



### Guidelines for Authors of Manuscripts

1. All manuscripts must be typewritten (double-spaced) and submitted in quadruplicate. They should not exceed 3,500 words (approximately 13 pages, including references, tables, and figures).
2. An abstract of 100-140 words in length, typed on a separate page, should be provided in both English and French. However, translation of abstract can be furnished at cost (\$25.00) by the journal if the author so requests.
3. In all matters of style, the Publication Manual (1974) of the American Psychological Association is considered definitive.  
Manuscripts should be concise as well as well organized. Article titles should not exceed 50 letters and spaces.
5. Never submit material that is under consideration by another journal.
6. Authors should be aware that Canadian English usage is adhered to in this journal. For example, the terms *counselling* and *counsellor* are normally spelled with a double *l*.

### Normes de présentation des manuscrits

1. Le manuscrit doit être dactylographié à double interligne et présenté en quatre exemplaires. Il ne doit pas excéder 3,500 mots (approximativement 13 pages, y compris les références, les tableaux et les illustrations graphiques).
2. Le texte doit s'accompagner d'un résumé de 100 à 140 mots, rédigé en français et en anglais et présenté sur une feuille à part. Toutefois, la revue peut assurer la traduction du résumé à la demande et aux frais (\$25.00) de l'auteur.
3. En matière de style et de présentation, le "Publication Manual" (1974) de l'American Psychological Association tient lieu de critère.
4. Les manuscrits doivent être concis et bien structurés. Dans la mesure du possible, les titres ne doivent pas excéder 50 caractères et espaces.
5. Ne pas soumettre un texte déjà présenté à une autre revue pour fins de publication.
6. S'il vous plaît, prendre note que, conformément à l'usage anglais au Canada, les termes "counselor" et "counselling" s'écrivent avec deux "l".

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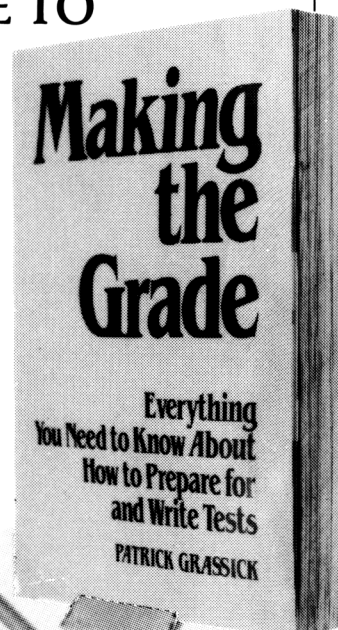
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Patrick Grassick is currently a counsellor with the Student Counselling Services at the University of Calgary. In his seven years in this post he has concentrated on the treatment of anxiety and has developed a highly successful Exam Skills Workshop. **MAKING THE GRADE** is a distillation of his skill and experience.

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