

# Student News

## maladjusted

maladjusted engages audiences with powerful images and authentic voices weaving together three very personal narratives: A young teenager struggling with sadness over her friend’s suicide is misdiagnosed by her doctor and put on prescription drugs; a young homeless man who is legitimately taking prescription meds gets thrown into dangerous circumstances by frustrated social workers, who from within a mechanizing system, are trying their best to help him; and finally, there is all of us, unable to adjust to the needs of a maladjusted mental health sector, who become potential agents for change. How can we support human-centered care? What needs to be done to ensure safety for patients and caregivers? How do we sustain a healthy mental health system? These are just a few questions that maladjusted explores.

This play is co-sponsored by Ts’ewulhtun Health Centre and Vancouver Island University, Cowichan campus so there is no charge for anyone to attend.

- Friday, January 30, 7:30 pm - **FREE**
- Siem Le'lum Gym, 5574 River Road, Duncan

## Draws for Free entertainment

Draw boxes are located on the table in front of Student Affairs, next to the Welcome Centre for events students can enter to win free tickets.

- Draw for Cowichan campus students
- One entry per student per draw

### Capitals Hockey Game Tickets

A draw every week for 2 home game tickets!

- Draws: Fridays, Jan 16, 23, 30, Feb 6, 13 at 2 pm

### Pirates of Penzance

A draw for 2 free tickets to South Island Musical Theatre Society’s production of *The Pirates of Penzance* on opening night, Friday, January 30.

- Draw: Friday, Jan 23 at 2 pm

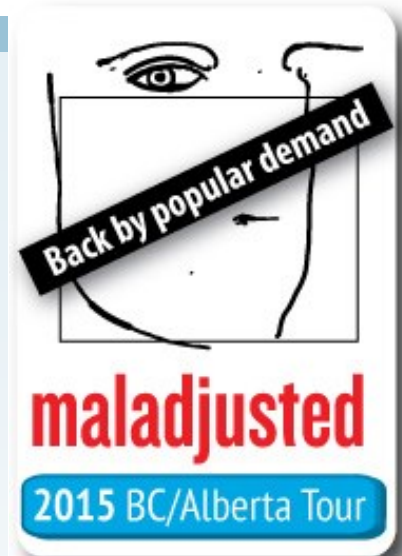
### Cinderella

A draw for 2 free tickets to Cowichan Theatre Friday, January 30.

- Draw: Friday, Jan 23 at 2 pm

## \$3 voucher for Cowichan Aquatic Centre

- Show your student card at Student Affairs, Cowichan Campus to get vouchers for a 30 day period
- Must be currently enrolled
- Non-transferrable



*“maladjusted, is a thought-provoking, gut-wrenching, funny, sad and mind broadening journey inside the hierarchical and mechanical mental health system-a system that leaves little time or money to invest in the people it is trying to serve.”* Patty Osborn, geist.com

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### Important Dates

- **Jan 19** Fees due for university courses
- **Feb 2** ACP (adult upgrading), fees due
- **Feb 2** 10% late fee charged if fees not paid by this date

## VIU Bookstore

Monday to Friday 9 am to 4 pm

Spring 2015 Back to School Sale on till January 23

Great prices on assorted stationary items to help you study and be organized

20% off dictionaries

Like us on Facebook to get the latest news about contests and fun stuff

More than just textbooks!



## Need assistance with educational technology?

Michael Paskevicius from the Centre for Innovation and Excellence in Learning will be onsite at the Cowichan Campus on Mondays. Please feel free to drop by R110B or email [learnsupport@viu.ca](mailto:learnsupport@viu.ca) for an appointment.

[learn.viu.ca](http://learn.viu.ca)

Centre for Innovation and Excellence in Learning

*“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”*  
*Thomas. A. Edison*

## Funding for students to present at Conference, Workshop or Colloquia

Did you know that there is funding available for VIU students to participate at a conference, workshop or colloquia?

This funding is available through the Student Travel and Conference Fund and/or the Jessica Wilde Conference Participation Fund. To be considered for funding students must submit a proposal to Kathryn Jepson at the Research & Scholarly Activity Office by **Thursday, February 5, 2015**.

For details about the funding criteria, eligibility and instructions on how to apply please see the [funding opportunity web page](#).

## Free lunchtime workshops in the Learning Centre, Room 120

### Time Management

Facilitator: Ruth Kroek, Education Counsellor

Tues, Jan 20, 12 - 1 pm, Room 120

- Juggling school, work and family. Tips to make it through the times you need a 25 hour day!
- Your ability to manage time is a major predictor of your success in university. When you say you don't have enough time, you might be saying that you are not spending the time you do have in the way that you want. This workshop explores some ways to manage your time, make it work to your advantage and achieve success.

### Know Thyself: Creating Your Own Conditions for Success

Facilitator: Dan Vaillancourt, Volunteer Tutor Coordinator

Wed, Jan 21, 12:30 - 1:30 pm, Room 120

- Socrates once said, “Know thyself”. Knowing who you are as a learner helps you to create the conditions that you need to be successful in your studies. Learn more about how to identify and capitalize on your strengths as well as what to do when your instructors' teaching methods don't match the way you prefer to learn.

## Living Well With Anxiety

Facilitator: Albert Seinen, Education Counsellor

Tues, Jan 27, 12 - 1 pm, Room 120

- What is anxiety?
- Myths about anxiety
- What is normal? What is useful?
- Strategies for dealing with anxiety

## Develop Personal Boundaries

Facilitated by Corey Blades, Education Counsellor

Thurs, Jan 29, 12:30 - 1:30 pm, Room 120

- Explore how you set and maintain personal boundaries with family and friends
- Discuss the difference between walls and boundaries

## Study Tips for ESL Students

Facilitator: Dan Vaillancourt, Volunteer Tutor Coordinator

Tues, Feb 3, 12:30 - 1:30 pm, Room 120 **NEW DATE**

- One of the greatest challenges in test taking for ESL students is understanding what is being asked. This workshop will offer tips to help you prepare for multiple-choice and reading comprehension questions.

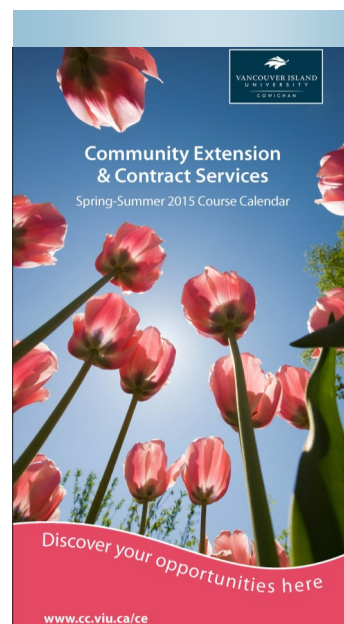
## Bookable rooms in the Commons

Remember, you can now book a group study room (Rm 112), or the Video Editing Room online!

Go to the Library homepage: [viu.ca/library](http://viu.ca/library), and follow the links under "Book a..."

Links include details about room policies.

The screenshot shows the Vancouver Island University Library website. At the top, there is a navigation bar with the university logo and the tagline "Enjoy the journey." Below this is a search bar with the text "LibrarySearch: Find articles, books and more" and a "go" button. The main content area is divided into several sections: "find", "help", "request", "book a . . .", "tools", and "about". Each section contains a list of links. A red arrow points to the "book a . . ." section, which lists links for "video/audio editing room (Nanaimo)", "group study room (Nanaimo)", "media workstation", "accessibility workstation", "video editing room (Cowichan)", and "group study room (Cowichan)".



### VIU's Community Extension & Contract Services Courses

Register now for February courses!

Watch for our spring-summer brochure available January 28. **Running Effective Meetings**

Thu, Jan 22; 6-9pm

**Medical Terminology And Anatomy & Physiology**

Mon & Thu, Jan 26-Apr 27; 6-8:30pm

**Adobe InDesign - Desktop Publishing Essentials**

Mon & Tue, Feb 2-3; 9am-4pm

**Coast Salish Hul'q'umi'num' - Continuing On**  
Tue, Feb 17-Apr 21; 6-8pm

**Crowdfunding**

Thu, Feb 19; 6-9pm

**Botany To Bugs: Basic Coastal BC Gardening**

Sat, Feb 21-Mar 21; 9am-3:30pm

**Cashier Training**

Sat & Sun, Feb 21-22; 9am-4pm

**Nursing Foot Care**

Mon-Fri, Feb 23-27 & Mon-Tue, Mar 2-3;  
9am-4pm

**Basic Elements Of Bookkeeping Level 1**

Tue & Thu, Feb 24-Mar 12; 6-9pm

Register in person, [online](#) or by phone  
**250-746-3519**

Ph: 250.746.3519

Fax: 250.746.3584

[www.cc.viu.ca](http://www.cc.viu.ca)

## Adult Upgrading Grant

Are you enrolled in adult upgrading classes? Do you need help paying for student fees? Do you need textbooks? The Adult Upgrading Grant (AUG) can help students if their income is below a determined level. Information and applications are available at Student Affairs.

- Apply by January 23

## Coding for Beginners!

Come and join us for an introduction to Python. Python is an interpreted, general purpose, high level, programming language. It is easy to use, easy to learn and completely open source. Python runs on many different computers and operating systems: Linux, Windows, MacOS, many brands of Unix and OS/2.

Python is used in lots of Maker projects and runs well on small computers such as the \$35 Raspberry Pi.

In this introductory programming class, you'll learn basic programming, such as for and while loops, lists, dictionaries and if statements. We will touch on Object-Oriented Programming, a must-have technique for software writers that will allow you to reuse



and share code easily. Python's interactive mode makes it easy to test short snippets of code, which you can then add to a larger project.

Seating is limited, so please register early. No prior knowledge of coding is required.

To register, please email George Farris @ [george.farris@viu.ca](mailto:george.farris@viu.ca) or Sally Carpentier @ [sally.carpentier@viu.ca](mailto:sally.carpentier@viu.ca)

- Feb 20; 10 am—12 pm OR Feb 27, 1—3 pm
- Boardroom 380
- Cost: Free

## 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](mailto:studentnews@viu.ca) or if you have a handwritten notice, drop it off at Student Affairs. The next edition is on February 2.

### Vancouver Island University

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Duncan, BC V9L 0C7

250-746-3509  
[studentnews@viu.ca](mailto:studentnews@viu.ca)  
[cc.viu.ca/ss](http://cc.viu.ca/ss)



### Child and Youth Care Diploma and Degree Programs

[viu.ca/programs](http://viu.ca/programs)



### Are you ready to dream big?

A diploma or degree in Child and Youth Care practice involves you developing relationships with children, youth, families and your community.

This relational work focuses on developing, supporting, enhancing and promoting positive change that builds upon existing strengths and resources.



### Apply today

All of the Child and Youth Care programs require that students have completed Grade 12 (or have mature student status), with a minimum "C" in English 12 or equivalent.

Visit: [viu.ca/cyc](http://viu.ca/cyc)

Contact a Child & Youth Care advisor today:  
[Cycadvisors@viu.ca](mailto:Cycadvisors@viu.ca)

Need financial Aid?  
See [viu.ca/financialaid](http://viu.ca/financialaid)