

ABE or CAAP or...

The upgrading program at Malaspina University-College is officially called the Career and Academic Preparation program (CAAP) but is often referred to as ABE (Adult Basic Education). This can be confusing sometimes!

Deadlines

CAAP (Upgrading)

- March 17 is the first day of Term III registration for *returning* students.

University Programs

- March 31 is the application deadline for Fall 2003/Spring 2004. Late applications will be processed as time and space allows.

Computer Lab News

Student login codes are now required for access to all computer labs at Cowichan Campus. You will need a personal account number to use the computers in the labs. The account will also provide a limited amount of personal network storage on U-drive. Students can request account numbers from the following departments:

- ✓ **Registration:** Monday to Friday, 8:30-3:00
- ✓ **Community Education:** Monday to Thursday, 4-8 pm & Saturday, 8:30 am -12 pm

Learning Skills

There is a set of skills that you need to know in order to make the most of your time at school. One-on-one

learning skills sessions can help you gain these skills and more confidence in your ability to succeed. Sign up at the Learning Centre, Room 131, for some personal learning support on Wednesdays, 10:30-12:30 or see Arleigh Trail in the Tutor Office for more information.

Scholarships and Awards

There are many scholarship and award applications available now. Pick one up from the display case outside Student Services. Cowichan Valley students who are currently taking upgrading and are entering post-secondary at Malaspina can apply for the Nora Fulton Gibson Entrance Award (2 awards of \$500 each). Please note: A reference form must be completed by Vicki Noonan, Coordinator of CAAP.

CAAP Tutorials

- ✓ **Math** - Bob Darling provides math tutoring three times a week: Mondays and Tuesdays from 12:45-2:15 in the Learning Centre, Room 131, and Wednesdays from 11-1 in Room 128.
- ✓ **Computers** - Heather Strong provides computer tutoring on Tuesdays from 12:30-1:30 until March 18. These drop-in sessions are for CAAP students who need help with basic computer skills.
- ✓ **Physics** - a Volunteer Tutor (Peter) offers physics support in the cafeteria on Tuesdays. Talk to your instructor for more information.

Cowichan Reading Series

Bill Richardson, author and CBC Radio host, will be at Quw'utsun' Cultural and Conference Centre Theatre on Saturday, March 15, 1 pm. Students \$3.

Advising

Make an appointment at Student Services to see:

- John Boland, Bachelor of Education Program Advisor, on Mon, Mar 24
- Erika Blakeman, BSc Nursing Degree Advisor, on Tues, Mar 25
- Maureen Hill, BA Degree Advisor, on Thurs, Mar 27

Have You Heard...

There may be a tuition charge for CAAP students who have already graduated from a high school or equivalent. If you wish to express your views about this, contact the Dean of Instruction for CAAP, the President of Malaspina University-College, or the Board of Directors.

Income Tax Help

A Volunteer Tutor (Sean) will be on campus every Thursday in March to help students fill out income tax forms. Bring your paperwork to the Learning Centre, Room 131, on Thursdays between 12:30 and 1:30. Please note that this is NOT a drop-off service; you need to stay while Sean works on your form. Also, the GST/HST credit is now available to people in the first quarter after their nineteenth birthdays. For more info about this, call 1-800-959-1953.

Program Info Sessions

Attend an program info session for:

- Resource Management Officer - First Nations
Thurs, Mar 20, 7 pm, Room 206

Summer Session

The information in the last newsletter was incorrect. Please note the following courses that are scheduled for summer at this campus:

- ANTH 214: Oral Traditions (Cheryl Roy)
- ENG 116: Intro to Literature (Tim Brownlow)
- ENG 200: Study of British Literature (Ian Whitehouse)
- ENG 366: Studies in Shakespeare (TBA)
- PSYC 336: Adolescent Development (Rachael Cooper)

Healthy Hints

In a recent study, middle-aged people who were diagnosed with a pre-diabetic condition called insulin resistance syndrome showed dips in memory performance. The good news is that regular exercise and maintaining a healthy weight can help to combat and prevent this mind-muddling syndrome. So...why not head out and lunchtime and walk around the "big block" or by the river to get your body moving and your mind sharpened? If anyone is interested in forming a walking group, see Arleigh Trail in the Tutor Office, or leave your name at Student Services.

Celebrate Diversity!

March is a special month...a time to celebrate spring and to celebrate diversity. There will several events at our campus again this year to mark Diversity Month:

- Little green treats on St. Patrick's Day

- Making banners to take on the walk against racism
- Videos to celebrate and understand diversity
- Interactive workshops
- Walk Against Racism and potluck lunch
- *Honour all Nations* drumming group
- Panel discussion on meeting challenges of diversity

What do we actually mean by *diversity*? Here is a definition written by a student at another college... maybe next year we can feature a piece of writing by one of our students! If you would like to submit your vision of diversity, drop it off at Student Services.

My Definition of Diversity by Sandra King

Diversity to me is an all encompassing sphere. We live within this sphere, and it lives within us. The sphere is a complete circle with no beginning and no end. It is everything, every person, every place, and every culture. It is the earth and all the galaxies. It is uniqueness. It is creativity. It is talent, seen and unseen. It is day and it is night. It is the living and unloving. It is life itself.

Diversity may be described in a dictionary, as anything other than the norm; however, to me what may be normal may be much different to what is considered normal by another.

This is diversity. Diversity is a sphere never ending and never beginning. This sphere is within all humans. We do not do or enjoy only one thing in life. We have diversity even in our own lives. Diversity is one of the joys we as humans can experience, and what a truly wonderful experience it really is. Diversity is what life is really all about and the very thing that keeps all of us to continue the wonderful process of life. So, go diversify thyself!

March-April 2003

MON	TUE	WED	THU	FRI
17 • Registration for current CAAP students	18	19	20	21
24 • Registration for <u>new</u> CAAP students	25	26	27	28
31 • Application deadline for Fall 03/ Spring 04 University Programs	April 1	2	3	4 • Last day of Spring University classes
7	8	9	10 Last day to add a UP course	11

UNIVERSITY PROGRAMS - Final Exam Period April 9-22
Good Luck & good grades to all!