



# Student Newsletter

Vancouver Island University - Cowichan Campus Student Newsletter, Issue #192

Oct 25, 2011

## IMPORTANT DATES

### Career & Academic Prep Program

Nov 4: Last day for official withdrawal

### University and Technical Programs

Oct 28: Last day for overdue tuition fees for Fall semester to avoid withdrawal from both Fall and Spring courses

Oct 31: Students with fees owing will be withdrawn from all Fall courses

Oct 31: Last day for academic penalty-free withdrawal from all Fall courses or programs or for change from credit to audit or vice versa.

### Student End of Term Party

Watch for further details on plans for an end-of-term dinner party for a minimal cost at a location off campus...

### Volunteer Info Fair

On Monday, Dec 5, VIU and Volunteer Cowichan will co-host an event for students and community to raise awareness about the many volunteer opportunities available right here in the Cowichan Valley. If you intend to apply for a program that requires volunteer hours, this is for you! Tables will be set up from 12-1:30 in Room 135 (beside the Café) and on the second floor...drop by and say hello.

### Fitness Class with Tanya's Fitness Studio

From now until December 7, you can have a noon-hour workout with a professional, rain or shine! Shine on the roof; rain in classroom 135. Bring a yoga mat, wear loose clothing and runners, and pay your \$2 (\$5 for staff) at Registration before class.

- Wednesdays 12:10-12:55 pm

### Aquatic Centre

Show your valid Student ID at Student Services and get a voucher worth \$2 off admission to the fitness and pool activities at the Aquatic Centre. You will need both the voucher and your student card to get in.

### Free VIU T-Shirts

Enter your name for a draw - ten shirts a week will be given away, while they last. The entry forms and draw box are in front of Student Services.



### B.A. Advising

Lynda Patterson, BA Degree Advisor, will be on campus for student appointments on Nov 8. Please book your appointment at Student Services.

Normally students declare their major or minors after completing 24 credits. Declaring your majors and minors as soon as possible allows you to access



## CAMPUS EVENTS

### Halloween Costume Contest

Wear your costume to VIU on Monday, Oct 31. Costumes will be judged for prizes. Categories are scariest, funniest, most creative/unique, best witch, best vampire, best group and a zombie walk.

- Oct 31, 12:15-2 pm in the lecture theatre, room 140

### Halloween Treat

Show your student ID to get your ticket at Student Services for free pie and coffee or tea in the Campus Café.

- Monday, October 31 from 11 am - 2 pm

reserved courses when registering for courses related to your majors or minors. Remember that once you have declared, you can still change your mind.

Visit your degree advisors for help in choosing your courses, for a record of degree completion and for assistance in using MAPP or the Automated Program Planner found in your student record.

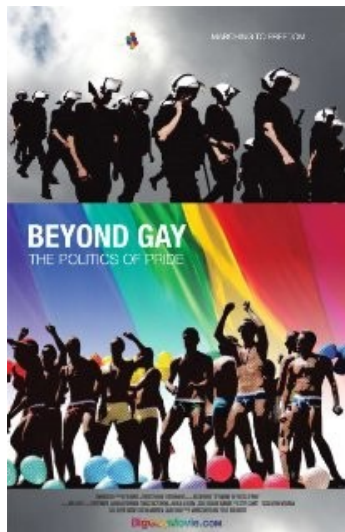
Undecided Students who are still exploring their options should meet with an Educational Counselor in Student Services.

### HUMAN RIGHTS

Maria Gomes, VIU's Human Rights Advisor, is available to assist students with any kind of concern related to discrimination or harassment. Confidential consultations can be arranged by emailing her at [human.rights@viu.ca](mailto:human.rights@viu.ca) or calling 250-740-6430 on the Nanaimo campus. The Advisor will arrange to meet with you at the Cowichan Campus. Her next scheduled visits to the campus are Nov 16 and Dec 7 from 1-4 p.m.

### Video – *Beyond Gay: The Politics of Pride*

Vancouver filmmaker Bob Christie's new documentary, *Beyond Gay: The Politics of Pride*, is a timely reminder of the various struggles facing Pride organizers around the world. Over the course of a year, Christie follows the Vancouver Pride Society president to various international Pride events showing the struggles, violence and arrests that occur in some parts of the world and the increasing commercialization in others. Of interest to anyone concerned about international human rights and Gay, Lesbian, Bisexual and Transgender rights.



- Wednesday, November 16, 12:30-2 pm,  
Cowichan Campus Lecture Theatre, Room 140

### FINANCIAL AID

#### **Tuition Bursary for Students on Student Loan**

The deadline for applications is October 31; be sure to get your application in on time. You can apply online at [www.viu.ca/FinancialAid/applications.asp](http://www.viu.ca/FinancialAid/applications.asp)

### UPCOMING COURSES

#### **Residential Building Maintenance Worker: Apprenticeship Level One**

- Info session: Tuesday, Nov 22, 9-11 am, Room 250
- Career opportunities: Residential building Maintenance workers have opportunities to repair and maintain residential and commercial buildings including homes, apartments, schools, and government buildings.

For more information and to register, call Continuing Education and Contract Services, Cowichan Campus at 250-746-3519.

#### **Health Care Assistant (First Nations Focus)**

- Info session: Thursday, Nov 17, 9-11 am, Room 215
- Employment prospects are excellent in complex care facilities, home support agencies, and residential settings beginning with casual/on call positions. The HCA certificate is recognized in all of British Columbia, which makes job mobility possible. This program starts in February 2012.

For more details, please contact Continuing Education and Contract Services, Cowichan Campus at 250-746-3519 or drop by the office.

### LEARNING CENTRE - Room 120

#### **APA/MLA Workshop**

For an overview of these academic styles and how to apply them to your papers, come to this workshop on Wednesday, Oct 26 from 12-1. Jay Ruzesky and Arleigh Trail will walk you through the basics. Bring your copy of *A Canadian Writer's Reference* if you have one.

#### **Personal Profile Workshops**

If you are applying for a program that requires a personal profile, attend a workshop on Nov 2 or 23 to get an idea of how to write a personal profile. Workshops are from 12:30-1.

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**Learning Skills Workshops**

Come to the Learning Centre any Tuesday or Thursday for a quick intro to the fine art of studying. Bring your questions about reading, memory, notes, exams, papers, or whatever! Bring your lunch, too, if you like. Workshops are from 12:30-1.

**One-on-One Consultations**

Sign up for a session with Arleigh Trail by putting your name in a blank space on the red column on the Learning Centre schedule. Arleigh is available on Mondays to Thursdays from 11-1 and 3-4 or by special arrangement.

**Writing Centre**

University students can sign up in the blue column for writing support with Jay Ruzesky. Jay is available on Mondays and Wednesdays from 1-3 pm and Tuesdays from 1-2:30 pm.

**Tutors**

You can request a tutor by filling out the purple form in the Learning Centre and chatting with Arleigh Trail about your needs. Arleigh's office hours in Student Services are 9-11 am and 2-3 pm.

**CAP/ABE SUPPORT**

Instructor Karen Burns is in the Learning Centre on Monday and Thursday from 1-2:30 to help upgrading students or people preparing to write a program assessment. You can drop in or sign up on the yellow column of the schedule. Additional support is also available for English in Room 240 at 12-1 on Monday and Tuesday and for Math in Room 245 at 12-1 on Monday to Thursday.

**CAP Support: All Levels**

- Math: Room 245, Monday-Thursday, 12-1
- English: Room 240, Monday & Wednesday, 12-1
- All subjects: Learning Centre on Monday and Thursday, 1-2:30
- Assessment Prep: Learning Centre on Monday and Thursday, 1-2:30

**LOST AND FOUND**

Lost your coffee cup? Water bottle? House keys? Eyeglasses? Homework? Please go to the Lost and Found at the Welcome Centre by the front doors

and see if your lost items can be found.

**BOOKSTORE**

- Art Supplies: Selected art supplies will be on sale until October 28 – 20% off PLUS 10% more if you have an art card.
- Textbook Buyback: You can sell your used texts every Friday from 10-3 at the bookstore.
- Bus Passes: The Bookstore is now stocking schedules and selling bus passes: semester pass, monthly pass, and sheets of 10 singles.

**CAMPUS WEB CAM**

A web-cam installation is taking place on the top of the Cowichan campus building. It will be operational in a few weeks. The web-cam will function identically to the one installed on the Nanaimo Campus in 2008 – and complies with FIPPA (aka: FOIPOP). Images are not “stored” according to the Act. The web-cam can be utilized by faculty, staff, and students, particularly when weather is an issue. For more info, go to: <http://www.viu.ca/viucam/>

**LOCAL ACTIVITIES****Flu Clinics**

- Drop in: Island Savings Centre: 2687 James Street, Monday, Oct 24, 10 am – 6 pm
- Appointments: Margaret Moss Health Unit, 675 Canada Ave., Friday, Oct 21, 1:30-4 pm and Saturday, Nov 19, 9 am - 6 pm

**NANAIMO EVENTS**

Art students are organizing a craft and artisan market as a fundraiser for mid-November and are inviting other creative people in the VIU community to participate in the sale. If you or someone you know would like to rent a table, here is the information:

- Saturday, Nov 12 and Sunday, Nov 13 from 10 am to 5 pm at the Pleasant Valley Hall, Nanaimo. Table setup is from 7-10 am

Tables and chairs are provided; tea and coffee are complimentary; hot dog concession

Cost: \$175.00 for two days or \$100 for one day

For more info, contact: Anna at 250-390-4345 or [annalisekeeping@gmail.com](mailto:annalisekeeping@gmail.com)

**OUR NEW BUILDING**

Have you checked out the ‘dashboard’ yet? The monitor on the wall by the Welcome Centre will tell you how much energy we are consuming, give comparisons and goals, and even tell you the weather forecast! It is a touch screen monitor, so just tap it gently to turn it on.

**NEWS AND VIEWS:  
EMPLOYABILITY SKILLS CLASS**

The last two Fridays we cooked. We made lasagna and soup. Both meals were good and people had different opinions. Some people liked the onions and vegetables, others disliked it.

To our surprise, the president (of VIU) joined us for soup. We had a good visit with him.

This is our recipe for potato soup:



**Potato Soup**

- 6 potatoes, peeled and chopped
- 1 onion, chopped
- 1 teaspoon dill
- 1 sprinkle pepper
- 1 container vegetable stock
- 3 stalks celery

- To change the flavor, add:
- 1 cup frozen peas
  - 3 stalks celery
  - 3 carrots chopped finely
  - 1 tablespoon garlic powder
  - 1 tablespoon dried coriander
- Cook until veggies are cooked and then enjoy!

**COOKING IS FUNNY, CREATIVE & DELICIOUS!**



**VIU**  
COWICHAN

Student Services @ VIU  
Telephone: 250-746-3509  
[cc.viu.ca/ss](http://cc.viu.ca/ss)