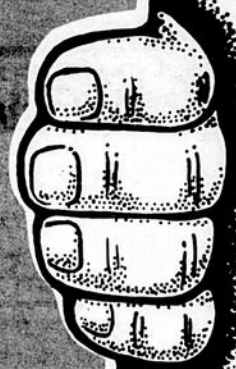




**BACK
TO
SCHOOL**



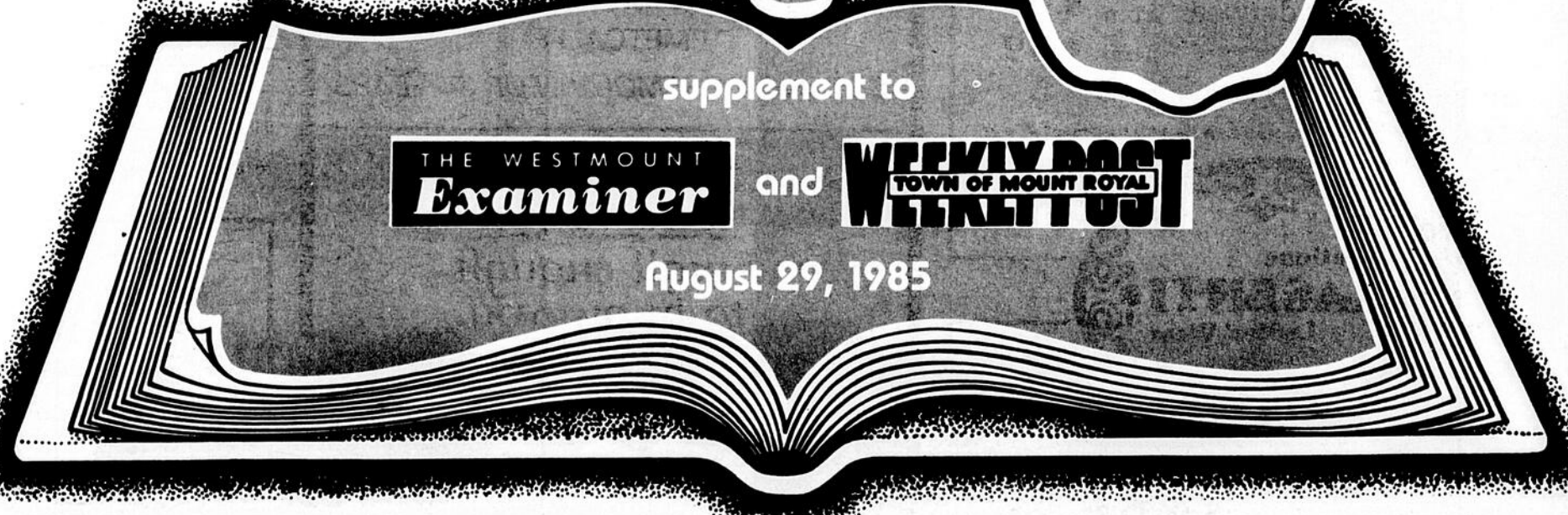
supplement to

THE WESTMOUNT
Examiner

and

WEEKLY POST
TOWN OF MOUNT ROYAL

August 29, 1985



Educational software

Back to school with computers

Many people look upon computers as an aid to adults, whether the equipment is used to manage a small business at home, organize recipes or balance a cheque book.

For children, home computers traditionally are seen as sources of entertainment. Software for a few games often comes with the package when a home computer is purchased.

However, computers are becoming recognized as educational devices for children. In fact, schools without computers are looked on as underprivileged, according to Dorthea Atwater, syndicated columnist and author of the Ballantine book series "First Aid For Your IBM PC, Apple IIe and Commodore 64."

It has become necessary in today's high-tech world that children know how to operate com-

puters. But it also is important that parents and teachers "do not become sidetracked into letting children become computer literate while remaining illiterate in the 3 Rs," Atwater said.

Learning basics

Enter educational software. Computer companies are making more and more educational software programs available to assist in teaching traditional subjects like math, reading, spelling and composition. So while operating the computer, the child still is learning the basics.

Software programs are age-specific, ranging from kindergarten to college-age students. And such programs can cost as little as \$25, Atwater said.

Atwater suggests talking with a

school principal or teacher before purchasing educational software. They can help direct you to programs that are compatible with what is being taught at school.

In addition, there are several books and magazines that review and evaluate educational software.

When actually shopping for software, make sure to see the program in operation on the same model computer as you own, Atwater said.

In addition, look for:

— A clear message in the learning material;

- Logical progressions from one concept to another;
- Reinforcement messages for good scores;
- The ability to correct and give the right answers, and
- The ability to be reprogrammed.

Getting the right printer enhances computer

Many parents who bought a home computer as an educational tool now are finding that it can be even more valuable with the addition of a word processing program and a printer. This combination allows students to print homework

assignments and term papers.

But choosing the best printer product from among the myriad of models available can be as confusing as choosing a computer was a few years ago.

One of the most important features to consider when shopping for a printer is ease of use. In the past, installing and learning how to use a printer often was time-consuming and confusing. However, with computers in millions of homes, printer manufacturers have recognized the need for full-featured, reasonably priced, user-friendly printers geared to the computer novice.

"Most home computer users want a printer that they can hook up easily and quickly," said Cliff Bream, director of marketing for Epson America Inc., a supplier of dot-matrix printers and manufacturer of the HomeWriter 10 printer. "Now, consumers can select a printer with a printer

interface cartridge that makes connecting it with most home computers a simple plug-in job."

While ease of use and compatibility with popular computers ranks high on the shopping list of most printer customers, other factors also are important in the purchase decision.

For example, quality varies according to printer design, price and manufacturer. Dot-matrix printers usually are the least expensive and produce printing called draft or correspondence quality. Most dot-matrix printers provide output that is easy to read and acceptable for schoolwork, business reports and just about everything but the most formal business letters.

Crisper image

Letter-quality printers produce a crisper, cleaner image, but they

Continued on page 15

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Children can help plan back-to-school wardrobe

Say the words "back-to-school wardrobe" to many mothers, and you conjure up visions of crowded clothing stores and big bills followed by frustration when the child later says: "Mother, I won't wear that!"

There are several ways, however, to avoid that scenario. First, let the child help to plan and select his wardrobe. Also, parents might sew the clothing themselves.

"Making your child's back-to-school clothing yourself can save a lot of money," says one fabric manufacturer. "And children can learn about quality construction, color co-ordination and style by helping to choose patterns and fabrics."

There are several ways to inter-

est a child in planning a sensible and affordable wardrobe. The manufacturer suggests making a game of evaluating last year's clothes and hand-me-downs. After the child has modeled potential outfits, make piles of the fashions: one to give away, one to save for a younger sister or friend, one to be altered and one to wear.

Make a list

Older children can make a list of the clothing to keep, noting colors and styles and mix-and-match possibilities. Point out what pieces and colors will be needed to complete the back-to-school outfits. Younger children can draw a simple picture

of each clothing item — outlines of three skirts and four blouses, for instance. Then get out the crayons and let the fledgling designer fill in the pictures. Coach her on color co-ordination by cutting out the paper clothes and having her put matching separates together. Point out what additional colors and pieces she needs for fall and let her draw them herself to complete her wardrobe.

One of the best ways to get children interested in sewing is to go shopping — the purpose need not be to buy. If the child likes to look at clothes, take her to a store — the more fashionable the better — and let her show you what she likes. Be sure to remind her to look



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at the price tags. Then let her choose patterns and fabrics similar in style. The joy of the bargain will be felt when she helps recreate a designer look at half the price.

Following are other advantages to sewing a wardrobe:

Mix and match. Because you have devised a master plan, you can buy material to make separates that will combine to create a number of outfits.

Fabric choice. When you sew, you can pick prints appropriate to a child's size and tastes in easy-care fabrics that are machine washable and need little ironing. Garments then will maintain their original quality — even when worn in future seasons by a younger sister.

Designer looks. Many quality children's wear manufacturers now license their styles to pattern and fabric companies so you can recreate expensive dresses.

Room to grow. By giving your home sewing projects generous hems and tucks, they will keep pace with inevitable spurts of growth.

Accessories to order. Left-over fabric and notions can be used in making matching bonnets, drawstring purses or doll clothes.

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Year-round schools mean cost savings

For more than 300,000 students across the United States this year, the fall "back-to-school" season doesn't really mean back to school. These students attend the more than 350 schools nationwide that observe a year-round system of scheduling classes.

According to statistics compiled by the National Council on Year-Round Education, more than 50 school districts in about 15 states use a year-round system of scheduling classes in their schools.

Some educators see year-round schools as a solution to overcrowding, relying on efficient scheduling rather than costly new buildings to hold an increasing number of students. Dr. Lambert Baker, associate dean of the school of education at United States International University in San Diego, urges parents and educators to take a second look at the year-round system of education.

For most, it's a system in which students go to school for 45 days and then have 15 days of vacation, according to Baker, although other schedules are in use.

In "multi-track" systems, various classes using the same school building rotate vacation time so that the building always is in use. This is a cost-saving system — it allows increases of student popula-

tion by 25 percent over the traditional system of closing schools in the summer. So when student population temporarily increases, fewer new schools need to be built.

"With the number of students peaking and then declining every seven to nine years, why would any school district (and its taxpayers) choose to build a school building they will have no use for later on?" asked Dr. Charles Ballinger, executive secretary of the National Council on Year-Round Education.

Single-track system

Baker also is an advocate of the "single-track" system of year-round education, in which vacations are taken by the entire school at one time, but are spread throughout the year. Schools choose this system as an educational alternative rather than a cost-saving measure.

There are mixed results about achievements by students when comparing year-round and traditional schools. There are, however, no known studies showing that year-round students have lower scores, and there are many documenting improvement, specially in reading and specially for students in the lower halves of their classes, according to the national council.

Also, according to the council, year-round schools have much less vandalism, and attendance records for both teachers and students are better. Perhaps it's easier to "tough it out" when you know there's a vacation coming soon, Ballinger suggested.

Teacher opposition has been a major stumbling block to the acceptance of year-round schools, but Ballinger said opposition is confined to teachers who have not tried the year-round concept.

"Many teachers like teaching year-round, once they get over the initial resistance to losing the long summer vacation," Baker said.

In some schools, there are waiting lists for teachers who want to transfer from traditional schools to year-round schools, Ballinger said.

In communities where year-round schools are being used, many parents and students also have become fond of the system that allows breaks in each season of the year rather than 12 weeks off in the summer.

One often cited problem — arranging child care for working parents — usually is overcome when a year-round program gets underway because child care providers adapt to the new schedule, as well, Ballinger said.



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Children should see their way back to school clearly

Back to school means back to homework, reading, organized sports and other tasks that require good vision.

According to an association of optometrists, parents should not assume that a child who has

received a quick vision screening or successfully passed an eye chart test has perfect vision.

The school eye chart, a test that has been in use with few changes since 1862, measures only what the viewer can see clearly at 20

feet. Therefore, passing this test does not mean that a child has perfect vision, since no check has been made of eye co-ordination, near vision and other important skills.

The best way to be sure that a child has all the vision skills required is to have him undergo a complete optometric examination. The association recommends this as an annual procedure for all children beginning at age three.

A child's comprehensive vision examination will take from 30 to 60 minutes for the first examination and should include a review of the patient's and family's general health and eye history; an examination of the eye's interior for signs of eye disease or general health problems, and tests for a variety of vision skills. Tests for depth perception, color vision and eye-hand co-ordination should be included.

Aside from professional care, parents should be on the lookout for early warning signs that may indicate a child has a vision problem, according to the association. Among these signals are: a tendency to sit very close to the television

set; squinting when looking at distant objects; holding reading material either very close to the nose or more than 40 cm away; irritability after a period of sustained concentration, or tilting the head or the entire body when looking at a book or other material. Complaints about an inability to see the school blackboard, headaches and aching or burning eyes should be investigated and reported to an optometrist.

Offers tips

The association also offers the following tips for parents to encourage children to practice good vision and eye safety habits:

— Set up a homework centre. Proper lighting for reading and studying should include both overall room lighting and desk lighting. Desk lighting should be no more than three times brighter than the light in the rest of the room. Aim

for an area with soft, light colors. If you must use a dark desk, add a light-colored desk pad.

— Encourage a child to hold a book approximately at a 20-degree angle and 30 to 40 cm away from his face.

— Suggest eye breaks when a child reads or studies for extended periods.

— Make television viewing easier on the eyes. A child should watch TV from a distance at least five times the width of the screen and in a room with soft overall lighting. If he has glasses or contact lenses prescribed for distance or television viewing, be sure they are worn.

— If your child plays any eye-hazardous sports such as baseball, ice hockey, tennis, karate, archery, etc. be sure that appropriate eye safety equipment is worn. Even youngsters who wear contact lenses or glasses need special eye safety equipment.

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How to keep specs on children's noses



EYE WEAR: Selecting eye wear that children will wear is a difficult task for many parents.

Do famous names such as Snoopy and Charlie Brown — or Papa Smurf and Smurfette — really mean anything to a kid who needs eyeglasses?

You bet they do, say spokesmen for Avant-Garde Optics and Ber-Del International Optics, two manufacturers of children's eye wear. In fact, they claim that such popular characters can make the difference between a child's wearing his glasses or hiding them.

Eye wear designed exclusively for children is created to bring smiles rather than tears to young faces.

Too many parents, unfortunately, regard their child's eye wear as a necessary evil, not to be given as much consideration as the latest designer jeans or sneakers. Children's eye wear is, in fact, very important business.

"You'll find that top-quality, well-constructed frames offer the greatest comfort and durability, and with the addition of tiny cartoon characters, eye wear can be a lot of fun, as well," said Carlos Berl, executive vice president of Avant-Garde.

Well-built frames can be used through a number of prescription changes. That's why it is vital to purchase frames that appeal to a child's sense of style and comfort. Otherwise, the eyeglasses may disappear in school or at play.

For optimum use and enjoyment, Avant-Garde and Ber-Del recommend the following guidelines when selecting eye wear for children.

— Build up excitement and anticipation at the prospect of getting glasses. If either a parent or a sibling wears glasses, be sure to include your child when discussing, selecting or purchasing any family member's glasses.

— Look for a proper fit. Bridge size is especially important. Too narrow a bridge will pinch and leave unsightly marks; too wide a bridge will slide down the small nose of a child. Check for proper, comfortable temple length, as well:

— Check for sturdy construc-

tion. Well-balanced, well-built frames will stand up to the rough treatment most children give eye wear. Many frames are available with spring-hinge construction at the temples for added strength and durability.

— Don't underestimate your child's tastes. Kids know what they like — upbeat colors, fun styling, softer, more subtle tones that are more flattering to a child's complexion than harsh, dark colors. Let your child pick what he likes. It's more likely he'll wear, rather than hide, eyeglasses he gets to choose.

Tips for lunch

Here are some hints for saving time in preparing school lunch boxes:

— Make sandwiches ahead of time and freeze for up to two weeks. Good fillings for freezing: cold cuts, peanut butter (but not jelly), meat loaf, tuna, beef, turkey and chicken.

— Mayonnaise can be frozen only if it takes up no more than one-third of the volume of the sandwich.

— Pack the lunch box straight from the freezer; sandwiches will thaw before lunchtime.

— Pack non-perishables, such as cookies, chips and fruit, the night before.

— For great mini-shakers, cut straws, fill with salt or pepper and twist the ends.

— Put ketchup and mustard in pill containers with snap-on lids.

— For interesting variety use cookie cutters to cut sandwiches into various shapes.

Arabesque

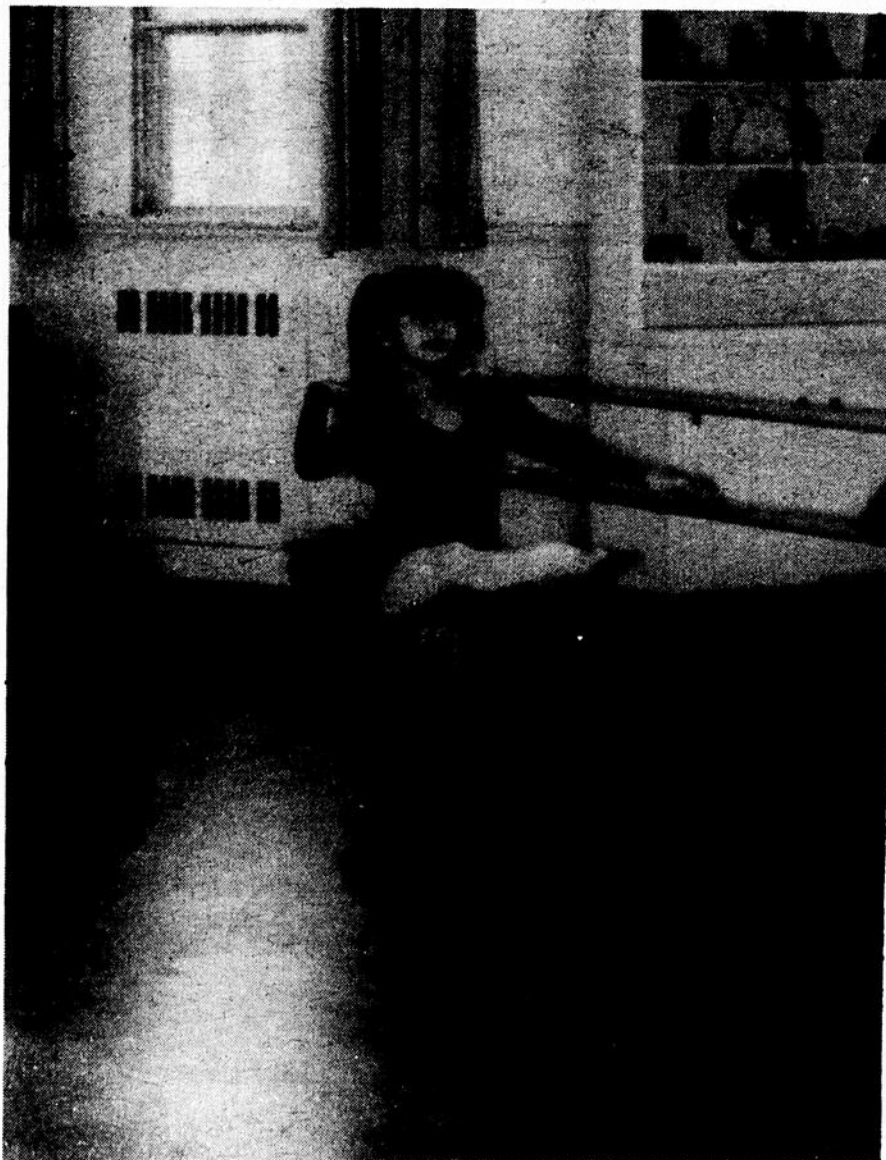
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Educators disagree:

**What skills needed
for jobs in the '90s?**

Just how much education will it take to get a job in the 1990s?

Leaders of high-technology industries and many educators are convinced that a large pool of skilled workers will be needed for the job market of the future, and that only those with good technical skills will be able to escape menial jobs.

"Many of today's skills considered to be of a higher level are the potential basic skills of tomorrow," one organization said in a survey report.

But another expert has offered a serious challenge to that popular wisdom.

He said the public is being misled into believing there will be a huge job market for technicians in the next decade when, in fact, most available jobs will be menial.

High-tech leaders point to hefty percentage increases in the number of computer programmers, mechanics and operators that will be needed in the next decade.

But "the percentages are misleading," said the expert. If there are 10 people in a job now and 20 will be needed by 1990, it may well be a 100-percent increase, but it still is only 10 jobs.

Only high school

In real numbers, the vast majority of future jobs will call for only a high school education, and not much high school at that, according to the expert's research.

He challenged another popular belief by predicting that people will be able to survive in an increasingly technical world with

fewer rather than more, technical skills.

The common assumption is that as technology increases, more technical skills will be needed to survive. But in fact, he said, while there is a need for increased personal technical skills when an innovation is introduced, this quickly gives way to a decreasing need for skills as the new process takes over more and more human operations.

He used the development of the automobile and the camera to illustrate the point.

Fifty years ago, a person had to have some mechanical skills to drive a car. But today, virtually no technical skill is needed. Likewise, in photography, expanding technology has made it possible for most unskilled people to take quality pictures.

A cognitive psychologist at a major computer research and production company, agreed with the expert stressing that the next major goal of the computer industry is to make it possible for people with little or no technical skill to use the machine.

Must adapt

When technology is new, a person must change to meet the demands of the machine. But if the machine is to survive, the psychologist said, it must quickly be adapted to be usable within the comfort zone of the average person.

The researcher noted that not only does the need for technical skills decrease, but also the need for education. Not long ago, a person had to have good basic

math skills to land a job as a cashier.

But today, the employees of a fast-food restaurant, for example, barely need to be able to read numbers. Their cash registers have pictures of hamburgers, sodas and fries to punch instead of a cash amount — the computer adds up the total and tells the operator how much change to give.

In a supermarket, cashiers now merely drag merchandise across a computer that reads a bar code price. The computer totals the cost, notes the amount of change and automatically reorders to maintain a balanced inventory.

Most of the jobs left for people to do in a supermarket are manual — putting goods on the shelves, bagging purchases and the like.

Rather than upgrading human job skills, the expert said, technology in most areas actually is downgrading them.

But, he added, schools still are producing graduates with increased technical skills. This he warned, could lead to a large pool of overtrained people with no jobs available to match their skills.

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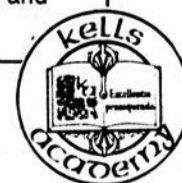
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Permit #749-544

Parents can help children develop good study habits

Back to school means back to homework and a more organized way of life after a carefree summer of fun. The transition is not always easy for a child to make, and he may need encouragement to develop good study habits.

One way to help him get down to business is to set up a homework centre. The centre should be as private and quiet as possible, perhaps even in the child's room. Other areas to consider are a quiet corner of a family room or even under-utilized space in a dining room.

The student will need a desk or other work surface and a comfortable chair that supports the back. He also will need storage for work materials and sufficient lighting for reading and writing.

While you are providing the basics, don't overlook some fun. Let the child's interests determine accessories such as a treasured seashell collection to spark happy memories of the past summer, framed photographs of family pets or a calendar highlighting special birthdays and holidays.

A few touches can be both fun and practical, such as paperweights or mugs to hold pencils and pens. These come in a variety of fun designs that range, based on a child's age and interests, from Care Bear cartoon characters to

Monopoly game graphics.

Vision habits

A child also should be encouraged to practice good vision habits, since these will contribute to overall success in school. According to optometrists, desk lighting should be no more than three times brighter than the light in the rest of the room. A 100-watt bulb usually is adequate for the desk lamp.

Optometrists also suggest that parents encourage children to hold books at a 10- to 20-degree angle approximately 30 to 40 cm from the face. If a child's work requires long periods of concentration, suggest that he look up and away every so often to refresh the eyes and reduce eye strain and fatigue.

It is a good idea to have a youngster's vision examined by an optometrist before he is 3 years old and again before entering school. Thereafter, annual optometric examinations are recommended.

In addition to setting up a homework centre and laying out guidelines about when work is to be done, try to encourage a child to discuss his schoolwork. Suggest that he keep careful track of all assignments and be sure that he has all necessary materials before

beginning each homework project. If special reference books are called for, buy them, or schedule trips to the public library.

With a little planning and encouragement, parents can play active, helpful roles in starting a child off on a happy and productive school year.



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Back-to-school time creates a special concern for working parents. Generally, working parents begin a bit earlier and end their work day several hours later than their children's school day. This can be a source of concern, but many working parents enroll their children in child-care centres that have special programs to accommodate schoolchildren before school as well as after — until a parent can pick them up on the way home from work. Some even offer transportation for the child to and from school to the centre itself.

A checklist to aid parents in selecting the best child-care alternative has been developed by child-care experts.

While visiting prospective child-care centers, parents can use the checklist to rate centres in four areas: the facility, the staff, the centre's program and centre operations.

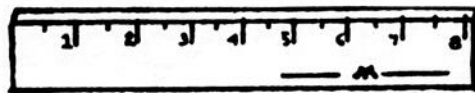
Key questions to keep in mind when selecting a child-care program are:

- Does the centre have an open-door policy and are parents encouraged to visit at any time?
- Does the staff respect each child as an individual and teach children to respect each other?
- Is the after-school program challenging and fun with suitable age-specific activities?
- Does the centre have a writ-

ten, planned program you can see in action?

— Is the tuition affordable with receipts available for income tax credits?

BACK TO SCHOOL



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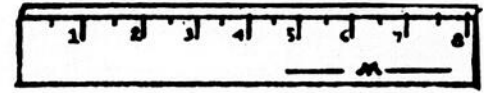
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Return to campus a challenge for older students

Lynn Jenkins can empathize with students who feel apprehensive about returning to a university campus after years away from the academic life.

She followed the same path before finding her niche as a counsellor in a career-planning centre.

"I know exactly how they feel," she said.

"I was graduated from university with a bachelor's in philosophy

and music. It wasn't exactly the kind of degree that made me a hot prospect on the job market, so in time I decided to go back and get a master's in counselling.

"I wasn't out of school that long — only four years — but I remember I was a little worried about how I would do in a classroom with younger students. It turned out I did just fine."

Re-entering students are a grow-

ing minority on campuses across the country, Jenkins said.

Some students are seeking new careers. Others are sharpening their professional skills to win job advancement. Some go back to university life for the fun of it.

Said the chairman of one re-entry advising committee: "It is a national trend, and it will get more pronounced as the average age of our population rises — we have more older people than we've ever had — and the number of people between 18 and 22 gets fewer and fewer."

The re-entering students have basically the same fears, Jenkins said.

'Will I fit in?'

"The main one is: Will I fit in? Being a mature person in a classroom with mostly younger students, how will I be able to compete?"

"Since the majority of re-entry students are women, they have family concerns. If she is divorced with a growing family, who will watch the kids while she's in school? Or, if she's working, how can she fit her school schedule in with her work schedule?"

"Depending upon the time that has elapsed between the first time they were in school and their return, they may worry about whether they can hack it academically. Will they be able to sit themselves down to the grind of studying difficult subjects and get good grades?"

Jenkins said those are reasons that counselling offices at many universities offer special programs to ease re-entering students into campus.

Most programs include a tour of the campus to acquaint the stu-

dents with classroom buildings, the cafeteria, the bookstore and other points of interest.

Also, workshops on time management, career choices, financial aid and study skills frequently are offered.

'What to expect'

"We tell them what to expect when they get here, how to survive," Jenkins said.

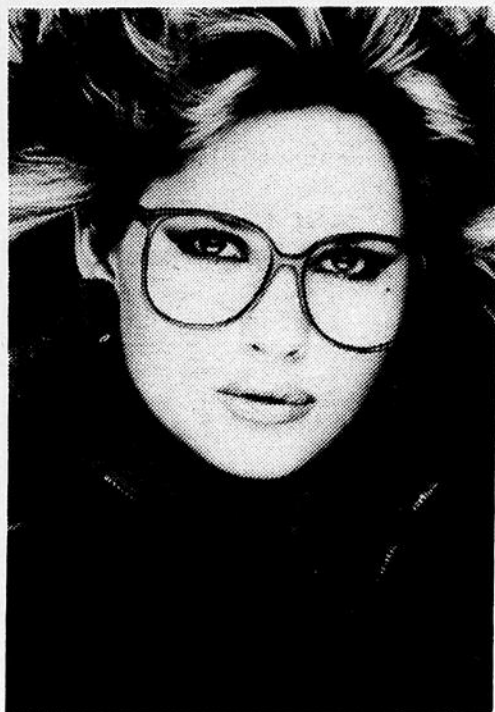
"We take up some basic things, such as parking, which is a big hassle for students, specially for those not accustomed to it.

"There is general career counselling, talking about what courses they should take for a certain degree, and whether they need financial aid to get by while they're in school!"

Jenkins said re-entering students generally do quite well.

"They usually have an advantage over younger students because they have a clear idea of why they are in school," she said. "They know what they want and go after it. I'd say most are pretty assertive."

"They are motivated and, as a result, they do all right in the classroom."



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Ministry of Education Permit 749-701

Chores, television, boredom take over as school lets out

What happens when kids get out of school and into the street?

Volumes have been written about life in school, but a group of researchers spent five years trying to find out how youngsters on the cusp of their teenage years spend the vast amount of time away from school.

Their conclusions provide an education for parents.

"We used to talk of the trinity — church, family and school — as the principal socializing agents," said the project director. "Now we must add TV and the streets in this era of the independent child."

What the researchers found was that kids are not just "products of their ethnic, environmental or economic backgrounds," but also "products of the opportunities

available to them," he said.

The researchers interviewed 965 11- and 12-year-olds representing a wide range of ethnic and economic conditions.

Estimating that children spend 65,000 hours outside of school compared to only 11,000 in school, the researchers focused on five areas of children's time use: activities "on their own" (alone or with friends); activities with parents; organized activities; television viewing, and home chores or jobs.

Some findings:

Children on their own:

— 41 percent said they often feel bored and do not know what to do after school and on weekends.

— 81 percent said they would like to spend more time doing things with their parents.

— 13 percent said they have "not very much" or "hardly any" time to do the things they want to do.

Parents and children together

— In 30 percent of one-parent and 23 percent of two-parent families, no adult was at home to be with the child after school.

— 20 percent of the children said they rarely do things with their parents on weekends.

Organized activities

79 percent were involved in at least one organized after-school activity during the school year.

— 71 percent of the boys, but only 47 percent of the girls, were involved in sports.

— 35 percent of the girls and 21 percent of the boys were involved in the performing of fine arts.

Television

— 42 percent of the children watched three or more hours of TV daily; 28 percent watched less than 1½ hours.

— 35 percent of the children lived in households in which the TV was turned on in the afternoon, at dinnertime and all during the evening.

— 80 percent of the children said they can watch as much TV as they wish.

— 82 percent said they watch TV because they have nothing else to do.

Jobs and chores:

— 15 percent of the children hold regular-paying jobs outside the home.

— Children whose mothers work tend to have greater chore responsibilities at home. Of all children's chores, babysitting younger siblings is felt to be most important.

The researcher said these conclusions highlight the dramatic transition family life is undergoing

these days.


"Parents and kids are being severely tested," he said. "It's not easy anymore even for best-meaning parents to find time to spend with their kids."

"Children recognize this and view it with concern. Most like to be with their parents — it's considered fun time. Parents worry about it too, but life and schedules

being what they are these days, they often can't do much about it."

When parents aren't home after school, children tend to be less creative in using their time, he said.

"Unless the parent goes out of the way to find an activity for kids and is able and willing to pay for it, there often isn't much beyond TV to do," he said.



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University often is harder on parents

The freshman year at college is a trying transitional period — not only for students, but for their parents, as well.

"In some respects, the transition to college life is harder for the parents, because the older you get, the harder it often is to live with change," said one campus official.

But students new to university are expecting to change, to "expand their horizons," and so often are very receptive to new ideas and philosophies to which they are exposed.

During the opening weeks of school, however, child and parent alike usually feel uneasy and suffer from "anxiety of the unknown." The anxiety is resolved differently, however.

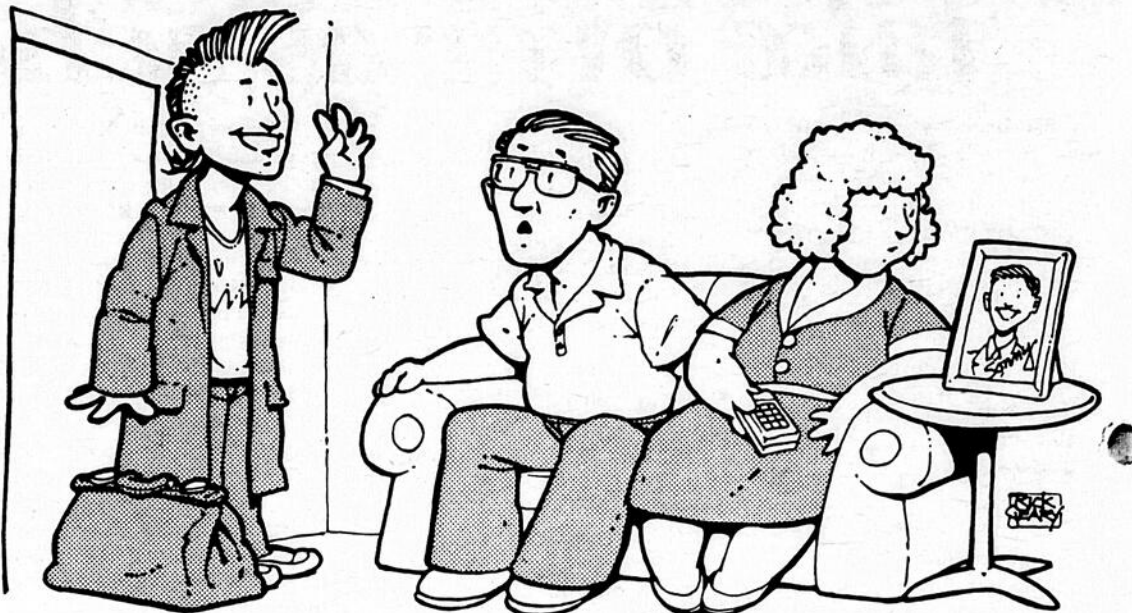
"Students are unraveling a little of the unknown each day. Parents, on the other hand, may have to wait days or weeks for a few clues,

depending on how reliable their offspring may be in calling or writing," the expert said.

No matter how little parents may know about their child's activities and no matter how much they want to know, they should resist the urge to visit campus immediately.

"We advise parents to wait about two months before visiting," he said. "It's important for students to experience their sense of independence, to operate freely on their own for a while."

In any case, parents generally will receive a "check-up" telephone call about a month after school has started. "A student may call, out of the blue, and ask about the dog, the car, his old bedroom and other things," he explained. Sometimes, the call indicates homesickness. Generally, however, the student merely wants to touch base or to



assert independence.

Other things parents can expect? Amateur psychoanalysis, probably around the Christmas holidays. "Freshmen go through Psychology 101 or they have lots of philosophical conversations with their new friends," the official said. "Then, over the winter break, many feel prepared to psychoanalyze their parents."

Many students also feel ready to question the family's value systems, traditions and beliefs. "Parents should be prepared to have their beliefs and values tested," he said.

"Parents need to know where they stand on things," the official added.

A parent who is outraged by his offspring's new attitudes and views might take solace in a veteran's observation: "Students use parents as a reference point. They want to try out new ideas, but they want to try them out on someone they're confident with."

Parents also may take solace in the fact that many universities offer orientation sessions specifically for parents. While the sessions usually are not titled "How to Be a Parent to a Freshman," that's the gist of the information presented. Most of the suggestions offered during the sessions apply to par-

ents of students living on campus, but many would apply to parents of commuter students, as well.

Specially valid is the suggestion to keep lines of communication open, no matter how strange or uncomfortable topics brought up by the freshman may be to parents.

"Even when you believe a topic is outlandish or think that a form of behavior is bizarre, leave the

door open for communication," the official urged.

Resist the urge, the administrator advised, to say, "That's the dumbest thing I ever heard," when your budding intellectual starts talking about a new religion, political theory or philosophical belief.

Bite your tongue if you must, but manage to say something like this: "That's an unusual viewpoint. Want to tell me more about it?"



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A few rapidly expanding areas that require technical education are described below. They present some of the most promising career opportunities for the remainder of this century, according to an operator of private technical career training centers.

Electronics engineering technology

Government and industry rely on sophisticated electronics systems to perform myriad operations in the fields of communications, computer technology, aviation, medicine and telecommunications. As a result, the demand for skilled electronic technicians is building faster than the electronics systems themselves, which include radios, televisions, computers, navigational equipment

and missile tracking systems. Technicians are needed to manufacture and service the network of wires and circuits that make these systems run.

Automated manufacturing technology

There could be as many as 100,000 robots at work in North American factories by 1990, according to the Robotic Industries Association. In turn, some 60,000 new jobs will be created in robot manufacturing, supply, engineering and use. The keenest demand will be for robotics technicians, say the experts. Graduates from a 3-year program in automated manufacturing technology earn positions as technical supervisors, industrial sales and field representatives and industrial consultants in this field that is poised for still faster growth into the 21st century.

Computer programming

The average office would grind

to a halt if its computers failed to perform. Computers are as crucial to the functioning of hotels and amusement parks as they are to banks and hospitals. Yet, without qualified computer programmers, even the most advanced computer systems would be worthless. Programmers actually write the instructions or programs that direct a computer to process the information it has been fed. These instructions must be in a computer language, such as COBOL, that the machine can "understand."

Computer programming is taught at vocational schools, community colleges and universities. For the greatest return on your training, seek out a program that teaches accounting, economics and statistics, in addition to the principles and languages of programming. This gives an edge when applying for a job, since most employers prefer programmers who are versatile enough to apply their skills in a variety of settings.

Automotive mechanics

Some authorities predict a continual increase in the flow of traffic, signaling a period of intense demand for professional automotive mechanics. In addition to more cars needing servicing, the

do-it-yourself method of car repair is likely to become less practical as the use of electronics, pollution-control and safety devices and other modern features make automotive care more complicated.

Job opportunities in automotive mechanics, like engineering technology, robotics and computer programming, are expected to be plentiful for people who complete

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Some sort of abacus was used by pupils in all civilizations of antiquity.



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Romances and friendships begun under the summer sun can fade as quickly as a tan when fall rolls around. Making friends through summer jobs, travel, camp and other activities can be one of the most rewarding experiences of vacation time, but students must make an extra effort to keep these relationships alive when the school year begins.

"Summer relationships are threatened easily by distance and the demands of school but, with a little imagination and effort, teenagers easily can keep summer friendships going strong," said one expert in the field of interpersonal communication. One of the best ways to stay in touch is through the mail.

The art of card and letter writing — particularly among young people — is said to be fading, but there's no better way to maintain long-distance friendships. Escalating phone costs and time-zone differences can make telephoning difficult, but cards and letters offer an appreciated means of keeping in contact, the expert said.

Following are some suggestions for keeping friendships strong throughout the year.

— Exchange cassette recordings. Tell about what's happening in your life — tape your favorite songs, jokes, even your dog barking or your mom yelling at you. Make a real audio production that

your friends will get a kick out of playing.

— Mail photographs. With your next letter or card, enclose photos from the summer or from current activities. Photos of you and your buddies together help to keep summer memories alive, while sharing school-year pictures keeps everyone up-to-date.

— Send other personal items. Other possible enclosures include newspaper clippings, either about you and projects you're involved in or simply humorous or interesting articles, ads or cartoons that remind you of the person you're corresponding with, and programs from projects during the school year such as plays, sporting events and concerts.

— Organize an occasion reminder. Volunteer to make up a form to send to your group of summer friends. On it, request vital statistics like current addresses, birthdays, zodiac signs, phone numbers, favorite celebrities, sports teams or hobbies and academic courses being studied. Then compile all the information and send to each member of the group so that everyone can keep track of and share special events and other occasions.

— Exchange local newspapers. Mail an entire issue of your community or school newspaper and have your friend send his in return. If you're really ambitious, start your own group's newspaper or newsletter.

— Play a game through the mail. Games like ticktacktoe, chess and hangman can be played through the mail. Simply draw the board on paper and mail each successive move back and forth. This is a novel way to keep in touch and will give you mail to look forward to.

— Pick the perfect card to send to a friend. The selection of everyday, non-occasion cards is incredible. While browsing through a card store, look for sections like "Across the Miles," "Thinking of You" or "Friendship." Whether you wish to convey a sentiment of zaniness or seriousness, you're bound to find a card just right for a friend.



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COMPUTERS...

Continued from page two

also are more expensive.

Printing speed varies as much as print quality. Dot-matrix printers usually are faster than letter-quality printers. High print speed can be an advantage for fast-turn-around or high-volume projects.

Fortunately for consumers, some printers now offer both the speed of dot-matrix and the sharp resolution of letter-quality printing.

Also important to consider is the variety of type styles a printer offers. The flexibility to produce pica and elite type, as well as boldface, condensed and italic, will enhance the impact of the document produced and can be worth paying a few extra dollars.

"Prospective purchasers also

should consider whether they'll need to print graphics," said Bream. "This capability is a must for many educational and business uses. Fortunately, models now are available that can handle graphics and word processing."

Some consumers consider it a great benefit if a printer is lightweight and compact. Others are more interested in how the paper is fed into the printer.

Quality and reliability, of course, are key considerations in any purchase. The manufacturer's reputation, the length of time he's been in the printer business and the extent of his warranty are good yardsticks in this area.

Equally important are availability and quality of service. Make sure you know what's covered under the warranty, where your printer can be serviced and about how long it will take.

Prevent problems for latchkey kids

National concern about children's safety is at an all-time high. With good reason — a growing number of children care for themselves every day, before or after school, while their parents are at work. More families than ever have two working parents, so this trend seems certain to continue.

The start of the school year is a good time to take a positive, preventive approach to the safety and well-being of children. Parents can help children gain self-confidence and learn to cope with all sorts of situations, by teaching them to prevent trouble before it begins.

Following are a few simple, commonsense pointers to get parents started.

— A child should know his full name, address and phone number, including the area code.

— In an emergency, teach a child to dial 0.

— Children should lock the door immediately after arriving home, and should call and check with parents at work.

— Key phone numbers for every child to remember: Mom and Dad at work, grandparents and at least one trusted neighbor.

— If a stranger calls when parents aren't home, a child should say, "Mom can't come to the phone right now," rather than admitting that he is home alone.

— In case of fire, children should leave the house immediately and seek help from a neighbor.

— Be sure a child's route to school is safe. Parents should walk the route with their child a couple of times to be sure. If at all possible, have him walk to school with friends, rather than alone.

In addition to educating children about safety, parents can make children feel better about taking care of themselves and spending time alone.

"Children need to follow simple but clearly spelled-out rules to ensure their well-being, but they also need to feel welcome and safe," says one home economist.

First, suggest leaving a radio or television on to create noise and

make the house feel less empty. During shortened winter daytime hours, leaving lights on will ensure that a child does not enter a dark house.

Second, it's important to occupy the child's after school time while waiting for parents to arrive home. The home economist suggests planning activities with a child the

night before.

"The child needs to take ownership of the ideas and feel some element of control. Planning activities together usually makes the game or project more enjoyable.

"Planning snacks the night before, and even preparing them in the case of young children, cuts down the eating of empty calories."

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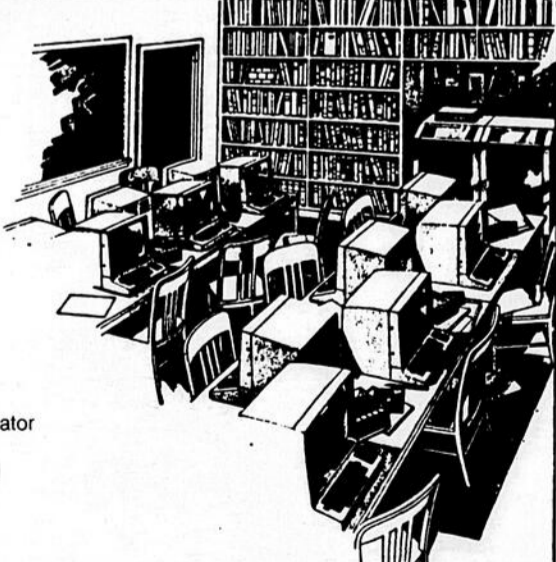
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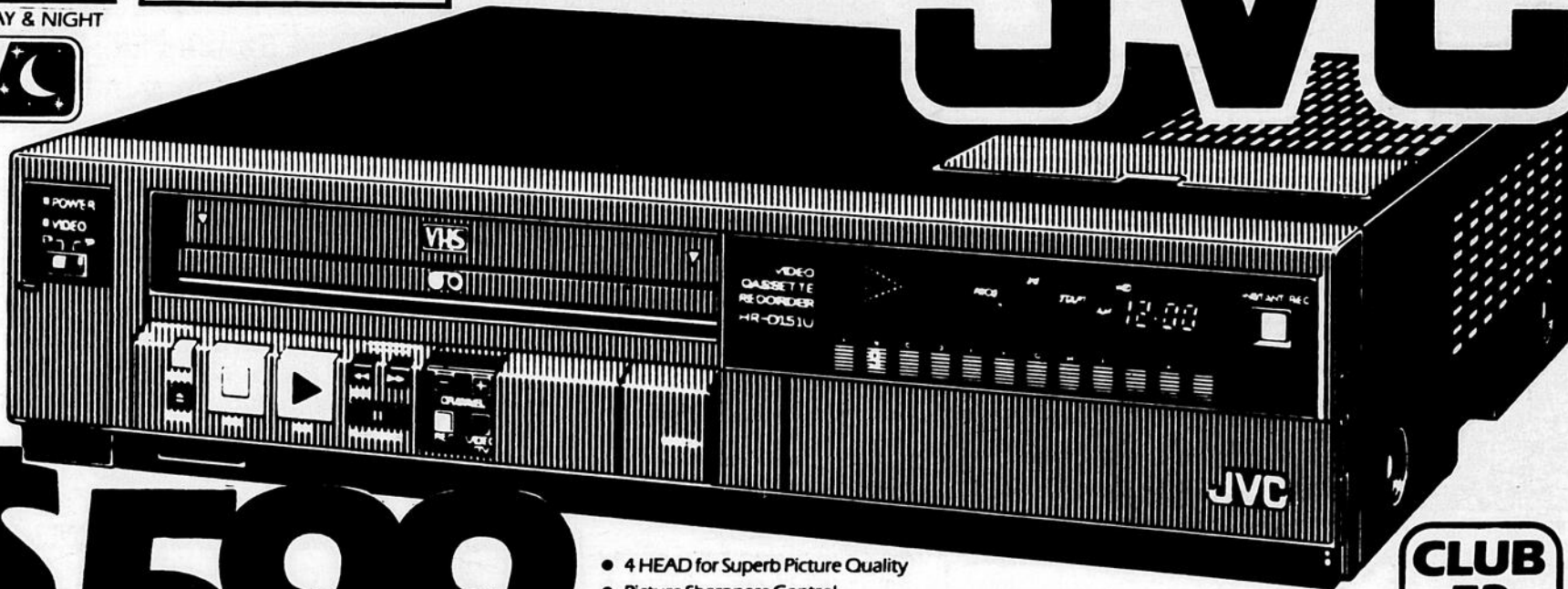

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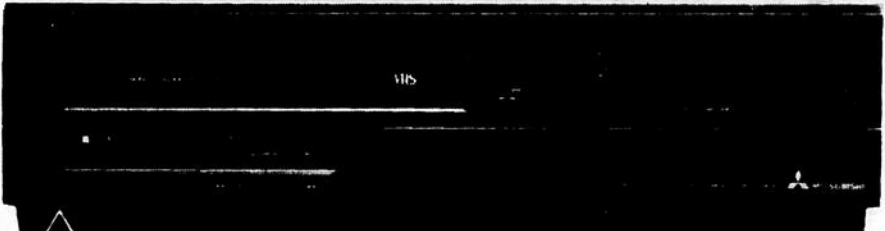
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