“Science is... one of the great human endeavors to be ranked with arts and religion as the guide and expression of man's fearless quest for truth.”

INSIDE THIS ISSUE:
- Exams 101
- BASSA BASSA BASSA!!
- Reducing EXAM Anxiety
- Curriculum & Minor Changes
- Horrorscopes
- Just so you KNOW....
- Just laugh...

YOU around this May?...

We’re almost there everyone! Can you believe it? Just a couple of weeks of exams and you’re outta here! There’s even a holiday thrown into the mix! Congratulations to each of you for making it this far. Congrats to the upper years for another year under your belts. Congrats to the first years for your first complete year of University! Congrats to all the grads moving on to greener pastures. It’s been my pleasure to serve you all year. I am around all summer (yes, I work through the summer as well) so feel free to drop me a line if I can help you in any way!!

“I wanted a perfect ending. Now I've learned, the hard way, that some poems don’t rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious Ambiguity.” ~ Gilda Radner

The BAS program NEEDS YOU to help represent our program to prospective students and their families and friends during Guelph’s SPRING ACADEMIC OPEN HOUSE! This is the last liaison event where a lot of students make their final decisions about which offer to accept and which school they want to attend in the fall. This is prime time to talk to these 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 on Tuesday, May 12th from 8:30am to 10:00am. Please contact me at bas@uoguelph.ca if you are able to help! THANK YOU!!
Q: I have 3 exams in 24 hours. I heard that this isn’t supposed to happen and I can move one.
A: Sadly…this does happen (quite often actually) and there really isn’t much we can do about it. The only time that there’s a problem is if you have 2 exams schedule for the exact same time and day. Anything other than that…ya gotta deal with it. You’ve had this exam schedule since January, so you’ve had plenty of time to plan accordingly. In some cases, people have asked one of their instructors to see if they can write one of the exams at another time. It never hurts to ask…but the instructors don’t HAVE to. My best suggestion is to just plan out your study schedule and stick to it.

Q: What happens if I miss an exam?
A: Well, it all depends on why you miss that exam. Did you sleep in? Did you read the time wrong? Did you just forget? For any of these reasons…there’s not a whole lot we can do….but you should still contact me ASAP. If it’s after hours or on a weekend, send me an email ASAP. It would also be prudent to send the instructor an email letting them know that you are in contact with me. And hey…RELAX…while it does suck…these things happen. I’ll do my best to help you out. That being said…double check your exam schedule…get a buddy to make sure that you go to the exam together. Do it now. Seriously.

Q: Ok, but what if I miss the exam for a good reason?
A: Good reasons fall under 3 categories…medical, psychological and compassionate. If you aren’t able to write an exam because of any of these reasons, you need to contact me ASAP. Also, we will need some sort of documentation supporting the circumstances (ie. medical note from doctor, note from professional counsellor, an obituary, etc.).

Q: What if I’m starting to feel sick but I’m pretty sure I can still do the exam? Should I write it and see what happens?
A: Generally, if you are ever in a situation where you think that your ability to perform to the best of your abilities is not possible (ie. your sick, personal/ family emergency, etc.) then you should NOT write the exam. If you do poorly, it’s always difficult to determine if you did poorly because of the circumstances or if you just didn’t know the material. If you miss the exam, please keep in mind that you need to provide documentation to support the reason that you missed the exam.

Q: When do I write my deferred exam(s)?
A: Deferred exams for the Winter 2009 are scheduled to be written between June 11th-16th. Depending on where you are, you may or may not have to come to Guelph to write the exam. If you have a deferred exam, you will be contacted via email and it will outline very clearly everything that you need to do.

Bottom line everyone…if you have any questions about exams, just email me. bas@uoguelph.ca
Good luck!!!

MORE Course Selection!

Not happy with your schedule? Are the classes you want already full? Relax. You will have a chance to change your schedules again between May 6th-15th…and one last time between August 17th - September 18th. Make sure to keep checking on those full courses. Those will change as people find out their marks for this semester. As well, have you checked in with the instructor of the full course? Sometimes they’ll sign into the course even when it’s full. Or other times they will have a waiting list going. It never hurts to ask. Happy Course Selection y’all!!
A big THANK YOU goes out to the BASSA Exec of 2008/09 for all the work they have put into providing events for BAS students as well as representing BAS on numerous campus committees and the various college governments. We wish each of you well with future endeavours and thank you for your year of services! You’re fantASCI! :)

Congrats to the INCOMING EXEC...

President: Lauren Wallace
Vice President: Krista Westmaas
Operations Manager: Emily Bhattacharya
4th Yr Rep: Katie Thomson
3rd Yr Rep: Alisha Fernandes
2nd Yr Rep: Lizzie Pearson
1st Yr Rep: TBD
CBS Rep: Alyssa Fraughton
CSAHS Rep: Kaili Soule
CPES Rep: TBD

Do you have any ideas for future BAS events? Have an idea for a BAS initiative? Do you want to make sure that your views are represented to the various college governments and academic committees across campus? These are the people that you should talk to.

Alyssa and Kaili are already representing us to 2 college governments. We are still looking for someone to be our College of Physical & Engineering Sciences representative. If you are interested in this position or just getting involved in general, please contact any of the BASSA Executive! GET INVOLVED! 
Exam anxiety can be viewed in two different ways: 1) Ineffective coping with the inevitable stress of an exam BEFORE the exam; and/or 2) A strong emotional reaction of fear that interferes with thinking clearly DURING the exam.

The most commonly reported symptoms are:
- Memory blocks or “blanking out” on things that you have studied;
- Fear of failing before the exam is even written;
- Physical symptoms such as rapid heart rate, shortness of breath, sweating, etc.;
- Lower reading comprehension; and
- Poor attention and inability to concentrate.

In order to overcome exam anxiety, you need to work on what you have control over when it comes to exams (how you study, what you study, etc.), and not worry about what you can’t control (kinds of questions, number of questions, how other students perform, etc.).

**Exam Anxiety Tip 1**
Be Prepared Early
The most common cause of exam anxiety is lack of preparation for the exam. Set up a study schedule at least three weeks before your first exam. You may find that you actually need to start studying very early due to other commitments. Planning ahead also assists you to avoid cramming which can be a major cause of exam anxiety.

**Exam Anxiety Tip 2**
Sleep Well
Regular sleep is one of the best ways to control stress. Getting up and going to bed each day at the same times ensures that your body and brain are getting the rest they need for optimal functioning. Students who follow a regular sleeping pattern have been shown to perform 30% better than students who stay up late or get up early to study.

**Exam Anxiety Tip 3**
Same Caffeine & Sugar Intake
Keep caffeine and sugar intake the same during exam time. Don’t increase or decrease the amount of coffee, tea or cola that you normally drink as your body and brain are accustomed to getting a certain amount. Keep things in your life as stable as possible, especially during exam time.

**Exam Anxiety Tip 4**
Learned Relaxed Breathing
When you display any symptoms of anxiety during studying or during the exam, use relaxed breathing to calm yourself. Take your attention away from the task and take a few slow breaths. Say to yourself, “calm and relaxed” as you exhale. Practice relaxed breathing before the exam.

**Exam Anxiety Tip 5**
Don’t Study the Night Before
Studying the night before an exam causes your anxiety level to increase. Unfortunately, it doesn’t decrease when you go to sleep. Reduce anxiety by taking the evening off to relax – watch TV, see a movie, read a novel, etc.

**Exam Anxiety Tip 6**
Review Main Themes
If it causes you anxiety NOT to study the night before an exam, review the main themes of the course earlier in the day. Of course, that implies that you should have already studied well.

**Exam Anxiety Tip 7**
Have a Plan before the Exam
As part of your studying, think about how you will approach the exam, and what you will do when you run into trouble. Having a plan in place will assist you to worry less about failing, and help you to concentrate more on passing.

**Exam Anxiety Tip 8**
Aim to Do Your Best
- Often, students start thinking negatively when things aren’t going well on an exam. This can lead to lower self-confidence and increased self-doubt. Recognize and turn off your negative internal dialogue. Focus on the task instead of on yourself. Do not try for perfection – aim to do your very best.
Hello BAS students,

We write to report on the March 30th Board of Undergraduate Studies (BUGS) meeting that addressed the issue of minors and to respond to the understandable concerns voiced by students in the BAS.

First, at the meeting, the motion to support, in principle, the elimination of minors was amended to also include a clear strategy which involves consultation with students. This motion passed. This process, which will be led by Serge Demarais, the Associate Vice President Academic, will report to BUGS with a list of minors for elimination in March, 2010. The Registrar, Brian Pettigrew, offered assurances that students who are currently in a program, have the right to graduate under the terms of the Calendar within which they had last been admitted. Given that you are now in the BAS, and minors are in the Calendar, you retain the right to graduate with a minor in the BA and a minor in the BSc.

Many students have voiced concern that potential replacement of minors with specializations will result in a BAS program that is less attractive to grad schools. It is perhaps worth noting that graduate schools and Bachelor of Education programs rely on credits, not minors. Graduate programs vary in their requirements, but in the main, most consider the last 10 credits of the applicant, as well as other material (such as letters of references and the applicant’s statement of intent.) B.Ed. programs frame “teachable areas” by credits.

Our view is that the decision by BUGS relating to minors was positive because it calls for a thorough discussion of minors, in consultation with all stakeholders which, crucially, includes students.

We hope that this addresses some of the appropriate concerns raised by BAS students. We hope that in the near future, there will be a candid, informed discussion of minors and their place in the BAS so that the Program’s interests can be represented in a strong, well-argued manner.

Thank-you for your input to the survey. The comments and results were brought to BUGS in a detailed and constructive manner. If you haven’t filled out the survey, you still have the opportunity to do so as it will remain open until the next meeting of Senate.

http://www.surveymonkey.com/s.aspx?sm=le7VFaEWhTy097r4k_2bL0oQ_3d_3d

Feel free to contact us with any comments or concerns.

Best wishes,
Rohan Mathai, BAS Senator
Ann Wilson, Associate Dean, Academic, College of Arts
Remember that time...

...our very own Arthur Churcyard (4th year BAS) won one of the third annual Dr. William Vineyard Exemplary Volunteer Involvement Awards?! On top of being a solid academic student, Arthur somehow manages to find time to volunteer with numerous campus groups as well as manage his responsibilities as the BASSA President! I know that a lot of you are involved in lots of different extracurricular activities as well. It’s just nice when one of our own gets recognized publicly. Way to kick ASCI Arthur!! Congratulations!

Capricorn— Lately I’ve taken to baking. A lot. In fact yesterday morning I woke up at 6am and just couldn’t go back to sleep anymore, so I got up and baked 8 dozen scones. I made 3 dozen butterscotch ones and 5 dozen broccoli and cheese scones. So let me give you a lesson to you. If you’re going to bake, make sure that you have enough stuff to make equal batches of everything otherwise you end up with way more of one kind. You’re probably wondering what this has to do with you. Nothing really. I just needed to vent. Oh...eat more broccoli...and you may want to stop doing “you know what”. That can’t be good for you. I’m just saying.

Aquarius - So you know when you have a crush on someone and you’re not really sure if you should say or do anything because you’re not really sure it’s appropriate or even if they feel the same way and you don’t want to make things weird, but whenever you’re near them you kinda just wanna hug them and make out with them and you don’t care where you are or what anyone thinks? Don’t do it. It is NOT going to end well. What’s wrong with you?! Look at them! You do WAY better than that. Trust me. Or...wait. Never mind. Wrong person. You’re good to go. Go for it.

Pisces - Lately I’ve been fascinated with ghosts. In fact the other night I was watching clips on YouTube and yeah...I kind of freaked myself out to the point that I was afraid to go stairs to go to bed. Not ok. I know I know...for all I know, the videos are fake...but what can I say? They’re very convincing. Kind of like you can be with certain people. Careful how you’re playing some of the people around you. I know you may not mean to be...but chill yo. Let people make their own decisions. We’re all adults here (well, except for “you know who”). Now...check out “Pantry Ghost” and “Crying Ghost” on YouTube. Eeek!

Aries - Sometimes I find myself saying things with my outside voice that should really really be reserved for my inside voice. But sometimes I just think people need the truth. Yes. Sometimes the truth does hurt. But sometimes you don’t learn anything unless it hurts. Not that this is the best way to learn, but you certainly don’t forget. No sireee...you don’t forget. You hold on to that grudge so tightly that your knuckles turn white and you can’t seem to focus on anything until you achieve that deliciously satisfying gratification that you got your revenge. The sweet revenge that they had coming. The revenge that you so richly deserved. I’m sorry...what were we talking about again?

Taurus - I’m reading this book called MUSCOPHILIA which looks at the neurosciences of men and it’s pretty damn interesting. There’s a whole section about the idea that some people have to associate music (and/or days of the week, animals, etc.) with different colours. Like every time they hear a certain note, they see a certain colour in their mind’s eye. Neat huh? It’s kind of like how every time I’m around certain people, I feel nauseated and irritated. I have decided it is time to make some changes in my life. Why do I hang out with that people that irritate that behavoir in me. It’s time to limit them all like a frontal lobotomy. Sure it’s drastic, but eventually you get used to it. Ok...now your turn. Go.

Gemini - I was sitting on the bus yesterday when two prepubescent girls got on the bus wearing sandles, halter/tube top/bra...short things and short shorts. I thought to myself...wow, with all the budget problems in the world, there must be way too much shorts shortage going on. I never appreciated my coat and pants like I did then. What are YOU grateful for? I know things are pretty rough for me and then they just come in. Things aren’t all that bad. Take some time out and show some of the people around you that you appreciate them. Stop taking people for granted. Be grateful.

Cancer - Love is a very funny funny thing. Like for example, the other day I was online chatting with some dude from KW and he was all like “Asian huh? That’s cool.”. And I thought to myself “I really need to go grocery shopping.” So even though it was a hard-I knew that I’d need to get groceries or else I wouldn’t have anything for dinner. So I start putting it off. You know what I’m talking about. Just suck it up and get it done. You need to do it....so just get it over with. You’ll feel better if you just get it done so that you don’t have to worry about it any more. C’mon. You’ve got the support of everyone around you. Well...almost everyone...but meh, you don’t like them anyway.

Leo - Lately a lot of people have been asking me what my favourite flavour of chips is. Which is funny because just the other day I was in the chip aisle thinking the same thing. In the end though, I don’t have know what I’m talking about. It’s kind of like my job. I don’t have favourites. It wouldn’t be fair if I had favourites. Nope. I’m dealing with the regular issues and questions...like cuttlefish and sour cream and onion. Other times I come across some exotic flavours like onion and cheddar which is cool too. So yeah, no favs for me. Well, unless you count Sasha and Robert who got me a tshirt from New York. Oh...and Yuika bought me a bag of chips yesterday too. And Philip. And all those other students that have bought me chips. Huh. But enough about me. What’s your favourite?

Virgo - My friends are getting married at the end of April but sadly I’m not going to be able to go to it. Which is sad because I was all excited that it was going to be my first same-sex wedding. And my roommate is in the wedding party and I would know lots of people there. But...I didn’t get to go. The lesson here is that sometimes there’s no choice but to deal with disappointment. What else can ya do, ya know? I know you know what I’m talking about. Disappointment happens. So what’re you going to do after it? You gonna mope around and feel sorry for yourself or are you going to make some changes and learn from this lesson? I guess in the end I’m missing the wedding because I’m going to be in London and Amsterdam...so that’s not so bad.

Libra - You know what’s surprising? Eating a whole lot of beets and forgetting about it until you go to the bathroom the next day. Shocking...and kind of funny in a horribly twisted sort of way. Especially because I was at the doctors and they asked me for a urine sample. Meh. The lesson here is, you can sometimes play a vital part in how your interactions with others will play out. Like eating a box of ores while wait- ing to see the dentist or swimming without goggles before seeing your optometrist. It’s all about cause and effect. It’s all about cause and effect. It’s all about...
More important info that you WILL find useful!

- There are NO EXAMS on Friday, April 10th & Saturday, April 11th due to the Easter long weekend!
- Lemurs play an important role in the ecology of Madagascar and the Comores Islands, because they disperse seeds from the fruit they eat.
- You will be able to Add & Drop courses again between May 6-15th and from August 17th to September 18th.
- Do you know what your academic/program evaluation is or how to read it? Go see Jerome.
- Lemurs have big, bushy tails that they wave in the air as another form of communication. These big tails also help lemurs balance when they leap from tree to tree.
- Have you declared your minors yet? It’s just paperwork. Go see Jerome.
- Please get at least one other ASCI student to read this newsletter. Seriously, I don’t make these things for my health.
- All types of lemurs are protected by CITES, which makes it illegal hunt or capture lemurs for trade, except for scientific research, and to breed in zoos.
- I am available ALL SUMMER and can be reached via email at bas@uoguelph.ca Drop me a line even just to say howdy...I get lonely in the summer.

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!
Laughter really may be the best medicine, according to research presented to the American College of Cardiology. Laughing appears to boost your blood flow and researchers say it may reduce your risk of developing heart disease. But the benefits of laughing don’t stop with your heart: laughing has previously been found to help fight infections, relieve hay fever, ease pain and help control diabetes.

What did this study find? The researchers found that laughing increased blood flow by more than 20 percent - a similar effect to that of aerobic activity. The positive effect of laughing lasted for 30-45 minutes. In contrast, stress decreased the flow by about 35 percent. Almost everyone seems to benefit from having a good laugh:
- 95 percent of the volunteers in the study (19 out of 20) had better blood flow after watching a comedy movie clip.
- 70 percent (14 out of 20) had a worse blood flow after watching a stressful film sequence.

What do these findings mean for me? According to the researchers, regular laughter in your life could help to reduce your risk of developing heart disease. They recommend 15 minutes of laughter a day as well as regular exercise to reduce your risk of cardiovascular disease.

Why is laughing good for your heart? The benefits of laughing lie in its effect on the inner lining (endothelium) of the walls of your arteries. The endothelium plays a vital role in maintaining blood flow by regulating the diameter of the blood vessels. Damage to the endothelium is one of the factors involved in cardiovascular disease. Laughing seems to make the endothelium expand; stress seems to narrow it. So laughing helps keep your artery walls fit and well, helping to maintain good blood flow.

Various studies have suggested that a positive outlook on life and having a good laugh is associated with much more than just keeping your heart healthy.

- Laughing is thought to help you to fight off illnesses by boosting your immune system. It increases the amount of immunoglobulins, natural killer cells and T cells in the body, which fight infection and tumours.
- Laughing reduces pain. Children watching comedy films relax more and tolerate pain more easily. In fact, humorous videos are being used in anaesthetic rooms at Manchester Children's Hospital. An American nurse has found that telling jokes to her patients before she administers a painful treatment reduces their discomfort.
- Laughing reduces allergic responses, including hay fever symptoms.
- Laughing lifts your mood - even if you have to force yourself to laugh.
- Laughing reduces the effect of stress by lowering stress hormone levels.
- Laughing helps keeps diabetes under control. It may help to control spikes in blood sugar levels after a meal, reducing the chances of diabetic complications. In one study, people who watched a funny video during dinner had lower blood sugar levels after the meal compared to the people who watched a lecture video.

LAUGH more!