Happy Holidays!

Hopefully all of you are fully enjoying your holidays at this point. The fall semester really flew by, didn’t it? Before you know it, we’re going to be well into the Winter 2014 semester. For now though, I really want all of you to thoroughly enjoy your holidays. Hang out with family and friends. Eat lots of food. Watch movies. Play games. Play in the snow (or depending on where you are, go get a tan).

I’ll still be kicking around the university until December 24th. After that, the University of Guelph will actually be closing down for the winter holidays and opening back up on Thursday, January 2nd. I will not be returning to the office until Monday, January 6th, the first day of classes. Before the holidays, you can all still reach me at bas@uoguelph.ca. If you don’t hear back from me right away, I will definitely get back to you in the new year. I promise!

Happy Holidays everyone! See you all in the new year!

“My New Year's Resolution List usually starts with the desire to lose between ten and three thousand pounds.”

~Nia Vardalos

Winter 2014 - ADD PERIOD

As you should all know by now, the Winter 2014 Add Period began on Monday, December 9th. So right now, all of you have the ability to go online to WebAdvisor and make changes to your Winter 2014 schedules.

As you do this, please remember this is also your opportunity to make sure that you don’t have any exam conflicts in the Winter 2014 semester. An exam conflict is if you have two or more exams scheduled at exactly the same time on the same day. Having two, or even three exams in a 24 hour period is not a conflict. It’s just a really bad exam schedule. If you don’t like it, pick up a different course.

The great things about knowing your exam schedule now is that you can already start making summer plans because you’ll know exactly when you’ll be done in May. How great is that?!

If you have any questions about course selection over the break, make sure to check out the “Course Selection” edition of this newsletter! It answers most of the frequently asked questions that I get.

The Add Period ends on Friday, January 10th, so you’ve got plenty of time. Good luck and let me know if I can help you!
TEMPORARY SHORT TERM EMPLOYMENT
- ADMISSION SERVICES -
University of Guelph Applicant Telethon Campaign 2014!

Admission Services is hiring enthusiastic students, representing all academic programs, for an intense four week telethon starting January 30th and ending March 6th 2014 (excluding Reading Week).

Phone calls will be made by U of G students to high school students who have applied to the University of Guelph for Fall 2014 admission. Callers will contact high school students who have applied to the SAME degree program in which they are currently studying. Callers will invite applicants to the March Campus Day Event and March Break Tours and, if requested, provide a ‘student perspective’ on living and learning at Guelph.

Training for all callers is MANDATORY and will take place on Monday January 27th and Tuesday January 28th, from 5:30-7:00pm. Callers must attend the entire training session for ONE of the two nights scheduled.

Callers must have good academic standing and a friendly phone manner. Hiring priority will be given to upper year students. Additionally, callers MUST be available to work during the specified dates and times.

All calls are made from Admission Services, on the 3rd floor of the UC.

Calls will be made from January 30th to March 6th, excluding February 17th–21st (Reading Week) and all Fridays.

Calling hours will be: Monday to Thursday (5-9pm), Saturdays and Sundays (11am-5pm). Callers will have flexibility in choosing their shifts, but a minimum commitment of twenty hours over the entire duration of telethon is required. Depending on your program, calls may be completed in less time.

The hourly wage is $10.25

If you are interested in applying, please fill in the following information and return to Wendy Cudmore at wcudmore@registrar.uoguelph.ca by Friday January 3rd, 2014 (early application is encouraged as a limited number of callers will be hired per program). You will be contacted regarding your application in mid January, following the deadline date.

NAME:
U OF G ID:
SEMESTER LEVEL:
TELETHON RETURNER (Y/N):
DEGREE PROGRAM (e.g. BA, B.Comm):
MAJOR:
MINOR:
CO-OP (Y/N):
LOCAL PHONE NUMBER:
U OF G EMAIL ADDRESS:
LOCAL ADDRESS (number, street, city, postal code):

HIGH SCHOOL GRADUATED FROM:
HIGH SCHOOL CITY:
How did you hear about this job opportunity?
List any relevant work or volunteer experience.
List any extra-curricular involvement while studying at U of G.
Please give the name, position and phone number of one on-campus reference (RA, TA, professor, supervisor, staff, peer helper).

For more information, please email Nick Pankerichan at pankeric@uoguelph.ca, or call ext. 58478.
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!

Introducing the 2013/14 BASSA EXEC

President
Veronika Kratz

VP Academics
Tamlyn Freedman-Kalchman

VP Activities
Ben Williams

VP Finances/Admin
Victoria Woodhouse

CSAHS Rep
Jessica Davidson

CASU Rep
Joey Lynett

CBS-SC
Nailah Ramsoomair

CPES-SC
Open

BAS Senator
Ariane Cohen

Fourth Year Rep
Rosie Sadoquis

Third Year Rep
Laura Hutt

Second Year Rep
Esha Sharma

First Year Rep
Saffire Kranc

Clustering Rep
Madison Milne-Ives

Want to be involved?
bassa@uoguelph.ca

Interdisciplinary Conference!

Every year in January there is an Arts & Science conference that brings together arts and science students from all different institutions. This year GUELPH is hosting the conference! This is an interdisciplinary conference run for students, by students.

The registration for Combining Two Cultures (C2C) is LIVE! The fee for attending is only $30 until January 17th, 2014, so sign up soon!

Sign up for a discussion group and a couple of workshops for the weekend, watch some great speakers, and network with students from a number of schools also interested in interdisciplinary education! We're opening the conference to all UofG students, but targeting BAS since we're run through BASSA.

Interested? Questions? Email us at: combining.twocultures@gmail.com

The registration form can be found here: http://www.combiningtwocultures.org/register-2
BAS students PUBLISHED!

Did you know that in W13, the ASCI+4020 students published a book that is now available?! The class put together an anthology “cultivating connections between the sciences and humanities for human welfare.”

All proceeds from the book are being donated to the Romeo Dallaire Child Soldiers Initiative in support of their valiant effort to eradicate the use of child soldiers. http://www.childsoldiers.org/

Copies of the book are available in the BAS Counselling Office for a $15–$20 suggested donation. You can also buy the books on Amazon! It’s a pretty great read!

Horroscopes...

Capricorn - Holiday schmoliday. Let’s focus on something more important...like you birthday. So yeah. How did this year go? Any big plans for the next year of your life? Gotta say, this last year was kind of heavy duty one. Lots of changes. You happy with those changes? Might I suggest that this year be YOUR year to make decisions for yourself. You mean well, trying to do things to keep everyone happy and such. Let’s focus on keeping you happy for a change. Deal? Deal. Now, let’s talk a little bit about what’s going on with your wardrobe. What’s going on there? C’mon, put a little effort into it.

Aquarius - So my friend is trying to convince me to go hot yoga with her. Here’s the thing, I’m a little apprehensive of going to hot yoga. But I promised myself that I would try things that take me a little bit out of my comfort zone, especially where I’m a little bit outside of my health comfort zone, especially since they always say that yoga is great for you. thing might actually give it a go over the holidays. Anything to offset all of the holiday baking I’m going to be eating. So what about you? What are you going to do that takes you out of your comfort zone a little? I’m not suggesting anything crazy. Start small. Do something fun. What have you always wanted to do?

Pisces - The other day I had a friend come over for dinner. It had been almost a year since we last got together, so we had a lot to catch up on. The night flew by with eating, drinking, and lots of talking. It was perfect. I had almost forgotten how much I enjoyed hanging out with this friend. Is there someone that you need to reconnect with over the holidays? Not at a party or a big get-together. Who do you want to hang out with and catch up for serious, on one person. You should totally do it. It’s so good. You’ll have your share of big social deals over the holidays. Design some serious, one on one time with the peeps that matter. Also, eat more cookies.

Aries - I watched K’Deas 2 the other night. Good times. I actually quite liked it. Not that it made me want to go out and fight or anything, but I did find myself thinking that it would be nice to get into better shape. Obviously this will mean cutting down on the chips and such. But I think it’s doable. I think. In fact, I’m eating chicken and cabbag even as I type this. Delicious. What about you? I don’t mean physically. For you, I’m thinking academically. What’s going on there? You feeling some kick-assness for the upcoming semester or what? What kind of training you think you need to enlist for in the new year. Just some food for thought.

Taurus - You know when someone says something to you, or you do something to you and it really ticks you off. and then later you come up with the perfect thing to say, but it’s already too late? Yeah, I hate that. You know what’s even worse? Wor- rying about your Fall 2014 grades. They’re pretty much going to be whatever they’re going to be. Your Winter 2014 grades is a totally different game. This upcoming semester is totally fresh! What’s your game plan? Don’t be that guy/gal who looks back and always says shoulda, coulda, woulda. Get on it. Also, I see some surprise in store for you in the upcoming week. I see lots of orange. Weird.

Gemini - I was in Toronto the other week-end just hanging out and visiting friends. You know when you invite people out for dinner...but you know that some people just won’t show up, so you just let people know you’re going to be out there and who showed up? Well who knew that EVERYONE was going to show up this time! Moral of the story...make bigger reservations! This is where you come in, my little Gemini. It’s come to my attention that you’re not the best at planning. Well, at least not lately. You’re starting to get it together. This summer is starting to fly by. Get a plan together. Get a back-up plan in place while you’re at it. You can do this. You have to. Go. Go now.

Virgo - So I have a friend that I’ve been playing email tag with for...well...ever since we last talked. We always set up plans to meet up, and then it never happens. I think we should talk. Sometimes the email is totally legit. Other times...not so much. I’m kind of on the fence as to if I want to keep playing this game or what. Sometimes I feel like it’s too late. Other times, I’m like...I’m not sure that you’re the best person to ask. I mean, look at your relationship with yourself. Who do you want to keep playing this game or what? I think you want to keep playing this game or what. I’m not sure that you’re the best person to ask. I mean, look at your relationship with yourself. How long are you going to keep this up? You know what I’m talking about. Not just the same situation as me (or is it?), but you know what I’m getting at. Why do you put up with this? Not good or bad, just wondering why.

Leo - I’ve decided that this holiday season, and actually for all upcoming holiday gifts and such in the upcoming year, I’m not going to give people “stuff”. Generally speaking, who really needs more “stuff”? I know I don’t. This past summer, for my friend’s birthday, instead of getting them “stuff”, I asked them for a Saturday. I took them on an adventure for their birthday, and they returned the favour for me later on. Seriously, hands down, one of the BEST birthday gifts to date. I think “experiences” are the way to go from now on. Umm...ok...maybe SOME stuff...but mostly experienc- es. It’s all about balance. You’re Libra...you know balance.

Libra - I’ve decided that this holiday sea- son, and actually for all upcoming holiday gifts and such in the upcoming year, I’m not going to give people “stuff”. Generally speaking, who really needs more “stuff”? I know I don’t. This past summer, for my friend’s birthday, instead of getting them “stuff”, I asked them for a Saturday. I took them on an adventure for their birthday, and they returned the favour for me later on. Seriously, hands down, one of the BEST birthday gifts to date. I think “experiences” are the way to go from now on. Umm...ok...maybe SOME stuff...but mostly experienc- es. It’s all about balance. You’re Libra...you know balance.

Scorpio - It is weird that this holiday sea- son, I’ve managed to not make any plans? That’s not true, I guess. I’ve started filling up my schedule with little dinners here and there and little visits with friends. But that’s just it, it’s been pretty low key and casual. No big trips, no big functions in fact for Christmas, just the way things fell into place this year, I might actually just hang out and chill out by myself. Is that weird that I don’t mind? I am a huge supporter of spending time with myself, it’s important to get comfortable with yourself. If you don’t like to spend time with your- self, why would others? Get to know your- self a little better this holiday season. Do it.

Sagittarius - I was on the hunt for a good book to read, something to really sink my teeth into. The last set of books I just finished reading were “Quiet: The Power of Introverts”, “Parks of Being a Wallflower”, and “Suddenly What Your Stuff Says About You”. I’ve just recently started “Red In Pieces - The Curious Fate of Famous Corpses.” So far so good. Good books are so hard to find. It takes time and patience. Finding good friends can be the same way sometimes. Make whatever analogies you want here. Are you looking for any new books? Are there any old favourites that you should really reaquaint yourself with? Any just taking up space? Just saying...
Did the Fall 2013 semester wrap up like you thought it would? Maybe it did and maybe it didn’t. The important thing is that the Winter 2014 semester is just starting. Interested in making a few changes in your study habits? Want to start strong and finish even stronger? Learning Services offers free, confidential appointments with Learning Peer Helpers or staff members on developing strategies to enhance academic performance, including:

- Time management
- Reducing procrastination
- Studying / Reading / Taking notes effectively
- Keeping up with coursework
- Maintaining concentration
- Studying for midterms and exams.

Appointments with Learning Peer Helpers can be set up using the online scheduling system. You can email learning@uoguelph.ca to arrange an appointment with a staff member.

More important info that you WILL find useful!

- My drop in hours (Mon-Thurs 1:30pm to 3:30pm) start up on Monday, January 6th. Come see me or email bas@uoguelph.ca!
- Graduating at the end of the Winter 2014 semester? Make sure you see me to do a grad check. NO ONE likes surprises when graduation is on the line!
- There are 364 gifts mentioned in “The Twelve Days of Christmas”.
- Declaring your minors is just paperwork & paper can be recycled. You can always change your mind!
- Kwanzaa was created by Dr. Maulana Karenga in 1966 to celebrate family, culture and heritage; modeled after the first harvest celebrations in Africa.
- Friday, January 24 is the last day to apply for international exchange programs departing in Summer Semester 2014, Fall 2014 or Winter 2015.
- Summer research jobs alert! URAs & USRAs are going to be posted in the new year. More info here https://tiny.cc/adic6w and https://tiny.cc/2eic6w. Seriously, check it out.
- Traditionally, Hanukkah is a time when children are encouraged and rewarded for their Torah studies. Consequently, it became fashionable to give the children Hanukkah money and presents during the holiday.
- Looking for a job? Check out all the resources and job postings at Recruit Guelph!
- Germanic peoples of Northern Europe honored the winter solstice with Yule festivals—the origin of the still-standing tradition of the long-burning Yule log.
- Please get at least one other ASCI student to read this newsletter. I don’t make these things for my health (but it is fun!).

Not sure where to find information online? CHECK OUT OUR WEBSITE!!

www.uoguelph.ca/bas
As you all take a break from the hectic life of university, take this opportunity to really take care of yourself. Master the art of relaxation. If you have the time and interest, I would also invite you to explore meditation. Focusing yourself and learning to relax will actually help your concentration and focus with academics. It’s up to you. No pressure. Here’s some information and resources that I found while looking through the website of our good neighbours over at McMaster University. I thought some of you might find helpful. Enjoy!

* * * *

**Natural High: Relaxation, Meditation and Self Screening Tools**

Used successfully in preventing and treating high blood pressure, heart disease, and stroke as well as decreasing obsessive thinking, anxiety, and depression. Requirements: a quiet place, comfortable position, repeated auditory stimulus, passive attitude. Passive attitude is a key element. Thoughts and distractions often intrude into meditation. When they occur they can be held in awareness and let go of in order to return to the meditative practice. Common styles of meditation include:

- Attending to the surrounding noises with eyes closed while saying “I am aware of all the sounds that surround me.”
- Breath-counting meditation that involves saying, “one” while exhaling and “two” while inhaling.
- Mantra meditation, which involves repeating a syllable, a word, or a phrase.
- Yantra meditation, which involves focus on an image, a geometric figure, or a symbol of personal relevance.

It is recommended that meditation be practiced regularly in order to achieve the desired sense of inner peace.

**Relaxation History:** the heritage of most modern relaxation techniques stems from the meditative practice of Eastern religions.

**Methods:** Meditation, Guided Imagery, Autogenic Training (Schultz, 1932), and Progressive Muscle Relaxation (Jacobson, 1939)

**Theoretical Foundations:**

- **Meditation:** original theories are centuries old and stem from religious philosophy. Contemporary theory classifies meditative experience into concentrative and receptive. Receptive refers to openness to all thoughts and sensations that occur. Concentrative involves directing and fixing attention on a stimulus. The most common form of this type of meditation involves the use of a mantra.

- **Guided Imagery:** though used clinically, little is known regarding the underlying physiological and psychological effects of this practice. Lichtstein (1988) recommends using Lang’s model for understanding arousing imagery to research the relaxation response that results from imagery.

- **Autogenic Training:** this practice combines somatic focusing with a pleasant mental scene. The experience of relaxation stems from reduced afferent stimulation, repetitive phrases, and passive concentration.

- **Progressive Muscle Relaxation:** involves sequentially tensing and relaxing the large skeletal muscle groups. Muscle relaxation is achieved by noting the contrast between the state of tension and relaxation and by increasing discernment of muscle groups that are prone to carrying tension.

**Clinical Applications:** anxiety, phobias, depression, phantom limb pain, hypertension, heart disease, Raynaud’s disease, diabetes, hemophilia, headache, dysmenorrhea, childbirth preparation, cancer, drug abuse, athletic performance, seizures, sexual dysfunction, asthma, and general well-being.

You can find more information and even Mp3’s of a guided relaxation CD just by visiting this terrific website [http://wellness.mcmaster.ca/resources/relaxation15.html](http://wellness.mcmaster.ca/resources/relaxation15.html)

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“Tension is who you think you should be. Relaxation is who you are.” - Chinese Proverb

“For fast-acting relief, try slowing down.” - Lily Tomlin