

January 2012

HIGHPOINTS:

Around Campus This Month

Service and Support Featured Area:
Security Services D1027

Motivation to Change

What You Need to Know Right Now!

Inspiring Story: Meet Jake



Motivation to Change:

1. What is one thing you can do to increase motivation?
2. What would you have to give up or do less of to do better in school?
3. What sacrifices are you willing to make to improve your performance?
4. How do you feel about being a college student right now? Is there pressure and stress?
5. Does your motivation come from within or from outside yourself?
6. If you could do anything you wanted to do, would you be in college right now? Would you be in the same program?

First Generation website info:

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Around Campus This Month: Happy New Year

This is a new year with new beginnings full of opportunity and promise. And for many it's a time to reflect on the changes we want (need) to make, resolve and then move forward. Did you start off 2012 with a New Year's resolution? Maybe you chose to make a commitment to one or more personal goals or projects? Perhaps you want to reform a habit or make a lifestyle change? Will you be able to commit to a full year, what about one semester? Studies show that peer support increases your success rate. Resolutions are more sustainable when shared with likeminded and caring people.

Resolve to take advantage of the wealth of [Student Services](#) to support your success here at Fanshawe College.

Security Services - Room D1027

Fanshawe Campus Watch is a division of Campus Security Services. Campus Watch offers a variety of crime prevention programs, which are available to all College students and employees. Personal Safety – [Be Informed](#).

Foot Patrol offers safe walk escorts to anywhere on campus

R.A.D. is a self-defense course for women on campus that offers safety education and basic hands-on defensive training. Self-defense instruction is also available for men.

Work Alone program offers safety checks for staff or students working late on campus. To learn more about or to register for one of these programs, please call 519-452-4430 x4775 or visit online: <http://www.fanshawec.ca/security>

What You Need To Know: January – A New Beginning

- ✓ Fresh start – back into the groove of friends, classes and self-identity
- ✓ Confidence may be high or low depending on outcome from previous semester
- ✓ Good time to set goals based on desire to learn from last semesters work. Organize peer study groups.
- ✓ May be financial stress re: OSAP, bursaries, money sources
- ✓ ['Winter blues'](#) may affect you or a friend. Visit: [icopeu](#)



Important Dates:

Jan 2: First day of class;

Jan 3: OSAP reminder for students

Jan 16: 10th day of class. Last day to register in or change programs

Jan 18: Student Assistance Bursary available; Jan 23 FG Bursary W2012 students only.

Jan 26: [Student2Business](#)

Jan 27: Payment plan due for winter

Wellness Tip:

Cold winter air and indoor heaters can dry out your skin. Make sure you drink at least 8 glasses of water each day and use moisturizers throughout winter months. Indoor plants may be a nice touch – they give off moisture, oxygen and brighten up a dreary day.

Healthy Recipe:

Quinoa, BlackBean or Leftover Turkey & Cranberry Salad

1 c. quinoa 1 c. black beans/turkey
3 Tbsp. canola oil
½ c. chopped dried cranberries
½ c. crumbled feta cheese
2 Tbsp. rice vinegar
¼ c. shredded fresh basil
2 Tbsp chives or green onions

Cook quinoa according to package directions. Cool. Stir in oil and rice vinegar, black beans or turkey, cranberries, feta, and toss. Add basil, chopped green onions or chives and salt/pepper to taste. Store in frig for three days. *Gluten-free recipe.*

He's a man committed to his future forecast, and motivated to change. University bound and career ready – well almost!

Jake spent two years at Sheridan College taking visual and creative arts. It was fun and a whole new world, but academically he didn't thrive. He lived at home, worked part-time and continued life in the same old, same old fashion. So he decided to find a different college, move away and live on his own. It was exciting, scary and an epiphany – a wakeup call to his life.

Jake decided to transfer to Fanshawe. The process certainly wasn't without its challenges. The course credit and the transfer administration was an overwhelming process but the program coordinator, professors and SSA were extremely helpful. It worked out for the better.

Straight into Fanshawe's second year he took the standard art classes, mediums and art projects where you learn everything. This year he is applying what he learned concentrating on individualized projects, technical processes and conceptual ideas. So what is Jake doing? Video projects of sculptures – last year his focus was intent on painting and drawing.

His professors pushed him to explore limits outside his comfort level; encouraged him to try new things. Explore, create and don't worry about getting it right the first time. One to challenge himself he decided on clay. It wasn't his strength but he was intrigued with the research, preparation, chemical changes and the stimulus of his hands in a clay medium. He failed sculpture class at Sheridan so this was really taking a chance. Indeed it was a turning point for Jake in his college career. Obviously his teachers saw something in his artistic talent and passion worth exploring. He was going to seriously commit, no more goofing around and skipping class. He was being pushed to the limits at Fanshawe to create, and create he would.

His teachers were passionate, supportive and encouraging. **S T R E T C H...** A couple in particular took interest in him, his work and his future. One teacher told Jake he could do better and then held him accountable. Jake realized "Wow, he's right! I need to take responsibility for my learning and accept that I am the key to my future." Even the Coordinator commented on his increased work ethic, time management, self-care turnaround. Looking back Jake said he realized that *all his difficulties were self-inflicted.*

This winter semester is intense as he has two extra courses because of the college and program transfer. He plans to attend the Nova Scotia College of Art & Design and is busy adding to his portfolio based on his own personal statement not just on his grades. He knows what he needs to do to get where he wants to go. He has to apply in February for September. If the stars align he will do an accelerated program, three semesters back to back and graduate with a Bachelor of Fine Arts. Money, time frames are doable; previous experiences have led to this very rich time right here, right now.

His parents are positive and supportive but not without concern for his future and financial obligations. His dad a millwright is also passionate about art and wants Jake to have a career that he loves – not just a job.

Fine Art Exhibition: [EVAC](#), 757 Dundas St, London, February 17th, 7:00 pm

His motto "Do it for the love of doing it (for myself), not for the money." At the moment he has a full plate of 'doing'; perhaps honestly, a full platter!