

**Malaspina
University-College
Cowichan Campus**

Student Newsletter

**Issue #102
September 29,
2005**

Dates and Deadlines

- Oct 3 - last day to pay Fall semester tuition; any unpaid tuition as of Oct 4 will include a 10% late fee.
- Oct 10 - Thanksgiving holiday - College closed.
- Oct 14 - last day to apply for student loan for students attending fall semester only.

Competition for Prospective Playwrights!

Blue Peanut Productions presents: "Theatre in a Nutshell", a 24-hour playwriting competition at Malaspina University-College Theatre, Nanaimo Campus, on Saturday, November 12 – doors open at 7:15 pm; cost: \$7. For application, rules and conditions, go to: www.bluepeanut.net.

Attention First Year Students!

Win \$2000, an Apple iPod, Play Station or gift certificate!! Here is your chance to win prizes for participation in the survey of Canadian College student characteristics. Go to <http://www.wincollegetuition.com/English/index.html> for complete contest details.

Fetal Alcohol Spectrum Disorder (FASD)

Learn more about FASD and its impact on the individual, family and community. This locally developed 78-hour, part-time Community Practitioner Certificate program will be of interest to foster parents, volunteers, community members, and childcare workers/educators. An FASD community practitioner is a service provider with a solid base of knowledge and skills to effectively support people living with FASD. The program will be offered on Monday and Wednesday evenings,

6:30 – 9:30 pm, November 2, 2005 to Feb 15, 2006; tuition: \$565

✓ **FASD Laddering Opportunities:**

Graduates of the Fetal Alcohol Spectrum Disorder (FASD) Community Practitioner Certificate Program can apply to the Coordinator of the Social Services Diploma Program or the Coordinator of the Child and Youth Care Program to receive three unassigned elective credits upon admission to either of these Human Services programs.

✓ **FASD Info Session (Mandatory): FREE**

Students are expected to attend this mandatory two-hour session on Wednesday evening, October 19, 6:30 – 9:30 pm. It will provide students with an overview of the program expectations and materials, as well as opportunities to obtain other important program information.

For more info, call 746-3532 or visit www.cc.mala.ca/td/fasd.htm

Want to Quit Smoking?

Do you know that participating in a quit smoking group works best? If you are interested in forming one, John Raven is the person to contact! He has run many successful quit smoking groups – no pressure – just information on how to do it.

John Raven CPHI[®], Tobacco Reduction Coordinator, telephone: (250)755-6285 or email: john.raven@cvih.bc.ca



Library Notices by Email

A new service allows you to get a 3-day advance notice of your library items that are due. If you want to receive these emailed messages, make sure that your email address is included in your student record.



The Library's email notice contains instructions on how to renew your items if necessary and has a link to the renewal web page. The notice also has the warning that "failure to receive Library notices does not excuse the borrower from late charges".

To add your email address to your Registration information online, go to the Malaspina homepage (www.mala.ca), and click on *Current Malaspina Students*. On the next page, click on the link at the top left: *Student Records/Web Registration*. Then click on the link (again, at the top left): *Access Your Student Record*.

You can also add or update your email or regular mailing address at Registration in Building 601. If you do not have an email account, you can subscribe to a free web-based e-mail service. For details and links, go to: http://it.mala.bc.ca/students/Accounts/Free_email.htm

Counsellor's Corner

"I'm taking classes, working part-time, raising three kids, and my father has a serious illness. The only way I can manage to study is to stay up until 1:00 in the morning."

"I'm coming to school full time. I don't have a job or anything but I have to get top marks so I pull all nighters before exams to make sure I really get all the material crammed in."

These are typical comments made by students. How many of you stay up later and sleep less when you are in school? It may seem like this is the only way to get all the studying done; however sleeping less may backfire.

One university survey found that 80% of students were seriously sleep deprived. A college survey found that only 11% of the

students surveyed were getting enough sleep. Certain stages of sleep are necessary for cell repair and recovery in the body. They are also necessary for memory to function properly. When we don't get enough sleep we may experience the following symptoms: problems with attention, concentration, memory, and critical thinking. We are susceptible to depression, irritability and anxiety. Fatigue is a symptom of depression. It can also cause depression. Sleep deprivation also stresses our immune system and makes us more prone to illness. This is a pretty long list of consequences for not sleeping. Notice how many of those symptoms relate to learning!

The way to get a good quality of sleep is to go to bed and get up at the same time each day. Well that sounds like you'd be lying down and getting up at the same time! But you know what I mean. If you force yourself to stay awake late in order to do your schoolwork, you change your biological clock. Your internal clock will start to expect you to go to bed later and get up later. When you try to go back to your usual pattern of sleeping you may not be able to fall asleep easily or get up in the morning. If you sleep fewer hours than normal you are at risk for all the symptoms described above.

So it is kind of a "Catch 22". You may feel you need to stay up later to get your schoolwork done. But doing so may reduce your ability to study, concentrate and remember. The trick is to organize your time and plan ahead so that you do your work regularly all throughout the term. Then you won't need to go to extremes just before tests and assignments. Stop by the Learning Center for a handout on Time Management or talk with a Counsellor in Student Services about organizing your time.

Gillian Reece

