

Student Newsletter



Malaspina University-College - Cowichan Campus Student Newsletter, Issue #122 - January 8, 2007

JANUARY 2007 - HAPPY NEW YEAR & WELCOME!

On behalf of the staff and faculty at Malaspina University-College in Cowichan, I want to welcome all of our new students and welcome back our returning students.

This new year will undoubtedly bring a host of new academic experiences for you. As you get to know the people who work and learn here I recommend that you include a visit to the Student Services Department early in the term. You might be surprised to know that we offer the full range of Student Services that are available to students at the Nanaimo Campus. It's all here and is yours for the taking.

This new term will also mark a significant change in our institution, namely the arrival of our new President Dr. Ralph Nilson. Dr. Nilson is very interested in meeting with students at all campuses, so stay tuned for an invitation to meet the new president at our campus during the Spring term.

There's never been a better time to invest in yourself and in your future. All the best for a successful and rewarding term with us.

María Lauridsen, Acting Campus Principal

IMPORTANT DATES

Please read to find out about wait lists, when your tuition is due, when the last day you can add or drop a class, etc.

University and Career / Technology Programs

- Jan 8: First day of university classes for Spring semester
- Jan 15: Last day of active wait-list. After this date, courses may be dropped over the web or in person, and may be added in person using the Request For Late Course Registration Form
- Jan 19: Last day to add or drop a course before Spring semester tuition calculated
- Jan 22: Tuition calculated and students billed for all courses enrolled in as of this date

Career and Academic Preparation Programs

- Feb12: Evening CAAP (upgrading) classes begin

CAMPUS CLOSURE

To find out if the campus is closed due to weather conditions and power failures, call 746-3500 for an up-to-date recorded message. Also, listen to the local radio stations for announcements and check the Malaspina website, www.cc.mala.bc.ca, for current information on closures.

WORKSHOPS FOR STUDENT SUCCESS

Attend a FREE Learning Skills workshop - it will make you a stronger student!

- Tues, Jan 9, 12:30-1 pm "How to be a Good Student"
- Wed, Jan 10, 12:30-1 pm "How to be a Good Student"
- Thurs, Jan 11, 12:30-1 pm "Time Management"
- Tues, Jan 16, 12:30-1 pm "Time Management"

- Wed, Jan 24, 12-1 pm "Time Management & Procrastination"

All workshops are free and held in the Learning Centre, Room 131, Building 601.

SEATS STILL AVAILABLE!

Space is still available in a number of courses from Anthropology to Spanish! One new course offering is CYC 201 – please see an educational counselor in Student Services to help plan your course work!

APPLY FOR \$\$\$

Scholarships and Awards: Pick up an application from the rack outside Student Services. **Deadline to apply is January 15, 2007.**

Bursaries: The general bursary application is available in the rack outside Student Services with a **January 31, 2007 application deadline.** Bursaries are available to students enrolled in CAP (upgrading), University courses, Health & Human Services programs, Technology/Technician programs and Trades & Applied Technology programs.

TAX FORMS CHANGES FOR 2006

Malaspina University-College recently completed a review of procedures to comply with Revenue Canada regulations. For a list of changes, please see T2202A FAQ's at <http://www.mala.ca/registration/T2202AFAQ.htm>

HEALTH & WELLNESS

If your New Year's resolution was to be healthier and more fit check out the last page of this newsletter for our range of student activities available at extremely reasonable rates with your current student photo ID.

WELCOME BACK PANCAKE BREAKFAST

Come and enjoy a free Pancake Breakfast including juice and coffee on Thursday, January 11 from 8:30-10:30 am in the Cafeteria. Everyone's welcome! The Welcome Back Pancake Breakfast is sponsored by Student Life Activities.

IT'S AN EXTRAVAGANZAAAA!

Celebrate the new term at the Cowichan Centre on January 18 from 6-10 pm with a delicious catered dinner, a "mocktail" bar and a *hot* band ~ Angie and the Adrenalines!! All this for \$10 for currently-enrolled students; invite a guest for \$10. Tickets are available for purchase at Student Services...come enjoy an evening with friends and fellow students.



BECOME A QUITTER!

Go to <http://bc.quitnet.com/> or phone 1-877-455-2233 to see how you can quit smoking! Quit Now! Also, go to <http://www.Quit4Life.com> with lots of tips on how to quit smoking. Good Luck!

RENTAL ASSISTANCE PROGRAM

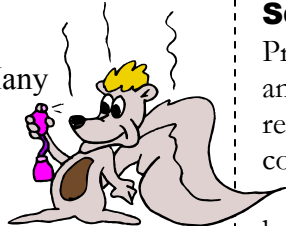
Is your family paying too much rent? If you have lived in BC over the past 12 months and have a household income below \$20,000, the new Rental Assistance Program could help your family. The Province of BC now provides direct cash assistance to eligible low-income working families with children under the age of 19. To find out if you are eligible, contact BC Housing at 1-800-257-7756 or go to www.bchousing.org

LOST AND FOUND

There are several items still in the lost and found! If you think that something may be yours, ask at Reception. The Lost and Found will be cleaned out in January and items will be dispersed accordingly.

FRIENDLY REMINDERS...

Our Campus is a Scent Free Zone: Many people have allergies to perfumes, etc; please refrain from wearing perfume, cologne, aftershave, etc.



Smoking: If you smoke, please make sure you do so in the designated areas, thank you.

Cell Phones: Please turn your cell phone off or to vibrate mode when you are in class.

PROGRAM INFORMATION SESSIONS – 2007

Upcoming Program Information Sessions held at Cowichan Campus:

- ⇒ **Native Indian Education Program (NITEP):**
Tues, Jan 16, 6:30 pm, Room 124, Building 601
- ⇒ **Child & Youth Care – First Nations**
Tues, Jan 23, 6:30 pm, Room 155, Building 602
- ⇒ **Trade Programs**
Tues, Feb 6, 6:30 pm, Room 155, Building 602
- ⇒ **Health Programs (HSRC, LPN, BSN)**
Tues, Feb 13, 6:30 pm, Room 155, Building 602

SCAVENGER HUNT

Prizes, prizes, prizes...pick up the Scavenger Hunt form and the *Information for Students* handout in the main reception area in Building 601, read both carefully, complete all the questions on the Scavenger Hunt form (hint, hint...answers are in the Info for Students handout) and drop it off in the yellow box in the main reception area in Building 601 - you could win some great prizes!

Cowichan Campus Recreation

Drop-in or register for these classes at the Cowichan Centre, 2687 James Street, *not* at Malaspina University-College. Present your current Malaspina student picture ID card to be eligible for these activities at a reduced rate - prices are about 40% of the usual cost. Student Programs division of Student Services funds the rest.

Activity	Details	Student with ID card pays	Student Programs Pays
Sunday Swim Night	Free swim night every Sunday evening from 7-8 pm starting January 14 through June 24 (no swimming on April 8): one friend or family member may accompany you	FREE!	Facility rental
Drop-in Swim or Gym	Monday - Friday 6:30 am – 8:45 pm Saturday 9 am - 5:30 pm • Sunday 2 - 4 pm	\$1 per drop in	\$1.50 per drop in
Drop-in Skating	Wednesday 6:30 - 8:00 pm Saturday and Sunday 2:00 - 3:45 pm	\$1 per drop in	\$3 per drop in
Drop-in Recreational Volleyball	Monday and or Wednesday 7:00 - 8:30 pm, January 8 - March 28	\$1 per drop in	\$3 per drop in
Drop-in Elite Volleyball	Monday 8:30 – 10:00 pm, January 8 - March 28	\$1 per drop in	\$3 per drop in
Drop-in Hockey	Tuesday and Thursday 10:30 – 11:45am Tuesday 10:00 - 11:30 pm • Friday 10:30 pm – 12 midnight	\$2 per drop in	\$3 per drop in
Boot Camp Fitness Four week sessions	Tuesday and Thursday 9 -10 am (8 classes) January 9 - February 1 OR February 6 - March 1 OR March 6-29	\$20 session	\$36 session
Kundalini Yoga Six week sessions	Tuesday 7:30 - 9:00 pm • January 16 - February 20 OR February 27 - April 3	\$25 session	\$33.50 session
Pilates Basic Seven week sessions	Monday 10-11 am • January 15 - February 26 OR March 5 - Apr 30	\$25 session	\$27.50 session
Pilates Eight week sessions	Monday 7-8 am • January 8-February 26 OR March 5-April 30 no lesson Apr 9	\$25 session	\$35 session
Pilates Matwork Six week sessions	Thursday 10:05 - 11:05 am • January 18-March 8 no lesson Jan 25 & Feb 22	\$20 session	\$25 session
Stretch & Strength Eight week sessions	Tuesday 10:05-11:05am • January 9-February 27 OR March 6 - April 24	\$25 session	\$35 session
Power Piloga Four week sessions	Tuesday and Thursday 7:30-8:30 pm • January 9-February 1 OR February 6-March 1 OR March 6-29	\$25 session	\$35 session
Nordic Walking Intro Four week sessions	Tuesday and Thursday 9:00-10:00 am • January 16-February 1 OR February 13-March 1 OR March 13-29	\$20 session	\$25 session
Weight Training Intro Six week sessions	Thursday 10:15-11:15am • January 11- February 22 OR March 1-April 5	\$12 session	\$20.50 session
Drop-in Lacrosse	Wednesday 8:30-10:00 pm, January 10 - March 28	\$1 per drop in	\$3 per drop in
Drop-in Aquafit	Monday, Wednesday and Friday morning 9:00-10:00 am Monday and Wednesday evening 7:30-8:30 pm	\$1 per drop in	\$3.25 per drop in