"Combining Family & Child studies and Biology as my two minors has already opened up doors for me..."
~ Khadijah Haji (Current BAS student)

We’re already half way through February? Wow, that was fast. Just think...2012 is only beginning and already so much has happened! Blue Ivy was born, Adele and Karl had it out, Madonna scolded MIA, Ellen took on 1 million Moms (and won), Ben’s down to 4 bachelorettes, the Big Bang Theory had it’s 100th show, Barney and Robin are getting complicated, Lily won’t stop swearing..it’s so much to take in. If any of you need to talk to me about any of this, or even about course selection and your academics, just email me at bas@uoguelph.ca I hope everyone’s “Year of the Dragon” is off to a good start!

Be a BAS Volunteer!

There are SO MANY opportunities for you to volunteer with the BAS program this semester!

Sunday, March 25th - CAMPUS DAY!
=> I’d like 4 volunteers to speak on your BAS experiences on a student panel (12-1pm, ROZH)
=> I’d also like 4 volunteers to staff the BAS display (12:30-4pm, Science Atrium)
=> Free lunch provided (11:30a-12:30p)

Tuesday, April 3rd - BAS Online Chats!
=> I’d like 4 volunteers to chat online with prospective BAS students. You need to be logged into the chatroom, so as long as you have internet access, you can do this wherever you want. (7-9pm)

Tuesday, May 15th - Spring Academic Open House!
=> I’d like 4 volunteers to staff the BAS display (9am-12pm)
=> I’d also like 4 volunteers to speak about your BAS experiences on a student panel (10:30-11:15am)
=> Free lunch provided (times TBA)

If you are interested and available, please email me at bas@uoguelph.ca
THANK YOU!!!
Course Selection...again.

Course selection for the Summer 2012 and Fall 2012 semesters begins on March 5th. During that time, you will all have to wait for your course selection windows to open. Same rules as usual. If you forget what you’re doing, just check out the special “Course Selection” edition of our newsletter (THE STREAM). Even though course selection begins on March 5th, Summer 2012 and Fall 2012 semester course offerings should be available on Webadvisor the week before. This will give you a chance to start planning out what you would like to register for. Always make sure to have several back up plans in place in the event of a conflict or the classes get full. Not sure what to take next semester? Come see me and we’ll work it out together! bas@uoguelph.ca

Don’t STRESS OUT about course selection!

Contact me with questions!
bas@uoguelph.ca

SUMMER 2012
ASCI*3200*DE
Issues in Public Health
Prerequisite: 8.50 credits
This unique 6-week summer course examines the practice of public health in Canada, and throughout the world, with an emphasis on the impact of social and political forces on matters relating to public health. As well, the course considers strategies for the delivery of initiatives to safeguard the health of the public. Offered through Distance Education, you can take this course anywhere, with web access! Works as your 3000-level ASCI requirement or a perfect elective credit!

FALL 2012
ASCI*4000
ASCI*4000 and ASCI*4010 have traditionally been the Arts & Sciences Research Paper/Thesis courses, with 4000 being a prerequisite for 4010. As of the 2012/2013 academic year, ASCI*4000 will be discontinued and ASCI*4010 will now be a 1.00 credit course only offered in the Winter semester.

ASCI*4010 will be key to anyone who is interested in applying to masters program, as this course will give you thesis researching and writing experience. This is an ideal capstone course for your ASCI experience. It will also meet the required 1.00 4000-level ASCI requirement.
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 bassa@uoguelph.ca !!! We want to hear from YOU!

**BASSA EXEC 2011/12**

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**Upcoming BASSA events!**

**BASSA Academic Forums!** BASSA will be organizing forums for you to share your thoughts on the BAS program. The BAS program is built on the joint efforts of faculty, staff and students like you! Come share your experiences and help to improve the BAS program! More info to come!

**BASSA Elections!** Election nominations forms can now be found in the BAS Program Office. Please fill them out and return them to the BAS Program Office by Friday March 16th!
Grab life by the handlebars!

Combine sustainable living, community building, theatre, leadership training, activism, and bicycle touring.

Cycling and Performing Tours: Accepting Applications
Term: Full-time, either nine days or two months
Locations: NB, NS & ON, Canada

Saddle up & have an incredible experience as you live as a mobile sustainable community! The Otesha Project is now accepting applications for volunteer Tour Members. You’ll cycle from performance to performance, connect with communities along the route, brave the elements, and explore all the ups and downs of directly addressing environmental and social justice issues through your every day actions.

No bike touring, theatre, or other experience necessary: just a willingness to give it your all. Intrigued? Apply Today. First applied, first considered. Spring tour deadline for applications is March 1st.

TOURS OFFERED IN 2012
May to June: Rising Tide Tour – Fredericton to Halifax
July: 9 Day Pedal to Plate Tour – Ottawa (All ages tour)
September to October: Phenomenal Food Tour – Kitchener-Waterloo to Ottawa
September to October: Water Works Tour - Kitchener-Waterloo to Ottawa

“If you are looking for an amazing opportunity to see the country, inspire others and change your life you should be on an Otesha tour.” ~ Joel Robison (Otesha Alumnus)

What is ‘Otesha’? The Otesha Project uses theatre to mobilize young people to create local and global change through their everyday choices. It’s a national youth-run charitable organization created in 2002. To date, Otesha has reached over 115,000 Canadians through theatre presentations and workshops that inspire youth to re-evaluate their daily consumer choices to reflect the kind of world they want to live in. Check it out: www.otesha.ca

Word of mouth is our secret power against apathy. Deploy it by telling friends, coworkers, teachers, teammates, ninjas & pirates about this opportunity.

This opportunity is brought to you by Kira Burger, a 2011 BAS graduate with minors in Biology & International Development! After convocating in June 2011, Kira has been travelling around the world and is now the Outreach and Communications Coordinator for The Otesha Project! info@otesha.ca
"Developing Models for the Use of ePortfolios in the College of Arts and the Bachelor of Arts and Sciences Program"

The results from the online survey, samples of student work, and focus groups will help both the COA and BAS program to better integrate ePortfolios into core courses and will provide information about how to best support students and faculty using ePortfolio in the future. We also hope to gain a deeper understanding of the relationships between ePortfolios and program learning outcomes so that we can substantially utilize the promise and potential for ePortfolio in all COA disciplines as well as in the BAS program. Part of this is to design ePortfolio learning modules in which students can demonstrate their course-based learning and how this learning can be synthesized with learning in other courses. Beyond this, we aspire to model flexible and creative ePortfolio curricula in which students have opportunities to translate and transfer their course-based learning to co-curricular, community and/or career applications.

The online period for the survey is February 15-March 9, 2012. The consent forms for screen shots and focus groups can be submitted on an ongoing basis up to March 9. Any focus groups would take place in late March according to participants' schedules and availability. The focus group would require about a 1.5 hour commitment and includes lunch.

The project has received ethics approval from the Research Ethics Board at the University of Guelph. For more information, contact Anne Milne at amilne@uoguelph.ca
Orchestrates

Aquarius – It is weird that I just read about Elizabeth Olsen, the lesser known Olsen sister? They also have an older brother, Trent. Did everyone know about this already? I’m behind. I guess I never stopped to think about their family and what it would be like. Point being…this is totally related to you this upcoming month. You need to consider others for a change. Recently it’s been about you…which is fine, cut let’s face it…you ARE fabulous. But it’s time to focus on others and really think about their point of view and where they’re coming from. I see something interesting brewing in your horizon. Look for signs in the next couple of weeks. Also…avoid twins.

Pisces – You ever get the sense that things are more complicated than they need to be? Me too. Like why does there need to be so much paperwork for seemingly easy processes around here? I don’t know. This upcoming month is a time for you to start simplifying the mess around you. You have a tendency to get caught up in details. Get it done and move on. You’re going to be put to the test in the next couple of weeks. How you handle the situation will determine the outcome (ohh!)…but it will also put into motion a lot of other things. Keep it simple. Don’t complicate things from the beginning; it will only get worse. Less is more…for goodness sake, do some laundry.

Aries – Oh, so what’s up with the emotional roller coaster lately? It seems like you’re picking fights with your friends over the meaningless things? What’s really logical...you...because seriously, you are doing a fine job of cutting your friends. You do NOT want to do that right now. Your friends are going to be major supports for you in the upcoming week. There are going to be tears…but you will determine if they are tears of happiness, sadness or anger. Hang out with a Pisces for a little bit…they both could use some simplifying in your lives. Stop asking your friends to change…maybe you’re the one that needs to change? Avoid seafood and red shoes.

Taurus – Two of my friends just recently returned from their trip to Portugal. Admittedly I am jealous of them. Which is why I may have snuck into their house and hid their stuff and planted surprises for them to find when they got back. The next month is going to be full of surprises…and believe me you, there are some good ones coming. My advice to you is to be open minded. What might seem alarming at first may actually be what you need. I think it’s got a paisley pattern. None of your usual patterns. These next few weeks are going to push you a little outside of your comfort zone, but that’s OK…the “powers that be” know your limits. Mostly. Yeah…mostly.

Gemini – Lately I’ve been on an old movie kick. Well...not really old but still...old. I’ve been into Kung Fu Panda, Sex in the City, Kill Bill, Sky High, Signs, Narnia (1, 2 & 3), Basket Case, Scott Pilgrim, X-Men, Push, and Anne of Green Gables. Yeah, Random. Know it? It’s time for you to reconnect with some old friends…and I’m not talking about movies. Some old connections are coming back into your life. This is fine if it’s what you want. Let’s talk about what you want! I dunno. What can I tell you is; they’re “old” Do I mean “old” as in age? “Old” as in long time ago? Not really sure? What I do know is that you want to eat more salad. Seriously. More greens.

Cancer – You know when someone that you’re kinda seeing, but not really officially seeing, starts to officially see someone else and they awkwardly tell you about it via a text message? And they want to do and sure how to respond? Yeah. Awkward. But hey, that’s relationships for you. This month is going to be about relationships for you. Yes, there is going to be more awkward… but there’s also going to be some goodness as well. Your workweek is going to be more self-confidence leading degree and just generally more comfortable in your own skin. You’re kind of a big deal…in a good way. Why is it so hard for you to see what everyone else sees? Have some fun!

Leo – So a close friend of mine started seeing this guy who self-identified as a werewolf. Yeah. Surprisingly things didn’t quite work out. My point here is…where is your inner lion? It seems that you’ve lost your ability to roar…or rather, speak up for yourself. Not in all situations, but I’m sure you know what I’m talking about this month. Take those next couple of weeks to find your lion. Also, I also get the sense that you’re putting off something that you really shouldn’t. Do you have any idea what I’m talking about, because I sure don’t. I just have hells and whistles going off…so you best be taking care of it sooner rather than later. Also, a close friend is looking for a favour.

Virgo – I just sent my friend some cool emojis highlighted on pinterest because he’s looking for a new job and I thought he would find this interesting. He just sent me an email telling me I’m a jerk for making fun of him. I’ve never been able to make fun of people. That’s my friend. I think they’re funny. It’s all about perspective. I dunno. What can I tell you is, they’re funny. “Old” Do I mean “old” as in age? “Old” as in long time ago? Not really sure? What I do know is that you want to eat more salad. Seriously. More greens.

Libra – It’s often about balance for you, so it won’t surprise you when I tell you your horoscope is centered around balance this upcoming month. This time, it’s the balance between what you want to do and what your friends and family want you to do. There seems to be a bit of disagreement around this depending on the issue at hand. This is your time to work on perfecting this balance. Speaking of balance, this is your month to catch up on everything that you’ve been putting off and get things back to the comfortable order that you prefer. I stress...the “comfortable order that YOU prefer”…so you get to define that. Everyone else will just have to deal with it. Word.

Scorpio – What can I tell you that you don’t already know? You’ve been a little out of whack lately in the emotions department. Or at least, that’s what it seems like to the people around you. You can sometimes be quick to act and speak, but it sometimes lead to some interesting consequences. The next little bit is going to be about managing some of those consequences. Look for compromise and open-minded discussion. You’re not always right, but neither are they. The key to all of this is going to come from. I see something coming up around the end of the month…might be a turning point with “you know who.” Go with it…carefully.

Sagittarius – As you may or may not know, my twin brother plays piano at Manhattan’s Pizza every other Sunday night. He recently quit his corporate job, which he’d been at for over a decade, and decided to pursue his real passion: his music. What are your passions? What is it that you really want to do… and what’s stopping you from pursuing that? Just a little food for thought as we lead into the next little bit. This next few weeks are going to be a perfect time for self-reflection and figuring out what am I doing? Speaking of “food for thought”, you need more leaves in your diet. I see lettuce, spinach and kale in your future. Careful with the kale… it’s weird.

Orientation Week 2012!

Recruitment for Orientation Week 2012: Exploration has started and we want you to apply to be an Academic Community Builder (ACB)! It’s a great way to be involved! ACBs play a crucial role in helping students build relationships with others in their programs before the start of classes and learn about important resources (ie. Program Counsellors, Faculty Advisors, Library support), what to bring to the first day of classes, and just to have other people to go to OWeek events with. In addition to helping to foster a sense of community as an ACB, you will also participate in all the key OWeek moments: Move in Day, the Pep Rally, helping at events, free food.

No previous volunteer experience is required to apply, so apply now at: www.guelphoweek.ca
Thinking about your Career? Need a job for the summer and/or after Graduation?

You definitely need to check out the resources available to you at Co-op and Career Services. They are conveniently located on the 3rd floor of the University Centre. Better yet, check out all of their great resources available to you online: http://www.cees.uoguelph.ca/students Not to mention all the great services they offer, such as resume and cover letter writing workshops/feedback and even practice interviews! 

You can also book an appointment to a Career Counselor. In fact, Jill Ferguson was at the BAS Career Fair night, and she said she would be happy to meet with any of you! http://www.cees.uoguelph.ca/contacts

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!

• Sloths are very still for most of the day, but that’s more about self-defense than laziness. The sloth mission statement can be summed up as, essentially, “Avoid being eaten by eagles.” Seriously, it’s a problem.

• Now is a great time to declare your minors. It’s not set in stone, you can always change your mind.

• Sloths have a varied diet—enjoying everything from lettuce, to boiled yams, to grapes. (They really, really love grapes.)

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

• Sloths can tell individual humans apart from one another, and have individual personalities themselves.

• Having problems in a course? Have your tried the SLGs through the Learning Commons yet? It’s never too late!

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

• Sloths have a very slow metabolism & have the lowest body temperature of any mammal.

• 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)

• Sloths only use the bathroom once a week, the only time they leave the protection of trees.

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!
“But I always say one’s company, two’s a crowd, and three’s a party.” - Andy Warhol

Reading Week Party Tips!

On the road...
Buckle up, disco dancers! Also take turns behind the wheel, and whoever sits shotgun should stay awake to keep the driver company. Make sure everyone has a valid driver’s license and the vehicle registration is in the car before driving off.

In hotels...
Reserve a room that’s above the 1st floor but below the 6th floor. Why? First floor rooms are easier to break into, and rooms above the sixth floor are sometimes too high for fire ladders to reach. If safes are provided, definitely use them for any valuables you may have. Keep doors and slidding doors locked, and don’t let anyone into your room unless you can trust them. Make a mental note of where the nearest fire exits and stairwells are located in case you need to evacuate.

At the ATM...
Try to go the ATM in groups, but avoid getting overly complacent about safety just because you’re traveling in numbers. Also try to go during daylight hours. When you approach the ATM, do a full 360 degree scan, looking completely around you to see if anyone is hanging out where they shouldn’t be. When punching in your pin number, use your other hand to cover the keypad. Always be on the lookout for anyone suspicious. If someone is creeping you out, go to another ATM. (There are plenty of them, especially in vacation spots!)

While drinkin’...
Do us all a favour (including yourself) and party smart. Be responsible. Face yourself if you choose to drink, and remember that drunks are easy targets. Also be aware of alcohol poisoning. According to a University of Wisconsin study, 75% of college males and 43% females reported being intoxicated on a daily basis during spring break. If you do decide to drink, know the local liquor laws. Drinking & driving is always a dangerous situation, so avoid this by planning transportation home before you go out. Access a helpful tool right from your cell phone by visiting BHUDrink.Mobi and estimate BAC (Blood Alcohol Concentration) levels anywhere and everywhere you take your mobile phone.

On the beach...
Drinking + sun can equal a bad sunburn and an even worse hangover. Sun can maximize the effects of alcohol so keep this in mind if you party on the beach. Take it slow and stay hydrated by drinking lots of water. If you start feeling faint or light headed, get shade and water immediately. And don’t be a lobster..use sunscreen of at least SPF 15 and reapply often. Pay extra special attention to ears, nose, face and shoulders. Fair skinned friends should wear sunglasses and even a hat. Avoid sun exposure during the hottest hours of the sun’s rays and remember you can burn even when it’s cloudy.

While swimming...
Jumping into the water without a lifeguard is putting yourself at risk. Even the most experienced swimmer can get caught in an undertow. In case you get caught in a rip current, don’t bother swimming against it. Instead, swim parallel to shore until the rip passes. Try to stay within the designated swimming area and always swim with a buddy.

In the hot tub...
Drinking in the hot tub might sound like a good idea, since pretty much every MTV video makes it look glamorous. But low and behold, MTV is not an educational resource. (shocker!) Alcohol can dilate blood vessels and lower blood pressure to dangerous levels. The effects of alcohol are felt sooner and stronger in a hot tub. It can lead to unconsciousness and drowning. Overall, just a bad idea.

Goin’ out...
My cardinal rule is this: Go out with your friends, go home with your friends. It’s one of those things that keeps you a whole lot safer, and eliminates about 98% of the bad drama. This way you can look out for one another, and get a friend home who is too intoxicated to be out. Also be on the lookout for signs of predatory drugs; extreme wooziness, confusion, difficulty standing and slurring speech. If you notice these symptoms in yourself, find your friends immediately and tell them to get you outta there. If you see these signs in a friend, do your friend duty and take them back to the hotel, or to a hospital if symptoms are severe.

Hookin’ up...
No, not everyone is doing it. (Don’t believe the hype.) But if you do choose to have sex, make sure it’s protected. Stock up on protection before you leave home so you never find yourself in a compromised situation. Decide before even going out what you’re willing to do, and then get to work setting your boundaries early and often. If you meet someone and decide to shuck up, be up front with them if sex isn’t in the plan. Maybe something like, “Hey good lookin’. I’ve had fun this evening, but no fornication tonight.” How’s that for smooth? But seriously, don’t ever let anyone talk you into doing something you’re uncomfortable with. SmarterSex.org.

Leaving the country...
First things first: if you’re leaving the country you’ll need a passport. These are not quick and easy documents to attain, so file your application about 6 months before going on a trip abroad. Safety has a lot to do with what you pack when traveling abroad. Don’t bring flashy valuables (like expensive jewellery) and dress conservatively so you don’t stick out too much. And do your homework beforehand about your destination, keeping in mind you are subject to the laws of the country you visit.

Gone cruisin’...
Vacationing on a cruise ship is a blast, but there are a whole different set of rules when you have a few thousand people aboard a boat. Stick with your friends, and watch your pockets when you get off the boat for stops. There are many cases of people being pick pocketed by island residents who prey on tourists.

More info at http://www.safespringbreak.org/

“No party is any fun unless seasoned with folly.” - Desiderius Erasmus