



December 2011



HIGHPOINTS:

Around Campus This Month

Service and Support Featured Area: Library and Media Services

Important Dates:

What You Can Expect – Light at the End of the Tunnel

Inspiring Story: Meet Vaughan

Important Dates:

- **November 29:** First fee payment deadline for day students, Winter term
- **December 12 – 16:** Final Examinations for 15 week programs
- **December 19 – Jan 2:** Inter-Term days and Holidays: 15 week sem
- **December 21:** Grades – find out how you did on WebAdvisor
- **December 26:** Book appointments to pick up student loans on Fanshawe website for Winter term
- **December 26 – Jan 2:** Inter-Term days and Holidays: 18 week sem
- **January 3:** College Open

First Generation website info:

www.fanshawec.ca/1stgen

Deb Bomans, First Generation Student Success Advisor.
 519-452-4430 x3953. Room: G3001
 dbomans@fanshawec.ca

Around Campus This Month: Almost There

So close and yet so many assignments to complete, tests to study for, group projects to finish. Yikes – Exams are just around the corner. Make sure you set study time aside and make school a priority. It’s important to be ready and well prepared for your upcoming exams. That includes staying healthy, finding ways to reduce stress, and being organized and informed.

Reduce Anxiety:

Eat healthy, drink water and get enough sleep

Exercise to increase productivity and reduce stress

Write down all the things that scare you about the upcoming exams – this will help you reduce distractions, refocus on your studies and take action

Prepare For Exams:

- Be prepared for your exams – Confirm the date, time and room location; Bring the tools you need (pens/pencils): Allow extra time for lineups and of course the Canadian weather
- Study in [The Learning Centre](#) A2019 and attend Test Taking Tips workshops
- Exam Reminders: Bring your campus ID; Turn off your cell phone/ipod before entering the exam room; Slow down and focus; Read the exam questions carefully before starting; Follow directions; Watch the time and check exam before submitting

Library and Media Services: L1003

[Library and Media Services](#) (LMS) Fanshawe has a fabulous Library which provides a variety of services to help students meet course requirements and develop efficient research skills. Helpful staff provide information regarding access to journals, books, newspapers etc. Media Services also provides access to a large collection of videos, films and media equipment. Electronic products like Ebsco, Art Index, NetLibrary & Safari E-books, and Proquest give students access to thousands of articles, journals and newspapers from around the world. The LMS maintains a Virtual Library site with additional resources. Visit the virtual library at: www.fanshawec.ca/vlibrary

What You Can Expect: Light At The End of the Tunnel

- ✓ The Library is open 24/7 for Fanshawe students during Exams beginning 8:00am December 8 until 4:15pm December 16.
- ✓ Final Exams – exhaustion may set in after a semester of intense study
- ✓ Students receive information about their ‘academic standing’. If not in good standing then students will need to take action to progress to the next level (see your SSA – Academic or Program Coordinator)
- ✓ Financial worries may surface as the first installment of OSAP is spent so a personal financial review may be in order
- ✓ Students may experience mixed feelings when leaving new college relationships and returning home for the holidays



Vaughan Scriver →

Did You Know: [Impartial and confidential help is available](#)

to all members of the college community? If you need advice on policies, help to resolve concerns or direction on communication negotiations with faculty, staff, students or others then contact the **Ombudsperson. T3015**

Wellness Tip: Limit Your Alcohol

Celebrate responsibly during the upcoming exam time/holiday season. Alcohol can impede thinking and in excess can cause liver damage, and contribute to some cancers. It is often a major factor in traffic or other accidents, violence and even suicide.

Healthy Recipe: Potato Kugel

Serve with applesauce, sour cream and chopped green onions!
Happy Holidays!

Ingredients:

- 6 potatoes
- 1 cooking onion
- 2 eggs, beaten
- 1 teaspoon salt ¼ teaspoon pepper
- 3 tablespoons of oil

Directions:

1. Grate potatoes and onion (1 grated carrot can be added too if desired).
2. Mix in other ingredients.
3. Grease an 8x8" baking pan and bake for 1 hour at 400 degrees. [Can double the recipe and bake in a 10x13" baking dish same time and temperature
4. Cut into squares and Serve hot!
Compliments of Jill Simmons, C&AS

With his trademark Tim Horton's in hand Vaughan breezes into the office for his interview. He is positive about his life, proactive towards his future and proud to acknowledge he is First Generation. And he is attending school simultaneously with his sons – one graduating from Western and one attending Fanshawe.

Vaughan's lifelong dream has been to attend college – In high school he had the marks but not the finances. He spent 4 years in the Canadian Navy where he attended school but that ended with a mishap to his knee. By his own admission he bounced around from job to job in restaurant management, factory work, construction but nothing challenged his potential – he was bored for 30 years. But good things come to those who wait!

After spending the last 17 years at Sterling Truck where he was a team leader in various specialty areas, he was required to go on WSIB because he chronically experienced lower back issues. Sterling Truck closed in October 2008 and finally Vaughan's dream of attending post-secondary education was realized. In 2009 he entered the pre-technology program at Fanshawe and won the Dean's Academic Award in Technology. Vaughan felt the pre-tech was 'a good way to go for a mature student'. He credits Michel Rivard as the reason he landed in the Manufacturing Engineering Technology program, and he fell in love with it.

During the past year Vaughan met weekly with members of the Adult Learners Group. They discussed many issues particularly those regarding barriers they faced, and creative solutions to them. Initiatives that morphed out of these meetings included The Wellness Room in F2010, new maps around the college featuring elevator locations, and the Adult Social Club (ASC). The ASC is designed to provide adult students aged 30+ the opportunity to enjoy functions based on their social needs. Currently the ASC boasts 60 members strong.

Life is exciting right now and with good reason. This Spring Vaughan won two Leadership Awards: one presented by Fanshawe Student Union (FSU) and the other a College Student Alliance Award presented to him in Oshawa. His message to the attendees: *People who say we are in trouble because of our youth, have not met today's youth – I am pretty impressed with their leadership.* He was not only nominated for a Canadian Manufacturers & Exporters (CME) Award but also the McGraw-Hill Complete Student Award. Perhaps the Presidents Prize is next? [Editor's Note: Since this interview Vaughan was awarded the Casey Romuald Schiegel Academic Award and the Fanshawe College Complete Student Award]

Vaughan has done drag racing most of his life so when Charles Hoeberechts, Coordinator for the Pre-Tech program mentioned a race car project they had done in 2001 Vaughan started asking questions. He found out that they could resurrect the project ([Fanshawe Formula SAE 2011](#)), build the car and compete internationally in May 2012 at Michigan Speedway. Along with Kyle Hooper his co-project manager, 16 team members and staff advisor Randy Sweetzir, Vaughan faces the red tape, building & sponsorship challenges with genuine optimism – *we'll get there!*

He believes his best experiences are yet to come. And he is excited about being elected by the student body to the Fanshawe Board of Governors – the fact that he is a mature student he feels is phenomenal.

Vaughan says *"it took 30 years to get here. The hardest thing I face every day is ME. I expect a lot from myself"*. And his sage advice: *"When you come to school, come with an open mind, a willingness to learn and the common sense to ask for help"*.

Yes, Vaughan is the epitome of what George Eliot said, *"It is never too late to be what you might have been"*.