Past halfway...

Seriously, didn’t we JUST start the semester? Already we’re past the halfway mark in the semester and in the middle of midterms. It’s even harder to believe that we’re already picking courses for the Winter semester. Just remember to take some time for yourself and get in some time to relax, eat better, exercise, sleep...I know I know...I sound like your parents....

Falling behind?
Need some help?

So yes, even though we’re already past the halfway point in the semester, there’s still plenty of time to turn things around if you’re having a rough go of things academically.

If you’re in first year, there’s a program designed especially for you to GET BACK ON TRACK! Back on Track (BOT) is a support program offered in the fall semester to assist with the transition to university life, focused primarily on those who failed two or more midterm exams during their first semester on campus. Students who opt-in to the program are matched with a mentor who works with them one-on-one and provides assistance with problem-solving, goal-setting, referrals and encouragement.

Courses targeted for Back on Track participants include: Biology 1030, Biology 1070, Biology 1080, Biology 1090, Chemistry 1040, Physics 1070, Math 1080, Psychology 1100, Psychology 1200, Economics 1050 and Economics 1100.

The last day to register for Back on Track is November 19th, 2010.

Here is how the program works:
1. Express your interest online (http://studentlife.uoguelph.ca/cns/back-track-opt-form). You can opt-out at any time.
2. We will contact you to set up a meeting.
3. Stay in touch with your Back on Track Facilitator, an upper year student who will offer support and assistance with problem-solving and goal-setting.
4. Keep track of your progress towards the goal you set for yourself.
5. We believe that by the end of the semester you will have significantly improved your marks.

If you’re in your upper years, there are equally useful resources ALL available to you through the Learning Commons in the library. Seriously. Check it out. Go. Go now.

Get the help that you need. I want to continue seeing you here on campus!!!
Alternative Agricultures: Perspectives on the Local Food Movement (AGR*3010 - Special Topics)

Students will examine the social, economic, environmental and political implications of our food system, led by faculty from a range of disciplines. Through research and projects involving campus and community groups, students will assess a wide range of policy alternatives towards designing a sustainable food system for human populations.

Contact elapierr@uoguelph.ca for more information!

Two AMAZING elective courses being offered for Winter 2011 that you should check out today!

Markets for Molecules (FARE*2050 - Special Topics)

The University of Guelph leads development of molecules, compounds, processes and knowledge addressing agri-food, bio-resource, health and environmental issues. Making new discoveries is not limited to faculty—many students hope to make such discoveries and innovations as well. This course aims to provide students with an applied perspective on innovation, commercialization, product development and markets for novel molecules. Attention focuses on the role, importance and impact of researchers, firms, consumers, entrepreneurs, governments and international agencies in shaping these markets. The course is broadly accessible to students interested in understanding the markets for products and processes embodying novel molecules, compounds and related processes, including functional foods, nutraceuticals, nutrateconomics, bio-products, genetic modification, and nanotechnology.

Contact John Cranfield for more information: jcranfie@uoguelph.ca
BASSA NOVA!!!!

The Bachelor of Arts & Science STUDENTS’ ASSOCIATION!

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! If you would like to be involved in YOUR student government helping to represent BAS across campus, then please let us know! We would also like to hear from you if you have any suggestions or ideas for events or things that BASSA could or should be doing! Just email us at bassa@uoguelph.ca!!! We want to hear from YOU!

BASSA EXEC 2010/11

President
TBA

VP Finance/Admin
Caroline Tarjan

VP Academics
Joe McBurney

VP Activities
Mia Callaghan

BAS Senator
Alisha Fernandes

CSAHS Rep
Cathleen King

CASU Rep
Melody Mikhail

Fourth Year Rep
Melanie Leblanc

Third Year Rep
Shelby White

Second Year Rep
Aleisha Korga

First Year Reps
To be announced shortly!

BASSA Trivia Night!

BASSA’s official Trivia kick off is Wednesday October 27th at 7pm in the Brass Taps. All BAS students will receive TWO FREE BEVERAGE TICKETS. The winning teams will also receive FREE NACHOS! Come show off your diverse and interdisciplinary knowledge at our semester Trivia kick-off! Come on...it’s tradition!!!
It’s that time of the year again! I need some BAS volunteers who are interested in staffing the BAS information display at Fall Preview Day (Nov.7th–12pm to 2:30pm) and Science & Engineering Sunday (Nov. 14th-9am to 11:30am). Volunteers will interact with hundreds of prospective highschool students and their families, answering questions about the university and your own personal experiences. Free lunch is provided both days! If you’re interested in helping out with one or both days, please email bas@uoquelph.ca THANK YOU!

Scorpio - Well look at you all getting ready to celebrate your birthday. It’s just about to turn into the “ME show” isn’t it? And why not? You’ve earned it. Or have you? Only you know that for sure. I’m just saying….maybe it’s time to start showing some appreciation to those around you cuz, the “ME Show” isn’t that much fun when you’re completely by yourself. So it’s your birthday….what have you accomplished this past year? Are you happy with that? Yes? No? What needs to be changed? What should stay the same. I know…so many questions. You can handle it. Happy Birf-day….now eat cake. Or pie?

Sagittarius - Sometimes when I’m sitting in my office I think about you. In fact, my office is a lot like you. Sometimes it’s soooo hot in here, the only thing keeping my clothes on is my respect for your retinas. Other times, it’s soooo cold in here, I wish I brought my duvet cover from home. Point being, what’s up with being all hot and cold lately? Pul-lease….don’t act like you don’t know what I’m talking about. If you were a chemistry beaker, you’d be cracked by now. Do you know what I’m talking about. If you were a chemistry beaker, you’d be cracked by now. If you don’t know what I’m talking about, you should stay the same. I know…so many questions. You can handle it. Happy Birf-day….now eat cake. Or pie.

Aquarius - So my brother must be having a bit of a rough go lately. He picked up a part time job playing piano in a piano bar and recently he just found out that they place might be going away because of financial problems. It just really sucks for him because he’s found that he really loves playing the piano and getting back into music. So here’s why I’m telling you this my little Aquarians. What is it that you really love to do? Are you doing it? What are you doing? Also, I’m getting a sort of jeezusy floating around you. I just can’t tell if you’re the jealous one or if someone is jealous of you. I guess we’ll find out soon.

Pisces - So recently I had this whole intricate thing going on with some antibiotics and let me tell you….hanging in a hole in your arm for the better part of a week is not the most pleasant experience. In my mind, I suppose it’s better than being sick. Here’s the thing…things are gonna stick for you in a little bit. Like really, don’t believe me when I tell you…the outcome is in your favour and it’s totally worth it….even though it might not seem like it. In light of this…I think it’s time to treat yourself. Seriously. You owe it to yourself. Or at least…you will. Also….good on you for finally sorting out with who you are.

Capricorn - Where….you have been going through some serious stuff lately. Oh go, wait….I mean you are ABOUT to go through some serious stuff. Serious hard? Serious good? It’s kind of hard to tell right now….I just see lots of it. But the good thing is I also see lots of people surrounding your and supporting you. Or at least there should be when the time comes. So yeah, now might be the time to mend some broken bridges or whatnot….cuz yeah, friends are going to be a good thing for you in the very near future. Family as well actually…but this time around. I’m thinking it’s going to be the friends that really come through for you. The one things that’s definitely not coming through is what look you’re going for. Seriously…what’s up with that shirt?

Aries - So the other night I had some friends over and we were going to play some board games after dinner. At this point, one of my friends said “oh, do we need to be intimate for that?” I guess you’re playing alone. I should point out that there were three couples and me in attendance. I know. Awesome. After giving him the one finger salute, I started to think about it. Obviously he was joking. But seriously, what’s up with that? “me universe” Where’s mine?! Am I doing too much for a little companionship in life? Seriously?? I can’t believe it. Yeah, Aries, your upcoming month is time. Just peachy. I’m happily happy for you. Honestly, be nice to your single friends. I’m just saying.

Taurus - I found a spider on the screen door to my back patio the other day. I’m not talking about little itty bitty spider, or a daddy-long-legs. I’m talking about a spider that’s body alone was the size of a very large blueberry and the legs were thick and the back had this black and brown design on it. Oh… and it was the size of a taxonomic. Not okay. After I finished my little freak out, I set out to catch it…which I did….and saved to show my friend when she came over. After her freak out, we both agreed…..not ok. This upcoming month, me thinks you’re going to be doing a little bit of fear confronting. Bravo yourself.

Gemini - I’m in the middle of watching season six of Golden Girls. It’s pretty awesome. It’s also like a drug. I can’t seem to stop. Episodes after episodes. In fact, the other day, I had to catch a cab to work because I had an appointment to keep and I had already missed the bus because I was watching Golden Girls. I’ve noticed that you’ve become a little focused on a couple of things that haven’t yet. Almost fixed. I’m not saying it’s a bad thing. I’m just thinking that it might be healthy to get some perspective on things. Back it up….look at the whole picture for a bit. I’m also thinking that you may want to invest in some thicker socks.

Cancer - Oh, my love monoperson. What’s with all the looming around lately? Oh…no things haven’t been GREAT lately….but mom, it could have been worse. Seriously. This is a perfect time for you to do some planning and figure out some priorities in your life. Normally you’ll all “go go” so it’s actually a perfect time for you to stop and take a step back. There’s a friend that has been missing you lately too. You’ve been a little selfabsorbed lately. Not in a bad way….you need that self-mothing, but time, it’s hard to reconnect. Also….your family could use a little bit of attention. Someone’s been wanting to tell you something for awhile, but they haven’t had a chance. The next little bit is going to be about reconnecting. Oh….and love.

Leo - The other day I noticed that the canon was painted to look like a big penis. Amaz- ing. Reecereal original guys. Cuz that’s NEVER been done before. Ever. What’s worse? 5 years of you being a bit of a pretentious which….someone has been acting a little childish as of late. You know who I’m talking about. Does this situation need to be dealt with? Really, I suppose it’s up to you, but the longer you leave it, the harder it’s going to be to deal with. Also, there’s an element of unpredictability coming up in the next few weeks. Keep an eye out for a person with curly blond hair. Something they do is going to have an impact on you. Drink more tea.

Virgo - The other day I was baking and I burned the bottom of some squares I was making. Then later, I totally burned some appetizers that I was making. Then on the BBQ, I completely turned the hamburgers into little black charcoal punks. Not a good night. When the universe is trying to tell you something, sometimes, it’s just better not to fight it. What’s the universe trying to tell you? Also, what’s the university trying to tell you? Someone ain’t reading the emails that the university is sending. I can’t tell if it’s you or someone near you. Also, very soon, you may want to invest in some hand sanitizer. I’m just saying. Eww.

Libra - It’s been a busy time for you lately, but it’s also been pretty good. The next couple of weeks are going to focus on nurtur- ing…No…wait…nutrition. Wait…no, my mistake, I meant…restriction. No, that’s not it either. Ugh, who knows….you see what I mean in a little bit, believe me. Point being, all the energy and effort that you’ve been putting into “you know what”….well, it’s going to finally pay off. It’s actually going to be a little surprising how it pays off, but yep….you’re getting what you’ve been putting into “you know what”. So, it’s going to finally pay off. It’s actually going to be a little surprising how it pays off, but yep….you’re getting what you’ve been putting into “you know what”. So, it’s going to finally pay off. It’s actually going to be a little surprising how it pays off, but yep….you’re getting what you’ve been putting into “you know what”. So, it’s going to finally pay off.
Declaring your minors...

Declaring your minors does not have to be a painful thing. In fact, it’s pretty easy. All you have to do is drop by the BAS counselling office and pick up the form...get it signed by your faculty advisors, bring it back for Jerome to sign and then bring the whole thing to the UC 3rd floor. How easy is that?! Also, you’re allowed to change your mind. People change their minds all the time...even AFTER they’ve declared their minors. To change it...it’s just paperwork. In terms of changing your mind, the main thing is going over the new requirements for the new minor...and that’s what your program counsellor is for. It’s my job. For serious!

Just so you know...

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

- You can change your Winter 2011 schedule during the winter Add Period between December 13 to January 14.
- Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.

Info session for EURS students studying at a European University (France, Germany, Italy, Spain) in 2011/12. Thursday, October 28th 5:30–7:00 pm in MACK121

Thursday, November 4th is the 40th class day...the LAST DAY to drop a course!

Pumpkins also come in white, blue and green. Great for unique monster carvings!

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

Halloween is the 2nd most commercially successful holiday, with Christmas being the first.

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

Ancient Celts thought spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.

Drop in hours every Monday to Thursday from 1:30pm to 3:30pm

Not sure where to find information online?
CHECK OUT OUR WEBSITE!!
www.uoqucllph.ca/bas

Another option is to click “Current Students” on the UofG homepage...check out all the links!
University is an important time to maximize your health and increase endurance, strength and flexibility as your body continues to grows and develops. Physical activity will help you manage stress. It can also help you:

- Meet new friends
- Have new adventures
- Learn new lifetime skills
- Increase your self-esteem and confidence
- Promote healthy growth and development
- Increase relaxation
- Achieve a healthy weight
- Improve fitness
- Strengthen your heart
- Build strong bones and muscles
- Maintain flexibility
- Promote good posture, balance and coordination.

Physical activity doesn’t have to be organized or difficult. Here are some easy ways to fit more activity into your day.

1. **Take a study break.** Studying is important. But even if it’s your number one priority, try to work an activity program around your studies or take breaks in between.

2. **Active transport.** Walk, cycle or rollerblade to school, work or extra-curricular activities.

3. **No couch potatoes allowed.** Participate in activities offered through the AC or your local community/recreation centre rather than going over to a friend’s house to watch a movie or play video games.

4. **Be bold.** Join a club or explore new outdoor recreation opportunities like Ultimate frisbee, scuba diving, salsa dancing, geo-caching, rowing, rock climbing, or dragon boating. It’s a great way to meet new friends and have some fun.

5. **Be an active team member.** Volunteer your time at school or in the community on special projects and events.

6. **Give back.** Look for leadership opportunities in your school and community – instructing, coaching or being a group leader.

7. **On the move.** Go exploring on the beach or go on a nature walk.

8. **Be creative!** Choreograph new dance moves and routines to music on your own or in a group setting. Dancing helps promote the body-mind connection, and it’s fun!

9. **Sports fan.** Participate in your favorite sport. Experience the fun of being part of a team, traveling away from home for games and tournaments and making new friends.

10. **Referee.** Love the game? Know the rules?

11. **Shop till your drop.** Yes! Shopping with a friend downtown or at a mall (1-2 hours) counts as activity! And it’s way more fun than shopping online.

12. **Try some new moves.** Join a yoga, Pilates, martial arts or kick boxing class to strengthen and tone your core muscles and improve your flexibility and coordination.

Starting can be hard. What’re you waiting for?!