

Movin' Along

Well, here we are in the second month of the first term...already! By now you are settled in your courses and starting to write papers and think about midterm exams. There is always something going on at Cowichan Campus to make your life as a student a little easier, so read on!

Black Coffee

Welcome to Aaron and Corrine of *Black Coffee and Other Delights*... a happy addition to our campus!

Janeane (at the information counter) is so happy that she is printing the daily menu and posting it by her desk so that she can look at it...

The Bookstore has a good offering of environmentally friendly coffee cups; prices range from \$7 to \$22.



Free Clothing Event



Yvonne Connelly has arranged for this popular event to take place on October 22 from 9-1 in Room 130. Please drop off donations at Student Services. Clothing for children is greatly appreciated.



Photo ID

There is still time to get your ID card - go to Room 144 between noon and 1 pm from October 7-10 (Monday to Thursday). Please remember to bring some picture ID and your current registration receipt - fees must be *paid in full*.

Workshops

- *Overcoming Test Anxiety*
Wednesday, October 9
12:30-1:30 Learning Centre,
Room 131. Presented by Gillian
Reece, Educational Counsellor

Test anxiety is fear of examinations, which can lead to poor performance, even though you may know the course material. Some people call it "performance anxiety."

The most common result of test anxiety is that the brain freezes up and you forget what you have studied. Rather than being able to think clearly about the subject, the brain is occupied with thoughts of failure. With severe test anxiety, you may have headaches, nausea, shaking, inability to sleep, etc.

Test anxiety is a lack of confidence in our ability to perform when being evaluated. It is NOT related to not being prepared for an exam. This is called not being prepared for an exam! Test anxiety is usually related to fears of failure or success, past difficulties with exams, or not having had positive feedback about one's learning ability. The good news is that test anxiety CAN BE OVERCOME!

Come to this workshop and learn some simple and effective ways to be more confident and successful when you are writing exams.

- *Human Rights Workshop*
Tuesday, October 29, 12-1
Room 129

Malaspina's Human Rights Advisor, Maria Gomes, will be on campus to present this informative workshop. This is an opportunity to explore issues related to discrimination and harassment with a focus on the educational setting and the response options.

- *Self-care for the Over-Challenged Student: A First Nations Holistic Approach*
Tuesday, November 5, 12-1
Room 129

Stan Matthew and Stella Johnny from the Restoring Balance Program, Cowichan Tribes, will present this valuable workshop. Bring your lunch and join them on a 'journey to wellness.' Everyone welcome!

- *Nutrition Workshop*
Tuesday, November 12, 12-1
Room 129

Cindly Hlus, R.D.N, from TseWulTun Health Centre will present this workshop on how to shop for and prepare nutritious meals for you and your family. Everyone welcome!

Bachelor of Arts?

Maureen Hill, BA Degree Advisor, will be here on Thursday, Oct 24. You must make an appointment at Student Services to see her. On your first visit, she will help you declare your majors and minors, complete a Record of Degree (RDP) form, and get coded for reserved seats. If this is a return visit for you, Maureen will make sure that you are on track and answer questions if you are thinking of changing majors or minors.

Bachelor of Education?

John Boland, Educational Advisor, will be here between 8:30 am and 3 pm, Monday, Oct 28 to see students interested in a Bachelor of Education - make an appointment at Student Services to see John.

Headstart Program

Headstart is a program designed to make the transition to university courses easier by providing a built-in support system. This program will start in January, and the courses being offered are English 115 and Theatre 203. To be eligible, you must have grade 12 English or equivalent (067) with at least a C grade. Priority will be given to those on income assistance. Watch for posters about the up-coming info sessions.

Computer Lab Hours

Open lab time is available for student use. Please note that labs 200, 203, 204, and 207 all have some open time scheduled. The new hours have been posted on the doors of the labs, but are subject to change. To use the lab, you need to display your Computer Lab Access Card or your Student Card.

Parking

The ease of finding a parking spot is an indicator of how full the classes are. So...you can tell that our classes are full this year! The Quw'utsun' Cultural and Conference Centre is offering to rent spaces for \$10 per month. Please note that if you park there without a permit, your car will be towed.



Tuition Bursary

University students - there is a *new* bursary that you can apply for. This bursary will be dispersed in the form of tuition grants for second semester fees. Pick up an application in the display rack outside Student Services and drop off by October 31!



LSAT Study Group

If you are thinking of applying to law school, you will need to write the LSAT exam. A small study group meets on Tuesdays, from October 8 to December 3, in the preview room.

First Nations News

Yvonne Connelly is available to offer support to First Nations students. Her office is in Student Services. Yvonne offers this quote from a book called Native Wisdom:

*Everything is laid out for you.
Your path is straight ahead of you.
Sometimes it's invisible but it's there.
You may not know where it's going,
but you have to follow that path.
It's the path to the Creator.
It's the only path there is.*

Chief Leon Shenandoah (onondaga) 1990

Student Union

Elections are on! Voting takes place on October 8, 9, 10 in the cafeteria. Bring your student ID card.

Learning Skills

What *are* learning skills? Some people think that they are the same as study skills. Well, they are, but they are much more than that! Basically, learning skills are *strategies* that you can learn and apply to your learning. You can apply them when you are writing papers, doing assignments, making notes, organizing coursework, reading texts, *and* studying for exams.

To find out more about learning skills and how you can learn to apply some of these strategies, drop by (or better still, make an appointment) to see Arleigh Trail in the new Learning Centre in Room 131.

The Learning Centre

We have a learning centre! At last! The idea behind a learning centre is sort of along the lines of one-stop shopping for academic support. It is a place where you can go to get help preparing for a program assessment, with math problems, meet with an instructor on Wednesday morning, attend a seminar, meet with a tutor, get some one-on-one learning skills help, attend a workshop, etc, etc. Needless to say, all this can't go

on at one time, so we have posted a schedule outside the door. You can sign up for learning skills help or reserve a table to work with your tutor right on the schedule. For information about workshops, see the other side of this newsletter. This centre is for *you*...please take advantage of the activities that are planned for you!

Liberal Studies Abroad

Liberal Studies Abroad will hold an information meeting to announce its programs in Italy and Greece for Summer 2003.

✓Wednesday, October 23
7 pm in Building 355, Room 203 at the Nanaimo campus

Scavenger Hunt









Congratulations to the following prize winners from our recent scavenger hunt ~

- Kim S.
- Doreen H.
- Derrick P.
- Maggie P.
- Erin O.
- Melody S.
- Donna M.
- Pema W.
- Sarah S.
- Karen S.
- Nick P.
- Kristin B.
- Adriene G.



and thank you to *all* participants!

October - November

Mon	Tue	Wed	Thu	Fri
Oct 7 • Photo ID 12-1, Rm 144 	Oct 8 • Photo ID 12-1 Rm 144 	Oct 9 • Photo ID 12-1 Rm 144 	Oct 10 • Last day for Photo ID 12-1 Rm 144 	Oct 11 • Looooong weekend coming up - enjoy and relax!
Oct 14 • Thanksgiving Holiday - college is <u>closed!</u> 	Oct 15	Oct 16 	Oct 17	Oct 18
Oct 21	Oct 22 	Oct 23 • Free clothing Exchange 9 am - 1 pm in Room 130	Oct 24	Oct 25
Oct 28 • John Boland, BA-Ed Advisor here - see Student Services for appointment	Oct 29	Oct 30 • Human Rights Workshop 12-1, Rm 131	Oct 31 • Hallowe'en 	Nov 1 • Last day for official withdrawal or to change from audit to credit or credit to audit - see Registration Services