

Student Newsletter



Malaspina University-College - Cowichan Campus Student Newsletter, Issue #113 - May 2, 2006

DATES AND DEADLINES

- May 22 - Victoria Day:
Campus closed

HEADING TO UNIVERSITY?

If you are taking upgrading courses now and plan to take university or career/technical courses in the fall, be sure to go to the registration desk now to *apply* if you have not already done so. Late *registration* starts on July 5.

LIBRARY HOURS

Now that most University and Career/Technical Programs have been completed and exams are finished, the library has changed its hours of operation.

- May and June: Open Monday to Friday 8 am to 4 pm; closed on Saturday until after Labour Day
- Closed July 1 - September 4
- Re-opens on September 5

STUDENT WINS AWARD

Audrey Large, a student at our Reading and Writing Centre on Jubilee Street, has won recognition and an award for her work at the Community Police Office.

Since she started volunteering there, Audrey has put in about 1200 hours! Some of the duties she performs are finger printing children, citizen on patrol (COP), office/clerical work, and traffic control at parades and

other entertainment events. When asked what she liked about her volunteer activity, Audrey replied, "*I get to meet people, help the elderly, and keep people safe.*"



Thanks and congratulations, Audrey!

OFF-CAMPUS SITES

Did you know that Cowichan Campus has no less than four off-campus sites? No wonder plans are in the works for a new campus!

- Reading and Writing Centre: Jubilee Street. This centre offers reading, writing, spelling, math, and computers for adults who want to learn or improve these skills
- Roberts Road: The Carpentry-Framer Technician program operates out of this facility in the industrial centre just south of the Silver Bridge
- Cowichan Secondary School: The Heating, Ventilation & Air Conditioning/Refrigeration program takes place at the secondary school in Duncan.
- Frances Kelsey Secondary: The Culinary Arts program is

located at this south-end secondary school.

BIKES ON CAMPUS

The Occupational Health and Safety Committee would like to remind students that bicycles are not permitted inside Malaspina buildings. Bikes are to be kept outdoors, in the racks provided.

NEW PROGRAM

First Nations Youth and Adults interested in sport and tourism events should contact Contract Services in Building 602 or call 746-3523 to find out about the 3-credit course called *Introduction to Aboriginal Sport and Tourism* that runs from May 9-22, 6-9 pm, on Tuesdays and Thursdays.

This course is the introduction to a 30-credit certificate program called *Aboriginal Sports Management*, which is scheduled to start in September. The introduction is an exploration of cultural and social factors to consider in the planning, implementation, and management of Indigenous sport, and recreation/tourism opportunities.

Topics include:

- Historical development of Indigenous sport
- Aboriginal beliefs and relationships
- Managing volunteers
- Elders

Priority seating will be offered to Cowichan Tribes members engaged in the delivery of the 2008 North American Indigenous Games. Course Fee: \$422.27; textbooks approximately \$100.

Good Food Box

For only \$10 you can get a box of fruit and vegetables from the Cowichan Good Food Collective. This program addresses the issue of food security and is the result of a partnership among the Vancouver Island Health Authority’s Mental Health and Addictions program, the Cowichan Tribes, and the House of Friendship. Money is pooled and food is purchased from wholesalers and local farmers, and the savings are passed on to the customers. For more information, call Providence Farm at 746-4204 or drop by the Disabilities Resource Centre on Coronation Street.



STUDENT WRITING

Cat, a student at the Reading and Writing Centre, has given us this piece of writing to share:

One Step at a Time

Where do I start? I don't feel that I have come that far. Well for one thing the will to keep coming here. I found out I love to write. Not sure what yet. But I would love to write a book! I know now if one day I want to I can. I love that feeling. I think at times it keeps me going. Now I know I can do better then ever. I'm so glad that when some people said don't go back to school I did. I have found out that I listen more now than before. I have found I have the courage, to do something I always wanted to do but was too terrified like the Outward Bound Camp. I hope I get to go. But if I don't go, which would be sad, I will know I tried. I'm very proud of myself for coming here. I have met a lot of good people here. I'm also finding out who I'm and that's a treat for me. I'm Wanting to learn so much like math. {I love it now} Strange to here that. I'm smiling more then I ever have in my life.

SPEAKERS SERIES IN VICTORIA

The Camosun College Foundation is co-sponsoring a wonderful series of speakers called *Global Perspectives on Community Issues*. Speakers include Jane Goodall, the world authority on chimpanzees; Romeo D’Allaire, leader of the UN Assistance Mission in Rawanda; and Craig Kielburger, advocate for human rights for children and youth around the world. This series is going to be worth the drive over the Malahat!

For more info on the series, check this link: www.janegoodall.ca/news/news_SpeakerSeries2006.pdf

THE LEARNING CENTRE

The Learning Centre is located in Room 131 in Building 601. Here is what goes on there:

Tutoring: if you want some extra one-on-one support with your coursework, you might consider working with a volunteer tutor. Our tutors are community members who have taken a training course and are available to help students with a wide variety of topics. To find out if a tutor is available to help you, go to the office across from Reception and chat with Arleigh Trail, Tutor Coordinator, about your needs. This is a free service.

Learning Skills Counselling: One-on-one support in developing the learning skills necessary for academic success. These include time management, organization, reading texts and articles, remembering, writing skills, making notes, preparing for exams, and much more. To book a half- or full-hour session with Arleigh Trail, Learning Skills Counsellor, sign your name in any white space in the red column of the schedule outside the Learning Centre.

Workshops: From time to time, learning skills workshops are scheduled in the Learning Centre. Watch for posters!

English Tutorials: Vicki Noonan is available on Mondays and Wednesdays from 3-5:30 to provide support to upgrading students who are working on English courses. Sign up in the yellow column on the schedule.

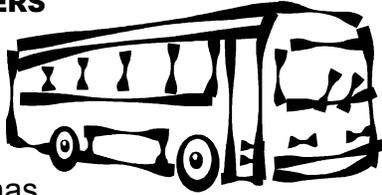
(Continued on page 3)

Assessment Prep: Vicki Noonan is also available Thursday and Friday mornings to help you prepare for program assessments. Sign up at Student Services.

Handouts: A series of handouts of topics that range from learning skills to soup kitchens is available. Please come and browse (new ones will be out soon!) and take what you need.

ATTENTION BUS RIDERS

Please note that the cost of riding the bus has gone UP, unless you buy a semester pass, in which case it has gone DOWN. The cost for a single ride for a student is now \$1.25. Save \$3 when you buy a sheet of ten for \$9.50. A monthly pass is now \$27 and a semester pass is now \$84.



COUNSELLOR'S CORNER

Last week I turned fifty and it wasn't so bad. Some of you young types will find it staggering to note that people actually do live, love and continue to work past the ripe old age of fifty - we do! And our brains keep working too!

For example, this morning on the way to work I recalled one of my early counselling clients - let's call him Glen. When I met Glen he was in his early forties and his life was a real mess. Glen had mostly given up the booze but every few weeks, he would "self-medicate" and manage to annoy and disappoint the people in his life. And while boozing did help Glen (for the first minute or so), no amount of alcohol could contain the unresolved rage and anger that he carried. The natural outcome of these behaviours alienated his wife, family, friends and scared off potential employers. At a time when he most needed solid human contact, he was pushing everyone away and isolating himself even further.

So, I got on Glen's case: "No Sobriety Plan - No Counselling," and within a few weeks Glen recommitted to his sobriety. In our sessions his anger and rage were replaced with courage as he began to examine the violence, abuse, and shame that shrouded his past and clouded his

present. Slowly, Glen began to emerge from his abyss; he began to reveal rich and energetic layers of himself that he had abandoned in his youth. He became a terrific client, and it was an honour to work with him. His final session was powerful and emotional for both of us.

Several years later I bumped into Glen in downtown Victoria. We talked. He had remained sober and was grateful for the many good things happening in his life. Just before we parted company, I asked Glen for a favour and he said "name it." I asked him to share the one thought or behaviour that had most impacted his recovery. He replied instantly, "Oh, that's EASY!" and he reached into his pocket and pulled out a carefully folded five-dollar bill and handed it to me. Of course I told him that I couldn't accept his money and he rolled his eyes and said, "Just unfold the bill, ya doofus." I did as he asked and noticed that he had written "What is MY problem?" on the bill. He told me that whenever he hit a rough patch in his life and began to blame others for his situation he would reach into his pocket for the bill and slowly and kindly ask himself, "What is MY problem?"

Since that meeting, Glen's "gift" has encouraged me personally and professionally. I will listen to a client complain about their spouse, teacher, doctor, social worker, best friend and so on, but at some point I will ask them to consider the simple question, "What is MY problem?" And then we begin the "work" of counselling, and clients begin to explore the meanings behind words like *personal honesty* and *responsibility*.

I would recommend trying this technique for your personal use and introspection, but please remember - it is a delicate tool, not a sledge hammer! As always, counsellors are on campus to assist you with personal concerns that impact your studies or frustrate your life direction.

Please drop by or make an appointment to talk.

Corey Blades





Student Activities

Free Swimming

- Every Sunday night at the Aquannis Pool at the Cowichan Centre 7-8 pm. Bring your kids! Your parent! Your spouse! A friend! Come alone! Come with classmate or a class group! Immediate family or one friend can accompany you. Free admission by showing your current student card. The pool is rented for the Malaspina community. Lifeguards will be on duty.

Drop-ins

There's still room to participate in these sports. Drop-in and receive special rates with your valid Malaspina University-College Student ID card.

Swim or Gym - \$1/drop-in

- Monday to Friday 6:30 am – 8:45 pm;
Saturday 9 am – 5:30 pm; Sunday 2–5 pm

Get fit with these recreation classes:

Boot Camp

- Tues & Thurs 9-10 am; May 2-25, May 30-June 22
\$20 for 8 sessions - great price!

Yoga

- Wednesday 6:30-8 pm; May 24-June 28
\$30 for 6 sessions

Nordic Walking

- Tuesday & Thursday 10:30-11:30 am
May 2-25 or May 30-June 22
\$20 for 4-week session

Gentle Pilates

- Monday 9-10 am; May 15-June 19
*No session May 22; \$20 for 6-week session

Pilates Basic

- Monday 10-11 am; May 15-June 19
*No session May 22; \$20 for 6-week session

Pilates

- Monday 5:45-6:45 pm or 7-8 pm; May 15-June 19
*No session May 22; \$20 for 6-week session

Pilates Matwork

- Thursday 10-11 am; May 18-June 22
\$20 for 6-week session

Stretch for Health

- Tuesday 10-11 am; May 16-June 20
\$20 for 6-week session

Power Piloga

- Thursday 7:15-8:15 pm; May 18-June 22
\$20 for 6-week session

Hop to It

- Tuesday 10-11 am; May 16-June 20
\$20 for 6-week session

Weight Training Intro

- Thursday 10:15-11:15 am; May 4-25 or June 1-22
\$12 for 4-week session

Lo-Moderate Aerobics

- Tuesday & Thursday 6:15-7:15 pm
May 4-25 or June 1-22: \$24 for 4-week session

LAWN TENNIS CLUB

The South Cowichan Lawn Tennis Club on Cowichan Bay Road was founded in 1887 and is now the only tennis club in Canada playing on lawn. It is also one of the two or three oldest tennis clubs in Canada!

First-time members can take advantage of a special adult membership price: \$140, or just \$50 for players 19 years or younger. Call 746-7282 for more info.

Get out and play!



WE WANT TO HEAR FROM YOU!!!

Do you have something to say that you would like to share with other students? This is the place to do it!

This is the *Student Newsletter*, so let's have some *student* input...just submit your material (opinion, poem, short essay) to Student Services.



Cowichan Campus Student Newsletter

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