“It was an initiation into the love of learning, of learning how to learn...as a matter of interdisciplinary cognition - that is, learning to know something by its relation to something else.”

~ Leonard Bernstein

Where’d the time go?...

Just your friendly neighbourhood BAS Program Counsellor! It’s hard to believe that we’re already into October. Halloween is JUST around the corner! Sweeeeeet!! So for the first year students and those new to the BAS program, this is our official BAS newsletter that I try (really hard) to get out on a somewhat regular basis. Usually I will aim for one newsletter per month. In this newsletter is information that I feel is useful and important for you to know. This is also where I put BAS specific information, opportunities and events happening on campus or in the City of Guelph. Congratulations to everyone for surviving September! Here’s to a successful academic month in October...and a ghoulish and frightening Halloween!! (admittedly, I’m in it for the costumes...& chips...trick or treat!)

Represent the BAS!!!

The BAS program NEEDS YOU to help represent our program to prospective students and their families and friends during several of the upcoming recruiting and liaison events!

Specifically for:

Fall Preview Day
Sunday, November 8th

Science & Engineering Sunday
Sunday, November 15th

This is an opportunity to talk to students about your experiences in the BAS program and your experiences here at the University of Guelph in general.

I will be looking for volunteers to help staff the BAS display and be on a student panel. Contact me at bas@uoguelph.ca if you are able to help!

THANK YOU!!
How to reduce your stress!

10 easy steps to a less stressful life at school

At any given point in time, most students are stressed about something; it’s just part of going to school. While having stress in your life is normal and often unavoidable, being stressed is something you can control. Follow these ten tips to learn how to keep your stress in check and how to relax when it gets to be too much.

Difficulty: Easy
Time Required: Minimum

Most Importantly: Don’t Stress About Being Stressed
This may seem ridiculous at first, but it is listed first for a reason: when you’re feeling stressed, you feel like you’re on edge and everything is barely being held together. Don’t beat yourself up too badly about it! It’s all normal, and the best way to handle stress is to not get more stressed about . . . being stressed. If you’re stressed out, admit it and figure out how to handle it. Focusing on it will only make things seem worse.

Get Some Sleep
Being in school means your sleep schedule is, most likely, far from ideal. Getting more sleep can help your mind refocus, recharge, and rebalance. This can mean a quick nap, a night when you go to bed early, or a promise to yourself to stick with a regular sleep schedule. Sometimes, one good night’s sleep can be all you need to hit the ground running amidst a stressful time.

Get Some Food
Similar to your sleep habits, your eating habits may have gone by the wayside when you started school. Think about what -- and when -- you’ve eaten over the past few days. You may think your stress is psychological, but you could also be feeling physical stress if you’re not fueling your body appropriately. Go eat something balanced and healthy: fruits and veggies, whole grains, protein. Lastly, if your meal plan itself is one more thing making you stressed, learn how to pick a plan that’s right for you.

Get Some Exercise
You may think that if you don’t have the time to sleep and eat properly, you definitely don’t have the time to exercise. Fair enough, but if you’re feeling stressed, it may be that you need to squeeze it in somehow. Exercise doesn’t necessarily have to involve a 2-hour, exhausting workout at the gym. It can mean a relaxing, 30-minute walk while listening to your favorite music. In a little over an hour, you can 1) walk 15 minutes to your favorite off-campus restaurant, 2) eat a quick and healthy meal, 3) walk back, and 4) take a power nap. Imagine how much better you’ll feel!

Get Some Quiet Time
Take one moment and think: when was the last time you had some quality, quiet time alone? Personal space for students in college rarely exists. You may share your room, your bathroom, your classrooms, your dining hall, the gym, the bookstore, the library, and anywhere else you go during an average day. Finding a few moments of peace and quiet - with no cell phone, roommates, or crowds - might be just what you need. Stepping out from the crazy college environment for a few minutes can do wonders for reducing your stress.

Get Some Social Time
Have you been working on that English paper for 3 days straight? Can you even see what you’re writing anymore for your Chemistry lab report? You could be stressed because you’re being too focused on getting things done. Don’t forget that your brain is like a muscle, and it needs a break every once in a while! Take a break and see a movie. Grab some friends and go dancing. Hop a bus and hang out downtown. Having a social life is an important part of your university experience, so don’t be afraid to keep it in the picture when you’re stressed. It could be when you need it most!

Get Some Perspective
You may be stressed about one particular thing: a final paper due Monday, a class presentation due Thursday. You basically just need to sit down and plow through it. If this is the case, try to figure out how to make it a little more fun and enjoyable. Is everyone writing final papers? Agree to work together for 2 hours and then order pizza together for dinner. Do a lot of your classmates have huge presentations to put together? See if you can reserve a classroom or room in the library where you can all work together and share supplies. You may just lower everyone’s stress level.

Get Some Distance
You may be handling your own problems and trying to help others around you. While this can be nice for them, check in and be honest with yourself about how your helpful demeanor may be causing more stress in your life. It’s okay to take a step back and focus on you for a little while, especially if you are stressed and your academics are at risk. How can you keep helping others if you’re not even in a state to help yourself? Figure out which things causing you the most stress and how to take a step back from each. Most importantly, take that step.

Get Some Help
It can be hard to ask for help, and unless your friends are psychic, they may not know how stressed out you are. Most students are going through the same things at the same time, so don’t feel silly if you need to just vent for 30 minutes over coffee with a friend. It may help you process what you need to do, and help realize that the things you are so stressed about are actually pretty manageable. If you’re afraid of dumping too much on a friend, most colleges have counseling centers specifically for their students. Don’t be afraid to make an appointment if you think it will help.

Get Some Perspective
College life can be overwhelming. You want to hang out with your friends, join clubs, explore off campus, and be involved in the campus newspaper. It can sometimes feel like there aren’t enough hours in the day... because there aren’t. There’s only so much any person can handle, but you need to remember the reason why you’re in school: academics. No matter how exciting your co-curricular life can be, you won’t be able to enjoy any of it if you don’t pass your classes. Make sure to keep your eye on the prize and then head out and change the world!
Thanks to everyone that attended Pat Barclay’s insightful and fun presentation the other week. A good time was also had by everyone who then attended BAS TRIVIA in the Brass Taps! Make sure to keep your eyes and ears open for upcoming BAS events brought to you by BASSA!! Suggestions or ideas? Email us! bassa@uoguelph.ca

Learning Services provides assistance and support to students at all levels — from first year to doctoral candidates — who want to enhance their skills and performance and achieve their intellectual potential. We provide information, individual and small group assistance, workshops, and print and Web-based resources on a range of skills and issues, including:

- The transition from high school to university-level learning
- Time management and controlling procrastination
- Presentation and speaking skills
- Learning in large lectures
- Critical reading and learning from texts
- Concentration and memory enhancement
- Working in groups

Our friendly and enthusiastic Peer Helpers are the heart of the Learning Commons. The LearningPeers invite you to visit their home page. Learning Services staff members are committed career professionals in university-level learning. Together we have over 40 years of experience in fostering student success at university. And we're friendly and enthusiastic too! We invite you to meet us, and to explore all that Learning Services, and the Learning Commons, have to offer.

What's new at Learning Services?

1. One-on-One Consultations
   Students can meet with a Learning Peer Helper for advice and information about managing a busy schedule, reducing procrastination, managing a heavy course load, and getting ready for midterms and exams. Please note we have a NEW system to schedule appointments. To make an appointment, go to learningservices.uoguelph.ca and click on the link to the online scheduling system.

2. Workshops
   Learning Services offers several workshops on study strategies, midterm preparation, multiple choice. Students can register for these and other workshops from Learning Services by going to the Student Affairs' Reg system at http://www.uoguelph.ca/studentaffairs/reg and choosing "Learning Commons" as the event type or by clicking here.
Learning Services and Writing Services in the Learning Commons are recruiting academically successful students to play a key role in providing learning and writing support to undergraduate students. If you like helping others and meeting new people, and if you are looking to gain great career-relevant experience, this is an ideal opportunity for you!

WHAT DO LEARNING AND WRITING PEER HELPERS DO?
Learning Peer Helpers (now hiring for 5 positions to begin in January):
- present workshops on topics related to academic success at university
- provide individual assistance to students with time management and strategic studying
- receive extensive training in the first semester

Writing Peer Helpers (now hiring for 5 positions to begin in January):
- assist students in individual consultations
- present writing workshops
- receive a full semester of training

WHAT ARE THE BENEFITS OF BEING A LEARNING AND/ OR WRITING PEER HELPER?
- valuable work experience and extensive training in career-relevant skills
- a range of perks including computer access, free printing and quiet study space in the Library
- a $200-$400 honorarium each semester
- a special transcript
- opportunities to meet students who share similar interests

WHAT ARE THE CRITERIA FOR APPLYING?
Prospective Learning and Writing Peer Helpers should meet the following criteria:
- 75% cumulative average or better
- current enrollment in semester 1-5 of an undergraduate program
- good communication and "people" skills
- willingness to commit 5 hours weekly for a minimum of three semesters
- enthusiasm for and interest in academic learning and/or writing

If you’re interested in finding out more or applying for a position, we encourage you to email us @ learning@uoguelph.ca or writing@uoguelph.ca. Also, please complete the Peer Helper Program application at http://www.studentlife.uoguelph.ca/lce/PHP_application.shtml and submit a resume and cover letter with your application. We strongly encourage you to apply before the Peer Helper Program deadline of October 16, 2009.

If you have any questions, you can contact us directly:
LEARNING: Joanna O’Hatnick, phone (ext. 52330) or johatnic@uoguelph.ca.
WRITING: Kim Garwood, phone (ext. 56350) or kgarwood@uoguelph.ca.

“Help others achieve their dreams and you will achieve yours.” ~ Les Brown
I've seen students in a wide variety of bad situations. In a very large proportion of them, some way or other, their friends seem to factor into the equation. A student buys an essay online or otherwise blatantly plagiarizes and the first words out of his mouth are about how his friend did it once and was never caught. Or a student misses the deadline to drop a course or defer an exam and again she seems to think her friends' ideas on the subject are relevant. Or it's something as simple as a really bad or failing grade in a course – for a student who is often in academic trouble to begin with – and he's all upset because his friend said it would be easy. I've heard almost every variation on the theme and one thing remains constant. The friend is always wrong.

There are so many misconceptions out there, and academic urban legends to debunk, that it's pretty much pointless to even try. My favorite is the claim that if your housemate dies while you are in school you get an automatic A in every course. I've heard that one from multiple people at multiple institutions. Do I even need to clarify it isn't true? But usually it's something more insidious than that. Academic rules and policies are pretty complex and they vary from place to place. Most students really don't know much about them, other than the rumors traded in the hallways and among friends. I don't mean to fault anyone for this. In a complex institution it's natural to be fuzzy on a lot of the details and to fill in what you don't know based on rumor and guesswork. Everyone does it.

Sooner or later, however, those rules do matter. I don't wish serious problems on anyone but four years is a long time and the odds are strong that you’ll need some real advice at some stage. So please, if that day should come, don’t rely on what your friends tell you or on the rumors and “common knowledge” facts circulated among your classmates. Read the academic calendar for yourself. Read your school’s website. Go to your Academic Advising center and ask someone. Go to your Registrar’s office. E-mail your program supervisor. If something important is going on, it’s worth a little time and effort to be sure of your situation.

Sometimes even the people who are supposed to know how things work can be wrong. Believe me, I know that, which is one of the reasons students sometimes think it makes just as much sense to listen to their friends. But if a university figure steers you wrong (and you’re actually listening to the person you’re supposed to be listening to) then you may have some recourse. I’ve won several academic appeals on that basis. So if the advice seems shaky or questionable get it in writing. And you can always get a second opinion too. There’s nothing to stop you from seeking advice from multiple sources.

Look, I know your friends aren’t always wrong. On more subjective topics (like which professors you may enjoy) it may be perfectly reasonable to follow their advice. Some examples of bad advice from friends have more to do with asking the wrong questions than with getting the wrong answers. The classic “what course is easy?” is really a disaster just waiting to happen. But when it comes to the really substantial questions about how things work and your rights and entitlements as a student – please do seek out informed advice. It’s almost impossible to overstate the range of potential problems this may avoid for you in the future.

I’ll add one final warning. For all the times I’ve ever heard a student attempt to explain their actions with reference to “but my friend said...” I’ve never once known it to do the slightest bit of good.

Original article can be found here:
http://oncampus.macleans.ca/education/2009/08/24/your-friends-are-probably-wrong/
Remember that time...  
...our very own Kaitlyn Krizmanich (1st year BAS) went to Blackpool, England to compete in the U21 Beach Volleyball World Championships? She and her partner, Caleigh Whitaker, came in 9th!...IN THE WORLD! To top it all off, it was held September 16th - 21st...yup..think about it...what a crazy way to start your first year at university! Some of us found it hard enough to go to class during the first week. Way to kick ASCI Kaitlyn!! Congratulations & welcome to the BAS family! We’re happy you’re here!

Bounce Back Facilitator...

Centre for New Students & Undergraduate Academic Information Centre

Pre-service Training:
November 18th (evening), November 26th (evening), December 3rd (evening) & January 10th, 2010 (evening)

Period of Regular Employment: Jan. 11th, – Mar. 20th, 2010
Compensation: $11/hr + 4% vacation pay
Employment Options: 10 hours/week for a maximum of 100 hours or 5 hours/week for a maximum of 50 hours
Number of positions: Ten 10hr positions + Twenty 5hr positions

The Centre for New Students (CNS) provides programs and services to first-year undergraduate students at the University of Guelph to help ease their transition to university life. In a complementary fashion, the Undergraduate Academic Information Centre (UAIC) operates as a first point of contact for academic information and/or referrals to academic advising and support services for all undergraduate students at the University of Guelph.

The Bounce Back program is intended to provide support to students who have recently completed their first semester and who have been identified as being academically at-risk because they achieved a semester average of less than 60%. This program seeks to help these students make significant strides in improving their academic achievement, thereby securing their continuation at the University and ensuring their future success.

The role of the Bounce Back Facilitator is to act as a mentor for first year students who opt-in to the program. The Facilitator will assist program participants to identify the sources of previous personal difficulties; set goals; facilitate access to campus resources, services and programs; and build confidence in their strengths and abilities to achieve success at university.

Qualifications
♦ Strong academic standing
♦ Significant experience in leadership roles that emphasizes helping relationships
♦ Excellent skills in active listening, communication and support-provision
♦ Knowledge of campus resources
♦ Understanding of the first year experience
♦ Demonstrated initiative, self motivation and enthusiasm
♦ Self-reflective, patient and empathetic
♦ Understanding of, & sensitivity toward, diversity-related issues
♦ Strong problem solving skills
♦ Team oriented
♦ Experience working with sensitive & confidential information

Forward Applications to:
Bounce Back
c/o Student Life Reception Desk
Student Life & Counselling Services
University Centre, Level 3
University of Guelph
Guelph, ON N1G 2W1

For a complete job description and more information, please direct questions or inquiries to:

Naeem Ordóñez Coordinator, New Student Advising & Transitions Programs
519.824.4120 ext. 52277
nordonez@uoguelph.ca
More important info that you WILL find useful!...

- Once your course selection window opens, it stays open until the end (November 4th, 2009, 11:59pm)
- If a class is full, the only way to get into the class is to get signed in by the instructor. It’s always worth asking. They may sign you in or there may even be a waiting list.
- The emu is the largest bird in Australia, and the second largest in the world after the ostrich.
- You will be able to Add & Drop courses again between December 14th, 2009 and January 15th, 2010.
- Do you know what your academic/program evaluation is or how to read it? Go see Jerome.
- Emu feathers are soft and light-brown with dark tips. Each feather has a double shaft.
- Have you declared your minors yet? It’s just paperwork. Go see Jerome.
- Emus can grow to between 5 to 6.5 feet (1.5 – 2 metres) in height and weigh up to 130 pounds (60 kg). Males are slightly smaller than females. Males make a grunting sound like a pig and females make a loud booming sound.
- Please get at least one other ASCI student to read this newsletter. Seriously, I don’t make these things for my health.
- Emus are found only in Australia.

Just so you know...

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!
Staying healthy!

So in light of all the information and warnings about H1N1, I just wanted to reiterate some of the main messages that you need to remember:

According to the World Health Organization, the overwhelming majority of people with the H1N1 virus experience mild symptoms and make a rapid and full recovery without medical treatment.

All students, faculty and staff are being reminded of the importance of staying home if they have symptoms of influenza, which include fever, cough, shortness of breath, muscle aches, fatigue, severe headache, sore throat and lack of appetite. Public Health recommends that people remain at home until 24 hours after the fever has broken or they’re symptom-free. Students who miss classes and assignments due to illness should contact their professors once they are well to discuss accommodations for missed school work.

If you’re under the weather and need to reach me, I can always be reached via email (bas@uoguelph.ca) or by phone 519.824.4120 x56385.

Staying healthy!

Don’t let THIS happen to you or anyone you care about!!!