April Fools...

The only fools in April are the ones that don’t start preparing for finals now. Seriously, it’s hard to believe, but we’ve only got 2 more weeks of class and then it’s finals. Plan out your study schedule now. Go over your midterms. Don’t miss any classes that might be going over the final! Good luck everyone! Drop me a line at bas@oguelph.ca if you have any questions!

Which UNDERGRADUATE CALENDAR do I use???

There seems to be a lot of confusion around which undergraduate you should use and when. That is totally fair because well...it’s pretty darn confusing. Let’s go over all details, shall we?...

- Most people just use the most recent undergraduate calendar, when really, you should always follow the academic calendar of the year you entered the BAS program. So if you’re a first year BAS student, you should be following the 2009/2010 calendar.

- This is because sometimes program requirements can change from year to year, so if you are in a program that changes requirements each year, you’ll never be able to graduate, because you’ll always be trying to catch up to all the changes.

- By staying with YOUR calendar, you know that your requirements won’t change.

- If you transferred into the program, you should be following the calendar from the year you transferred in.

- If you transfer into another program, you should follow the calendar from the year you transfer into that program.

- You are allowed to change to any calendar going forward from the year you start.

- The only time that you should use the most recent undergraduate calendar is when you are looking for course descriptions or for prerequisites. Unlike your program requirements, you will generally need to follow the most recent prerequisites (ie. prerequisites for HK*3940 have just changed recently, so everyone needs to make sure to follow the 2010/11 prerequisites unless you’ve talked to me or the instructor.

- So to find your academic calendar, the easiest thing is to go to the UofG homepage and click on “Current Students” in the orange (because that’s what you are)...and then click on Academic Calendar...and then go under ARCHIVED CALENDARS and click on Undergraduate Calendars. From here...you can choose the calendar you want to use.

As usual, if you have any questions, just ask me.
In the last two weeks of classes, Learning Services offers two workshops to help students get ready for finals. Learning Peer Helpers continue to provide individual appointments through the last day of classes, and staff meet with students both now and during exams.

**Appointments on Studying & Time Management**

Students can meet one-on-one with a Learning Peer Helper or staff member for information, advice and ideas about how to study effectively for exams and manage their study time during finals. Read about us online or email learning@uoguelph.ca.

**Learning Services Workshops on Exam Preparation**

Preparing for Finals on Wednesday, March 31 at 5:30 pm

Cramming on Monday, April 5 at 5:30 pm.

Are you armed with a plan and ready to start studying for the exam? Try to study in a location where you can concentrate and won’t be interrupted. Work with others or join a study group, but be careful to keep it from turning into inefficient use of your time. Some proven study tools and techniques are listed below - people respond to different learning styles, so use what works for you.

**REVISING WITH SUMMARY NOTES**

Make a condensed version of your readings and class notes by creating summary notes. Pinpoint the key terms and concepts and make sure that you understand them. You can identify key terms and concepts by paying attention to what has been emphasized in your classes, textbooks and course syllabus. For example, if a particular topic has taken up a lot of time in the classroom, it is more likely to be on the exam and you should have a good understanding of it. The process of making summary notes can help you to retain more information. By writing the information thoughtfully instead of just seeing it, you can develop a greater perception of the material. Activate your other senses: you can recite summary notes aloud, and even record and listen to them.

**MEMORIZING WITH FLASHCARDS**

Flashcards (or “index cards”) are a good memorization tool. Reduce your summary notes into bullet points, keywords, lists, formulas and diagrams and place them onto a card for each topic. (Some people like to use flashcards to prep summary notes in the first place, while others find it leads to information overload.) Flashcards act as memory triggers. By memorizing flashcards you enhance your ability to recall larger bits of information referenced by the triggers. Carry the cards with you and review them even when you have short bursts of time free.

**PRACTICING UNDER EXAM CONDITIONS**

Knowing the course material is necessary but not sufficient to guarantee success on the exam - you also need to be able to communicate the answers effectively under exam conditions. Practice using sample questions in the same format as the exam and answer them in a simulated test environment. The sample questions can be sourced from old exams and assignments, which are often similar from year to year with small changes. Even though you’re only practicing, it’s better to write full answers to questions so you can work through the entire thought process. The practice session should serve as a feedback loop. Check the answers to the practice questions to diagnose your strengths and weaknesses. If you are weak in an area, go back and study it further to address any gaps.

**TAKING CARE OF YOURSELF**

Don’t forget to take care of yourself during the exam preparation. It’s important to be in good mental and physical condition for the exam. A small amount of stress can get you psyched, but too much mental or physical strain can be detrimental to your performance. The last thing you want is to sabotage your efforts by ignoring your well-being. After you finish studying, take time to relax. Don’t stay up too late if you can help it and try to get a good night’s sleep. Eat before the exam to build your energy, but avoid heavy foods that can make you drowsy. Keep a positive attitude about the exam. Think of it as a way to demonstrate your knowledge and not as some imposing challenge. Go to the exam focused and relaxed - you have done the work, now it’s time to reap the rewards.

GOOD LUCK EVERYONE!
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! Cool huh!? Have you said THANK YOU lately? If you have any suggestions or ideas for events or things that BASSA could do, just email bassa@uoguelph.ca !!!

**BASSA EXEC 2009/10**

**President**
Lauren Wallace

**Vice President**
Krista Westmaas

**Operations Manager**
Emily Bhattacharya

**Fourth Year Rep**
Katie Thomson

**Third Year Rep**
Alisha Fernandes

**Second Year Rep**
Lizzie Pearson

**First Year Reps**
Aleisha Korga & Caroline Tarjan

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**Q & A: MINOR details...**

**Q:** I want to declare my minors but I have no idea where to start. What do I do?

**A:** Good question. You don’t even have to see me. Just stop by the office and pick up a form called the “Undergraduate Schedule of Studies Change Request.” They’re on your left when you first come into the office. There’s a fancy little example of how to fill it out and where to get various signatures.

**Q:** Why should I declare my minors?

**A:** As some people have already started finding out, there are some courses that are restricted to people in certain minors/majors on WebAdvisor. So without declaring your minors, you may find it increasingly difficult registering in the courses necessary for your minor.

**Q:** What if I’m only sure about ONE of my minors?

**A:** Unfortunately, the Registrar’s Office has this rule that BAS students have to declare both minors at the same time. I’m trying to change that for you guys.

**Q:** What if I change my mind?

**A:** It’s not set in stone! If you change your mind about one (or even both) of your minors, it’s totally fine. We just fill out another form. It’s simple! Honest!
Aries - You strike me as one of those people that walk around campus with the “movie soundtrack” of your life playing in your head all the time. That’s actually quite fitting right now because, for the next little while...it’s all about you. Good times, good times.

Cancer - So when I was in Taiwan, I bought myself a couple of pairs of shoes because they were soooooooo cheap! The problem was that I in Taiwan. I’ve pretty much短视频 is akin to a GIANA there. I went to shoe store after shoe store...and the biggest size of shoes that they had were 2 sizes too small. Finally I found a pair that was a pretty good fit. It was still a little snug, but I thought, what the hey...might as well. I started wearing them this past week...and damn, they're still too small. 2 lessons here, Lesson 1: Taiwanese...they're a small people. Lesson 2...don't settle. It's not worth it. And sweets...I ain't talking about shoes.

Libra - I'm not sure why, but lately I have gotten into cooking a whole lot of meat. From chicken to sausages to ground beef to pork roasts to beef stew to meat lasagna...the list goes on...and so does my waistline. That's right. That's right. What I'm trying to get at here is that maybe I need to balance things out a bit. And that's what I'm doing in the upcoming weeks. Work on it. Love it. Be one with balance. Too much? Too little? No. Balance. On that note, there's someone near you with light hair. They're your alley for the upcoming couple of weeks. Beware of the blonde. The natural blonde.

Scorpio - Ok...I was a little skimpily on my last horrorscope for ya. My apologies. I just wasn't feeling it. I know. It was like chewing butter with a toothpick...what's the point? But this time around...I have a couple of things to talk to you about. Mainly, it's about what's been going on with your family. Interesting. Are you ok with everything? Is everyone ok with everything? I mean, that's cool if everything's ok. But is everything ok? I'm just saying. Also...you know what's NOT okay? Dirty laundry. Get it done already. It ain't gonna do itself...but if you leave it for much longer...it will probably get up and start moving around. I'm just saying.

Sagittarius - Can we quickly debrief a little about your current horoscope? I know the end of the semester is approaching, but the game ain't over yet. So I am telling you...get your head in the game! I know the weather is nice, I know you're looking forward to the summer, I know you don't want to be stuck in classes. Tough! The semester is NOT over...so stop acting like it is. Also...don't think I don't know how you've been blowing off other commitments. You think people just shuffle to the finish line and that's it? No. They sprint...they give it all...they work extra hard to have a good finish. GO GO GO! Also...they already know...just talk to them.
Missed exam?...

The first thing YOU need to do is contact me. Right away. If it’s after hours, at least email me. Right away. If you contact me much later after the fact...that kind of tells me that you weren’t too concerned about it...therefore, why should I be? Of course, in an event of a family or medical emergency, obviously, just let me know when you can.

The next thing you will need to do is make a request for academic consideration. How do you do this? You come to my office and we fill out the paper work. In order to make a request for academic consideration, you need to have a valid reason for not writing the exam (ie. medical, psychological, compassionate, etc.).

If there’s any chance that you will perform badly for a valid reason, don’t write the exam. It’s always easier to request academic consideration to write a deferred exam than it is to write an exam when you’re not well and totally blow it. Serious. Plus, if you blow it, it’s hard to tell if it was because you weren’t well or if you just didn’t know the material. Once you write an exam, it’s always harder to do anything about it. At the end of the day, if you can write the exam, you should write the exam...but hey, LIFE happens. Just make sure to be in contact with me at bas@uoguelph.ca. Promise?

After the exam period, I get a list of students that didn’t write final exams or complete a major portion of their course work (ie. major paper, lab reports, presentation,etc.)

I then match up the list from the instructors with any requests for academic considerations and contact the students for more info if necessary. Depending on the situation, we will request a deferred exam. This will obviously depend on your reason for missing the exam in the first place. Do you have documentation that supports the reason for missing it? (ie. health services, counseling services, etc.) So that’s it. Questions? bas@uoguelph.ca

Just so you know...

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

• Even though course selection is over, you will all have 2 more chances to play with your schedules on WebAdvisor. The Add Periods for the Summer and Fall semester are May 12-21 and August 23 to September 17.

• People keep herds of emus in Australia, the way other people have chickens.

• During the ADD PERIODS, make sure to also check and make sure that you do NOT have any exam conflicts!

• Do you know what your academic/program evaluation is or how to read it? Go see Jerome.

• A well-known Oz curse is "I hope yer chooks turn into emus and kick yer dunny down"

• From now on, please make sure to email me at bas@uoguelph.ca

• The term "dunny" is an Australian term meaning "a large and majestic building".

• Please get at least one other ASCI student to read this newsletter. Seriously, I don't make these things for my health.

• An elegant person is spoken of as being "built like a brick dunny", and this is one of the nicest things you can say about an Australian.

• My drop in hours have not changed...Mondays to Thursdays...1:30pm to 3:30pm. Yup.

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!
Humor is infectious. The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

**LAUGHTER IS GOOD FOR YOUR HEALTH**

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

- **Laughter triggers the release of endorphins,** the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

“**A hearty laugh gives one a dry cleaning, while a good cry is a wet wash.**” - Puzant Kevork Thomajan

“**Laughter is an orgasm triggered by the intercourse of sense and nonsense.**” - Author Unknown