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UM HOME ECONOMICS DEPARTMENT OFFERS SHORT COURSE ON LIFE MANAGEMENT SKILLS

MISSOULA--

Marlene Bachman, associate professor of home economics at the University of Montana, will teach "Life Management Skills: Priorities for the 80s" at UM June 28-July 2. The class will meet from 8 a.m. to noon. Pre-registration is not required but is preferred in order to facilitate class planning.

The class is open to anyone wishing to acquire life managerial techniques. Elementary and secondary home economics and social studies teachers may find it particularly beneficial for application in the classroom.

One of the main topics to be addressed will be the problem of stress in either the home, work or classroom environment. By using current materials such as newspapers, movies and television shows in classroom analysis, Bachman will focus on factors that affect stress and the problem of identifying stress in the classroom, family or work situation.

Other main topics for the course will be time management and creative problem solving. The role of work and leisure, work simplification, fatigue and personal time will also be discussed.

Details about registration, fees, and other aspects of the program are available from the Center for Continuing Education and Summer Programs, 125 Main Hall, University of Montana, Missoula, MT 59812; (406) 243-2900.

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