

Student Newsletter



Malaspina University-College - Cowichan Campus Student Newsletter, Issue #133 - October 2, 2007

DATES AND DEADLINES

Career and Academic Preparation

- Oct 8: Thanksgiving Day, Malaspina is closed.
- Nov 2: Last day for academic penalty-free withdrawal from fall classes.

University and Career/Technical

- Oct 8: Thanksgiving Day, Malaspina is closed.
- Oct 12: Last day to apply for student loan for students attending the fall semester only.
- Oct 29: Last day for academic penalty-free withdrawal from a fall semester course.

THANKSGIVING CELEBRATION

Come and enjoy the company of the Cowichan Campus Community with music, free food and fun. For students and staff only - Thurs, Oct 4. Cafeteria, 4:30 to 7 pm.

STUDENT NEWSLETTER ONLINE

The Student Newsletter is online at www.cc.mala.ca/ss. Letters to the editor can be sent to receeg@mala.ca, putting "letter to the editor" in the subject line.

FOR YOUR INNER POET

Submit your poem to the Poem of the Month contest by sending it to poemofthemonth@hotmail.com by midnight Sept 27. The winning poem will be published in the Navigator, read on CHLY 101.7 FM, and posted *everywhere* on-campus. Book prizes, too! Poem of the Month is open to all students and staff.

VOLUNTEER FOR N.A.I.G.

The North American Indigenous Games (N.A.I.G.) are coming to the Cowichan Valley next August. If you would like to volunteer at this exciting event, attend the Volunteer Job Fair on Sept 22, 10 am - 4 pm, at the Cowichan Centre or register on-line at www.cowichan2008.com.

COWICHAN CAMPUS READING SERIES

Cornelia Hoogland's long poem Little Red Meets the Wolf in the Woods won the 2007 Lichen Arts and Letters Serial Poet competition, and her poem "Crow's Lament" was 2nd place winner in Prairie Fire's poetry competition in 2006. Her books of poetry include: You Are Home (Black Moss Press, 2001) and Marrying the Animals (Brick Books, 1995), and most recently Crow (2007). She is the founder and artistic director of Poetry London (www.poetrylondon.ca), an organization that brings prominent writers into lively discussion with London writers and readers. Hoogland also writes plays and fiction. She teaches at the University of Western Ontario and has recently moved back to Vancouver Island, which is her home.

- Tues, Oct 9, 7 pm, Room 206, Cowichan Campus

CONSCIOUSNESS DISCUSSION GROUP

Rachel Cooper (Psychology) has been approached by a couple of students who are interested in meeting informally to explore aspects of consciousness. Rachel has agreed to facilitate the group and interested students

are encouraged to contact her in Credit Programs office.

HOME SUPPORT RESIDENT CARE ATTENDANT

The First Nations Home Support Resident Care Attendant Program will provide you with the knowledge and skills to work with and support the needs of First Nations people within a variety of healthcare settings.

Employment prospects are excellent in intermediate care facilities, extended care units, home support agencies and residential settings, beginning with casual/on call positions. The HS/RCA certificate is recognized in British Columbia and Western Canadian provinces, which makes job mobility possible.

Prerequisite: English 12 or successful completion of LPI English placement test. To have your name placed on the interest list contact Contract Services at Cowichan Campus or call (250) 746-3532.

This program is subject to funding and enrollment.

COUNSELLORS' CORNER



What does it mean to be conscious?

Consciousness is awareness. In human beings it includes an awareness of self. We know that we exist, that we have personalities, a past and a future, and that other people also have this awareness. Other animals also are conscious and their experience is different than ours. Historically we have denied the existence of consciousness in most other animals. That has made it easy to justify using them for human purposes. There is more and more research accumulating which shows that most animals, perhaps all mammals, enjoy degrees of consciousness. For an interesting read about the subjective experiences of other animals, read "Pleasurable Kingdom : Animals and the Nature of Feeling Good" by Jonathan Balcombe. The book is available in the Vancouver Island Regional Library system.

Last year I was granted an assisted leave by Malaspina to study consciousness. In the last ten years or so research in "consciousness studies" has flourished. The exciting aspect of this is that the research is interdisciplinary. Scientists from many different areas are coming together to discuss ideas about what consciousness is and how it comes to be. There is a lot of work in the neurosciences which aims to understand how the brain creates the phenomenon of consciousness. Meanwhile in quantum physics there are theories about how consciousness may in fact be a universal phenomenon, shared by all beings. Anthropologists and archeologists are exploring how consciousness develops and becomes more complex in different species. Psychologists and sociologists get into the picture too, researching areas from the creation of memories to the impact of culture on our perceptions of this self that we each carry around.

My report on consciousness is available online on the Cowichan Student Services part of the Malaspina website, at www.cc.mala.ca/ss/Gillian%20Reece.html. Click on the name of the report, "A Ramble Through Consciousness". The chapters can be read together or

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separately. You can select the chapters which cover topics you are interested in.

Also note, elsewhere in this newsletter, a consciousness discussion group being started by Rachel Cooper.

Part of what makes us human is self reflection – wondering about the nature of our being. Spending some time looking at what is being written in the area of consciousness studies is a fascinating study.

Gillian Reece

COWICHAN CAMPUS BOOKSTORE

Open Monday to Thursday 8:30 am to 4:30 pm and Fridays 8:30 am to 4 pm; closed weekends and holidays.

We carry a selection of crested giftware and clothing as well as art supplies, stationery and candy. *More than just books!*

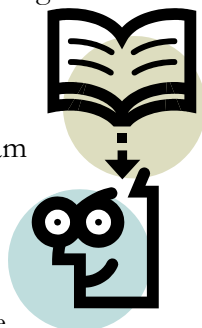
Watch for our annual Halloween contest Oct 24-31. Come in and enter IF YOU DARE!! Win a great PRIZE!!

INNER LEARNER WORKSHOPS

Midterms are coming up! Connect with your inner learner and find out about exam anxiety and exam preparation:

- Exam Anxiety: Oct 9 & 10
- Exam Prep: Oct 16 & 17

All workshops are in the Learning Centre (Room 131) from 12:15-12:45. You are welcome to bring your lunch. See you there!



LEARNING SKILLS HANDOUTS

Some very useful handouts are available in the Learning Centre. For example, the one called *Writing Assignments* has lots of ideas about questions to ask yourself when writing a paper:

Who? What? Where? When? Why? How? ...and most importantly, So what?

How does the topic relate to the course?

What are the key words in the wording of the assignment?

What's the point? What is the instructor looking for?

What learning is s/he seeking proof of? How can I prove that I understand and can apply the concepts we are discussing in class?

Check out the Learning Centre for handouts on topics of interest to you. There's even one on procrastination ...so no more putting it off until later...go now! ☺

SUNDAY SWIM

Join the free swim at the Aquannis Pool in the Cowichan Centre on Sundays from 7-8 pm. This is a swim for the Malaspina Community only. Free admittance with current student ID card. You are invited to bring a family member or friend too.

BIG GARAGE SALE

The Parents Unite Garage Sale is being held at the Cowichan Center, on Oct 6 from 9 am to noon in the multi-purpose room. The sale will be mainly children's clothing, toys and accessories. This is a good opportunity to pick up some good deals for your kids.

STAY TUNED

Stay tuned for upcoming events— a meditation group and some art activities.



LETTERS TO THE EDITOR

Since we have not received any letters to the editor yet, here is a letter *from* the editor.

Monday, Oct 8, is Thanksgiving, a day to give thanks for our blessings. On another 8th, 08/08/88 in fact, events took place which we have been reminded of in the last two weeks, as pro-democracy demonstrations have been taking place in the country of Burma. On 08/08/88 in Burma, student protests against the government dictatorship, which prevented the democratically elected government from taking office, resulted in thousands of deaths. In the 18 years since that date, the democratically elected leader, Aung san Suu Kyii, a Nobel Peace Prize Laureate, has been under house arrest for 12 years.

During the last two weeks, there have been huge pro-democracy rallies in Burma, lead by the country's revered Buddhist monks. While the government initially allowed these demonstrations, they eventually cracked down on them, killing many people and imprisoning up to one thousand people. Prison in Burma means torture and intolerable conditions. Buddhist temples were raided at night and monks pulled from their beds and beaten and imprisoned.

Burma has many resources, including oil. The dictatorship is supported by China and Russia. Draw your own conclusions as the world continues to allow the horrific injustices perpetrated on the Burmese people. A UN envoy was sent to speak with the Burmese president. This will likely have no effect. There is no willingness in the world community to pressure China from a business perspective to cease its support of this monstrous regime.

Despite the faults that we see in our own democratic country, we have incredible freedom and opportunity compared with much of the rest of the world. Let's give thanks this Thanksgiving for the freedoms and choices which we enjoy in this beautiful country.

PERSONAL PROFILE WORKSHOPS

Some Malaspina programs require a personal profile to be written as part of the admission process. In these cases a significant part of the admission decision is based on these profiles.

A workshop is being offered on how to write an effective personal profile. You can attend the workshop on any, or all, of the following four dates:

- Thursday, Oct 11, 18, 25 or Nov 1 from 12:15-12:45 pm in the Learning Centre...bring your lunch!

GET YOUR STUDENT PHOTO ID CARD AT STUDENT SERVICES!!

Cowichan Campus Student Newsletter

Student Services
Cowichan Campus
Duncan, BC

Telephone: 250-746-3509
Fax: 250-746-3529
www.cc.mala.ca/ss