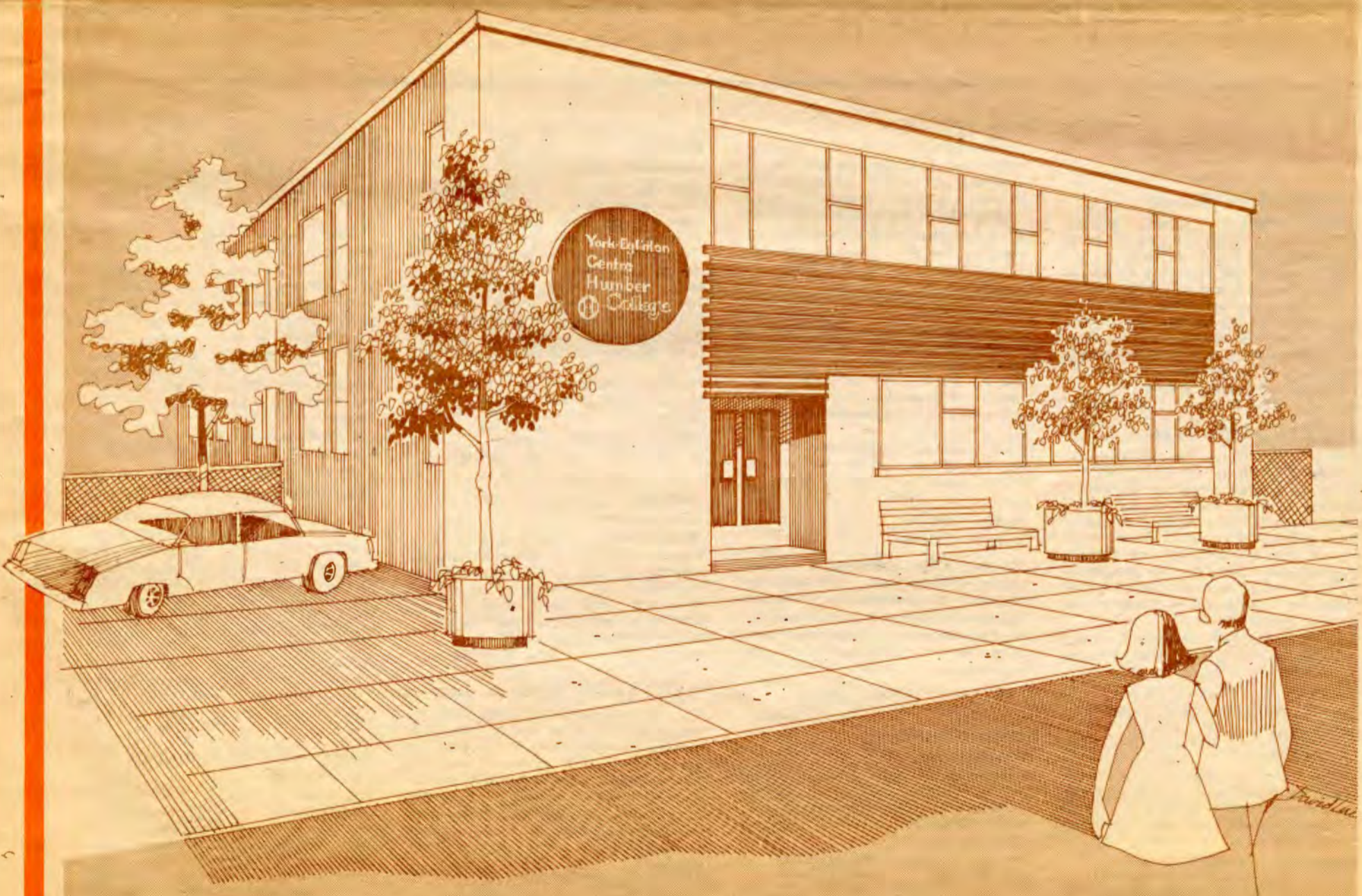


# Course offerings at Humber College York-Eglinton Centre

Artist's conception of the York-Eglinton Centre, illustration by David Lui.



# REGISTER EARLY

FOR REGISTRATION INFORMATION PLEASE REFER TO PAGE 8.

## HUMBER COLLEGE STUDENTS PLEASE NOTE NEW THIS FALL . . .

For the convenience of students, many of the courses offered by Humber College vary in length. This NEW, FLEXIBLE TIMETABLE will permit students to participate in a wider variety of courses each semester (i.e. you might wish to take a seven (7) week credit course and a four (4) week general interest course and perhaps even a one-evening mini-conference all in the same semester). And for the first time, Saturday programming is available within the Borough of York at our new YORK- EGLINTON CENTRE, 1669 Eglinton Avenue West, (Telephone No.: 781-5621).

This new timetable will also permit students to work more quickly and consecutively toward a College Certificate

When registering for courses, please use a separate registration form per course and NOTE THE VARYING START DATES. Because of this new flexibility, every student should be able to establish a personal study timetable to suit even the most heavily committed calendar.

## HUMBER COLLEGE COURSE OFFERINGS AT THE YORK- EGLINTON CENTRE

### MONDAYS

#### ADVANCED PHYSIOLOGY I (Humber College)

Will examine an integrated approach to all major body systems and how the body maintains its normal internal homeostasis. Special emphasis will be placed on cellular and cardiovascular physiology. These intermediate level courses will be of interest to all Registered Nurses, and will provide a base which would be common to any clinical nursing specialty. R.N. Pre-requisite  
739-802-81/Credit/\$30/4 sessions  
Sept. 12 Mon. to Thurs. 8:30 am - 3:30 pm

#### BALLET FOR CHILDREN AND TEENS (Humber College)

Our ballet Program offers five levels of instruction. Exam certification is available to all students by the Royal Academy of Dancing (entry for exams is at the discretion of our director). Students with previous training will be placed at the appropriate level. All students must be under 16 years of age. For students over 16, please see our adult dance brochure.

Grade three and four - This level is for students 13 - 16 years of age. Classes are based on the R.A.D. grade 3 and 4 Syllabus.

004-264-80/Non-credit/\$48/24 sessionse  
Sept. 26 Mon' & Wed. 6:00 - 7:00 pme

#### BALLET II (Humber College)

This level is for students with a year or more of training, depending on individual achievement. Here the work is a little more advanced and deals again with the Royal Academy of Dance Syllabus.

431-851-80/Credit/\$50/24 sessionse  
Sept. 26 Mon. & Wed. 5:30e 7:00pme  
7:00 - 8:30 pm

#### BALLET III (Humber College)

In this level, Royal Academy of Dance exam certification is available. Each student having obtained a level III standard may enter for the Dance Education Syllabus (D.E.S.) exam.

431-872-80/Credit/\$50/24 Sessionse  
Sept. 26 Mon. & 7:00 - 8:30 pm  
Wed. 5:30 - 7:00 pm

#### BALLET IV (Humber College)

This course deals with the Elementary Royal Academy of Dance Major exam. It is a professional exam recognized universally and is also the qualification necessary to enter Ryerson Polytechnical Institute in their program for professional dance teachers and performers.

431-873-80/Credit/\$50/24 sessions  
Sept. 26 Mon. & 8:30 - 10:00 pm  
Wed. 8:30 - 10:00 pm

#### BASIC TYPINGe (Humber College)

This course offers instruction by instructor and by automated aids in the operation of the typewriter keyboard and is designed to facilitate proficiency on the typewriter, in the production of letters manuscripts, tables, office correspondence and other business forms.

266-011-02/Credit/\$50/14 sessionse  
Sept. 26 Mon. 7:00 - 10:00 pm

#### BRIDGE - Beginners (Humber College)

A complete basic bidding system including opening bids, responses, rebids by the opening bidder and rebids by the responder. Etiquette of bridge, scoring and elementary play of the hand.

001-130-80/Non-credit/\$50/14 sessionse  
Sept. 26 Mon. 1:00 - 4:00 pme

#### BRIDGE - Intermediate (Humber College)

A review of basic bidding, more advanced play of the hand, defensive play, modern conventions, and new bidding systems explained including the Precision Club.

001-131-80/Non-credit/\$50/14 sessionse  
Sept. 26 Mon. 7:00 - 10:00 pme

#### CARDIOPULMONARY RESUSCITATION (C.P.R.) (Humber College)

Each year thousands of Canadians die of cardiac arrest. When an "arrest" occurs, precious minutes stand between the initial attack and the availability of medical aid. The performance of cardiopulmonary resuscitation by properly trained personnel may sustain the victim until medical aid arrives. This course will certify emergency workerse or the general public through the Ontario Heart Foundation in Basic Life Support. Note: Fee includes books, equipment and testing.

\*Special Course on Friday, October 21 fore R.N.'s, R.N.A.'s and Emergency Care Workers.

739-806-82/Credit/\$27/5 sessions  
Sept. 26 Mon. 7:00 - 10:00 pm

#### CHINESE I - Mandarin (Humber College)

Mandarin is the national language of China, spoken by Chinese in Asia and among the academic community. This course involves conversation in Mandarin, written Chinese calligraphy, and an appreciation of the culture of the people through their language.

967-101-80/Credit/\$50/14 sessions  
Sept. 26 Mon. 7:00 - 10:00 pm

#### FLOWER ARRANGING (Humber College)

This introductory course deals with the theory of floral design studied through demonstration and practice. The selection and use of materials to maximum advantage will be stressed. Colour treatments, usage of floral foam and various other floral products to be studied. Arrangements in both natural and dried flowers will be designed. An additional \$10.00 will be charged for special supplies.

001-144-81/Non-credit/\$30/7 sessions  
Sept. 26 Mon. 7:00 - 10:00 pm

#### MARKED BY THE WILD (Humber College)

Wilderness has always been dominant in Canadian identity. Yet too few Canadians either appreciate or understand its impact. An anthology shaped by the Canadian wild

will increase student awareness of 'this single most important presence in our literature'.

955-170-80/Credit/\$25/7 sessionse  
Sept. 26 Mon. 7:00 - 10:00 pme

#### PRINCIPLES OF BUYING (Humber College)

This course introduces the participants to the functions and responsibilities of the professional purchaser. Some of the topics covered are as follows: small business needs, organizing for purchasing, traffic, customs, international trade, buyer-seller relationships. This course is an obligatory segment of the certificate in purchasing program offered by the Purchasing Management Association of Canada.

085-010-81/Credit/\$145/20 sessionse  
Sept. 19 Mon. 7:00 - 10:00 pm

#### PSYCHOLOGY OF AGING (Humber College)

This course is designed to help health personnel understand and be responsive to the psychological and social needs of the elderly individual. Basic concepts of psychology will be examined to determine how these affect, and are affected by, the processes of aging and dying. The instructor will use a teaching process based largely on natural observations and shared discussion. Recommended for R.N.'s, R.N.A.'s and any individual working with the elderly. It may also be used as a credit in the Health Care Aid program.

924-103-81/Credit/\$30/8 sessionse  
Sept. 26 Mon. 7:00 - 10:00 pm

#### SEPARATION AND DIVORCE (Humber College)

This course is designed for divorced or separated persons, those contemplating separation and others interested in modern divorce problems. Opportunities for personal growth and development of knowledge of self and others are investigated. Loneliness, conflicts over past, present and future relationships, and under valuing one self are seen as problems to be discussed, together with legal and financial concerns.

129-713-81/Credit/\$25/10 sessionse  
Sept. 26 Mon. 7:30e 9:30pme

# MONDAYS cont.

## SOCIAL DANCE VI (Humber College)

Ballroom, Slow Waltz, Slow Foxtrot, (International), Quickstep. The basic steps in these three dances. Successful candidates may take a Bronze Medal exam at the end of course for a \$15.00 fee payable to the examining agency.

431-854-80/Credit/\$30single/\$50couple/10 sess.  
Sept. 26 Mon. 7:30- 10:00 pm

## UNDERSTANDING CANADA TODAY (Humber College)

History is being made every day and the past year has been an eventful one for Canada. But many of the events of our daily history have roots which go back years, even centuries, to persons and events we know little about, but which have a profound influence on our lives. This course will look at the origins of five crucial social issues today: Energy, Quebec independence movement, native peoples, immigration and foreign policy.

933-702-80/Credit/\$25/7 sessionso  
Nov. 14 Mon. 7:00- 10:00 pm

## REAL ESTATE - Introduction (Humber College)

Offered in co-operation with Ontario Real Estate Association under the authority of The Ministry of Consumer and Commercial Relations.

Objective - To provide persons interested in becoming registered Real Estate Sales Personnel with a foundation of knowledge on which to build a career in Real Estate.

Note - This is a 3-part program of 150 hours in total, made up of 3 segments: Segment 1 - 30 hours; Segment 2 - 60 hours; and Segment 3 - 60 hours instruction.

80% attendance is required in each course.

**SEGMENT 1:** This is a general introductory segment. The contents are of such a nature that it will at once provide information for the public and information relating to the real estate business for potential licensees.

**SEGMENT 2:** This segment is devoted to the theoretical and technical aspects of real estate.

Admission Requirements: Evidence of completion of - Segment 1, 75 % pass mark on the examination for Segment 1, Real Estate Sales Testing Package (RESTPAC).

**SEGMENT 3:** This is a workshop segment dealing with the practical aspects of real estate.

Admission Requirements: Evidence of completion of - Segment 2, 75% pass mark on the examination for Segment 2.

NOTE: Payment of Fees - Cash, Certified Cheque or Money Order payable to Humber College.

Real Estate - Intro - Segment I (H)  
082-010-91/Credit/\$45/5 sessions  
Sept. 19 Mon. to Fri. 9:00 am - 4:00 pm  
082-010-92/Credit/\$45/5 sessions  
Sept. 26 Mon. to Fri. 9:00 am - 4:00 pm

Real Estate - Intro - Segment II (H)  
082-011-88/Credit/\$90/10 sessionso  
Oct. 3 Mon. to Fri. 9:00 am - 4:00 pm

Real Estate Intro - Segment III (H)  
082-012-85/Credit/\$105/10 sessionso  
Oct. 17 Mon. to Fri. 9:00am - 4:00pm

# TUESDAYS

## ADVANCED PHYSIOLOGY I (Humber College)

Will examine an integrated approach to all major body systems and how the body maintains its normal internal homostasis. Special emphasis will be placed on cellular and cardiovascular physiology. These intermediate level courses will be of interest to all Registered Nurses, and will provide a base which would be common to any clinical nursing specialty.

739-802-82/Credit/\$30/8 sessions  
Sept. 20 Tues. & Thurs. 6:30 - 9:30 pm

## ADVANCED PHYSIOLOGY II (Humber College)

Will examine an integrated approach to all major body systems and how the body maintains its normal internal homostasis. Special emphasis will be placed on respiratory, renal, endocrine, and neurological systems. These intermediate level courses will be of interest to all Registered Nurses, and will provide a base which would be common to any clinical nursing specialty.

739-803-82/Credit/\$30/8 sessions  
Oct. 18 Tues. & Thurs. 6:30 - 9:30 pm

## AGE OF UNCERTAINTY (Humber College)

This course is based upon an edited version of John Kenneth Galbraith's now famous television series of the same name. Several television programs from the series will be shown in the classroom to be followed by discussions of the issues raised. Topics include industrialization, Karl Marx, the Great Depression and the modern-day techno-structure.

962-703-80/Credit/\$25/7 weeks  
Nov. 15 Tues. 7:00 - 10:00 pm

## BALLET I (Humber College)

This level is for beginners or those with limited training. It should be considered an introduction to the classical art form. The classes are based on the Royal Academy of Dance Syllabus (preliminary grades).

431-852-80/Credit/\$50/24 sessions  
Sept. 27 Tues. & Thurs. 5:30 - 7:00 pm

## BALLET V (Humber College)

This course deals with the Elementary R.A.D. Major exam. It is a professional exam recognized universally and is also one of the qualifications necessary to apply to programs for professional dance teachers and performers.

431-874-80/Credit/\$50/24 sessions  
Sept. 27 Tues. & Thurs. 7:00 - 8:30 pm

## BASIC TYPING (Humber College)

This course offers instruction by instructor and by automated aids in the operation of the typewriter keyboard and is designed to facilitate proficiency on the typewriter, in the production of letters manuscripts, tables, office correspondence and other business forms.

266-011-83/Credit/\$50/14 sessions  
Sept. 27 Tuesday 7:00 - 10:00 pm

## BRIDGE - Beginners (Humber College)

A complete basic bidding system including opening bids, responses, rebids by the opening bidder and rebids by the responder. Etiquette of bridge, scoring and elementary play of the hand.

001-130-81/Non credit/\$50/14 sessionso  
Sept. 27 Tuesday 7:00 - 10:00 pm

## DRUGS AND EMERGENCY PERSONNEL (Humber College) \*See page 15

The course is intended for ambulance, emergency and crisis intervention personnel. The evening session will highlight toxic effects of common types of drug overdosage (i.e., central nervous depressants, salicylates and many others). In addition, the effects of exposure to toxic chemicals; such as: carbon monoxide, common household cleaning agents and others, will be discussed. The goal is to provide knowledge and a plan of action.

CNF-046/Non credit/\$3.50/1 session  
Oct. 4 Tuesday 7:00 - 10:00 pm

## EFFECTIVE WRITING (Humber College)

Improve your skills in writing letters, memos, special correspondence and short reports. Learn to create the four or five succinct paragraphs needed to sell an idea effectively. This course is designed to help people produce the tight, crisp, career-building style that is necessary for success in business.

955-151-82/Credit/\$25.00/ 7 sessionso  
Sept. 13 Tuesday 7:00 - 10:00 pm

## ENERGY CONSERVATION IN THE HOME (Humber College)

Energy costs have risen in the last two years to the point where most people wish to learn ways of saving money on energy consumption. A number of ideas and devices have come on the market, some good and some a waste of money. This course will help you decide what methods of energy conservation in your home will be most effective and save you the most money. Financial and other assistance available through governments and private sources are discussed. Specific references are made to insulation, fireplaces, solar heating panels, micro-wave ovens and air conditioning systems.

927-701-80/Credit/\$25/7 sessionso  
Sept. 27 Tuesday 7:00 - 10:00 pm

## ENRICHING YOUR MARRIAGE (Humber College)

This course is for people who want to enrich their marriage by learning about communication skills, typical conflicts, phases of adult growth and sexuality, and family relationships. Both husbands and wives are welcome to attend.

129-724-81/Credit/\$25/10 sessionso  
Sept. 27 Tuesday 9:30 - 11:30 am

## FIRST AID AND ACCIDENT PREVENTION (Humber College)

This course will teach the student practical skills based on first aid principles and standardized procedures related to emergency treatment of persons in accident situations. Consideration will be given to causes and prevention of accidents and accidental injuries. Upon successful completion of this course, the student will be awarded the St. John Ambulance Standard First Aid Certificate.

759-103-83/Credit/\$20/8 sessionso  
Oct. 1 Tuesday 7:00- 9:00pm

## HUMAN RELATIONS I - Part I (Humber College)

"We behave as we perceive". This course offers the opportunity to test one's perception of oneself; to learn how others perceive us; to learn how these perceptions affect our behaviour and our ability to relate to others in personal, social and business situations.

934-701-80/Credit/\$25/7 sessions  
Sept. 27 Tuesday 7:00 - 10:00 pm

## ISSUES IN LAW ENFORCEMENT (Humber College)

This course intends to engage the student in an ongoing study, including discussion of some current social issues, faced by the Law Enforcement Officer in the course of his duty. Use will be made of up-to-date material and personal experiences of the participants.

124/703/81/Credit/\$50/14 sessions  
Sept. 13 Tuesday 7:00 - 10:00 pm

## JAZZ - Beginners (Humber College)

This introductory program deals with the physical condition of the body, as well as exercises, rhythms, steps and routines and will be performed to present modes of jazz music.

431-868-80/Credit/\$50/24 sessions  
Sept. 27 Tuesday 5:30 - 7:00 pm  
Thursday 8:30 - 10:00 pm

## JAZZ - Elementary (Humber College)

This is a continuation of beginners and includes more advanced exercises, barre work, step and routines, to classical jazz music.

431-869-80/Credit/\$50/24 sessionso  
Sept. 27 Tuesday 8:30 - 10:00 pm  
Thursday 5:30 - 7:00 pm

## INTRODUCTORY MIME (Humber College)

In this training, the Mime will gain a working knowledge of his or her own body: encouraging flexibility, balance, and the imagination of an actor. Improvisations will be emphasized necessitating flexibility in body and mind.

432-801-80/Credit/\$45/24 sessionso  
Oct. 4 Tues. & Thurs. 7:30 - 9:00pm

## PRE-NATAL CLASSES (Humber College)

Parent education for expectant parents designed to help individuals prepare for childbirth. The classes will deal with pre-natal and baby care. The family-oriented sessions will include discussion of the human and

007-062-84/Non credit/\$18.00/14 sessionso  
Nov. 1 Tuesday 7:30- 9:30pm

## REPORT WRITING (Humber College)

For career business people who want to produce professional reports, this course will consider style, format, paper psychology, research methodology and reporting techniques. The participants will develop competency and confidence in dealing with long, complex business correspondence. This is a must for the person on the way up in his organization.

955-152-82/Credit/\$25/7 sessionso  
Nov. 1 Tuesday 7:00 - 10:00 pm

## SAFETY IN THE HOME (Humber College)

This course involves a study of all aspects of safety in an urban dwelling. Electrical and chemical hazards, environmental dangers, alarm systems, locks, bolts, fire extinguishers and other security measures are covered by experts in the field. This course might help you avoid a tragedy in your home.

927-702-80/Credit/\$25/7 sessions  
Nov. 15 Tuesday 7:00 - 10:00 pm

## SELF-IMPROVEMENT FOR TODAY'S WOMAN (Humber College)

A four week non-credit course in self-improvement. Designed for the woman who would like to update her personal appearance using cosmetics. There will be one class in skin care and three classes in practical and theoretical make-up applications and demonstrations and will include discussion on hair-styling.

001-231-84/Non credit/\$18/4 sessionso  
Sept. 27 Tuesday 1:30 - 4:00 pm

or  
001-231-85/Non credit/418/4 sessions  
Oct. 25 Tuesday 1:30 - 4:00 pm

## SOCIAL DANCE III (Humber College)

This will complete a broad base of elementary movements in Social Dance. All eight dances are reviewed and new variations added to each one. Considerable time is spent in ensuring competence and confidence in all steps.

431-857-80/Credit/\$30 single, \$50 couple/10 sess  
Sept. 27 Tuesday 7:30 - 10:00 pm

## THE SUN DESTINATIONS (Humber College)

This course will offer interesting highlights of tourist attractions and activities in prime holiday sun destinations of particular interest to vacationing Ontario residents. Audio visual presentations will bring to life many of these areas, along with references to popular programs being offered.

001-227-81/Non credit/\$25/6 sessionso  
Sept. 27 Tuesday 7:00 - 9:30 pm

## TRANS-CULTURAL PROFESSIONAL DEVELOPMENT (Humber College)

This course is designed for professional and personal development of persons working with individuals and groups from cultures different than their own. The course will be valuable to those involved in nursing, social work, education, psychology, medicine, ministry and allied health professions. At times professionals find it difficult when providing educational social and health services to individuals from other cultures. This course aims at developing skills for crossing cultural boundaries, thus enabling the professional to provide services more effectively. The six-week course is designed to involve the participants in a variety of learning experiences dealing with such areas as: Cultural Heritage: (Toronto African, Asian, European, Native Peoples) Culture Shock and Change Learning from the Other Culture Children from Other Cultures Your Ability to Help Others Adjust Creativity in Cross-Cultural Relations

007-069-80/Non credit/\$25/6 sessions  
Sept. 13 Tuesday 7:00- 10:00 pm  
007-069-81/Non credit/\$25/6 sessionso  
Nov. 1 Tuesday 7:00- 10:00 pm

## WINDOW-DRESSING AND DISPLAY PLANNING (Humber College)

This course will cover some of the main principles of attractive shop-window display and effective stock and shelf display planning. These are two of the most important ways of attracting customers and increasing sales. The course will be of particular interest to owners and employees of small or large retailers. It is a non-credit course.

009-021-80/Non credit/\$25/5 sessionso  
Sept. 27 Tuesday 7:00 - 10:00 pm

# WEDNESDAYS

## ASSERTIVENESS TRAINING (Humber College)

Ever been put down at a restaurant or gas station? Wish you could learn to speak up for your rights at the time instead of figuring out an appropriate response hours later? Do you sometimes feel "put-down", or taken advantage of? Through role-playing practice and real-life examples, participants in this workshop will get a chance to try out new behaviours. It's never too late to learn to assert yourself.

129-708-81/Credit/\$25/10 sessions  
Sept. 28 Wednesday 7:30 - 9:30 pm

## BASIC SHORTHAND I (Forkner) (Humber College)

This provides the student with a rapid method of notetaking by a combination of longhand letters and symbols. Students learn the complete theory and are able to take simple dictation which is transcribed at a typewriter in a simulated office environment.

262-830-81/Credit/\$50/14 sessions  
Sept. 28 Wednesday 7:00 - 10:00 pm

## BASIC TYPING (Humber College)

This course offers instruction by instructor and by automated aids in the operation of the typewriter keyboard and is designed to facilitate proficiency on the typewriter, in the production of letters manuscripts, tables, office correspondence and other business forms.

266-011-81/Credit/\$50/14 sessions  
Sept. 28 Wednesday 7:00 - 10:00 pm

## BEFORE YOU TRAVEL (Humber College)

This course covers interesting and necessary facts that you have always wanted to know about planning your trip, such as: choosing your travel agent; selecting the trip and destination just right for you; comparing packages and programs; clarifying documents and regulations. Included in the course, will be an enjoyable analysis of your Ontario travel industry, and the world of trips being offered.

001-229-81/Non Credit/\$18/4 sessionso  
Oct. 5 Wednesday 1:00 - 4:00 pm

## DRUGS - THERAPEUTIC CATEGORIES & PHARMACOLOGICAL MECHANISMS (Humber College)

This course will focus on the classification of drugs into various therapeutic categories. The pharmacological mechanism of action of a select group of drugs will also be discussed. Each of the seven two-hour sessions will be conducted in an informal manner with ample opportunity for discussion. This course will be invaluable to the practicing nurse who wishes to review the dynamics of pharmacology.

007-065-82/Non credit/\$20/7 sessionso  
Nov. 2 Wednesday 7:30 - 9:30 pm

## THE ECONOMIC CIRCUS (Humber College)

Economics can be compared, in some ways, to a circus with all its noise, excitement and thrills. The three rings of land, labour and capital combine in the economics circus tent for a productive show that keeps consumers on the edge of their seats. The music, lion tamers, risky high wire and trapeze acts, barkers, clowns, even crooked sideshow games can all be found in the Canadiano economy. While the course takes a light-o hearted view of a usually serious subject, o the knowledge and understanding that results will be very real.o

926-702-80/Credit/\$25/7 sessions o  
Sept. 29 Wednesday 7:00 - 10:00 pm

## ELEMENTS OF ACCOUNTING (Humber College)

This course provides an introduction to the subject of accounting. The full accounting cycle is covered from the cycle through its detailed recording. Practice will be obtained in the preparation of financial statements, maintenance of subsidiary ledgers and payroll records.o

221-010-82/Credit/\$50/14 sessions  
Sept. 28 Wednesday 7:00 - 10:00 pm

## GUITAR - LEVEL I (Humber College)

This course is for the student who is still dreaming of playing a guitar or who's struggling to master those first chords. In a group situation the secrets of simple dynamics, sight reading and chord development will be revealed.

437-801-80/\$50/14 sessionso  
Sept. 28 Wednesday 7:00 - 10:00 pm

## LADIES SLIM AND TRIM (Humber College)

The Slim and Trim sessions are geared to those who want to look and feel good by engaging in a body conditioning programme at their own level. Progressive exercises done to music will be used to develop and maintain one's cardiovascular efficiency, flexibility, strength and endurance. A variety of aerobic and rhythmical movements and other methods of exercising (e.g. modern gymnastics, yoga) will be incorporated, along with informal game and sport sections, and information on fitness and home programmes.

005-526-02/Non credit/\$23/10 sessions  
Sept. 28 Wednesday 9:30 - 11:30 am

## LIFE DRAWING I (Humber College)

They say "if you can draw the human form you can draw anything". The language of life drawing deals with drawing and utilizing the human figure as subject matter, while exploring, the essential elements of two-dimensional design, form line, shape, mass and tone to communicate visually ideas, concepts, thoughts and feelings.

426-807-81/Credit/\$60/14 sessionso  
Sept. 28 Wednesday 7:00 - 10:00 pm

## OCCUPATIONAL HEALTH ISSUES FOR AMBULANCE AND EMERGENCY CARE ATTENDANTS (Humber College)

This one evening will deal with occupational health problems in emergency care. The session will highlight areas concerned with worker and patient safety. Topics will include: infectious disease risk, importance of reporting system to workers involved in transporting and admitting the patient. Vehicle and equipment sanitization and personal protection techniques.

SEM - 092/Non credit/\$3.50/1 session  
Oct. 26 Wednesday 7:00 - 10:00 pm

## PREVENTATIVE HEALTH CARE AND YOUR MEDICAL PLANS (Humber College)

Health and illness are a feature of life in modern urban society as elsewhere, but special problems and opportunities occur in a large city. This course will help you to maintain vigorous good health through various preventative means and to obtain good health care if and when disease or disability strike. The course will cover the elements of good nutrition, the effect of exercise, vitamins, and diets upon good preventative health care. The course will also cover a study of the O.H.I.P. plan, what it pays and what it does not, company insurance and dental plans and income tax deduction. One session will be devoted to preventative mental health and the many types of assistance available.o

927-703-80/Credit/\$25/7 sessionso  
Nov. 16 Wed. 7:00o 10:00 pm.

## SOCIAL DANCE IV (Humber College)

This level is for the keen dancer who wishes to learn advanced social steps and develop great skill. It assures the student of competency in the ten most popular dance steps. Although it is preferable for dancers to come in couples, participants without partners may attend.

431-856-80/Credit/\$30 single, \$50 couple/10 sess.o  
Sept. 28 Wednesday 7:30 - 10:00 pm

## SOCIAL DANCE VII (Humber College)

Pre-silver examination instruction in standard variations of Slow Waltz, Slow Foxtrot, Quickstep and basic Tango.

431-876-80/ Credit/\$30 single, \$50 couple/10 sess.o  
Sept. 28 Wednesday 7:30 - 10:00 pm



# THURSDAYS

## AIR TRAFFIC CONTROL - Introduction (Humber College)

This course provides potential A.T.C. employees, private pilots and students with additional understanding and insight into the Air Traffic Control system environment.

003-162-80/Non credit/\$45/10 sessionso  
Sept. 29 Thursday 7:00 - 10:00 pm

## BASIC TYPING (Humber College)

This course offers instruction by instructor and by automated aids in the operation of the typewriter keyboard and is designed to facilitate proficiency on the typewriter, in the production of letters manuscripts, tables, office correspondence and other business forms.

266-011-85/Credit/50/14 sessionso  
Sept. 29 Thursday 7:00 - 10:00 pm

## CHRISTMAS CRAFTS (Humber College)

Enjoy a ten week course designed to provide you with unique and novel ideas for gifts that you can enjoy creating and be proud of giving. This course will also deal with a number of decorating ideas which will help you prepare your home for the most festive and gay time of the year. A maximum of \$10.00o may be required for materials.o

004-266-83/Non credit/\$50/10 sessionso  
Oct. 6 Thursday 1:00 - 4:00 pm

## COPING WITH STRESS (Humber College)

The course will be given by a leading professional in the field. An attempt will be made to develop awareness of stress-causing factors in one's life and insight into how to more effectively deal with stressful situations. Several methods of dealing with stress as well as the area of Bio-Feedback will be considered.

007-059-82/Non credit/\$20/6 sessionso  
Nov. 17 Thursday 7:30o 9:30 pm

## DRUG THERAPY AND NURSING IMPLICATIONS (Humber College)

Basic information regarding legal implications of administration of drugs, a study of basic groupings of drugs, and their effects on the human body. (Pre-requisite: R.N.A. in Ontario)

007-055-82/Non Credit/\$35/12 sessionso  
Sept. 29 Thursday 7:00 - 10:00 pm

## DRUG USAGE AND THE GERIATRIC PATIENT (Humber College)

This course will focus on the use of drugs in the geriatric population. A number of therapeutic and/or pharmacological drug categories will be studied with particular emphasis on the effects of these drugs on the elderly patient. This course is offered to registered nurses who are currently employed in nursing homes or other extended health care facilities.

007-066-82/Non credit/\$45/10 sessionso  
Oct. 6 Thursday 7:00 - 10:00 pm

## IL LAVORATORE L'IMMIGRANTE NELLA SOCIETA CANADESE (Humber College)

Immigrant workers have particular needs in Canadian Society. The course is intended to provide learners with an introduction to the various structures and institutions in contemporary Canadian society, the functions of these structures, and relationships that Labour organizations have with such structures and institutions. Learners will be encouraged to examine all of these structures in order to determine their effectiveness in meeting the needs of immigrant workers. This course intially will be offered in Italian.

127-212-80/Credit/\$35/10 sessionso  
Oct. 20 Thursday 7:00 - 10:00 pm

## SELF-IMPROVEMENT FOR THE BUSINESS WOMAN (Humber College)

A four week non-credit course in self-improvement. Designed for women with dark complexions who would like to enhance themselves through the use of make-up, skin care products and proper grooming.

001-230-81-/Non credit/\$15/4 sessionso  
Sept. 29 Thursday 7:30o 9:30pm

## SOCIAL DANCE V (Humber College)

Highest level in the Social Dance program, enabling dancers to perfect their dancing skills. More intricate figures in the social dance will be taught.

431-855-80/Credit/\$30 single, \$50 couple/10 sess.o  
Sept. 29 Thursday 7:30 - 10:00 pm

## SOCIAL SERVICE WORKERS IN THE LABOUR MOVEMENT (Humber College)

Do social service workers have the same kinds of needs for organization as other workers? To what extent do social workers have a responsibility to critically evaluate their own functions, and in fact, the processes used in the helping relationship? These and other questions will be used as a means to involve course participants in an examination of themselves as active learners, change agents and as workers.

127-213-80/Credit/\$35/10 sessionso  
Oct. 20 Thursday 7:00 - 10:00 pm

## SPEAKING TO LARGE GROUPS (Humber College)

The ability to stand up and make your point or sell your idea is necessary for success in business today. Constant practice, followed by helpful evaluation, spiced with informative lectures on techniques, combine to help the participant develop competence and confidence in speaking to social and professional groups. Learn to use body language, gestures, eye-contact and vocal variations to enhance your ideas and sell your point of view.

955-153-82/Credit/\$25/7 sessionso  
Sept. 25 Thursday 7:00 - 10:00 pm

## SPEAKING TO SMALL GROUPS (Humber College)

Learn how to handle meetings, organize and illustrate information for oral delivery, make presentations and use audio-visual aids for maximum effect. This course examines the role of the chairperson, the effects of the physical environment, and the psychology of the speaker/listener relationships as it provides practice, practice and more practice for the developing speaker.

955-154-82/Credit/\$25/7 sessionso  
Nov. 3 Thursday 7:00 - 10:00 pm

## STRESS IN AN URBAN SOCIETY (Humber College)

In it students will develop a better understanding of stress and the importance of good mental health in themselves and others. Emphasis will be upon the concept of stress, the effects of prolonged stressful situations and positive ways of coping with stress. A particular type of stressful living is associated with large urban communities. We will examine some of the traditional methods of stress-management (drugs, psychiatry, etc.) as well as some newer approaches such as meditation, autohypnosis, bio-feedback and relaxation techniques.

924-701-81/Credit/\$25/7 sessionso  
Sept. 28 Thursday 7:00 - 10:00 pm

## URBAN DYNAMICS (Humber College)

The course involves looking at urban society from a dynamic perspective. The multi-racial and ethnic nature of almost every city of the world, urban growth and the problems and opportunities of urban living, some of the stronger pressures in urban society and the unique position of Toronto as an exception to many of the rules will be studied in this course. Students will learn what makes an effective city, community and neighbourhood and how ineffective communities can be made effective through the political process.

923-702-80/Credit/\$25/7 sessionso  
Nov. 17 Thursday 7:00 - 10:00 pm

# FRIDAYS

## CARDIOPULMONARY RESUSCITATION (C.P.R.)

(Humber College)

Each year thousands of Canadians die of cardiac arrest. When an "arrest" occurs, precious minutes stand between the initial attack and the availability of medical aid. The performance of cardiopulmonary resuscitation by properly trained personnel may sustain the victim until medical aid arrives. This course will certify emergency workers or the general public through the Ontario Heart Foundation in Basic Life Support. Note: Fee includes books, equipment and testing.

\*Special Course on Friday, October 21 for R.N.'s, R.N.A.'s and Emergency Care Workers, s  
739-806-83/Credit/\$18/1 session  
Oct. 21 Friday 8:30 - 5:30 pm

## MUSIC CIRCLE FOR CHILDREN

(Humber College)

A creative music course for children from 3 to 8 years. This is an introductory course which can precede instrumental training or enhance musical study in which the child may already be involved. Simple rhythm instruments are used to develop an awareness of music. The children are grouped according to age or previous musical training.

004-167-80/Non credit/\$20/12 sessions  
Sept. 30 Friday 4:30 - 5:30 pms

## SOCIAL DANCE I

(Humber College)

This course is for beginners. It will stress personal confidence with a few steps well taught, rehearsed and continually reinforced. The dances taught are Waltz, Social Foxtrot, Quickstep, Rhumba, Cha Cha and Jive.  
431-859-87/credit/\$30 single, \$50 couple/10 sesss  
Sept. 30 Friday 7:30 - 10:00 pm

## SOCIAL DANCE II

(Humber College)

Will review and build upon level I. Additional dances taught are the Tango and the Samba. A relaxed, enjoyable teaching-learning atmosphere providing new skills and an enriching social experience.

431-858-86/Credit/\$30 single, \$50 couple/10 sesss  
Sept. 30 Friday 7:30 - 10:00pm



# SATURDAYS

## BALLET FOR CHILDREN AND TEENS

(Humber College)

Our ballet Program offers five levels of instruction. Exam certification is available to all students by the Royal Academy of Dancing (entry for exams is at the discretion of our director). Students with previous training will be placed at the appropriate level. All students must be under 16 years of age. For students over 16, please see our adult dance brochure.

Pre-primary - This level is for all children between 4 and 5 years of age. The classes are based on the R.A.D. Syllabus.

Primary - This level is for children between the ages of 6 and 7. The classes are based on the primary Syllabus.

Grade one - This level is for children 8 and 9 years of age. The classes are based on the grade one R.A.D. Syllabus.

Grade two - This level is for students 10 - 12 years of age. Classes are based on the R.A.D. grade 3 and 4 Syllabus.

Grade three and four - This level is for students 13 - 16 years of age. Classes are based on the R.A.D. grade 3 and 4 Syllabus.

Ballet - Pre-Primary(H)  
004-260-80/Non credit/\$24/12 sessions  
Oct. 1 Saturday 9:30 - 10:15 am

Ballet - Primary(H)  
004-261-80/Non credit/\$24/12 sessions  
Oct. 1 Saturday 10:30 - 11:30 am

Ballet - Grade One(H)  
004-262-80/Non credit/\$24/12 sessions  
Oct. 1 Saturday 11:30 - 12:30 pm

Ballet - Grade Two(H)  
004-263-80/Non credit/\$24/12 sessions  
Oct. 1 Saturday 1:00 - 2:00 pm

## BASIC TYPING

(Humber College)

This course offers instruction by instructor and by automated aids in the operation of the typewriter keyboard and is designed to facilitate proficiency on the typewriter, in the production of letters manuscripts, tables, office correspondence and other business forms.

266-011-86/Credit/\$50/14 sessions  
Sept. 24 Saturday 9:00 am - 12:00 pm

## FLOWER ARRANGING

(Humber College)

This introductory course deals with the theory of floral design studied through demonstration and practice. The selection and use of materials to maximum advantage will be stressed. Colour treatments, usage of floral foam and various other floral products to be studied. Arrangements in both natural and dried flowers will be designed. An additional \$10.00 will be charged for special supplies.

011-144-80/Non credit/\$30/7 sessions  
Sept. 24 Saturday 9:30 am - 12:00 pm

## FRENCH I

(Humber College)

This course is intended for learners who have had little or no previous knowledge of French. Emphasis is placed on using 'situations' in which the learner is encouraged to converse with other learners in the class/lab. There is no emphasis on writing or translation. Tests will be oral/aural. Evaluation will be based on tests, projects and especially participation in the classroom. Attendance is important. Enrolment must be before the third session. The course is offered in two modes, two evenings per week for seven weeks or one evening per week for fourteen weeks. Please indicate your preference.

962-101-83/Credit/\$50/14 sessions  
Sept. 24 Saturday 9:30 am - 12:00 pm

## GERMAN

(Humber College)

This course is aimed toward aiding a person who wishes to travel in Germany. Students are taught to construct simple sentences and then, in order to practice speaking fluently, conversations are carried out.

966-101-80/Credit/\$50/14 sessions  
Sept. 24 Sat. 9:30 - 12:00 noon

## ITALIAN I

(Humber College)

This course is aimed toward aiding a person who wishes to travel in Italy or converse with Italian-speaking persons in Canada. Students are taught to construct simple sentences and then, in order to practice speaking fluently, conversations are carried out. The course is offered in two modes, two evenings per week for seven weeks or one evening per week for fourteen weeks. Please indicate your preference.

964-101-81/Credit/\$50/14 sessions  
Sept. 24 Saturday 1:00 - 4:00 pm

## ITALIAN FOR THE SERVICE INDUSTRIES

(Humber College)

This course is intended to give those in service industries, who deal with the public ors with clients, some basic rudiments of conversational Italian which will help them in their work with Italian-speaking persons. Shopkeepers, sales personnel, hospital ors government employees, policemen and teachers to name a few, can benefit from learnings to understand and speak some elementary Italian. This is a non-credit course.

009-020-80/Non credit/\$45/10 sessions  
Sept. 24 Saturdays 9:30 am - 12:00 pm

## ITALIANO PER COLORO CHE PARLANO DIALETTO

(Humber College)

Questo corso ha per scopo l'insegnamento della lingua italiana, scritta e parlata, per coloro che parlano un dialetto. Il corso, che sara' condotto completamente in italiano, cerchera' di coprire argomenti linguistici e grammaticali di interesse generale. L'enfasi sara' posta nella corretta conversazione italiana.

964-102-80/Credit/\$50/14 sessions  
Sept. 24 Saturday 1:30 - 4:30 pm

## MODERN DANCE FOR CHILDREN AND TEENS

(Humber College)

This program deals with exercises, rhythms, steps and routines from the Imperial Society Method of Modern Dance.

Level I: This program is for students 8 to 14 years of age.

004-265-80/Non credit/\$24/12 sessions  
Oct. 1 Saturday 2:00 - 3:00 pm

## MUSIC CIRCLE FOR CHILDREN

(Humber College)

A creative music course for children from 3 to 8 years. This is an introductory course which can precede instrumental training or enhance musical study in which the child may already be involved. Simple rhythm instruments are used to develop an awareness of music. The children are grouped according to age or previous musical training.

004-167-81/Non credit/\$20/12 sessions  
Oct. 1 Saturday 3:15 - 4:45 pm

## OFF-LOOM WEAVING

(Humber College)

A weaving course for the beginner. The course content includes extensive use of frame looms of various sizes for both production weaving (pillows, placemats, etc.) and one of a kind weaving (wall hangings, etc.), instruction in backstrap looms, 3-dimensional

weaving and lectures on textiles and their characteristics and uses, e.g., wools, synthetics, jute and many other materials.

424-875-81/Credit/\$50/14 sessions  
Sept. 24 Saturday 1:00 - 4:00 pm

## SOCIAL DANCE - Group Instruction Techniques - Part A

(Humber College)

This course is open to students wishing to develop skills in the teaching and organization of groups for instructional purposes. Part of the course will involve practice teaching of dance students. This course will meet for three hours once a week for twelve weeks. Successful completion of this course would indicate an ability to teach level I.s A part B will be offered in January to qualify students to teach at levels I, II, and III.s Pre-requisite: interview with instructor ands competence in level II.s

431-875-80/Credit/\$45/12 sessions  
Sept. 17 Saturday 9:00 am - 12:00 pm

## SPANISH I

(Humber College)

This course is aimed toward aiding a person who wishes to travel in Spain. Students are taught to construct simple sentences and then, in order to practice speaking fluently, conversations are carried out.

963-101-82/Credit/\$50/14 sessions  
Sept. 24 Saturday 1:00 - 4:00 pms

## WATERCOLOUR-INTRODUCTIONS

(Humber College)

This course is designed to introduce paintings students to the methods and materials of water based media. Primary emphasis will be given to watercolour and acrylics but gouaches and inks will also be included. Specifics instruction will be given in stretching of water-colour paper, preparation of panels for acrylics; quality and function of various papers, brushes and paints, development of skill in a variety of methods; and then function of basic compositional elements. s

426-852-80/Credit/\$50/14 sessions  
Sept. 24 Saturday 9:30 am - 12:30 pm

## YOUR FUTURE AS A WORKING WOMAN

(Humber College)

If you are already working, this two-day seminar is designed to help you to focus on what is really important to you, teach you how to obtain and use information in making decisions, and help you to identify and explore new alternatives. It will encourage you to take action - whether you decide to stay in your present job or look for another one.

SEM - 089/Non credit/\$25/2 sessions  
Oct. 15 Saturday 9:30 - 4:30 pm  
Nov. 12 Saturday 9:30 - 4:30 pm

HUMBER COLLEGE

# Centre for Women CONFERENCES

## YOUR FUTURE AS A WORKING WOMAN

OCTOBER 15 & NOVEMBER 12 SEM-089

If you are already working, this 2 day seminar is designed to help you use what you know to get what you want in a job. It will help you to focus on what is really important to you. Course begins at York-Eglinton Centre, 9:30 a.m. - 4:30 p.m. Fee is \$25.00 - 2 sessions.

## WOMEN and LEADERSHIP

NOVEMBER 4 & 5

Women, in leadership positions in their communities, or at work, will find this workshop a worthwhile learning experience. It will provide them with an opportunity to explore some of their common dilemmas and to try out new leadership styles. Course begins at the York-Eglinton Centre, 9:30 a.m. - 4:30 p.m. Fee is \$25.00 - 2 sessions.

## Humber College

### Registration Application Forms

please print clearly

last name \_\_\_\_\_ first name \_\_\_\_\_ Social Insurance Number \_\_\_\_\_

home address \_\_\_\_\_

apt. no. \_\_\_\_\_ city \_\_\_\_\_ postal code \_\_\_\_\_

home telephone \_\_\_\_\_ business telephone \_\_\_\_\_

course applied for \_\_\_\_\_

N.L.C. (School) \_\_\_\_\_ date begins \_\_\_\_\_ day(s) of week \_\_\_\_\_ fee enclosed \_\_\_\_\_

Have you taken a course at Humber before?  yes  no Humber College Student No., if known \_\_\_\_\_

Make your cheque or money order payable to Humber College. Mail this Registration Application and your fees to:  
N.L.C. PROGRAMS - York-Eglinton Centre, 1669 Eglinton Ave. W., Toronto, Ontario M6E 2H4

I, the undersigned, understand that Humber College of Applied Arts and Technology does not assume or accept responsibility for expenses resulting from injuries sustained while engaged in any Humber College activity whatsoever whether on or off College premises. In addition, I acknowledge that Humber College reserves the right to cancel programs prior to or on the first night of classes.

Date \_\_\_\_\_ Applicant's Signature \_\_\_\_\_

If you are under 18 years of age parent or guardian signature required.

Date \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

ALL SPACES TO BE COMPLETED OR APPLICATION WILL BE RETURNED.

# EVENINGS OF DISCOVERY

A Mini-Conference is essentially a one, two or three evening session which deals with a very specific topic or issue. Humber College has attempted to provide you with a varied selection, however, if you have an idea or suggestion that you would like included in next semester's offerings, Humber College Programme Development Consultants would be very pleased to discuss this with you. Please contact: 781-5621. (\*Please note that Free Coffee is available at all of the mini-conferences.)

## The North York Branson Hospital in co-operation with Humber College presents **The Five Day Plan to STOP SMOKING!** FOR THOSE WHO REALLY WANT TO QUIT!

The Five Day Plan to Stop Smoking is an international program based on sound physical and psychological principles designed to strengthen the will and overcome the habit. The main programme consists of five evenings of films, talks and group therapy.

After quitting, the hardest part comes in the first three days, the majority of individuals find the craving definitely less or gone. However, at least six once-a-week follow-up sessions will be held for those who need continued encouragement and support.

Branson Hospital will provide expert resource persons.

DATES: Sunday, Sept. 18 to Thursday, Sept. 23, 1977  
TIME: 7:30 - 9:30 p.m. each evening  
LOCATION: York-Eglinton Centre

FEE: Adults \$15.00  
Students \$ 5.00  
Seniors \$ 5.00  
CONF. NO.: CNF 047

## CREATING A CAREER

A "two-nighter" Evening of Discovery has been designed for people who are preparing to enter the workforce; to re-enter the workforce; or are considering a career change.

In addition to studying the elements of career selection and job search, registrants will also complete a personal inventory and receive information regarding re-training opportunities in respect to their interests and skills.

### TOPICS

- (1) Why Work-What Work!
- (2) Exploring Self in Relation to Occupation
- (3) Choosing Your Occupation

RESOURCE PERSON: Mr. R. Varacalli, o  
Manpower Counsellor  
LOCATION: York-Eglinton Centre  
FEE: \$3.50  
DATE: Tuesday, Oct. 25, 1977 and Thursday, Oct. 27, 1977  
CONF. NO.: CNF 051  
TIME: 7:00 - 9:30 p.m.  
For further information, please contact York-Eglinton Centre, 781-5621.

## Humber College in co-operation with the ONTARIO HYDRO COMMISSION presents **ENERGY CONSERVATION and HOW TO CUT COSTS**

Part I - 7:00 to 8:15 p.m.

This session will begin by dealing with the over-all question of the need for Energy Conservation in Canada today. A very exciting and most enlightening slide presentation will accompany this discussion.

## **HOW CAN YOU REDUCE YOUR FUEL and UTILITY COSTS?**

Part II - 8:30 - 10:00 p.m.

This session will zero in on how you can better prepare your home for winter; thus reduce your utility costs. How important are storm windows; what type of insulation should you have; is the new equipment on the market effective? These questions and many more which you may have will be answered by the guest speaker who represents the Energy Conservation Division of Ontario Hydro.

DATE: Wednesday, Oct. 26, 1977 OR DATE: Wednesday, Nov. 2, 1977  
TIME: 7:00 - 10:00 p.m. TIME: 7:00 - 10:00 p.m.  
LOCATION: Runnymede N.L.C. LOCATION: York-Eglinton Centre  
FEE: \$2.00 FEE: \$2.00  
CONF. NO.: CNF 049 CONF. NO.: CNF 050

## **KEEPING HEALTHY CAN BE FUN**

A unique opportunity to explore the current trends in health which daily effect our lives and those of our family. An overview of each topic will be presented by an authority in the field and an opportunity will be provided to answer any of your questions.

- 1 DIETING** (Implications for the short and long term)  
Explore how to evaluate the many diets offered on the market today. Be better prepared to choose the best diet for you and your health. Get the shape you want and keep it.
- 2 PHYSICAL FITNESS**  
With winter coming, it's time to consider your physical health. Learn how to evaluate the many physical fitness programs advertised today. Included will be health clubs, equipment, plans and a program for you.
- 3 VITAMINS**  
Do vitamins improve your health? What vitamins are beneficial; where are they found; and what can they really do for you? Can vitamin C really cure the common cold or does vitamin D contribute to the development of heart disease? Mega-vitamin therapy makes claims for a variety of benefits - are they true? These and other important aspects of vitamin use will be discussed in this session.

You may select two of the three sessions listed, however, please note that "Vitamins" (7:00 - 8:45 p.m.) and "Diet" (9:00 - 10:15 p.m.) will be offered only once.

DATE: Thursday, Oct. 13, 1977 LOCATION: York-Eglinton Centre FEE: \$2.00  
TIME: 7:00 - 10:00 p.m. CONF. NO.: CNF 055

## **THE EXTRATERRESTRIAL CONNECTION**

### CAN STAR WARS REALLY BE POSSIBLE?

Are the ancient astronauts really responsible for the alledged space landing fields in Peru? Were they involved in the great engineering works of the antique world such as the pyramids of Egypt and Mexico? Did they establish colonies on earth thousands of years ago?

Are some of the puzzles of our own time, such as UFO's, strange magnetic effect in the Bermuda triangle and others, related to visitations from far-away solar systems?

Are our own explorations of the universe in fact, unique, or are there many technologies in the universe similar to our own, anxious to make contact with us?

Many of the answers to these questions can now be found with the aid of newly emerging sciences.

Join us for a very exciting evening, when many of these questions will be answered.  
- SLIDE PRESENTATION AND LECTURE -

RESOURCE PERSON: Eckehard Volker  
TIME: 7:00 p.m. - 10:00 p.m.  
DATE: Monday, October 24, 1977  
LOCATION: Humber College York-Eglinton Centre  
1669 Eglinton Avenue West, Toronto, Ontario M6E 2H4  
FEE: \$3.00  
CONF. NO. CNF 065

FOR FURTHER INFORMATION, PLEASE CONTACT THE HUMBER COLLEGE  
YORK- EGLINTON CENTRE, AT 781-5621.

## Humber College's HEALTH SCIENCES DIVISION in co-operation with the NEIGHBOURHOOD LEARNING CENTRES offers another Community Health Presentation **CONTEMPORARY HEALTH ISSUES**

### Theme I CHIROPRACTICS

The speaker will be a representative from the Canadian Chiropractic College. The presentation will deal with stress related conditions such as headaches and backaches. The discussion will also deal with spine dysfunction along with health and disease as they relate to muscular skeletal pain. Here is the chance to decide if a chiropractor might help!

### Theme 2 COPING WITH STRESS

The presentation will be given by a leading professional in the field. An attempt will be made to develop awareness of stress-causing factors in one's life and insight into how to more effectively deal with stressful situations. Several methods of dealing with stress as well as the area of Bio-Feedback will be considered.

The motto for this session is "Zest is the Best".

### Theme 3 BIO-RHYTHMS

Roman Melynk, M.A., Ph.D. Candidate, Department of Psychology, University of Toronto doing research with Dr. Mrosovsky in the area of biological rhythms.

The presentation will deal with human biological (circadian) rhythms and their relationship to daily living and health. The effect of biological rhythms on the performance of daily tasks as well as their relationship to sleep will be discussed. Along with the effects of these rhythms on medications and health symptoms a variety of physical, mental and social health areas will be presented.

Theme I will be offered from 7:00 - 8:15 p.m. only. Theme III will be offered from 8:45 - 10:00 p.m. only. Theme II will be offered at both times. You may select two of the three sessions.

DATE: Wednesday, Oct. 19, 1977 FEE: \$2.00  
TIME: 7:00 - 10:00 p.m. CONF. NO.: CNF 045  
LOCATION: York-Eglinton Centre

## **NEIGHBOURHOOD LEARNING CENTRES EVENINGS OF DISCOVERY**

### APPLICATION FORM

--PLEASE PRINT CLEARLY--

Mr  Mrs  Miss  Last \_\_\_\_\_ First \_\_\_\_\_ Social Insurance Number \_\_\_\_\_

Address \_\_\_\_\_ Apt. No. \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_ Tel. No. \_\_\_\_\_

Registration Fees Enclosed  cheque  cash Amount \$ \_\_\_\_\_ (If registering for more than one mini-conference, please ensure complete total is included).

Please make cheque payable to: HUMBER COLLEGE  
Mail to: N.L.C. PROGRAMMES, York-Eglinton Centre, 1669 Eglinton Ave. W., Toronto M6E 2H4

### REGISTRATION BY MAIL ONLY AND TO BE RECEIVED ONE WEEK PRIOR TO DATE OF CONFERENCE.

I, the undersigned, understand that Humber College of Applied Arts and Technology does not assume or accept responsibility for expenses resulting from injuries sustained while engaged in any Humber College activity whatsoever whether on or off College premises. In addition, I acknowledge that Humber College reserves the right to cancel mini-conferences due to insufficient enrolment.

Date \_\_\_\_\_ Applicant's Signature \_\_\_\_\_

### PLEASE CHECK OFF COURSE YOU WISH TO ATTEND

- |   |   |
|---|---|
| <input type="checkbox"/> Five Day Plan - CNF 047<br>\$15.00 - York-Eglinton Centre                  | <input type="checkbox"/> Contemporary Health Issues - CNF 045<br>\$ 2.00 - York-Eglinton Centre<br>Please make two choices: |
| <input type="checkbox"/> Plants, Plants, Plants - CNF 057<br>\$12.00 - York-Eglinton Centre         | <input type="checkbox"/> Theme I - Coping with Stress   |
| <input type="checkbox"/> Creating a Career - CNF 051<br>\$ 3.50 - York-Eglinton Centre              | <input type="checkbox"/> Theme II - Bio-Rhythms   |
| <input type="checkbox"/> The Extraterrestrial Connection - CNF 065<br>\$3.00 - York-Eglinton Centre | <input type="checkbox"/> Theme III - Chiropractic   |
|   | <input type="checkbox"/> Keeping Healthy can be Fun - CNF 055<br>\$ 2.00 - York-Eglinton Centre<br>Please make two choices: |
|   | <input type="checkbox"/> Dieting  |
|   | <input type="checkbox"/> Physical Fitness   |
|   | <input type="checkbox"/> Vitamins   |

# EXPERIENCE NEIGHBOURHOOD LEARNING AND WORK TOWARDS YOUR COLLEGE CERTIFICATE

## GENERAL STUDIES CERTIFICATE PROGRAMME part - time

Length of Program: 8 half courses

### Description:

The General Studies Certificate program is offered to members of the community who are interested in developments in the world around them and who recognize how some study and learning can make these developments more understandable.

Developments in such areas as urban living, psychology, mysticism, family life, separatism in Canada, prejudice and the energy crisis, to name but a few, become much clearer following study and discussion.

Humber College is introducing this year, for the first time, a certificate program in General Studies. People who complete the required courses will have full credit for the general education component for any program in the Humber College calendar. In addition, many universities recognize Humber courses for admissions purposes.

### Requirements of the Program:

To obtain a certificate in General Studies, a person would complete eight half courses (7 weeks in length) or four full courses (14 weeks). Students with Grade XIII or post-secondary courses may obtain up to half of their requirements by exemption. Under certain circumstances persons without formal study but with extensive experience can have that experience recognized through exemption.

### Areas of Specialization:

Two areas of Specialization within the General Studies certificate program are recognized:

#### 1. CANADIAN STUDIES: six of the eight courses from those marked (CS)

Canadian Studies courses are currently the fastest-growing and most important areas of study in Canada today. By choosing the Canadian Studies Specialization, a student may gain the benefits of the General Studies Certificate as well as taking the advantage of studying his country from the most up-to-date points of view taught by experts in the subject.

#### 2. SOCIAL SCIENCES: six of the nine courses from those marked (SS)

The social sciences are the sciences of human behaviour, the sciences of the Twentieth Century. Psychology, sociology, anthropology, economics and political science have transformed the life of man and his understanding of himself. A student who chooses the Social Science Specialization will be studying these sciences taught by experts in each area.

## BUSINESS COMMUNICATIONS CERTIFICATE

Communication is the life force of any organization. Without the skills required to effectively transfer ideas, all other organizational abilities are limited. This programme, taught by selected communications experts with business experience, offers those in all levels of management an opportunity for extensive, short-term study of most facets of communications.

SIX SEVEN-WEEK COURSES ARE REQUIRED FOR CERTIFICATION.

Effective Writing and Report Writing are compulsory, the remaining four courses may be selected on the basis of interest and need.

### Business Communications:

Effective Writing*	Speaking to Large Groups	Reasoning and Problem Solving II
Report Writing*	Speaking to Small Groups	Speed Reading I
Design Techniques	Reasoning and Problem Solving I	Speed Reading II

\*Compulsory

## HEALTH CARE AIDE PROGRAMME

The Health Care Aide Program trains auxiliary workers who assist in the care of residents or patients in nursing homes, homes for the aged, and various chronic care and convalescent facilities. The ever-increasing life span, the increasing awareness of the community's obligations toward the handicapped and the aged, is creating new types of paramedical services requiring trained people, but not necessarily professional medical practitioners or nurses. The Health Care Aide fits in here as a member of the modern medical services team. The program is designed to be conducted on an in-service basis at the request of an employer or group of employers. Financial assistance may be available to employers through Humber College's Training and Business Industry program.

NOTE: For further information, phone: 675-3111, ext. 567

## EMERGENCY AID SKILLS CERTIFICATE

This program is designed to prepare individuals to deal with emergency situations as they arise in the community, family or on the job. Concerned family and community members as well as professionals encountering emergency situations should consider this program.

The knowledge and skills to save lives and provide emergency care to victims of accidents, injuries and other health hazards is required of many people in a variety of occupations and walks of life. "Know what to do when you're needed."

Upon completion of the required components as outlined below, the student is given the opportunity to select an option from among the specialized areas of study according to his particular interest:

First Aid and Accident Prevention, Cardiopulmonary Resuscitation. (both offered at York-Eglinton Centre)

## SOCIAL DANCE CERTIFICATE PROGRAMME

A certificate program in the Dance has been established by the Creative & Communications Arts Division. Opportunities are provided for interested students to become proficient in all aspects of the dance. For dancers who wish to become instructors, there are several courses which provide a teaching background. Course choices will include: Social, Discotheque, Jazz, Ballet, Old-Tyme, etc.

The requirements are listed in detail in a special brochure on the Dance available from the Part-time Studies Office of the Division. The Office of Part-time Studies is located in room K204 of the North Campus. Telephone: 675-3111, ext. 506.

## Humber College ADULT DANCE PROGRAMME

### BALLET (ROYAL ACADEMY OF DANCE CERTIFICATION)

Our ballet program has five levels and each level is a pre-requisite for the next. Exceptions will be made for students with prior training and he or she will be placed at the appropriate level.

Level I - This level is for beginners. It should be considered an introduction to the classical art form. The classes are based on the Royal Academy of Dance Syllabus (preliminary grades).

Level II - This level is for students with limited training, depending on individual achievement. Here the work is a little more advanced and deals with the R.A.D. Syllabus (grades 2 & 3).

Level III - This level is for students with a year or more of training. The work deals again with the R.A.D. Syllabus (grades 3 & 4).

Level IV - In this level, R.A.D. exam certification is available. Each student having obtained a level III standard may enter for the Dance Education Syllabus (D.E.S.) exam offered by R.A.D., which is a certification universally recognized.

Level V - This course deals with the Elementary R.A.D. Major exam. It is a professional exam recognized universally and is also one of the qualifications necessary to apply to programs for professional dance teachers and performers.

### CHILDREN and TEENS PROGRAMME

#### BALLET (ROYAL ACADEMY OF DANCE CERTIFICATION)

Our ballet program for children offers five levels of instruction. Exam certification is available to all students by the Royal Academy of Dancing (entry for exams is at the discretion of our director). Children with previous training will be placed at the appropriate level. All students must be under 16 years of age.

Pre-primary - This level is for all children between 4 and 5 years of age. The classes are based on the R.A.D. Syllabus.

Primary - This level is for children between the ages of 6 and 7. The classes are based on the primary Syllabus.

Grade one - This level is for children 8 - 9 years of age. Classes are based on the grade one R.A.D. Syllabus.

Grade two - This level is for students 10 - 12 years of age. Classes are based on the R.A.D. grade 3 & 4 Syllabus.

Grade three and four - This level is for students 13 - 16 years of age. Classes are based on the R.A.D. grade 3 and 4 Syllabus.

## URBAN SURVIVAL CERTIFICATE PROGRAMME part-time

Length of Program: 8 half courses

### Description:

The Urban Survival Certificate program involves a study of those aspects of urban life which most affect and raise problems for people living in an urban society. Survival and successful living today in our society depends upon a good knowledge of a number of areas seldom encountered in a person's education but which become more important as the days pass.

Topics such as energy and fuel conservation, home improvement and repair, financial management, family safety, the city garden, bureaucracy and raising children, among others, will be stresses in this program.

### Requirements of the Program:

To obtain a certificate in Urban Survival a person will complete 8 half courses (7 weeks in length) or 4 full courses (14 weeks). Students with previous study may obtain up to half of their requirements by exemption. Under certain circumstances persons without formal study, but with extensive experience can have that experience recognized through exemption.

Courses marked (U-S) are those leading to a credit towards the Urban Survival Certificate.

### Course Selections for the GENERAL STUDIES CERTIFICATE PROGRAM and URBAN SURVIVAL CERTIFICATE PROGRAM

Age of Uncertainty (G SS)	German I (G)
Canadian Cultural Dilemma (G CS)	German II (G)
Canadian Government and Politics (G SS CS)	Logic and Logical Thinking (G)
Canadian History Lives Today	Marked by the Wild (G CS)
Canadian Native Peoples (G SS CS)	Moral Issues (G)
Canadian Pre-History (G SS CS)	Philosophy for Every Man (G)
Chinese - Mandarin (G)	Preventative Health Care and Your Medical Plans (U-S)
Comparative Religions (G)	Psychology of Being Different (G SS)
Current Social Issues (G SS)	Psychology of Communication (G SS)
The Economic Circus (G SS)	Russian I (G)
Energy Conservation in the Home (U-S)	Safety in the Home (US)
French I (G CS)	Scottish History (G)
French II (G CS)	Spanish I (G)
Gardening for Survival (U-S)	Spanish II (G)
Human Relations I (G)	Stress in an Urban Society (U-S)
Italian I (G)	Taxation Tips (U-S)
Italian II (G)	Understanding Canada Today (G CS)
Italiano Per Loro Che Parlano Dialetto (G)	Urban Dynamics (G SS)

## SPECIAL PROGRAMMES

### MAKING CHANGES A Course for Immigrant Women

Are you an immigrant woman who feels the need to plan for a better future for yourself and your family? Do you feel like giving up if an employer asks for Canadian experience?

Do you find it difficult to phone for information, phone about a job or speak to your child's teacher?

Then MAKING CHANGES, a free 12-week course offered by Humber College, Centre for Women, may be able to help you.

#### We offer:

1. a Counselling and tests for you to find out your interests.
2. Opportunities in class to practise difficult situations, e.g. a job interview or telephoning.
3. Information about community agencies and services.
4. Information about going back to school, returning to work, or changing jobs.
5. Information on how to get money to go back to school.
6. a Continued support after the course to help you carry out your plan.
7. Daycare during class hours.

For further information, call Judith McCallum at York-Eglinton Centre, telephone: 781-5621.

NO CHARGE FOR THIS COURSE

## INGESE COME SECONDA LINGUA

PER INFORMAZIONE RIGUARDO AI CORSI "D'INGLESE COME SECONDA LINGUA" E "CORSI FONDAMENTALI DI AVANZAMENTO" METTETEVI A CONTATTO CON IL YORK BOARD OF EDUCATION AL 653-2270. QUESTI CORSI SONO GRATIS.

## INGLESE COMO SEGUNDA LINGUA

PARA INFORMACOES ACE RCA "DE INGLES COMO SEGUNDA LINGUA" E "CORSOS BASICOS", TELEFONE YORK BOARD OF EDUCATION: 653-2270. OS CURSOS SAO GRATIS.

## ENGLISH AS A SECOND LANGUAGE

FOR INFORMATION CONCERNING "ENGLISH AS A SECOND LANGUAGE" AND "BASIC UPGRADING" COURSES, CALL THE YORK BOARD OF EDUCATION AT 653-2270. PLEASE NOTE, COURSES ARE FREE OF CHARGE

# KEELESDALE CAMPUS

Humber College  
Keelesdale Campus  
88 Industry Road, .

These courses are offered at the Keelesdale campus.

Accounting clerk  
Bookkeeping clerk  
Clerk typist  
Dicta typist

Receptionist typist  
Teller cashier  
Manpower sponsored.. English  
as a second language

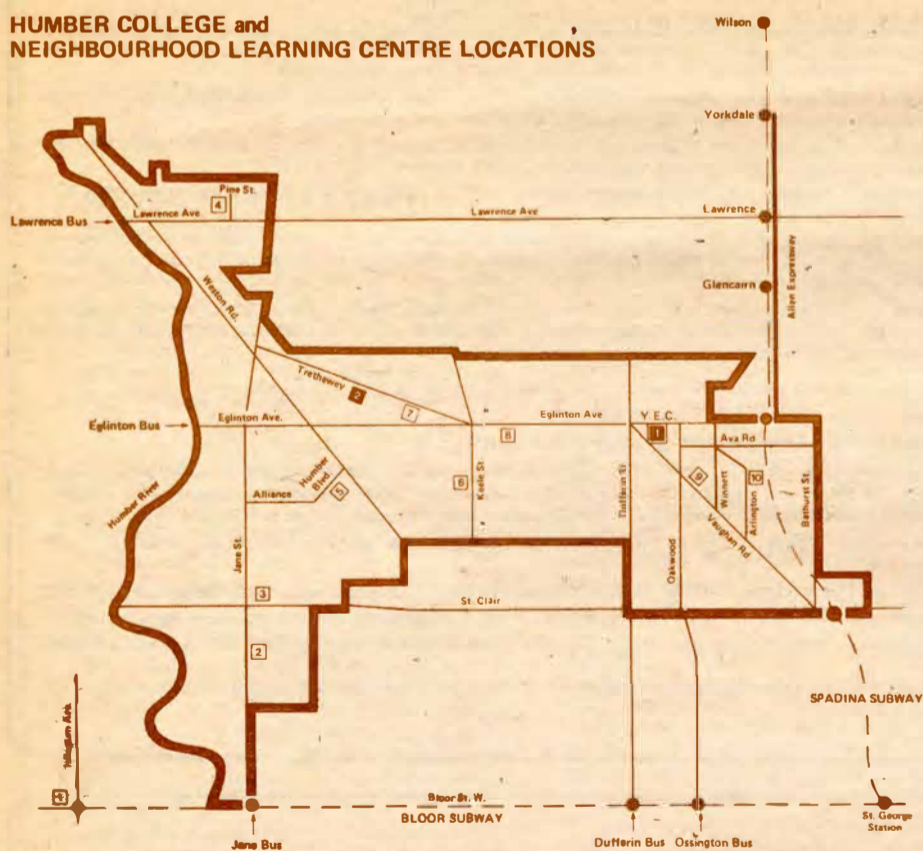
Academic upgrading ..  
Grades 5-10 Days  
Grades 9-12 Evenings

For information regarding these courses, please  
call the Humber-Keelesdale campus at 763-4571

## TRANSPORTATION MAP

## REGISTRATION INFORMATION

HUMBER COLLEGE and  
NEIGHBOURHOOD LEARNING CENTRE LOCATIONS



HUMBER COLLEGE LOCATIONS	NEIGHBOURHOOD LEARNING CENTRES		
1 Y.E.C. York-Eglinton Centre 1669 Eglinton Ave., West 781-5621	1 M.M. Montgomery Mills 24 Mabelle Ave. 239-6737	4 W.C.I. Weston Collegiate Institute 100 Pine Street 249-7971	5 Y.H.H.S. York Humber High School 99 Humber Blvd. 767-1167
2 K.C. Keelesdale Campus 88 Industry Street 763-4571	2 R.C.I. Runnymede Collegiate Institute 569 Jane Street 766-6406	6 G.H.S.S. George Harvey Secondary School 1700 Keele Street 653-6100	7 Y.M.C.I. York Memorial Collegiate Institute 2690 Eglinton Ave., West 653-7200
	3 G.S.J.S. George Syme Junior School 69 Pritchard Ave. 762-7367	8 K.S.P.S. Kane Senior Public School 300 Kane St. 651-3351	9 V.R.C.I. Vaughan Road Collegiate Institute 529 Vaughan Road 652-0641
		10 A.S.P.S. Azlington Senior Public School 501 Arlington Avenue 656-0684	

For further information on these Neighbourhood Learning Centres and the courses available in your area, please call:

- 653-2270, Board of Education, Borough of York
- 781-5621, York-Eglinton Centre, Humber College
- 675-3111, Centre for Continuous Learning, Humber College

### INFORMATION FOR STUDENTS REGISTERING IN HUMBER COLLEGE COURSES

Students are strongly urged to advance register by mail OR register during the evenings of September 19 and 20 at the nearest Neighbourhood Learning Centre. Courses with insufficient registrations are subject to cancellation immediately following the registration nights. Students affected by a cancellation will be immediately notified by telephone and advised of other courses that are available. Full refunds will be issued upon request where courses are cancelled due to insufficient registrations. A refund of fees, less a \$10.00 service charge, will be made to those who request a refund prior to the third session.

Full payment of course fees must be made at the time of registration, whether by mail or in person. Payment can be made by personal cheque (not post-dated), cash or money order. All students must sign a waiver form. Students registering in a Humber College course are entitled to access the full facilities of the College upon presentation of their student identification card.

SENIOR CITIZENS may access all Humber College courses for only \$7.00 tuition providing there are sufficient numbers of full-fee paying students registered in the class. Special courses for senior citizens may also be arranged by telephoning the college coordinator for senior citizen programmes at 675-3111, ext. 241. Anyone wishing to take a credit course for general interest (non-credit), may do so by informing the course instructor during the first class. Such students will be excused from tests and course examinations.

APPLICATION FORMS FOR COURSE MAY BE FOUND ON PAGE 5.  
APPLICATION FORMS FOR EVENINGS OF DISCOVERY MAY BE FOUND ON PAGE 6.

**REGISTER EARLY**