



Student Newsletter

Vancouver Island University - Cowichan Campus Student Newsletter, Issue #204

January 9, 2013

ARE YOU NEW TO COWICHAN CAMPUS?

Want to come in and find out more about what your experience will be like? What services are there? Where do I get my Student ID card? Where are my classes?? All these questions and more will be answered in a fun day at New Student Orientation!

- Thursday, January 17th from 9:30 am – 1:30 pm
- This orientation will benefit any student who hasn't attended a VIU orientation before:

- Students attending adult upgrading classes for the first time
 - Carpentry students
 - Culinary Arts students
 - University students attending classes for the first time
- You must register for **ORIENT 100 S13D01** at our Campus Registration Desk.
See you there!

Ruth Kroek, M.Ed., Student Services Coordinator

UPCOMING ACADEMIC DATES

February 11 - Family Day;
University closed.

UNIVERSITY AND CAREER/ TECHNICAL PROGRAMS

- Jan 7 First day of classes for Spring semester
- Jan 7 First day of classes
- Jan 14 Last day of active waitlists

After this date, courses may only be added in person using the Request for Late Course Registration form.

- Jan 18 Last day to add/drop a course before tuition is calculated
 - Jan 21 Last day to pay tuition.
- Tuition unpaid as of Feb 4 will be assessed a 10% late payment fee.

TRADES

Jan 7 classes resume

CAREER AND ACADEMIC PREPARATION

Jan 21 First day of classes for Spring Semester

CAMPUS LIFE ACTIVITIES

Your activity fees go towards funding activities to enhance student life. Each year, a variety of activities are planned; some require pre-registration and some not. Please be sure to have your student ID ready if needed. Keep your eyes peeled for events and activities that will provide you with opportunities to do different and interesting things. Events are displayed on the digital display screen opposite the Welcome Centre and online at viu.ca/events

\$2 Voucher for Cowichan Aquatic Centre

Student Services issues vouchers for the \$2 reduced rate at the Cowichan Aquatic Centre for fitness and pool activities. Show your Student ID card at Student Services and they will confirm your enrollment and print as many vouchers as you can use for a month. If you cannot make it in during office hours call 250.746.3509 to make alternate arrangements.



Winners of the Draw for Mother Mother Tickets

Three lucky students won 2 tickets each to see Mother Mother on Dec 15 at the Cowichan Theatre.

- Eric – Reading & Writing Centre student
- Kirstin – Child & Youth Care- First Nations student
- Amelia – Math 067 student

MAKE A HEALTH AND WELLNESS PLAN

- check out [Student Health 101](#)

NEED A LOCKER?

Go to the **Welcome Centre** to request a locker. Cost is \$20 for the term, with a \$10 refund at the end of your term once you return the lock.

THE LEARNING CENTRE

A schedule of Learning Centre activities is located outside of Room 120. You can sign up or drop in to see one of the Learning Centre staff.

SEVERE WEATHER PROCEDURES

The season of ice and snow is once again upon us, so all students, faculty and staff are reminded to familiarize themselves with Vancouver Island University's Snow Closure Procedures. Here is a brief overview:

If the VIU's Nanaimo campus is closed due to extreme weather conditions, the closure will be communicated to all students and employees in the following ways:

- An e-mail message will be sent from University Relations
- A message will be posted on the emergency banner at the top of VIU's website viu.ca
- A message will be posted to Twitter at @VIUNews
- A message will be recorded on VIU's Nanaimo switchboard at 250-753-3245 or 1-888-920-2221
- A media advisory will be sent to all local and regional media, followed by direct calls to both radio and television stations
- Signs will be posted on the entrances of the Library, Bookstore, Theatre and Welcome Centre advising that classes are cancelled, and services are closed

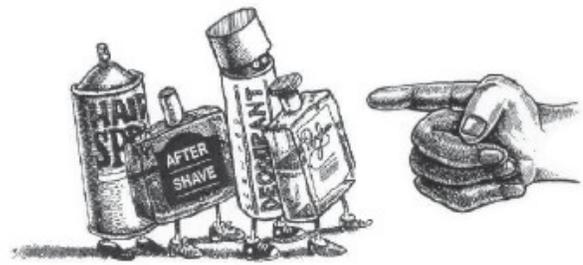
For VIU's regional campuses and centres, a similar process will be used at the discretion of the Regional Campus Principal or designate.

Every effort will be made to communicate these messages **by 6:00 am on the day of the closure**. However, there may be times when weather conditions change quickly and a decision to close the campus will need to be made after 6:00 am.

Effective this year, closures due to severe weather would be in effect **for the entire day** resulting in the cancellation of **both daytime and evening** classes and activities.

There will also be unforeseen circumstances when individual students or employees may not be able to commute to the campus due to weather conditions in the area in which they reside. In these circumstances, students should notify their instructors, and employees must work through their Dean or Director, to make alternative arrangements if required.

For further information, please visit viu.ca/severe-weather, or for any questions, please e-mail UniversityRelations@viu.ca.



These include perfume, cologne, aftershave, and other scented personal care products, such as soaps, deodorants and hand lotions.

SCENT FREE REMINDER FROM A STUDENT

This is a friendly reminder to students & staff of VIU:

There are signs posted throughout our wonderful campuses that states *our learning environments are 'SCENT FREE'*.

As a person with an allergy & sensitivity to **SCENTS**, these include products with scents (but not limited to): body washes, colognes, lotions, body sprays, perfumes, etc...etc. Believe me I am not the only one with this allergy & high sensitivity, over the past school term I have met over 20 students & staff who are at VIU alone.

With our classrooms closed, lack of ventilation & we sit so close, ALL those scents that many wear is atrocious when put together in one room! It is even worse when a person or two in a closed room, that is allergic to scents starts to smell it and has a reaction to these wonderful chemicals!!! What makes it worse is when a person or two wears their colognes/perfumes very strongly.

Scents linger long after a scent wearer has left the room/building!

So what happens to someone who has a SCENT ALLERGY? Not all allergy sufferers have the same reactions. Personally I can get impacted immediately with hives, sneezing, headaches (anywhere from mild to severe). With severe cases I will have to walk out of class, miss the whole day or two, and immediately go to our wonderful hospital for treatment. No, I do not have troubles breathing so I do not need or carry an epi-pen (knock on wood). In addition to that I will have to go home immediately, shower to wash off those scents, change my clothing.



Allergies are not fun especially when someone has to miss classes.

Over the past few terms I have mentioned my allergy to classmates, at the beginning of a term, kindly ask that they please refrain from wearing scents. One or two kind classmates will ask what happens and I share my reactions; as a result they have refrained from wearing scents on school days out of respect. Then there are classmates who still wear STRONG SCENTS even though I have shared my allergy - which is disrespectful and rude! If someone shared their allergy, i.e. someone allergic to apples I would not bring an apple & eat it in class just because I can eat it and not care about their health!

FREE BREAD

Free bread is delivered to the campus on most Tuesdays. Come and pick up some bread from the table outside Student Services during office hours. There is always a variety of breads, buns, pitas and bagels. Take as much as you can use. The bread is delivered and donated by the Bread VAN Cowichan Food Connection.

“Dignified Access to Food For All”

For information or to make a donation visit www.cowichanfoodconnection.org

NEED TO RETURN LIBRARY BOOKS AFTER HOURS?

You can deposit library items in the book drop located near the north entrance of the building (the entrance nearest the Bookstore). To renew items, click on *renew loans* (under the *request* heading) on the Library’s home page: viu.ca/library/

ABORIGINAL STUDENT HOUSING FOCUS GROUP

- Thursday, January 16; 11:30 am - 1:00 pm; room 225
- Sign up by emailing Ruth.Kroek@viu.ca
- Lunch included
- Draw for gift cards

GENERAL NEWS AND INFORMATION

Welcome Centre

If you need directions to a room or an event - then be sure to ask at the Welcome Centre. You can ask there if you lose something, as the Welcome Centre has our Lost and Found items. The Welcome Centre also provides ecologically responsible disposal of batteries (including Lithium Ion phone and laptop batteries). Never throw your batteries in the garbage, as that increases the toxicity of landfills.

Smoking Area

A reminder to all smokers that Cowichan is a non-smoking campus except for the “Tobacco Use” area at the rear of the building (Thrifty Grocery side). The “Butt-Out” areas near the side and front entrances are not smoking areas—they are places to butt-out before coming on campus. Cigarette butts are litter, if you do smoke, please butt-out in the provided ashtrays.

FINANCIAL AID

Personal assistance is available at Student Services for all forms of government financial aid—loans, grants, questions and problems. Ask to speak to *June* at Student Services.

Tip

Keep an eye on your bank account. Make sure that your bank is providing you with the services that you need. Many financial institutions have special plans designed for students.

Scholarships & Awards: VIU Students enrolled Fall 2012 & Spring 2013 semesters

- November 12, 2012 (deadline January 15, 2013)
- February 1, 2013 (deadline February 28, 2013) *This application is only for students who will be attending a Study Abroad program in 2013*
- March 1, 2013 (deadline April 30, 2013)

Bursaries: VIU Students enrolled Fall 2012 & Spring 2013 semesters

- Tuition Bursary - July 1, 2012 (deadline October 31, 2012)
- General Bursary - November 1, 2012 (deadline January 31, 2013)

Scholarships & Awards: Students who will be entering VIU for the first time in the Fall 2013 semester

- January 15, 2013 (deadline March 15, 2013)

www.viu.ca/financialaid/applications.asp

Any exceptions to these deadline dates are noted in the description of the award. Please note that additional applications may come available during the year and will be posted in our online Bulletin Board section.

STUDY SKILLS SERIES

The following workshops will be offered throughout the Spring 2013 semester in the Learning Centre, Room 120. All workshops run 12:00 pm - 1:00 pm

- **Jan 23** – Interpersonal Communication—Tools for Understanding Self and Others; Facilitator: Corey Blades, Education Counsellor
- **Jan 30** – Time Management; Facilitator: Albert Seinen, Counsellor
- **Feb 6** – Note Taking & Mindmapping; Facilitator: Albert Seinen, Counsellor
- **Feb 13** – Reading Texts; Facilitator: Albert Seinen, Counsellor
- **Feb 20** – Exam Preparation; Facilitator: Albert Seinen, Counsellor
- **Feb 27** – Personal Boundaries; Facilitator: Corey Blades, Education Counsellor
- **March 6** – Stress Series 1: Stress & School; Facilitator: Albert Seinen, Counsellor
- **March 13** – Stress Series 2: Getting a Grip on Anger; Facilitator: Corey Blades, Education Counsellor
- **March 20** – Stress Series 3: Anxiety; Facilitator: Albert Seinen, Counsellor
- **March 27** – Stress Series #4: Depression; Facilitator: Albert Seinen, Counsellor

Wrap it up
over lunch

10% Student Discount

(when you show your ID card)

At WrapZone, we're all about fast but feel-good food. We offer a crowd-pleasing selection of wraps, rice bowls, salads, and Pure Fruit Smoothies all made from fresh, premium, natural ingredients.



WrapZone, 2 - 351 TransCanada Hwy, Duncan, BC V9L 4X9
p. 250.746.WRAP (9727) f. 250.746.9726 e. duncan@wrapzone.com

wrapzone.com /wrapzone

HUMAN RIGHTS ADVISOR—KATRIN ROTH VON SZEPESBELA

If you would like to schedule an appointment with Katrin, please email her at Katrin.Roth@viu.ca or call her directly at (toll free) 1-888-920-2221, local 6430. She will be on campus the following dates:

- Jan. 24
- Feb 28
- March 28
- April 25
- May 23

Salon79
TEACHING SALON

Business Hours:
Monday **11 am – 7 pm**
Tuesday–Thursday **9 am – 4 pm**

Services offered:
colours, foils, braids,
updos, perms,
deep conditioning,
scalp treatments

HAIRCUTS ONLY \$6

Phone: 250 746-3520
Location:
2011 University Way,
Building 705, Duncan
(behind the new
VIU campus)

KMS products available for purchase

Vancouver Island Hairdressing Program in partnership with School District #79

VANCOUVER ISLAND
UNIVERSITY
COWICHAN

COWICHAN VALLEY
SCHOOL DISTRICT

SUBMISSIONS TO THE NEWSLETTER

Students, employees and community members are all welcome to share thoughts, upcoming events, articles, and news in the student newsletter. Email your content to studentnews@viu.ca or if you have a handwritten notice, drop it off at Student Services. Submissions are welcome at any time, but Jan 21 is the deadline for the Jan 24/13 issue.



Student Services

cc.viu.ca/ss

Email: studentnews@viu.ca

Telephone: 250-746-3509 Fax: 250-746-3559