

Tips

There is a distinct difference in how our eyes focus on paper vs. a computer screen, with the result that eye strain and other forms of physical fatigue occur more quickly when reading from a monitor.

- If possible, plan your computer reading time so that it's done in small chunks, rather than long sessions, and take frequent breaks to rest and refresh your eyes.
- Have your eyes checked regularly and ask your optometrist for suggestions to help with reading from monitors. S/he may recommend a special non-reflective finish on lenses to cut down on the glare from monitor screens, or perhaps even a special, different prescription for computer work.
- Ask your favourite computer or business supply store for suggestions. Computer accessories like a special glare reduction filter that attaches to the screen to reduce eye strain may also be helpful.
- Take the time to learn how to work the adjustment controls on computer monitors. Sometimes changing the brightness or contrast on the screen will make it easier to read from.
- If you can control the lighting in the room, make sure you have ambient light (from a lamp or ceiling fixture). Don't read from a monitor in a dark room.
- Did you know that you can set your Web browser (that's likely Netscape or Internet Explorer) so that it always shows Web pages in your preferred colours or without graphics? This can make those "artistic" pages a lot easier to read, and also helps those who are colour blind or who have trouble reading pages done in particular colour combinations.

Want more information?

The Counselling Department and the Academic Success Centre are your best sources for advice and information on issues related to learning, studying, time management, and academic performance.

Workshops on learning, studying, etc., are offered regularly each semester by the Counselling Department. Please contact Student Services at Abbotsford - 604-854-4528 (B 214) or Chilliwack - 604-795-2808 (A 1318) to make an appointment.

Study Skills Tip Sheets providing information on many learning and time management topics, as well as, writing and referencing, are available free to students. The complete range of Study Skills Tip Sheets is available on-line at www.ufv.ca/counselling/study/.

Other Relevant Study Skills Tip Sheets:

Learning from Textbooks
Reading and the Web
SQ4R: A Classic Method for Studying Texts

With thanks to the University of Guelph
Learning Services
The Learning Commons

The Counsellors at UFV can help you with...

Career Planning

Help! I'm undecided about my career.

Most students come to university as a step towards a satisfying career, yet many are not sure what that career might be. Counsellors offer career counselling to help you explore your skills and interests, help you research educational programs and occupational areas that suit you, and help you decide how to choose a career goal.

Success Skills

*I want to study more effectively,
not just harder!*

If you are having trouble with your courses, or if you are "doing OK" but want to do better, then effective motivation skills, personal management strategies and study skills can help. Do you want to improve your memory, your note taking, your reading or other skills? Counsellors can work with you individually and in workshops to improve your effectiveness in studying and achieving success.

Personal Counselling

*Ugh...! I do NOT need these
problems right now!*

Coming to university is sometimes a big change, and when you have changes in your life, personal problems may appear, too. If you are having difficulties, Counsellors are here to help at no charge. The UFV Counsellors are trained professionals who can help you explore your options without telling you what to do. All our counselling is confidential within the limits of law. Just contact Student Services - you don't need to tell the folks at the front desk any details when you book a personal counselling appointment.

Emergencies happen. If you have an emergency, the Counsellors at UFV will see you as quickly as possible.

The UFV Counsellors are in Student Services:
On the Abbotsford Campus: Room B-214, phone 604 854 4528
On the Chilliwack Campus: Room A-1318, phone 604 795 2808