



April 2012



HIGHPOINTS:

Around Campus This Month

Service and Support Featured Areas:
Alumni Office

What You Need to Know Right Now!

Inspiring Story: Meet Alex

Important Dates:

April 6: Good Friday Holiday –
College CLOSED

April 13: Post-secondary classes end
for WINTER term – 15 weeks. OSAP
reminder to students – advise
National Student Loans Service
Centre and your bank of address
change

April 16: Last date for FULLTIME
students (Winter term 18 weeks) to
withdraw with divisional approval from
most programs and courses and not
receive an F.

April 16 – 20: EXAM Days, Winter
term – 15 weeks

April 23 – May 4: Inter term days

April 25: Grades available on
WebAdvisor (after 6:00 pm) Post-
Secondary day students

First Generation website info:

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Around Campus This Month:

The next few weeks will fly by as you work hard to submit projects, complete essays, study for exams and hopefully take a little time to enjoy the spring weather. Remember to contact me if you require additional information on college resources and services. Best of luck and good management on your approaching exams!!

The coming year promises to be an adventure whether it's graduating from Fanshawe, starting a summer job or returning for the next chapter of your learning. Regardless, it's exciting, and a new beginning. Be sure to read our featured story on Alexandra who graduates this summer.

The First Generation team wishes you every success for your future!

Alumni Association – K1011

Fanshawe College is one of the finest colleges in Canada and continues to graduate thousands of new alumni ever year. Currently over 140,000 Fanshawe graduates work in virtually every industry around the world. If you are graduating from a diploma, certificate, applied degree, associated degree, degree or apprentice program from Fanshawe College, you automatically become an Alumni Association member. Fanshawe Alumni – [FAQ's](#). Alumni News: [Stay in touch](#)

The Alumni Association operates a Mentoring for Success program which matches graduates with current students to provide career advice and guidance. There are also [benefits & discounts](#) on insurance, travel and shopping. Many of these partnerships help support the Fanshawe College Alumni Association.

Please call (519) 452-4285 or email alumni@fanshawec.ca to find out more about being a proud Fanshawe Alumnus!

What You Need To Know: April – Wrapping Up

- ✓ Fatigue and stress from studying for exams while finishing assignments begins to surface. Help is [Here](#)
- ✓ Worry about a summer job or career opportunities. Remember – [Career Services](#) supports current students and graduates
- ✓ Final exams –crunch time
- ✓ Students receive information about academic standing and determine future outcomes
- ✓ Make living arrangements – either moving, or finding summer or fall housing accommodation



ALEXANDRA

Home to Alexandra is Feversham ON a quiet hamlet located a few miles south west of Collingwood. She warmly describes growing up in a stable environment with great parents and a brother 10 years her senior. She never moved or changed schools and thrived in an area where 'community raises a child.' Her family inspired her to value honesty, action strong morals and a dedicated work ethic. They raised her to be responsible for her actions and to understand she could do whatever she set her heart to. → → → →

Wellness Tip: Make good choices in your diet, be actively involved in your own physical and emotional well-being – get fit and stay healthy.

Healthy Recipe:

Fruit Smoothie: 2 cups

Prep Time: 5 minutes

Low cholesterol, low saturated fats, low sodium, high in fiber, calcium & potassium

Ingredients

- 1 1/4 cups fresh berries
- 3/4 cup low-fat plain yogurt
- 1/2 cup orange juice
- 2 Tbsp nonfat dry milk
- 1 Tbsp toasted wheat germ
- 1 Tbsp honey
- 1/2 teaspoon vanilla extract

Preparation

1. Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.
2. Berry nice – Enjoy!

Initially Alex struggled in elementary school with reading and math – it was a slow climb but once she got it, she got it! In high school Alex decided to attend university – with that goal in mind her grades picked up, it was full steam ahead. Was she interested in attending college? At that time she honestly thought she was better than college. She attended the University of Western Ontario, her major in English and minor in History. Her ultimate goal was a teaching career. Life was exciting!

The first year in English was okay although she realized that her career path was a popular one. Gradually Alex lost interest. So she switched to Anthropology, with aspirations of travelling the world. Two months in, reality hit – she was not off to a good start. She had no definite path, no clearly defined outcomes. In the third year she was '*all over the place – it became a terrible educational experience*' and she dropped out...

What happened? Alex says she 'lost sight of herself, lost her confidence, had no goals and didn't want to try anymore'. Some things outside of school happened and she travelled through a rough personal experience that morphed into an ongoing party scene. October 2008 she was down in the dumps, had the "*biggest-ever pity-party*" going on – she knew she was a mess, and promised to get herself back on track. Alex acknowledged that given her high school aspirations she was embarrassed. She started working as a Nanny (2 years), as well as working on herself. She accessed intentional resources and close friends to help her through.

In April 2009 she was restless and wanted to get back to school. She explored options at Western but understood this about herself: '*she needed definite outcomes and support around her while she did it*'. One day she was talking with a student from Fanshawe, and realized she never really gave college a try. So, she went through Career Testing and with the assistance of a counsellor determined her areas of interest, her strengths and skills, and program options. Eventually deciding on Office Administration – Executive at Fanshawe she felt on top of her game and Alex moved forward with support in place to keep her on track. Alex is very complimentary about this great institution of Fanshawe College. She has loved her co-op placements – the current one being in the School of Information Technology. Alex says '*Co-op provides a wonderful opportunity to understand your skills as well as deficits, and true sense of self prior to embarking on your first real career*'. Alex 100% recommends the hands on co-op experience. Both co-ops were quite different set-ups, yet equally rich in learning more about her and, her on the job training!

Recently her brother went back to school to become a firefighter. A little friendly family competition to see who would graduate first! She has three adorable nieces. The eldest Hannah was born when Alex was 11 years old and in a way they grew up together. She says Hannah is her greatest inspiration.

Alex considers herself a travelled person immersed vicariously through books and her imagination. She takes messages from what she reads and Emily Dickinson's '*There is no Frigate like a Book, To take us lands away...*' has long been a favorite. Alex says she has '*come to realize that small successes each day add up to bigger success and the world is yours*'.

Alexandra will finish in August and set sail into her future, transitioning to yet another new and inspiring chapter. She is okay with not knowing exactly where life is taking her – the framework is there and that's exciting. She's had a lot of self-discovery in the past few years. She may eventually return to finish her degree but this time she will go into it with eyes wide open. Her boyfriend is here at Fanshawe and has some exciting possibilities too. Alex feels the college environment supported her learning style – rather than being strictly lectured at, she was taught through shared experiences, explanations and stories. Instead of feeling intimidated students were valued and respected and their opinions welcomed.

This fall Alex becomes a proud Fanshawe Alumnus. Ride the mystic waves Alex, sail your frigate strong into an amazing future teeming with fathomless possibilities...