



August 2011



HIGHPOINTS:

Welcome

Are You A First Generation Student?

Meet Your First Generation FG -
Student Success Advisor: Deb

Service and Support Featured Area:
Student Success Advisors-Academic

Your First Year in Fanshawe: What
You Need to Know Right Now!

Come Join the Fun

First Generation - ORIENTATION

When: Tuesday October 4, 2011

Where: FSU SC2012/2014

Time: 4:00 pm – 6:30 pm

Why: Your college success is
important to you, and to us!!

- Learn more about Fanshawe's Supports and Services
- Discover Tips On Becoming a Successful College Student
- Meet our First Generation student panel and learn about their experiences
- Take advantage of the Peer Mentoring program
- FREE pizza supper

First Generation website info:

www.fanshawec.ca/1stgen

Welcome to Fanshawe College:

Congratulations and Welcome to Fanshawe College! We know you are eager, excited, and maybe a bit nervous. We also know you definitely deserve to be here. Fanshawe is your college and a wonderful campus where you can grow because the possibilities here are endless.

Fanshawe College cares deeply about all students and has a number of supports and services available to help you academically, personally, financially and with career direction.

Our Mission: Fanshawe College is committed to personal, social and academic success through quality education and learning for employment. We enrich the lives of individuals and meet the changing needs of our diverse communities. We are innovative and responsive. We promote opportunity. We are Fanshawe College.

Are You [Ready For Fanshawe?](#) Do you have all the information you need to start the semester off well, because YOUR time is now!

Are You A First Generation Student?

If your parents/guardians did not attend college, university or an apprenticeship program, then you are considered to be First Generation. And, if your sibling attended post-secondary education you are still considered First Generation. The purpose of the program is to encourage and support First Generation students to be successful in post-secondary education.

Meet Your FG Student Success Advisor: Deb

Welcome to Fanshawe! I too am a self-identified First Generation. My parents were thrilled for me yet couldn't understand my college struggles. With a background in Early Childhood Education I worked at Fanshawe's Child Care Centre supporting children and their families as well as mentoring and guiding students on placement. Then 8 years ago I enrolled in the Corporate Training & Development (CT&D) program at Fanshawe College. It was a huge learning curve - very challenging yet richly rewarding. I remember feeling extremely stressed during that year so I can absolutely understand your gamut of emotions right now. The CT&D experience led me to the Fanshawe Career Services office before becoming your First Generation – Student Success Advisor in November 2010.

Wellness Tip:

Going to college can be quite the exciting journey and wouldn't it be great to keep a running record at your life throughout college. Write about the transition, the rewards, the challenges, the experiences, new friends, and inspiring faculty. Keep a **journal** where you can write down your thoughts, feelings and emotions. For many students it can be powerfully therapeutic. Something to write about...

Healthy Recipe: Breakfast Ham 'n' Cheese Egg Wrap: For breakfast on the go, cook egg mixture in advance, then reheat wedges in the microwave and serve when ready.

Preparation Time: 10 minutes

Cooking Time: about 13 minutes

Servings: 4 (half the recipe for 2)

Ingredients:

4 tsp (20 mL) butter
1/2 cup (125 mL) each finely chopped Ontario Onion and Ontario Greenhouse Sweet Peppers (red, orange, yellow)
8 Ontario Eggs
1/2 cup (125 mL) diced Ontario Ham
1/2 cup (125 mL) shredded Ontario Mild Cheddar Cheese
1 Ontario Greenhouse Tomato, diced
4 large whole wheat flour tortillas

Preparation:

In a 10-inch (25 cm) nonstick skillet, melt butter over medium heat. Add onion and peppers; sauté for 4 minutes, or until softened. In large bowl, whisk eggs; stir in ham and pour into skillet. With spatula, gently push cooked egg to the centre and allow uncooked eggs to flow underneath (tipping pan if necessary). Cook until set but still creamy and bottom is firm. Sprinkle with cheese; cover with lid and cook until cheese is melted. Slice into 4 wedges and place flat on each tortilla. Sprinkle evenly with the tomatoes; fold in two sides of the tortilla and roll up. Recipe from [Foodland Ontario](#)



So if at any time during this next year you are feeling overwhelmed and in need of direction, want to benefit from additional resources and supports, or could do with a listening ear I can help. Together we can make your College experience a positive and rewarding time.

Please drop by **G3001**, 8:30 am – 4:30 pm or send me an email: dbomans@fanshawec.ca We'll get together as your schedule allows. Until then, take care, Deb

Student Success Advisors – Academic:

Student Success Advisors (SSA) are a dynamic group of individuals on campus that assist students in reaching their **academic and personal goals**. They work as part of a team of faculty and staff that is very committed to the success of each and every Fanshawe student.

[Student Success Advisors](#) work directly with students to ensure they are in the correct program and from there assist with course selection. In addition, they provide strategies and techniques that will move them towards completion of their program and on their way to employment. Great to have someone in your court, cheering you on!

Get to know your Student Success Advisor when you arrive on campus. Student Success Advisors work with various departments so they have a very good understanding of what students in that discipline need to do excel and truly enjoy their College experience.

What You Need To Know Right Now! Before You Arrive:

- Attend a [Jumpstart](#) workshop (math, English, study skills)
- Review all information received from the [College](#)
- Attend your [program orientation](#), see checklist
- Mature students who have been away from school, brush up on your [computer skills, reading and writing](#)
- Attend an [OSAP workshop](#)
- Orient yourself to Fanshaweonline (FOL). To learn more click on the Help link – upper right corner of the navigation bar
- Take the online course '[Becoming a Better Student](#)' on FOL
- Familiarize yourself with campus resources – *myFanshawe*