

Student Newsletter



Malaspina University-College - Cowichan Campus Student Newsletter, Issue #119 - October 4, 2006

CIRCLE YOUR CALENDARS!

- **Mon, Oct 9:** College closed for Thanksgiving Day
...*University Programs - dates to note:*
- **Fri, Oct 13:** Last day to apply for student loan for students attending Fall semester only.
- **Mon, Oct 31:** Last day for academic penalty-free withdrawal from a Fall Semester course or program or to change from credit to audit (or vice-versa) in University and Career/Technical Programs.
- **Mon, Oct 31:** Last day for overdue tuition for Fall semester to be paid to avoid withdrawal from Fall and Spring semester courses.
- **Tues, Nov 1:** Students with fees owing as of this date will be removed from all Fall and Spring courses

LEARNING SKILLS TUNE-UP

Do you get low mileage from your studying? Do you work hard but not get great results? Are you overwhelmed by all the reading you have to do? Do you take lots of notes but find them difficult to learn from?



Then kick start your learning with a **Learning Skills Tune-up!** Get your motor running:

- Learn to read texts and articles; learn how to write great notes; learn how to prepare for and write exams
- Learn strategies for re-organizing information
- Learn how to see the BIG picture; learn how to manage your time more effectively

Two sessions to choose from:

Friday, Oct 13 or Saturday, Oct 14: 9 am - 4 pm

Registration code: LSTU 001; your \$10 registration fee includes snacks.

EXAM PREPARATION WORKSHOP

To do well on exams, you must be well prepared. This exam preparation workshop will teach you some strategies to help you prepare for tests more effectively. Come to this workshop in the Learning Centre, Room 131, on Thursday, Oct 5 or Oct 12 from 12-1 pm.

COMPUTER ACCOUNTS

For instructions on wireless access for laptop computers or computer accounts in any of the Cowichan Campus labs **or** the Library mini-lab, go to the *IT Services at Cowichan Campus* webpage <http://www.cc.mala.ca/itservices.htm>

ATTENTION! WRITERS ON CAMPUS

- **Michael Kenyon** has done a lot of things to support his writing habit: he has performed with live octopi, cleaned vomit from the backseat of a cab, and sailed through gales on a on a coast guard cutter.

What kind of storyteller do you think he might be? Come and find out on Wednesday, October 4th at the Cowichan Campus -- 6:30 pm in Room 206. Michael will be reading from his new novel, *The Biggest Animals* and from his recent poetry book, *The Sutler*.

Please join us. Free and open to the public. Co-sponsored by the Canada Council for the Arts.

- **Carol Matthews**, author of "The First Three Years of a Grandmother's Life", will be on campus Monday, Oct 16, from 1:30-3 pm in Room 156 to share what it is like to be a grandmother. This collection of columns from *Relational Child and Youth Care Practice* is written and illustrated by a first-time grandmother. It will be of interest to grandmothers, prospective grandmothers, gerontologists, child care professionals, and all who care about and for children. Mark your calendars. Copies may be purchased for \$15.95 on this day.

COMING TO COWICHAN CAMPUS IN JANUARY!

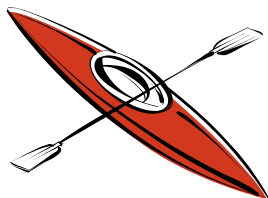
FNAT 380: "An Introduction to Northwest Coast First Nation Carving" on Fridays from 9 am - noon with instructor Jane Marston; no pre-requisites.

This course is an introduction to the art form of the Northwest Coast First Nations, with a focus on carving. A study of the historical significance and interpretation of the art forms used by the Vancouver Island First Nations will be covered. Come to Student Services for more details.

MALASPINA CAMPUS RECREATION

Cowichan Campus Recreation is offering Kayaking Lessons & Outings! If you have always wanted to try

kayaking or want to hone your skills, we have something for the novice and those with experience. The first series begins October 8th, so hurry in to Student Services for more information and to sign up! Cost is \$15 with your student ID card!



GREETINGS FROM FIRST NATIONS TECHNICIAN

My name is Dale Hunt, and I am from the Kwakiutl First Nation, which is located on the northern tip on Vancouver Island. I completed a Bachelor of Arts degree in First Nations Studies at Malaspina University-College in 2002 and then went onto complete a Master of Arts degree in Dispute Resolution in 2005.

I will be working in Student Services providing First Nations Student Support on Mondays and Thursday until the end of June.

Dale

CAREER OPTIONS

Student Services will be hosting speakers from the community to share information about job opportunities here in the valley and on the island! Watch for dates and times.

B.A. DEGREE COMPLETION

Come to Student Services or call 746-3509 to make an appointment with Robert Riggan, upper-level BA Advisor. He will be here on October 18 to answer degree questions. You will need to have completed at least 24 credits to declare your degree.

HEALTH INFO

- **Flu season is here!** This might be a good time to check out with various pharmacies and doctors offices for information or to arrange for a flu shot.
- **Living Healthy and Well:** Leading a healthy lifestyle entails a variety of activities including healthy eating, healthy stress, healthy change and being active.

The following three presentations will be held at Cowichan Campus and will focus on how to achieve optimal well-being. A **free**, healthy lunch is provided at 12 pm by Cowichan Campus Recreation.

1. Healthy Active Lifestyles: The Road To Wellville, Thurs, Oct 19, Room 161, 12-1:30 pm
2. Healthy Stress: How To Get Your Degree Without Losing Your Mind: Wed, Nov 15,

Room 162, 12-1:30 pm

3. Healthy Change: Who Moved The Cheese? Thursday, Dec 7, Room 162, 12-1:30 pm

Workshops are presented by Wayne Pealo, PhD, full-time faculty member in the Department of Recreation and Tourism Management, School of Management at Malaspina University-College in Nanaimo. Register for workshops by email to: sscasual@mala.bc.ca or at Student Services.

NITEP - NATIVE INDIAN TEACHER EDUCATION PROGRAM

Are you interested in becoming an elementary or secondary school teacher? Check out the NITEP program. NITEP is a UBC Bachelor of Education Program which builds upon Aboriginal identity and cultural heritage while preparing and challenging persons of Aboriginal ancestry to be effective educators for public, band and independent schools. Students may complete either a Bachelor of Education (Elementary) or a Bachelor of Education (Secondary).

If you would like more information about NITEP, please contact Jackie Agostinis, Coordinator of the Duncan Centre, at (250) 746-3552 or by e-mail at agostinij@mala.bc.ca. The NITEP website is: <http://teach.educ.ubc.ca/bachelor/nitep>

MÉTIS NATION OF GREATER VICTORIA

You are invited to the October Community Gathering and Dance Program on Thursday, Oct 5 from 6 - 9 pm at Fairfield Community Place on 1330 Fairfield Road, Victoria. Bring your favourite dish for potluck dinner!

SALE, SALE, SALE @ THE BOOKSTORE

The Cowichan Campus Bookstore has some great specials for October. Come on in and check us out.

AN INVITATION...WE WANT TO HEAR FROM YOU!

You are cordially invited to attend an Open Forum for Students to discuss the Education Plan for Cowichan Campus.

Discussion items will include:

What is your vision of the future of Cowichan Campus? What role should we fulfill at the Cowichan Campus in terms of post-secondary education for the Cowichan and Chemainus Valleys? What do you see as priorities for educational programming for the next decade at the Cowichan Campus?

Tuesday, October 24th, 3:30-5 pm in the Cowichan Campus Cafeteria; refreshments will be provided.