKELY TO TAN YOU EITHER.

FROM: HEAD TO TOE
WINTER 1986
BCMA COMMUNICATIONS COMMITTEE



Ottawa K1P 5B1 (613) 234-6827

HELP BREAK THE PATTERN OF POVERTY

Classified ads cost \$1 per 25 words or less, and must be prepaid and submitted in writing. Discount for multiple insertions: 5 issues for the price of 4. The Link office is located in the SAC building, just inside the East entrance. Mail classified ads to: The Link, 3700 Willingdon Avenue, Burnaby B.C. V5G 3H2.

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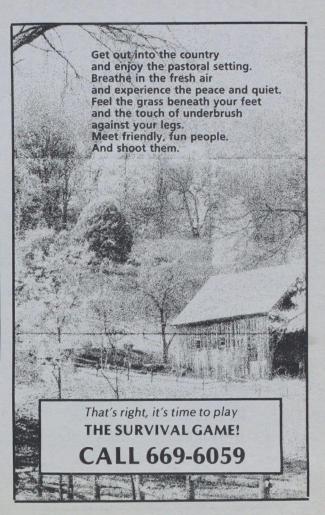
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To keep the board active and up to date, tags will be removed on the following dates: October 31st, December 31st, Spring Break and May 31st.

It is your responsibility to replace your tag after these dates.

V. (Vic) Bali of AMBUSH BUILDING MAINTENANCE LIMITED is pleased to announce CARPET CLEANING and PRESSURE WASHING SPECIAL for BCIT Staff and Students

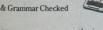
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# **Student Association** Laurie Jack Awards

Laurie lack was President of the BCIT Student Association 1971-72. He was killed in an airplane crash in 1975 and together with his parents, the S.A. jointly sponsors three awards of \$400.00 each. They are awarded annually to first year students proceeding to second year or second year students returning for a third year.

Criteria: a students must have given time and service to the cause of student life at BCIT such as involvement in student government, sports, a general interest in student affairs. Nominations should include a brief resume of background and service rendered.

Forward nominations to the S.A. office in the SAC. Closing date: May 27, 1987.

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# The EAC has it!

Register Today at the **Employment Action Centre** 

4th Floor, J.W. Inglis Building

or call 438-1343



The resume is designed to get you an interview with a prospective employer. The style of your resume is a personal decision and should reflect your individual skills and areas of effectiveness. Be flexible in your format.

Most resumes are up to three pages in length and look most effective when done on a word processor. Coloured paper is acceptable, but good white or buff coloured bond gives a very professional impression.

The following format has proven to be popular with employers and is versatile enough to be useful in a wide range of industries.

#### PERSONAL INFORMATION

This information may be centred at the top of the first page. It includes your name, complete address, telephone number and message number.

not include birthdate, height, weight or health unless it is a requirement of the industry you work in or unless you have a health problem that could affect employability. Also, it is no longer advisable to include your social insurance number on your resume, for reasons

Resume Writing

#### CAREER OBJECTIVE

This statement should not longer than sentences. It should explain the job you want and/or the kind of company you want to work for. It may also include a statement about your best qualifications for the job you want as well as a statement about any other special skills, abilities or attitudes that will bring you the job.

Employers have stated that this is the most important part of the resume.

#### EDUCATION

Start with your most recent educational accomplishment first. Do not undersell your education. BCIT should be written out in full and describe your diploma as a 'National Diploma of Technology'. Also, list a few of the major courses included in your two year course BCIT. A copy of year

be attached to your resume. You may also include a category for 'special courses, projects or awards'

It is imperative that all the information for a particular marketing page remain on and that any one page additional information, particularly **Employment** History, start on a new page.

#### **EMPLOYMENT HISTORY**

This category is the one that varies the most in resume design. You may choose any format that best accentuates the skills and experience you have acquired in the labour force. However, remember to highlight the occupation you held rather than the name of the employer or the dates you worked.

Include a brief description of your job duties and note any transferable skills acquired (e.g. analyzing, organizing, public speaking, persuading, writing, etc.)

Do not discuss reasons for leaving or salary earned. The resume is not intended to answer every question the employer may have.

# HOBBIES, ACTIVITIES AND AFFILIATIONS

This category gives you a chance to give a potential employer some insight into your character and personality. You may include clubs or professional associations, c activities, volunteer hobbies and sports. campus

### REFERENCES

Excellent references supplied upon request.' Do not include references unless you are sending a resume at the request of an employer. This procedure will preserve the confidentiality of the people you use as references as well as allow you to change your references for a

particular employer.

If you are invited to an interview, bring a list of references at that time. Rembember, before listing a reference in your resume, you need permission from that person.

### RESUME REMINDERS

Check spelling grammar. Have your resume professionally typed or done on a word processor. Use good bond paper. Check your references.

## COVERING LETTER

Mail your covering letter and resumes to a particular person. Your company research will reveal who is responsible for hiring in a

particular company.
The letter should include such things as the position you are applying for and/or your career objective; the reason you are seeking employment with this employment industry; a company or knowledge organization you are making application to and; availability for interviews.

BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY



## APPLIED INDUSTRIAL COMPUTING

## ONE YEAR POST-DIPLOMA PROGRAMS

Students with a relevant diploma or degree are invited to apply.

SPATIAL INFORMATION SYSTEMS

Designed to assist students with earth sciences backgrounds: survey, civil, mining, forestry management, to use computers to solve problems within their disciplines. Courses include Computer Programming Fundamentals, Mini/Microcomputer Environments, Computer-aided Mapping, Digital Elevation Modelling, Communications and Networking, Data Collection Techniques and Remotely Sensed Data Processing.

Equipment is state-of-the-art mini (Intergraph) and micro systems.

CAD/CAM

Designed to assist students with general engineering backgrounds to use computers effectively in all phases of engineering - design, drafting and production. Courses include Computer Programming Fundamentals, Mini/Microcomputer Environments, Communications and Networking, Graphics Programming, CAD System Optimization, Parametric Parts Programming, File Handling and Databases.

Equipment is state-of-the-art mini (Intergraph) and micro (Autocad, Computervision) systems

ADVANCED MANUFACTURING

Designed to assist students with mechanical engineering or technology backgrounds to update their production skills by more effective use of computers. Courses include NC Parts Programming, CNC Higher Level Languages, Computer Drafting and Model Production, Graphics Parts Programming, Computer Pro-gramming Fundamentals, NC Machine Operation, Robotics and Scheduling Techniques

Equipment is state-of-the-art NC with mini/microcomputer operation

Program information: Student Services, Building 1A, 2nd Floor, (604) 432-8433 or Charles Goodbrand (604) 432-8488. BCIT, 3700 Willingdon Avenue, Burnaby, B.C., V5G 3H2.