



Capilano College

**Women's Access
Centre**



Winter 1986

**Community Resources • Library Materials
Credit Free Activities • Life and Career
Planning • On Campus Programs**

WOMEN'S ACCESS CENTRE

The Women's Access Centre attempts to ensure equal access to education for women.

Educational and career planning have become more difficult because the employment opportunities traditionally available to women are decreasing. However, many new opportunities are becoming available, such as jobs in technical and trades occupations. Informed decision-making based on a wider range of options is necessary. Regardless of the direction a woman may choose, the Centre tries to ensure that the decision is based on the individual's particular interests and abilities; and, that a person has considered a wide range of options.

To assist potential students and current students in making educational and career decisions, the Centre offers a variety of short courses and services.

The Centre also has an extensive library of books, periodicals, and papers by and about women. The Centre is a place where you can study, get assistance for writing papers or doing projects, use the library, and have the faculty and staff help you with goal-setting.

We are also available to help with complaints, such as sexual harassment, which may present barriers to educational opportunities. The College specifically prohibits sexual harassment. If you need assistance, call us.

The Centre also attempts to ensure equal opportunity for women in all aspects of College activities. For example, the Centre is available to faculty, staff, administration, and students to review policies, practices and curriculum which may present barriers to women.

ASSERTIVE COMMUNICATION



Assertive behaviour allows a person to express honest feelings comfortably, to be direct and straightforward and to exercise personal rights without denying the rights of others. Workbook required. (Four sessions)

CAREER PLANNING



This workshop is designed to help participants assess their present situation and clarify possible options for change. The steps involved in decision-making will be covered. Workbook required. (Five sessions)

MAKING FRIENDS WITH A COMPUTER



A basic orientation to the uses and application of microcomputers. Hands-on experience is provided to build familiarity with the computer. A nominal materials fee is required. (Four sessions)

THE ABOVE COURSES ARE SCHEDULED AT TIMES CONVENIENT FOR THE PARTICIPANTS. WORKBOOKS ARE AVAILABLE IN THE BOOKSTORE.

WOMEN'S DISCUSSION GROUP



A support group offers women a place to discuss many important problems and issues in their lives. A group leader will be present to plan constructive meetings. This group meets once a week.

FOR MORE INFORMATION OR TO REGISTER, PLEASE PHONE THE WOMEN'S ACCESS CENTRE AT 986-1911 x279 DURING THE FOLLOWING HOURS. MON. 9:30-2:30, TUES. 1:30-4:30, WED. 1:30-4:30, THURS. 9:30-4:00, FRI. 9:30-12:00.

RITA JOHNSON MEMORIAL AWARD

The Rita Johnson Memorial Award was established in honour of Rita Johnson who worked in the Women's Access Centre at Capilano College. She was working toward a Master's Degree in Counselling at U.B.C. Rita Johnson began post-secondary studies in her middle years, after raising four children. The Rita Johnson Memorial Award was established to assist mature women students enrolled in either part-time or full-time studies in any field of post-secondary study. Preference will be given to mature women who have an interest in academic studies and who have a demonstrated interest in and awareness of women's issues. Applicants may be (or plan to be) part-time or full-time students. Student applicants will hopefully have at least a 'B' average. Prospective student applicants will hopefully demonstrate an active interest in returning to school and/or paid employment. Applications are available at the Women's Access Centre, B135, and the Financial Aid Office in M Building, and can be submitted at any time.

Capilano College

Serving North and West Vancouver, Howe Sound and the Sunshine Coast
Administrative offices -
2055 Purcell Way, North Vancouver, B.C. V7J 3H5 (604) 986-1911