March Madness...

Where is this semester going?! Sorry I’ve been a little delinquent about getting the newsletter out this year. I’m going to try to get out at least one more newsletter after this one before the end of the semester. Anyway, just wanted to check in with all of you and make sure that things are going ok. Drop me a line at bas@oguelph.ca if you have any questions about anything!

Help Represent the BAS Program!

I am looking for BAS students & faculty to help represent the Bachelor of Arts & Sciences program to prospective students and their families and friends. Specifically…

**CAMPUSS DAY—2010**
Sunday, March 28th

- **The BAS Info Display** - Students will informally interact and talk to prospective students and their families from 10:00am to 3:30pm (lunch provided). Come for the morning or the afternoon or the whole day!
- **The BAS Panel Discussion** - a panel of BAS students and faculty will share their experiences about attending the University of Guelph and being a part of the BAS program with prospective students and their families. There is also a short Q & A. (12:30pm to 1:30pm)

**ONLINE CHATS**
Tuesday, March 30th

- I need 2-3 students who can join me in an online discussion group to answer questions and interact with prospective students. The chat is scheduled from 7:00pm to 9:00pm. All you have to do is log in online and join in the discussion and help to answer any questions that prospective students may have about the BAS program and about the University of Guelph. You can do this from wherever is more convenient for you, as long as you have internet access.

If you’re interested in helping out, just email me at BAS@uoguelph.ca
COURSE SELECTION & U

When is course selection?
♦ Course selection for the Winter semester happens in the Fall
♦ Course selection for the Summer and Fall semesters happens in the Winter
♦ For specific dates, check the specific undergraduate calendar under Section III - Schedule of Dates

When is MY course selection?
♦ Course selection windows open every morning at 7:00am throughout the course selection period
♦ Your window is decided by your class level and your student ID #
♦ To find out what your class level is, check the undergraduate calendar under Section VIII - Undergraduate Degree Regulations and Procedures (Class Level Calculations)
♦ Course selection windows remain open until the very end of course selection. Not sure when that is? Guess where you can find that out...(look above)

When can I make changes to my schedule?
♦ Every semester has an ADD PERIOD where everyone can make changes to their schedules
♦ The dates of the different Add Periods can be found (you guessed it) in the undergraduate calendar under Section III. Schedule of Dates

During COURSE SELECTION.....
1. If a class is already full you can...
   ♦ wait and see if more sections/spaces open up...things may change, keep an eye on WebAdvisor
   ♦ contact the instructor to see if they will sign you into the course
   ♦ contact the instructor to see if there is a waiting list
   ♦ pick a different course

2. If WebAdvisor won’t let you sign up for a course, it may be because...
   ♦ you don’t have the right prerequisites (so you will have to choose another course or see if the instructor will waive the requirement for you to take the course)
   ♦ you are restricted from taking the course because it’s only available to students in certain majors/minors/programs (so you will have to choose another course or wait and see if the restrictions are lifted or see if the instructor will sign you into the course)

3. You only need MY signature if...
   ♦ you need to get signed into an ASCI course
   ♦ you’re planning on taking more than 2.50 credits in one semester

As powerful as I am as a Program Counsellor, I CANNOT...
♦ sign you into full courses (only instructors can)
♦ waive prerequisites (only instructors can)
♦ grant earlier access to WebAdvisor before your window opens (no one can...maybe Chuck Norris)
♦ unconflict conflicting classes
♦ waive required courses...they’re required.
♦ change your exam schedule...you need to check this during the Add Period. Not me. YOU.

As understanding as I am as a Program Counsellor, I WILL NOT...
♦ go through WebAdvisor to randomly look for courses for you to take (I can make suggestions, but I’m confident in your capability to navigate WebAdvisor without me watching you)
♦ pick your courses for you
♦ make your schedule for you
♦ help make sure you have no morning classes (get an alarm clock or go to bed earlier)
♦ help make sure you only have classes Tuesday, Wednesday & Thursday (that would be my ideal work week too...but c'mon now...)
♦ pick an “easy class” for you to take (I’ll just sign you up for Atomic & Molecular Physics)

MORE QUESTIONS? Just email me at BAS@JOGUELPH.CA
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’s on your mind?

The BAS program is looking for your feedback. In the next week or so, we will be sending out a short survey asking you for your thoughts about the BAS curriculum and your experience in the program. Your feedback is very important to us.

Using the results of these surveys, BASSA will be running focus groups to have small discussions around the curriculum and your experiences. If you are interested in participating in these focus groups, please contact BASSA at 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
40th Class Day...so what?!

So Friday, March 12th is the 40th class day. What’s the big deal? Well...that’s the very last day that you can drop a Winter 2010 course. After Friday, March 12th, all of the courses that you are registered in will stay on your transcript...no matter how well/ poorly you do. Even if you repeat a class that you fail...the failed mark stays. Better to be short a credit that you can do well in later...then have a failing grade remain on your transcript...FOREVER. That’s right. Forever.

Horoscopes...

Aries - You know when you google your own name to see what others say... and then you find out that there are times of people that have your name... and then you click on a couple of the links to see what they’re about... and then you look at the images to see if any are as good looking as you are? My point is, there are some seriously good looking people around... and you’re one of them. Face it. You’re beautiful. Own it. Love it. Just careful that you don’t tip the scales and become a conceited self-centered loser that everyone wants to punch in the face. It’s a fine line. I’m just saying.

Taurus - A friend of mine started buying the Golden Girls series. Maybe you aren’t familiar with the awesome-ness that is the Golden Girls. If that’s the case, you need to get online and look these fabulous ladies up. I’m serious. I’ve been borrowing the DVDs, and I’m on to Season 2 now. I cannot get enough of these senior ladies. The thing that gets me, is that their social lives are WAAAAAAAY better than my own social life these days. So this month, I think your focus should be on getting out there and having fun. You deserve it. You’ve been working your little buns off for far too long without some serious down time. OK, you still have some readings to do... fair enough. But c’mon... at least go out and have some nachos. Everyone likes nachos. Although forgo the hot peppers this time. Ring of fire my friend... ring of fire. Not ok. But you, my dear little fishes don’t have to worry about that quite yet. Instead, let’s talk about that little shell we’ve been coming on, who doesn’t want to move someone into a nudist every now and then. Believe me, I have a list of people that I wouldn’t mind showing face first into a nudist. And that’s why I have an idea for you this month. Have more pie. Seriously. Who doesn’t like pie? Unless it’s lemon meringue... beware of the merangue.

Cancer - Spring cleaning. That’s the theme of this coming month. OK, let’s know it’s not really quite spring yet, but who cares? It is time to clean it all out... de-clutter... reduce... recycle... stop hoarding. Why are you keeping all of that useless stuff? I mean sure it’s nice, but if you’re not using it, don’t you think there are people over there who would actually use it? It’s time to downsize... minimize... lighten your load. And I’m not just talking about your belongings. I’m also talking about some of those people that are simply taking up space in your life. That’s nice that you’re every one’s friend... but seriously, there are some people that just aren’t worth the effort. You know who? I’m talking about the takers... the ones that constantly need attention... the ones that don’t contribute anything positive to the relationship (if you can call it that). I’m just calling it like it is.

Leo - So I went out on a date. Hard to believe, I know. We went for a nice place for lunch (it was a date day) and then we went back to their place where it got kinda awkward. Asked as in... instead of talking, they spent all of their time smoking on their balcony (after they said they only smoke socially?), came in and fell asleep on the couch. Now, admit it, I may be not on the up and up when it comes to dating... but correct me if I’m wrong... that’s just weird. I ended up watching 3 cooking shows on the food network before I woke them up and let them know that I was leaving. At the very least, I got some really great recipes to try. So that’s my suggestion for you this month... do more cooking. Try something with beets. Mmmmm... beets.

Virgo - I was in Toronto over Reading Week and I managed to get a hotel room at the Delta for $89 a night! I stayed for 2 nights. The thing is...the internet again wasn’t working in my room, so they moved me to another room where the internet wasn’t working either. Still, I came up in my room several times to see what was wrong, the computer people talked to me on the phone... and in the end... it was my laptop. Can’t you say “embarrassing”??? But the cool thing is they still decided to give me a night for free... so I stayed at the Delta Chelsea for $89 for only $89. How awesome is that? Pretty awesome. This made me think of you because you are ALWAYS ON YOUR COMPUTER. Turn it off. Interact with people in person. Seriously.

Libra - Last weekend I watched all of the Harry Potter movies back to back... more than once. I was surprised at how much I had forgotten and also how much they’ve grown up throughout the movies. More importantly, while I was watching them, I baked over 10 dozen cookies and also made 1 batch of hot fudge and ice, it’s all about multi-tasking... and that is what you need to do more of. You are not using your time efficiently. You could get so much done if you just started to do a little more planning. Now don’t go overboard and do so much that nothing gets done properly. I’m just saying... I know you’re capable of so much more, just think and weigh... you’ll get the hang of it.

Scorpio - Don’t do it. Seriously. I think about what could happen. Also... avoid people who... ok... and eat more carrots.

Sagittarius - I went and saw “Cloud 9” in Toronto the other week. It’s a really great play about family and relationships... and a whole lot of other things that would take too long to go into here. It was really interesting. It made me think about my own family and how the probably wouldn’t have liked the play which is why I’m glad that I took two of my friends to see it. Friends. I get the feeling that you’ve been taking some of your friends for granted lately. A thank you goes a long way. They’ll appreciate it. Go... call them... right now. Umm... I said call... NOT facebook... turn that off.

Capricorn - So I’m stressing out because this summer I’m going to England to be the best man for my friend at his wedding. It’s bizarre because well... it’s in ENGLAND! It’ll be a lot of fun. More importantly, the 2 weeks before the wedding I managed to join a choir that’s going to be singing in cathedrals around the UK. We’re going to sing in Oxford... and then in London at Westminster Abbey. How crazy is that??? What I’m trying to say is... sometimes things just happen... go with the flow. Stop over-thinking things and just go with it. Seriously.

Aquarius - As I was watching the men’s gold medal hockey game at my friend’s house, I realized that it probably wasn’t a great idea to spend hours and hours at their house because they have cats and I’m brutally allergic to cats. So by the time the winning goal was made... I might have found myself a little on the wheezy side... and by “a little”... I mean, I may have been having trouble breathing... which continued on for the next day or so. This has taught me a very important lesson indeed. Hockey just isn’t worth it. Just kidding. It’s totally worth it. Did you see that game?? For serious. Thinking about the hockey game right now is making me think of you. It’s not over till it’s over. Don’t throw in the towel quite yet. You never know how it’s gonna turn out if you don’t give it a go. Also... you need a haircut.
Go to GUATEMALA!...

Applications are being accepted for the Winter 2011 Latin America Semester in Guatemala.

The final information session will be provided Tuesday March 9 in Landscape Architecture 204 at 5:20pm.

For further details please contact the co-ordinator Dr. C. Southey or attend the info session next Tuesday.

Just so you know...

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

- My drop in hours have not changed...Mondays to Thursdays...1:30pm to 3:30pm. Yup.
- Male Emus do the majority of the hatching and rearing of the chicks, as the females tend to live very nomadic lives.
- HK*3940—As it turns out, if you don’t have BIOC*2580 but have completed MCB*2210 (Cell Biology) I can sign you into the course. You don’t have to contact the instructor, just me.
- Do you know what your academic/program evaluation is or how to read it? Go see Jerome.
- Emus have been known to live in excess of 30 years.
- From now on, please make sure to email me at bas@oguelph.ca.
- Female Emus often start laying eggs when they are 2-3 years old.
- Emu leather is a fine grained soft leather that is often used in the fashion industry.
- I shouldn’t have to remind any of you to double check your exam schedules for the end of the semester, do I? I didn’t think so.
- Emus and other birds from the Ratite family have no “breast meat.”

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!
Eat your VEGGIES!

After looking at surveys about the eating habits of more than 5,000 fifth-graders in Canada, researchers gave each child a standardized literacy assessment. What they found: Students who ate more fruits and veggies and less fat were much less likely to fail the test, whereas those whose overall diet was poor (and filled with salt and saturated fat) were much more apt to do badly.

Eat a rainbow of fruits and vegetables every day—the brighter the better.

The brighter, deeper colored fruits and vegetables contain higher concentrations of vitamins, minerals and antioxidants—and different colors provide different benefits. Some great choices are:

- **Greens:** Greens are packed with calcium, magnesium, iron, potassium, zinc, vitamins A, C, E and K, and they help strengthen the blood and respiratory systems. Be adventurous with your greens and branch out beyond bright and dark green lettuce—kale, mustard greens, broccoli, Chinese cabbage are just a few of the options.

- **Sweet Vegetables:** Naturally sweet vegetables add healthy sweetness to your meals and reduce your cravings for other sweets. Some examples of sweet vegetables are corn, carrots, beets, sweet potatoes or yams, winter squash, and onions.

- **Fruit:** A wide variety of fruit is also vital to a healthy diet. Fruit provides fiber, vitamins and antioxidants. Berries are cancer-fighting, apples provide fiber, oranges and mangos offer vitamin C, and so on.

Avoid: Fruit juices, which can contain up to 10 teaspoons of sugar per cup; avoid or dilute with water. Canned fruit is often in sugary syrup, and dried fruit, while an excellent source of fiber, can be high in calories. Avoid fried veggies and those with dressings or sauces—too much unhealthy fat and calories.