Here it goes again indeed. It’s hard to believe that we’re already heading into October and thinking about course selection for the next semester. My drop in hours have been pretty quiet, so I guess you’re mostly doing well...right? As always, I have drop in hours, Monday to Thursday 1:30pm to 3:30pm. All other times are by appointment.

Right now is the best time to come see me if you have any questions about the upcoming course selection window...or if you want to declare you minors..especially if you’re in 3rd or 4th year. What I’m trying to say is my drop in hours are boring. Come see me.

What is ASTRA?!

The Arts, Science and Technology Research Alliance (ASTRA) aims to bring together researchers across the University of Guelph whose interests lie within an intersection of the sciences, the humanities and the fine arts. Examples of these areas of convergence include:

- topics which involve researchers from a diversity of areas (such as the problem of consciousness, medical bioethics, questions about the origins of the universe);
- the history of science;
- the role and influence of science in culture;
- the public communication of science;
- the representation of science and scientific ideas in art and literature;
- methodological and epistemological questions about science;
- and the relation (reductive or otherwise) between the physical sciences, the life sciences and social sciences.

Future events include...

Tuesday November 1, 2011 The Art of Science for Environmental Policy-makers with Professor Tom Nudds Mackinnon Building Room 229 at 12 noon -- Bring your lunch

Tuesday November 29, 2011 The Lives of Women and Chicken in Botswana: Intersections, Hierarchies, and Everyday Lives with Professor Alice Hovorka Mackinnon Building Room 229 at 12 noon -- Bring your lunch

This is a great opportunity to explore research and ideas across the arts and sciences. It’s also a great opportunity for BAS students especially. Mark your calendars now to attend these events!
Course Selection?

Again?! But I just did it!

I know, I know. It hardly seems fair that you just managed to get your Fall semester the way you want it and we’re already asking you to think about Winter 2012 courses. No worries, course selection for Winter 2012 actually doesn’t start until October 11th. I just wanted to give you a heads up.

First years, since this is your first time doing course selection while in course, your windows will open first, giving you the most time to select your courses. After you will be the 4th years, then 3rd years and then 2nd years. (Based on your class level (how many credits you have) and your student ID#. I will send more information about this closer to the date. I promise.

A quick reminder to everyone to just RELAX during course selection. Yes, courses will fill. Yes, it can be frustrating. I will do everything I can to help you. Help yourself by planning ahead. Even before course selection on October 11th, you will have a week to go online and check out what is being offered and MAKE A PLAN. The Winter 2012 schedule should be available on WebAdvisor a week before course selection. Figure out what courses you want to take. Have back up courses in case the ones you want fill up. Have back ups for your back ups. Also remember that even though classes seem full, people will definitely change their courses around during the Add Period (Dec 12-Jan 13) after they receive their first semester marks.

Come see me or email me at bas@uoguelph.ca if you have any questions or concerns. BASSA is putting together a “course selection help session” in residence. More info to come!

DECLARING MINORS: Now is the perfect time to declare your minors. Especially if you are in your upper years. It’s very easy. Just come to see me and we will go over the paperwork together. It’s NOT set in stone. You can always change your mind. It’s just paperwork. Come see me.
The Bachelor of Arts & Science STUDENTS’ ASSOCIATION!

Did you know that BAS students have the highest ratio of student representation across campus because we have reps on every college government? No other group has that! If you would like to be involved in YOUR student government helping to represent BAS across campus, then please let us know! We would also like to hear from you if you have any suggestions or ideas for events or things that BASSA could or should be doing! Just email us at bassa@uoguelph.ca !!!

We want to hear from YOU! (Election result coming soon!)

BASSA EXEC 2011/12

President
Aleisha Korga

VP Academics
Deanna Brockmann

VP Activities
Kami Valkova

VP Finance/Admin
To be elected!

CSAHS Rep
To be elected!

CASU Rep
Sylvia Han

BAS Senator
Jordan Nussbaum

Fourth Year Rep
To be elected!

Third Year Rep
To be elected!

Second Year Rep
Jessica Adams

The First Year Rep & Cluster Rep
To be elected!

Upcoming BASSA events!

BASSA Trivia Night! - Tuesday, October 4th at 7pm - Brass Taps in the UC - Come out & play 4 cool, themed rounds of trivia. Win a free plate of nachos!!

BASSA Trick or Eat! - Monday, October 31st - Join BASSA as we participate in Meal Exchange’s Annual Trick or Eat program. Dress up AND collect food for local food banks…it’s a Guelph tradition! Email bassa@uoguelph.ca for more info!
I am looking for BAS students to represent the program, at Fall Preview Day (November 6th) and Science & Engineering Sunday (November 13th). If you’re interested in talking to highschool students and their families and friends about your experiences here in the BAS program and at Guelph in general, please let me know! Free lunch is provided on both days! Plus...you get to spend time with me! That’s fun...right? Right? Email bas@uoguelph.ca if you are interested!

Libra – So the weather. It’s been a little on the up and down side hasn’t it? Is it sunny? Is it rainy? Hot? Warm? Cold? It’s like it just can’t make up it’s mind. A little like you lately perhaps? Feel like you’ve been struggling with some decisions lately, or rather, indecision. I know it’s hard to make decisions, but in the end, you have got to make that decision. Why would you wait for someone else to make the decision for you? Oh, so you don’t have to take responsibility? Puh-lease. At the end of the day, this is about you and taking some ownership of a lot of pink? Awkward.

Scorpio – Yowzers. October is going to be somewhat of an emotional rollercoaster for you. This isn’t necessarily a bad thing. Don’t worry, you’re going to get through it. You’re determined and focused like that. That being said, don’t be afraid of relaxing and letting things go. You’re saying “Universe, take the wheel” and throwing your hands up...I’m just saying, relax your grip on the steering wheel of life. Your knuckles should be white all the time. Learn to relax. I see a little bit of jealousy clouding some of your judgment as well.

Put that in check. Prepare yourself for a fun surprise mid-month. Weird...I also saw a lot of pink? Awkward.

Capricorn – My friends animinated me for painting “Baby Room,” starring Diane Keaton and also “Steel Magnolias” starring a whole lotta awesome ladies. What? I just felt like it. Plus, the rental place didn’t have “Kindergarten Cop,” starring Arnold. Any way, this month is going to be about making some compromises in your life. I know that you tend to take the peaceful and prudent approach to things. But make sure to consider all options and be ok with going with something different, no matter what other people might say. There are some cool opportunities coming your way this upcoming month. Beware of the tall brunette. Also, you should wear more green.

Aquarius – I went apple picking, for the first time last weekend with a bunch of friends. It was pretty cool. They also had farm animals. We came across a super cute donkey. I named it Jo-Jo and we fed him (her?) apples. I fed it 3 apples. Later, when we were on the line to buy our apples, we started saying out to feed the animals because it would make them sick. Evereee. Awkward. My point is, you’re in for some awkward times this upcoming month. Stay honest and loyal and you should be fine. Also, you should eat more apples. Apple pie, candy apple, apple crumble, backed apple wrapped in bacon drizzled with caramel sauce...

Gemini – Recently, I’ve been watching TV shows about baking and cooking and making s’mores and playing with the fire, we started telling “choose your own adventure” stories...where one person would start and then part way have a decision that needed to be made in the story, and then depending on what the group decides, a different person continues the story. My friend kept trying to make the story “sexy” while I kept trying to make the story “crazy, weird & scary.” My point is, you’re careless. Treat yourself to more “delicious” this upcoming month. You deserve it. You’ve earned it. You also need new shoes.

Pisces – Lately, I’ve been watching the movie “Smores.” It was so good. My friend created a dating profile for me on a dating site. I’m not going to say which one or don’t ask. The problem is, he didn’t tell me. More awkwardly, he used an email address of mine which has my entire name right there in the email address. I know he has good intentions, but I’m a private dude. I don’t like having my bio all over the interweb and stuff. What am I trying to tell you? Your intentions may be good my little lion, but be careful. For some reason, I’m also a seeing a whole lot of plaid in your future. I can’t quite figure out where it’s coming from. Someone close to you is keeping secrets. Juicy secrets. Like I said...careful.

Aries – I’ve been watching You Tube videos on takeSomeTime’s channel lately, and other than having some great playlists to listen to, they’re also fascinating to watch. This makes me want to dance. The dude has so much energy. He kind of reminds me of you. Full of energy. The only difference is, your energy seems to be all over the places at times. This upcoming month is a good time to find some focus for all of that pent up energy and enthusiasm. You have a tendency to be a bit impulsive and a dawdled at times...which makes for a great Halloween costume, but careful not to make that your full time gig. Balance things out with some yoga perhaps? Drink more tea. You have a tendency to be a bit impulsive and a dawdled at times...You need to look up more. You’re so into what you’re doing, you’re forgetting to take notice of your surroundings. You’re missing opportunities and the big picture. Look up more, otherwise you may miss the risk of running into a pregnant woman while texting. Seriously, my friend Paula is pregnant and a student walked right into her as he was texting. Don’t do that student.

Leo – A friend of mine created a dating profile for me on a dating site. I’m not going to say which one or don’t ask. The problem is, he didn’t tell me. More awkwardly, he used an email address of mine which has my entire name right there in the email address. I know he has good intentions, but I’m a private dude. I don’t like having my bio all over the interweb and stuff. What am I trying to tell you? Your intentions may be good my little lion, but be careful. For some reason, I’m also a seeing a whole lot of plaid in your future. I can’t quite figure out where it’s coming from. Someone close to you is keeping secrets. Juicy secrets. Like I said...careful.

Virgo – Every day I take the bus to the gym (ok, maybe not EVERY morning...but I’m trying), there’s this guy sitting on the bus. I’m think I know him, but I’m unsure. He is always looking at his ipad, iphone or something electronic. Not once have I seen him look around. Not once have I seen him look up. You’re so into what you’re doing, you’re forgetting to take notice of your surroundings. You’re missing opportunities and the big picture. Look up more, otherwise you may miss the risk of running into a pregnant woman while texting. Seriously, my friend Paula is pregnant and a student walked right into her as he was texting. Don’t do that student.

Cancer – So you’ve been feeling a little restless lately huh? If not...it’s coming. Routine can be comfortable and good. It can also be limiting if you never step to try new things and get outside of your comfort zone. I talked about pushing yourself past your comfort zones with you before. This fall I want you to consider the word “new.” Again, I’m not saying go nuts and such...but just give yourself permission to try. Succeed, fail, love it, hate it...at least you’re trying. Also, is that hole in the air? I’m not sure because you keep getting in the way. Relax and stop trying so hard. Last thing...you are looking FINE! Whatever you are doing...keep it up...well...in moderation.

Taurus – At a friend’s cottage last weekend, we had a nice fire going outside on one of the nights. While making s’mores, burning marshmallows and playing with the fire, we started telling “choose your own adventure” stories...where one person would start and then part way have a decision that needed to be made in the story, and then depending on what the group decides, a different person continues the story. My friend kept trying to make the story “sexy” while I kept trying to make the story “crazy, weird & scary.” My point is, you’re careless. Treat yourself to more “delicious” this upcoming month. You deserve it. You’ve earned it. You also need new shoes.

Horoscopes
Want a job? Be a BOUNCE BACK FACILITATOR!

As the semester is underway now, so is the Bounce Back staff recruitment process. Student Life is looking for upper year students to fill the positions of 3 Senior Bounce Back Staff and 25 regular staff positions. The Bounce Back program begins in the winter semester, working with students who have failed at least one course in their first semester. Successful senior students are paired with the new student, coordinate weekly meetings and act as a referral agent to support them through their transition to University. The staff positions include a 5 hour a week commitment and a 10 hour a week position. All the requirements and expectations are listed on the website in the job posting. The recruitment deadline is October 7 as that is when they will start to review resumes and cover letters to schedule interviews.

For more information, follow this link http://studentlife.uoguelph.ca/home-0

Just so you know...

More important info that you WILL find useful!...

• Now is a perfect time to come see me if you have any questions about program requirements or such. Drop in hours are Monday to Thursday 1:30pm to 3:30pm!

• Voting in an election is the act of choosing a political candidate to represent you in government.

• If you’re planning on graduating this year, make sure to come see me to do a graduation check. Seriously, no one wants surprises this close to graduating!

• Same goes for declaring your minors. Now is a great time to get this done if you know what you want to declare. Again, it’s not set in stone, you can always change your mind.

• In Canada, voter turnout reached an all-time low of 59 percent in the 2008 federal election.

• The Learning Commons in the library has workshops on how to prepare for midterms and how to write papers. This is a great time to take advantage of them!

• Only 4 out of 10 citizens aged 18 to 24 cast a ballot in the 2008 Canadian federal election. Weak. Don’t let that happen for this Provincial election!

• Having problems in a course? Have you tried the SLGs through the Learning Commons yet?

• Interested in studying abroad or going on exchange? Connect with the Centre for International Programs (CIP) on the 3rd floor UC!

• You might think the riding here in Guelph doesn’t mean anything to you because you’re not from here. Well, most of you are here 8 months out of the year. This election matters to you!

• Please get at least one other ASCI student to read this newsletter. Seriously, I don’t make these things for my health. (although it is kind of fun)

Not sure where to find information online?

CHECK OUT OUR WEBSITE!!

www.uoguelph.ca/bas

Another option is to click “Current Students” on the UofG homepage...check out all the links!
Eating Habits & Learning

Overview
Research shows students learn better when they’re well nourished. Healthy eating has been linked to higher grades, better memory, more alertness, faster information processing and improved health leading to better school attendance, according to registered dietitian Elisa Zied, author of "Feed Your Family Right." Conversely, unhealthy eating habits can negatively affect learning. Researchers have studied a number of areas related to eating and learning.

Breakfast and Learning
Skipping breakfast can have a negative impact on learning: A higher percentage of breakfast eaters passed a biology exam in one study of college students by Gregory Phillips. It’s also important to eat a high-quality breakfast. In a study of students 12 to 13 years old, the average mark increased as breakfast quality improved. In another study of students ages 11 to 14, eating a breakfast with foods low on the glycemic index, or GI, was associated with faster information processing. Low-GI foods include fruits, vegetables, nuts, and whole-grain breads and cereals, according to Zied.

Eating and Memory
Even with breakfast, the brain can run out of fuel before lunch. In one study of students ages 7 to 9, having a midmorning snack experienced a smaller decline in immediate and delayed memory. Attention was not affected, however. Zied recommends yogurt with blueberries; this fruit has been linked to better memory in studies. A hard-boiled egg is also a good snack choice, because eggs contain choline, a nutrient shown to improve memory in animal studies.

Eating and Alertness
According to the nutrition blog on the Mayo Clinic website, kids who eat healthy are more likely to be in school and participating. Without proper nutrition and adequate calories, students often don’t have enough energy to power the brain, resulting in fatigue and learning problems. In fact, alertness improved significantly in students eating breakfast in one study of high school students published in the journal "Pediatrics." The male students also reported feeling more positive. A positive mood may improve academic performance by making students more eager to learn, according to Zied.

Junk Food and Learning
Students who eat lots of junk food are more likely to fall behind in school, according to a 2008 study reported in the British newspaper "The Telegraph." Another study of public school students published in the "Journal of School Health" linked high intake of sweetened beverages such as sugary sodas to lower scores on math tests. A diet high in junk food and sugary sodas is also linked to childhood obesity, which could result in lower cognitive functioning, according to 2011 Yale University research. On the other hand, students with healthy eating habits are less likely to be obese and more likely to learn well.

References

Read more: http://www.livestrong.com/article/497063-research-on-healthy-eating-habits-student-learning/#ixzz1ZN7BlzV2