

**HIGHPOINTS:**

First Year @ Fanshawe  
 Financial Aid  
 Fanshawe Student Union – Clubs  
 Featured Service and Support – The Learning Centre  
 Eat Right Ontario  
 Career Testing and Counselling  
 The Larry Myny Mentorship Program  
 Student Profile – Tayler Rodie

**AROUND CAMPUS:***Financial Aid Readiness Sessions – F2009*

- Every Tuesday, 9:00 a.m. – 11:00 a.m. from October 30 – December 18

*Interview Skills Workshops - Internet Job Search Workshops - Resumes & Cover Letters*

- Several dates and times in November, seating limited, register by calling Career Services at 519-452-4294

*ReThink London Workshop*

- November 7, 2012 from 4:00 – 6:00 p.m.

*Withdrawal deadline (15 week programs)*

- November 13, 2012

*Blood Donor Clinics – Alumni Lounge, 2nd floor in SC building:*

- November 15, 2012, 11:00 a.m. – 4:00 p.m.
- November 27, 2012, 11:00 a.m. – 4:00 p.m.

*Fall Open House – Bring your family!*

- November 17, 2012, 10:00 a.m. – 2:00 p.m.

*Resumania – Student Centre (across from Oasis)*

- November 20, 2012, 11:00 a.m. – 2:00 p.m. – FREE

*Griffith University, Australia and KOM Consultants – F Hallway*

- November 28, 2012 from 9:30 a.m. – 3:00 p.m.

*Re Gifting Sale – F Hallway*

- November 30, 2012, 10:00 a.m. – 2:00 p.m.

*Exams*

- December 10 – 14, 2012

*Final Grades Entered*

- December 18 by 3:00 p.m.

*Academic Standing*

- December 19 by 3:00 p.m.

*Christmas Break and Interim Days*

- December 17, 2012 – January 4, 2013



**Jan Robblee, First Generation Student Success Advisor**  
 519-452-4430 ext. 3914 Room: B2015 [jrobblee@fanshawec.ca](mailto:jrobblee@fanshawec.ca)

## CONGRATULATIONS ALL FIRST GENERATION GRADUATES YOU DID IT!

[First Year @ Fanshawe](#)**In the thick of things and heading for the end of term!**

Midterms are over and you can take a big sigh of relief! If you found they were more challenging than you expected, maybe it's time to think of a different strategy. Why don't you get together with some of those new friends you've made and start a study group or register for [Peer Tutoring](#)?

All that stress from tests, projects and exams can take its toll on your health. Are you coming down with a cold or the flu? Make sure you get enough rest and nutritious food. Why not check out the recipe I've included and the Eat Right Ontario website, for more healthy eating ideas. [Eat Right Ontario](#).

If you find that you need to speak to someone, remember we have wonderful services here. You can speak to someone in [Counselling](#) for personal issues or make an appointment with your [Student Success Advisor](#) to discuss academic issues.

[Financial Aid: E2020](#)

The Financial Aid office offers information and assistance regarding the Ontario Student Assistance Program (OSAP), bursaries, on-campus employment opportunities, financial planning, and budget advising. Drop by the office in E2020, call them at 519-452-4280 or visit their website: [www.fanshawec.ca/financial](http://www.fanshawec.ca/financial). Check out their Readiness Sessions under "Around Campus".

[Fanshawe Student Union - Clubs:](#)

Looking for ways to meet others and enhance your college experience? Check out the Fanshawe Student Union (FSU) for current clubs. If you don't see anything that interests you, why not start your own club? It's easy. Go to the Student Union website (link above) print off and fill out the "Fanshawe Student Union Club Charter" and "Fanshawe Student Union Club Policy" and hand them into the Student Union Office, located in SC2001. Any questions - contact FSU VP Internal, Troy Holmes at 519-453-3720 ext. 234.

[The Learning Centre: A2019](#)

The Learning Centre is a great place to get support, regardless of your academic abilities. Many strong students use the "LC" to get even better grades. Some students who start off struggling find the Learning Centre not only helpful initially but keep coming back because of the great learning environment. You can study alone or in small groups with your classmates and get great assistance from our math staff. If you need support with writing, communication or study skills you can easily set up an appointment by calling 519-452-4265 or dropping in to room A2019. We have tried to make the Learning Centre a comfortable place to work towards your academic goals.

## Learning Centre Hours of Operation;

Monday: 8:30 a.m. – 4:30 p.m.

Tuesday & Wednesday: 8:30 a.m. – 7:30 p.m.

Thursday: 8:30 a.m. – 4:30 p.m.

Friday: 8:30 a.m. – 12 noon

## Budget Friendly Recipe from [Eat Right Ontario](#)

© – Source: Foodland Ontario, 2010

### Leek, Mushroom and Cheese Frittata

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

This versatile light supper, lunch or brunch frittata is easy to make and ultra-flavourful with its garlic-and-herb cream cheese. Serve with crusty multigrain bread and sliced tomatoes and cucumbers.

#### Ingredients:

Butter	15 mL	1 tbsp.
Sliced halved well-washed leeks (2 to 3)	500 mL	2 cups
Sliced mushrooms (about 4 oz./125 g)	500 mL	2 cups
Cream cheese with garlic and herbs	113 g	1 pkg.
6 eggs		
Pepper	1 mL	1/4 tsp.
Salt	1 mL	1/4 tsp.

#### Cooking Directions

1. In large ovenproof nonstick skillet, melt butter over medium heat. Add leeks and mushrooms; cook, stirring often, for about 5 minutes or until softened.
2. In bowl, beat cream cheese to soften. Whisk in eggs, 1 at a time, until smooth. Season with salt and pepper.
3. Pour into skillet and stir gently with wooden spoon to combine.
4. Cover and reduce heat to low; cook until set and lightly puffed, 8 to 10 minutes.  
Broil until lightly golden, about 2 minutes.

**Tip:** To broiler proof your skillet, wrap handle in foil.

**Nutritional Information:** Protein: 14 grams Fat: 20 grams Carbohydrates: 10.0 grams Calories: 274

*The highest form of ignorance is when you reject something you don't know anything about.*

**Wayne Dyer**

### Career Testing and Counselling

Have you started in one program but know it's not for you? Are you not sure of your career path? Why not explore what careers would fit your lifestyle, personality, interests, values, aptitudes, work experience and education. Career counselling is available to all students registered in a full-time, post-secondary program and for three months following graduation. Make an appointment if you are interested in:

- Exploring your career goals with a counsellor.
- Learning about resources available to help you on your career and education path.
- Participating in career testing to help you learn more about yourself and set realistic career goals.

### The Larry Myny Mentorship Program

Are you nearing the end of your program here at Fanshawe? Have you ever wondered how you are going to get the experience you need to progress in your field of study? Why not check out the Larry Myny Mentorship Program. It's an excellent way to meet someone working in your field and gain first-hand advice and knowledge. The program matches self-motivated, high-achieving students with a mentor. Mentors are Fanshawe Alumni or community members who are established professionals. They help students develop transferable skills and begin building their professional networks. The program is a partnership between Larry Myny and the Fanshawe College Alumni Association. To apply to be a mentee, click [here](#).

### Taylor Rodie – General Arts & Science Program

Taylor Rodie is a First Generation student from Windsor Ontario where her two younger brothers keep an eye on their sister and contemplate their own post-secondary education. Her Mom is very supportive and a person Taylor admires and looks up to.

Due to a late application for the Child & Youth Worker Program, she is taking one term in the General Arts & Science Program and then changing to the Child & Youth Worker Program, in January. After completing that program, she plans on attending Western for Social Work.

Being a First Generation student brings its own unique challenges. In families where one or both parents did attend post –secondary there is a learned history. They know all about the workload and obligations attending college brings. In Taylor's and many other students' situation where parents don't have this learned history, they can't assist with homework, finances or school advice.

To assist with finances, Taylor is applying for applicable bursaries and looking for a part-time job. She's also checking into other resources available here at Fanshawe.

Taylor has found the move away from home and the change in schooling to be a trial but not one she can't surpass. She has learned to balance school, homework and extracurricular activities. One of her favourite pastimes is cheering. In Windsor, she cheered competitively for five years and when she came to Fanshawe, she tried out for and made the "Fanshawe Black Falcons", our very own cheer squad. As part of the squad, she will compete in two competitions – one in Ohio and the other in Brantford. Cheering consumes between four to six hours a week. Add that to class hours and homework and Taylor is a very busy woman!