Time really flies…

Ok. What happen to this semester? Is it just me? Didn’t we just start things off…and it’s already AFTER Reading Week?!! Well, as hard as it is to believe, it’s getting to be that time of the year when you need to start planning for the summer and for the seemingly distant fall semester. This of course includes where are you going to live next year? Where are you going to work this summer? What classes are you going to take? What are your minors going to be? Well whatever decisions you find yourself making, if I can be of any help, my door is always open.

Friday, March 6th
40th Class Day!

This is the last day that you can DROP a course for this semester. Be realistic. What you do not drop will stay on your transcript and will be used to calculate your semester AND overall average.

Got published?....

One of the ways that faculty and instructors become well known is through their published works. Most often, academics do not get their work published until they are in their Master or PhD programs. Truthfully, there are not that many opportunities for undergrad students to get their work published. That’s why when it happens, it’s especially important to acknowledge it! If you or any other BAS student has ever had any published work that you wouldn’t mind sharing, can you please sent it to bas@uoguelph.ca so that I can post it on our BAS website? It’s my opinion that it is quite an accomplishment that should be shared & celebrated! Thank you!!
Course Selection 101

THE BASICS

Even before your window opens between March 13th and April 3rd, you can already be looking ahead to figure out what you want to take and what you need to take. The first place is your ASCI core. What ASCI course is next on your list? After that, are you done your science core? What about your arts/social science cores? Next in line would be your minors. Do you even know what minors you’re interested in pursuing? All of these questions can be answered by looking in the Undergraduate Calendar.

Just click on “Current Students” on the U of G homepage (because that’s what you are). Then click on “Academic Calendar”…then under “Archived Calendars” click on “Undergraduate Calendar.” Select your calendar. If you’re not sure which calendar to follow…check out the article at the bottom of this page. Seriously. Check it out. Go now.

From the table of contents, go to section “X” (10 - Degree Programs) From here, you can find all the information you need about the ASCI core and BAS requirements under the BAS program. Under the BA or BSc programs, you will be able to find all the information you need about your minors. Want help going through some of this information? Come see me during drop in hours or set up an appointment. We’ll go through it together.

March 13th to April 3rd

Just like in the Fall, all of you will have specific times that Webadvisor will be open to you depending on your student number and what class level you are. What class level you are is determined by the number of credits that you have. Check out section “VIII” (8 - Undergraduate Degree Regulations & Procedures) under “Class Level Calculation” for more information. Once your window opens, it will stay open until April 3rd. Then it’s ALL OVER. Relax though…you will have a chance to change your schedules again between May 6th-15th….and one last time between August 17th - September 18th.

Which Calendar?...

So the general rule is you are supposed to follow the calendar of the year that you began your current program. So if you started out in BAS and have always been in BAS, you should technically follow the calendar from the year you started. If you transferred into the BAS program, you need to follow the year that you actually transferred in.

The reason that you should follow one calendar (and one calendar only) is because sometimes requirements change from year to year. So if a program kept changing it’s requirements each year, and each year you kept following the new calendar, you’d always be trying to keep up with the changes, and you’d never graduate.

The other rule is, you are allowed to change to any calendar from the time you started the program until the present. You might want to change calendars if for example a new minor became available…or a requirement changed in one of your minors that helps you to graduate sooner. Stuff like that. Did that make sense? If not…check in with me. We’ll chat.

“Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work.”

~ H. L. Hunt
BASSA NOVA!!!!

The Bachelor of Arts & Science Students’ Association!

There are some upcoming events that you don’t want to miss! BASSA TRIVIA is scheduled for March 11th, and April 1st. Both nights will be 6-9pm at the Brass Taps with free drinks and food! Hey 4th years!...Don’t miss your last opportunities to participate before you graduate!

Also coming up are the GRAD BASH and BAS Clothing Sales. More information will be coming your way about both of these!

BASSA EXEC 2008/09

President
Arthur Churchyard
Vice President
Olivia Hazelden
Operations Manager
Bailey Simmons
Fourth Year Rep
Jenna Healey
Third Year Rep
Krista Westmaas
Second Year Rep
Melina Found
First Year Reps
Emily Batthacharya
Leah Horzempa

BAS Representatives needed...

Prospective BAS students will be visiting out campus for CAMPUS DAYS on March 19th and 20th (9am to 12pm). They will also be visiting our campus for our SPRING ACADEMIC OPEN HOUSE on May 12th (9am to 12pm). For both of these faboo events, I’m looking for equally faboo BAS students to staff our booth and answer any questions that these prospective students may have about the BAS program and about life at the University of Guelph in general. If you are interested in either of these opportunities, please let me know as soon as possible. I’ve always had great volunteers in the past so I look forward to working with whoever volunteers for these two events as well! Thank you!
Remember that time...

...our very own Jennie Goulet (1st year BAS) went to the IDO (International Dance Organization) World Tap Competition, held annually in Riesa, Germany? She’s gone for the past four years with the Canadian National Tap Team and has won 4 gold medals with her team, 3 in the adult age category and one when she was in juniors. She’s been dancing since she was three, and has been training out of Buffalo, NY, at Clark Academy of the Performing Arts for the past four years. Seriously...how kick ASCI is that?! Congrats Jennie!!

Horrscopes...

Capricorn - Well well well my little Sea- goats. Let’s see what’s on the agenda for you this month. Aren’t you tired of being the mature responsible one? I don’t mean “throw caution to the wind” and go all “Joanquin Phoenix” styles. I’m just saying...relax...kick back...let go. Cause...we’re all adults here aren’t we? So stop worrying about everything else. Let them do what they’re going to do. If you’re comfortable, take a risk or two. Only do what you’re ok doing, I’m just saying...push yourself a little bit. Or push someone else a little bit. It always feels better to push someone else. As long as they’re smaller than you of course, I’m just kidding. Kind of. Push them.

Aquarius - Oh come off of it. You’re not kidding anyone with that act. Well...maybe a few people...but that’s because they don’t know you like I do. I know you said you didn’t mind...but clearly you mind, otherwise you wouldn’t be doing what you’re doing. Don’t deny that you’re doing what your doing, saying you’re not doing it, because I can see that you’re totally doing what you’re doing right now. Why can’t you just be more straightforward and stop with all the games? Come one. You’re definitely not doing any favours for anyone, least of all yourself. In the end you’re just going to complain about it anyway. Oh...also...eat more vegetable. Seriously. You’re colon will thank you. Do it.

Geminis - So there I was happily eating a rotisserie chicken the other day, when I realized, wow, I haven’t done lunch in almost 2 months. The lesson here is to clearly focus on what you’re doing instead of worrying about other things that can always be done later. It’s all about concentration. Concentrate! Concentrate. So perhaps this is also a good time to point out what you’re wearing. What’s going on here? What are you trying to to go for? Focus on my friend. Focus on one look and go with it. I don’t know what you’re trying to pull off here, but even Bette Midler wouldn’t wear that in the 80’s. She might. Enough said.

Cancer - Remember that time I was volunteering at a fundraising dance on Valentine’s Day? And part of my job was taking tickets and money at the door? And then the guy that I’ve kind of been seeing walked in? With his boyfriend? Yeah. Amazing...and awkward, since they BOTH gave me a hug. WTF? Well then, that’s the theme for this month. It is time to clean up our social calendars. What are we afraid of? Just put ourselves out there. We deserve better. Much much better. It is time to have some fun. On the topic of having fun...stop putting off that phone call. Just make it already. The worse thing that can happen is they say no. Oh...yeah...I guess that would suck. Well...good luck with that.

Leo - So my Reading Week was pretty relaxed. I really didn’t do anything all that exciting except cook, eat, visit some friends, watch movies, read a lot of books. It was lovely and very low key. On the other hand, my older brother and his wife just came back from a luxurious holiday film Mexico. Or...wait...Bermuda? I don’t know...somewhere south. Point being, they had a great time. Did they invite me? Did they bring me back anything? I wouldn’t know. They haven’t emailed or called since they got back. But I’m not bitter. Not at all. I’ve totally let it go. I’m not bothered. Not even in the slightest. Seriously. I’m fine. Call your family.

Virgo - My friend had this terrific Zombie party this week. It was a total blast. I had some friends visiting for the weekend so we stopped by Value Village and picked up everything we would need to be Prosa Zombies. It was pretty awesome. Except for the part where I’m still finding blood splatters all over my clothes from when we were getting ready. Remember, blood is hard to get out. Which leads me to my bit of advice for you this month. You should wear more red. I didn’t sit in the crowd a little. That being said...be aware of others wearing red. People who wear red can be a little on the crispy side. Not of course. Well...maybe a little crispy. Don’t look at me, I just read what the stars are telling me. Shifty.

Libra - Over the Reading Week, I kind of got hooked on the Sookie Stackhouse novels. You know, the novels that the HBO series, True Blood, is based on? Well...I started the first book on the Tuesday before Reading Week...and by the Thursday of Reading Week, I had already finished all seven and was on the hunt for the newest one. Sadly, it was sold out at the Bookshelf AND Chapters. What’s an addict to do? So I read the first three Dexter books. Always have a backup and you’ll never find yourself at a loss. Back it up. Be prepared. You’ll thank me later. Now seriously...back it up. You’re too close.

Scorpio - There’s something about the upcoming month for you. Oh yeah...it’s gonna be brutal. Sorry ya. I’m just putting it out there. That being said, it doesn’t need to be. It all depends on how you play your cards...and sweetie...your holding your cards back...and everyone can see what you’ve got. Turn yourself around, get organized, plan ahead...and for goodness sake, stop hanging around with you-know-who. They are a bad influence. You know it. I know it. Your roommate knows it. Oh...and lastly, I don’t know what it is about you and hair...just I’m seeing some redheads in your future. Ginger city. Beware.

Sagitarius - Not leaving yourself much breathing room are ya? Weekend after weekend huh? Well...you do what you have to do. Know the goals that you’ve set for yourself and you know what it’ll take to meet those goals. They’re totally attainable, and you’ve been doing great so far. Try not to overextend yourself though. Ok...now let’s talk about your personal life...what’s goin on there? Not that it’s any of my business. In fact...it’s not, so let’s change subjects. I see plaid in your future. You will encounter people wearing plaid. This could be a good thing...or a not so good thing. It will mostly depend if they match.
More important info that you WILL find useful!

- Friday, March 6th is the 40th Class Day. This is the last day for you to drop a class for the W09 semester.
- Baby lemurs stay with their mom for two years. Half of all lemurs born each year die.
- Course selection for S09 and F09 is March 13 to April 3. Course availability should be available a few days before March 13th.
- Want to figure out what classes to take? Come see Jerome before course selection begins. His drop-in hours have been really really dead lately.
- Lemurs eat leaves, fruit, insects, and sometimes little animals.
- Have you declared your minors yet? It’s just paperwork. Go see Jerome.
- Do you know what your academic/program evaluation is? Go ask Jerome about it!
- Have you double checked your exam schedule? It’s your responsibility to make sure you don’t have conflicts. Just a thought...
- Male lemurs have scent glands in their armpits and forearms. They rub their tail on the glands until it is smelly and then they wave the tail at the other lemur. This is a nice way of fighting without the lemurs getting hurt. This is called a stink fight.

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!
Get more SLEEP!

- **Sleep is as important as food and air.** Quantity and quality are very important. Most adults need between 7.5 to 8.5 hours of uninterrupted sleep. If you press the snooze button on the alarm in the morning you are not getting enough sleep. This could be due to not enough time in bed, external disturbances, or a sleep disorder.

- **Keep regular hours.** Try to go to bed at the same time and get up at the same time every day. Getting up at the same time is most important. Getting bright light, like the sun, when you get up will also help. Try to go to bed only when you are sleepy. Bright light in the morning at a regular time should help you feel sleepy at the same time every night.

- **Stay away from stimulants like caffeine.** This will help you get deep sleep which is most refreshing. If you take any caffeine, take it in the morning. Avoid all stimulants in the evening, including chocolate, cafffeinated sodas, and cafffeinated teas. They will delay sleep and increase arousals during the night.

- **Use the bed for sleeping.** Avoid watching TV or using laptop computers. Know that reading in bed can be a problem if the material is very stimulation and you read with a bright light. If it helps to read before sleep make sure you use a very small wattage bulb to read. A 15 watt bulb should be enough. Bright light from these activities may inhibit sleep.

- **Avoid bright light around the house before bed.** Using dimmer switches in living rooms and bathrooms before bed can be helpful.

- **Don't stress if you feel you are not getting enough sleep.** It will just make matters worse. Know you will sleep eventually.

- **Avoid exercise near bedtime.** No exercise at least 3 hours before bed.

- **Don't go to bed hungry.** Have a light snack, avoid a heavy meal before bed.

- **Bedtime routines are helpful for good sleep.** Keep routines on your normal schedule. A cup of herbal tea an hour before bed can begin a routine.

- **Avoid looking at the clock** if you wake up in the middle of the night. It can cause anxiety. This is very difficult for most of us, so turn the clock away from your eyes so you would have to turn it to see the time. You may decide not to make the effort and go right back to sleep.

- **If you can't get to sleep for over 30 minutes**, get out of bed and do something boring in dim light till you are sleepy.

- **Keep your bedroom at comfortable temperature.** Not too warm and not too cold. Cooler is better than warmer.

- **If you have problems with noise in your environment** you can use a white noise generator. A old fan will work or you can buy noise machines from many sources.

- **Know that the "night cap" has a price.** Alcohol may help you to get to sleep but it will cause you to wake up throughout the night. You may not notice it. (It is worse if you have sleep apnea because the alcohol makes the apnea worse.) Sometimes people snore only if they have had some alcohol or may snore worse if they already snore.

What's keeping you up?

“Sleep is a symptom of caffeine deprivation.”
~Author Unknown