



Student Newsletter

Vancouver Island University - Cowichan Campus Student Newsletter

Issue #159 - March 23, 2009

IMPORTANT DATES

- *March 31* is the application deadline for University and Career/Technical Programs beginning September 2009. Applications received after this date will be processed as time and space allow.
- *March 31* is also the day that upgrading day classes end.
- *April 3* is the last day of classes for University and Career/Technical programs. *April 6 and 7* are study days, and final exams begin on *April 8* and end on *April 21*. You might want to take in an exam prep workshop - see below!
- *April 6* is the first day of Upgrading Term 3.
- *April 7* is the last day for penalty-free withdrawals from evening upgrading classes
- *April 10-13* Easter Break; Cowichan Campus closed

EXAM PREP WORKSHOPS

There are lots of different ways to prepare for exams - some of them more effective and efficient than others. Why not spend half an hour to find out more? Come to the Learning Centre on Wednesday, March 25 and Thursday, March 26 at 12:15-12:45 to get a kick start on studying!

CAMPUS LIFE

Lots going on! Be sure to schedule some fun activities to balance all the other type of activities that fill a student's day:

Chair Massage: Have you tried this yet? It is a fantastic stress-buster! Get your free ticket at Student Services, sign a waiver, and head to the library on Thursday, March 26 or Monday, March 30 from 10 am - 2 pm. The first ticket is *free* for students, and if you want to go again, the next ticket is only \$5 - but keep in mind that priority will be given to students who have not had a turn yet. Staff and faculty can pay \$10 and fit in when space is available.



Music of the World: This inspiring event is *free* for everyone, so bring or family and friends to the Clemclemaluts Theatre at the Quw'utsun' Cultural and Conference Centre on Friday, March 27, from 7-9 pm. You will enjoy the sounds of music from around the world, including Celtic and South Asian tunes. This event is co-sponsored by Vancouver Island University Liberal Studies and Student Services, Cowichan Campus Recreation.

PERSONAL PROFILE WORKSHOPS

Many programs now require you to submit a personal profile. Workshops are scheduled in the

Learning Centre (Room 131) to help you get started on this process:

Monday, March 9 12:15 - 12:45 pm

Wednesday, March 18..... 6:00 - 6:30 pm

Before the workshop, please visit Student Services for more information about your program, or visit www.viu.ca/forms to view details.

INCOME TAX HELP

Are you unsure about how to fill out your income tax return? No worries! We have Revenue Canada-trained volunteers to coach you through the process. Drop in to the Learning Centre (Room 131) with your paperwork in order during the posted times, and Dave or Sean will help you out.

Tuesdays..... 11:30-1:30 and Fridays 12:00-1:00

Please remember that this is not a drop-off service; you need to stay and work with the volunteer.

STUDENT READING

Please join students of the Creative Writing Program at VIU as they present a reading of new work. This event will be in the lobby of Building One (601) on Tuesday, March 31 at 7 pm. Admission is by donation, and proceeds will go to the Annette DeRoux Memorial Award fund. Refreshments will be served. This is always a really interesting event - don't miss it!



STUDENT READING

7 pm, Tuesday, March 31

Main Foyer - Building 601
Cowichan Campus

Please Join Students from the Creative Writing Program at Vancouver Island University as they present a reading of new work.

Admission by donation (proceeds to the Annette DeRoux Memorial Award)

SUMMER SESSION 2009

Registration is open for courses offered during Summer Session 2009. Summer Session courses run for seven weeks and are scheduled for two times frames:

- Session 1: May 4 - June 19
- Session 2: June 22 - August 7

The Summer Session 2009 timetable is available now at www.viu.ca/registration/summersession.asp

EARTH HOUR

Vancouver Island University has committed to join the Earth Hour initiative sponsored by the World Wildlife Foundation. The aim of Earth Hour is to raise awareness of the impacts of global warming, the most significant of which is climate change. Earth Hour began in Sydney, Australia, on March 31, 2007, when 2.2 million people and 2100 businesses turned off their lights for one hour to inspire people to take action on climate change. Last year Earth Hour spread to 370 towns in 35 countries, with 50 million people participating. This year the organizers target is for 1 billion people in 1000 cities around the world to “turn off.”

Some of the things you can do in support of Earth Hour include:

- ✓ Turn off your desk lamp
- ✓ Turn off your computer monitor at the end of the day;
- ✓ Turn down thermostat
- ✓ Close windows and doors
- ✓ Unplug chargers for cellphones, etc.
- ✓ Turn off your lights
- ✓ Unplug devices (TV, stereo, appliances) that will not be used over the weekend or during Earth Hour

Earth Hour will take place on March 28 from 8:30 pm to 9:30 pm – please participate!!



CHILD AND YOUTH CARE/FIRST NATIONS

CYCFN is still taking applications for the Fall 2009 intake. This program prepares graduates to work in general settings of child & youth care work in community settings with both Aboriginal and non-Aboriginal children, youths and their families. Students who are interested in applying should see an Education Counsellor, or for questions regarding this program, contact Manjeet Uppal, Coordinator CYCFN, (250-746-3564) Manjeet.uppal@viu.ca or Ruth Kroek, Education Counsellor (250-746-3535) ruth.kroek@viu.ca

CALLING FIRST NATIONS ARTISTS

Jenny Dickson, Project Manager at Aritzia LP in Vancouver has put out a call for student art work (artists sketches) to be printed onto tee-shirts for sale in retail outlets. If you have sketches that might be suitable, contact Jenny at jdickson@aritzia.com

FNAT 425 GUEST SPEAKER

The First Nations Studies Department and the students of FNAT 425 would like to invite you to a presentation by Dr. Taiiaki Alfred on Thurs, March 26 at Nanaimo Campus, Building 355, Room 211 at 8:30 am (yes we know it's early, but coffee will be served!) There will be ample time for questions following the presentation.

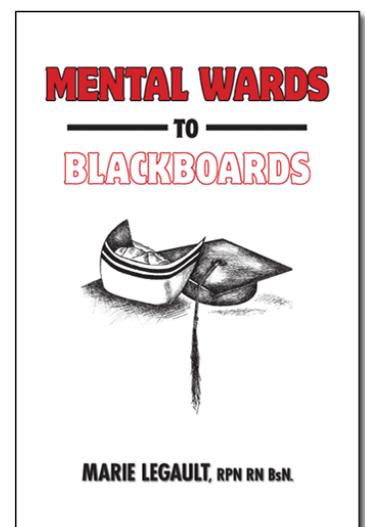
Dr. Alfred was born in Montreal and was raised on the Kahnawake Mohawk Territory where, aside from service in the US Marine Corps during the 1980s, he lived until 1996, when he moved to the west coast. He is currently a professor of Indigenous Governance at the University of Victoria and is the author of numerous scholarly articles and three books including *Wasáse: Indigenous Pathways of Action and Freedom* and *Peace, Power, Righteousness: An Indigenous Manifesto*.

For further information, please contact Keith Smith (keith.smith@viu.ca, local 2167) or Nick Claxton (nick.claxton@viu.ca, local 2592).

BOOKSTORE NEWS

Andrea and Colleen want you to know about these upcoming events:

- **Textbook Buyback** is set for April 14, 10–3, at the Cowichan Campus Bookstore.
- **Marie Legault** will be reading from her book *Mental Wards to Blackboards* on April 15, 3:30-4:30 pm, location to be announced. The book is a collection of stories of psychiatric nursing. Some will make you laugh, some will make you cry, but all will enrich your understanding of mental health. Marie Legault started her psychiatric nursing (RPN) career in 1957, returning to school in 1981 to get her



Registered Nurse Diploma (RN). At the age of sixty-two, she once again became a student, and received her Bachelor of Science in Nursing. Marie is now semi-retired after completing fifty years of nursing in a variety of hospitals and classrooms. In 2007, she received an Award of Excellence from the College of Registered Psychiatric Nurses of B.C. for outstanding contribution as a registered psychiatric nurse in the category of education. In 1997, she received an Award of Merit in the category of Psychiatric Nursing Practice. In 1995, she was recognized as a Community Leader in Nanaimo, BC, where she currently lives.



Student Services @ VIU

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