7th Inning Stretch...

Well the semester is wrapping up and it seems that Mother Nature is reminding us of what our summer was like. I hope all of you had a chance to get out and enjoy some of the beautiful sunshine earlier in the month. Just think...before you know it, you’ll be wrapping up your exams and heading out for the Winter Holidays. Mmmmm...sleep & food. Hang in there and keep up the good work everyone. Please let me know if there's anything I can help you with!

What’s up with MINORS?

Several people have contacted me asking me: What’s happening with the minors? What’s going to happen to the BAS program? Relax. Nothing has happened yet.

Last year, it was proposed that all minors be cut from the curriculum as a cost-savings measure for the university. Obviously that didn’t happen. With the backlash from the students, faculty and staff, it was decided that a working group would be brought together to review the University’s secondary areas of study.

As it said in the email that I sent out on the listserv, the working group is made up of faculty, staff and students, that will meet with deans’ councils, department curriculum committees, program counselors, student government leaders and registrarial staff. It will also consult with alumni.

Group members are gathering information on how to best meet the academic objectives of all secondary areas of study, including minors, areas of emphasis and certificates.

So far, no decisions have been made yet. In March, this group will present a report on their findings that will include recommendations.

I have been assured by the Administration that the BAS program is a strong program and we are not going anywhere. Even if minors were to be eliminated, the BAS program would be restructured and we would do our very best to support all of you through the transition. However, like I said, no decisions have been made yet.

Do you have an opinion? Do you want to talk to someone about this? Nathan Lachoswky is a part of the working group and he is also the Central Student Association (CSA) academic commissioner. As the CSA website says, “For all things academic at the University of Guelph, [Nathan] is your representative, advocate and contact.” Nathan can be contacted at <csaacad@uoguelph.ca>
STUDY TIPS FOR FINAL EXAMS!!

Final exam weeks suck. Here are some time management and stress management tips to help you excel.

Ack, exams are coming! With final exams, students have two goals. First, you want to ace the exams, or at least get decent grades and do as well as possible. Second, there's your sanity; you want to get through exams with a minimum of stress and test anxiety. Fortunately, with the right study skills techniques, you can both manage your stress and do well on the tests. Here are some study skills tips for final exams to help you do well and stay sane.

- **Time management.** Plan, plan, plan. Before finals begin, get out your calendar and schedule as much of your finals week as possible. Then stick with the schedule.
- **Schedule in study breaks.** Don't plan to study non-stop for the next five days. You'll go insane, and you'll be too fried to do well on the exams. When you write your schedule, include short study breaks to help you recharge. You'll feel so much better and will be able to concentrate so much more.
- **Schedule in sleep.** Some people can function well on three hours of sleep a night. Most cannot. You'll do much better during exams if your mental state is good, and sleep is essential for this.
- **Exercise.** There's no better source for stress relief. Just don't overdo it to the point that you're procrastinating heavily. Go for short, stress-relieving activities, like racquetball or a treadmill run. And don't underestimate the value of a brisk walk.
- **Prioritize.** You have limited time to study and will have to choose what to spend the most time with. You could spend hours on that math exam because if you do really well, you might be able to pull off a C. Or you can spend hours on a history exam because if you do well, you've got a good shot at an A. It's up to you.
- **Form effective study groups.** Just don't waste your time with lousy ones.
- **Free your schedule.** As much as possible, eliminate other responsibilities. Work fewer hours. Put off social events. Definitely put off shopping.
- **Ask your professor for help.** If you're confused about your notes or the readings, go to the resident expert. This works much better if you don't put off studying until the last minute. It's a good idea to read through all of your notes before you start to study, so that you can inquire early about things that confuse you.
- **Keep things in perspective.** What's the worst thing that can happen if you don't do well on this test? Excessive stress will make you crazy and hurt your performance on tests, so as much as you can, relax. And if you're having serious problems with anxiety during final exams, seek help at your school's counseling center. This is a common problem that schools are well equipped to help you with.

Original article can be found here: [http://collegeuniversity.suite101.com/article.cfm/study_tips_for_final_exams](http://collegeuniversity.suite101.com/article.cfm/study_tips_for_final_exams)
The Bachelor of Arts & Science
STUDENTS’ ASSOCIATION!

These terrific students represent YOU and the BAS program on committees and governments across campus. They also work hard to organize events and opportunities for you to meet and get to know other BAS students and faculty. Have you said THANK YOU lately? Suggestions or ideas for events? Just email bassa@uoguelph.ca !!!

What else is BASSA planning?...

Here at the Bachelor of Arts and Sciences Student Association, we hope that all of you have had a great semester! We wish you luck on your exams, and a safe holiday! As always, feel free to email bassa@uoguelph.ca with any comments about our events this semester or general questions.

A few updates of events happening next semester:
♦ Clothing
If you have ordered clothing, it will be available following the Christmas break.

Other things to look forward to…
♦ Skating at the Red Rink
BASSA has booked some ice time at the uog arena! We will be meeting at the red rink for some hot chocolate and skating from 3:00-4:00 on Thursday January 14th. It is not possible to rent skates at the rink, so make sure to bring yours back when you go home for the break.

♦ ASCI Dance
Thursday January 21st from 9-12 in Peter Clark Hall!! There will be food and dancing. Tickets are $8 and will be sold from 11am-2pm in the BAS Lounge directly following the break! It’s going to be a blast!

♦ Trivia Number three!
Our usual trivia at the Brass Taps will take place 6:30-9pm on Tuesday February 2nd.

♦ McMaster Conference
More details will be sent out regarding our program’s involvement in the conference very soon.

Thats all for now!! ~BASSA ;)

BASSA EXEC 2008/09
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
Remember that time...

...many of your fellow ASCI students are performing in a concert on Sunday, December 6th? Yup. True story. On Sunday, December 6th, the University of Guelph Choirs (yes, there’s more than one) will be performing a fantASTIC concert at Church Of Our Lady, downtown Guelph. (It’s that BIG church in the middle of downtown). So if you want to hear some great music, or just see the inside of the church...come check us out! We’d love to see you in the audience!

http://arts.uoguelph.ca/2009/11/university-of-guelph-choirs-guelph-chamber-players-sunday-december-6-7pm/

Horroscopes...

Cancer - So this random starts chatting with me online and they’re all like “I love asian men so much, they’re so hot!” and I’m all “Yeah…l know.” Sometimes you just cannot escape the fact that you are awesome. This upcoming season is yours to shine shine shine. You are fabulous and c’mon, you deserve this. After the past couple of months that you’ve had. The universe definitely owes it to you. Enjoy it...it’s gonna be great. Brake yourself for the new year though...there are a couple of surprises coming your way. It all depends on how you handle things. Live a little on the wild side. Wait...not that wild.

Leo - I recently spent the day in Hamilton waiting for my friend to finish work so we could have dinner. Admittedly, downtown Hamilton is a little more...umm...colourful than I was used to. Well, that’s not true. It was actually a lot of fun. Our moment was looking through used CDs and DVDs, the next I was watching people play Bingo. And Jackson Square...nothing shady. In the end, I met up with my friend and we had a great night. So you see? Sometimes you just have to wait a little bit and the good times roll around. So stop your whining. Your good times are coming. Just not next month. Well, that’s not true…you’ll have some good times next month...but January will be better.

Libra - Right now I may actually be listening to “Perfect Day” by Hoku. It’s the song used during the opening credits of Legally Blond...which I may have been watching the other day while I was rearranging furniture in my house. Speaking of which...it seems to be about that time for you to do some rearranging in your life. Let’s face it. The Feng Shui in your life completely sucks. Where’s the flow? Once you change things around, I think things will be clear. It’s all about perspective. Speaking of which...someone has got to say something to you know who about you know what. Just do it...you’ll be doing them a favour.

Scorpio - When I was off sick I decided to watch “The Colour Purple” again. If you have never seen it, YOU SHOULD! Although, I found out pretty quickly that when I’m sick...I get pretty emotional. I was a blubbering mess by the end of the movie. But you don’t need to be sick or watch movies to be emotional do you my little Scorpioan? How do I put this? You do it. Right now. Why are you still reading this? I’m going to go out and you’ve made the call. Fine! But just so you know...I’ll know if you made the call or not. That’s right. I’ll know. Just like you know who knows that you have a crush on them. Yup. We know. Don’t ask how. We just do.

Virgo - So yesterday I may have gotten up at 8am to make ribs. Rainbows I know...but I thawed them only to realize that I wasn’t home for dinner for the next couple of nights. So I decided to just make them and have them for breakfast. Is that wrong? I can’t get up early to go to the gym...but it would appear that delicious ribs have proven to be a better motivator. What motivates you? Can I gotta level with ya...from what I see up ahead for ya...you’re gonna need healthier motivation. But no worries...things will start cleaning up by the 21st...and then it looks like smooth sailing until the new year. Unlike our Aquarius friends, the red head is actually your ally. Keep them close to you. Umm...not that close.
Job opportunities...

Student Life is currently hiring one Incoming Student Facilitator and three Orientation Facilitator positions, with the staff starting on January 11th.

Follow this link for more information about the positions and the hiring process: [http://www.studentlife.uoguelph.ca/join.shtml](http://www.studentlife.uoguelph.ca/join.shtml)

**The postings close at 4:00pm December 3rd.**

Any questions about the postings to:

**Robert Routledge**
Coordinator of Orientation and Transition Programs
(519) 824-4120 ext. 52994
rroutled@uoguelph.ca

**Naeem Ordóñez**
Coordinator, New Student Advising and Transition Programs
(519) 824-4120 ext.52277
nordonez@uoguelph.ca

Just so you know...

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

- The Add Period begins on December 14th at 12:01am. No windows, no waiting...it’s a free for all. The Add Period goes until January 15th.
- 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 eats almost anything, including dingoes and the sunglasses of unwary people who get too close in zoos.
- Thursday, December 3rd is the last day of classes, but you need to follow your MONDAY schedule that day (to make up for the Monday missed on Thanksgiving).
- Do you know what your academic/program evaluation is or how to read it? Go see Jerome.
- Emu are thought by some to be living dinosaurs.
- No drop in hours during exams. Just drop me an email if you want to see me. We’ll set something up. I’ll be in and out with meetings and such a lot.
- Emus are part of the ratite family of birds which includes ostrich, cassowary and kiwi.
- Please get at least one other ASCI student to read this newsletter. Seriously, I don’t make these things for my health.
- The nest of an Emu can be up to 1.5 metres wide!

Not sure where to find information online?

CHECK OUT OUR WEBSITE!!

[www.uoguelph.ca/bas](http://www.uoguelph.ca/bas)

Another option is to click “Current Students” on the UofG homepage...check out all the links!
There is so much in the media about healthy eating these days that it's easy just to switch off. But, with your exams coming up, it's worth trying to eat a balanced diet. Research has shown that eating certain foods and maintaining a balanced diet can help improve your concentration: so whilst it won't make you a genius, it might just give you the edge you need to perform better in exams.

Nutrition Scientist Claire MacEvilly explains why it's important to maintain a balanced diet throughout the exam period:

- Although weighing only 2% of total body weight, the brain uses approximately 20% of the body's energy at rest. This is why regular, nutritious meals are important during exam time.

- The brain is powered by energy which comes from broken down food. The primary source of energy for the brain is glucose which comes from carbohydrate rich foods like breads and pasta. The brain's energy stores are very small, so to keep it functioning at its best, it needs constant glucose replacement.

- Food influences mood, but mood also influences food choice. There is no magic food to relieve stress, but we would recommend that you avoid skipping meals at all costs.

There is no such thing as good or bad foods for exams, or any other time of the year. There are however bad habits! Focusing on one particular food is a bad thing, so you shouldn't really be eating vast amounts of one particular food.