



November 2011

**HIGHPOINTS:**

Around Campus This Month

Service and Support Featured Area:  
The Learning Centre

Health Services - On Campus

What You Need to Know – Options &  
Opportunities Available

Inspiring Story: Jeremy Groves

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**Health Services – On Campus**  
*Fowler/Kennedy Clinic SC1001*

- The on-campus Health Services Clinic has physicians onsite for assessment and treatment of illness and injury.
- The clinic also provides family planning including lower cost birth control pills and STD counselling
- Call: 519-452-4230

**Health Insurance:** All registered full-time post-secondary students are covered under the health plan for prescription drugs, accidental death and dismemberment. New: Optometric examination and coverage limit for prescribed glasses/contacts. For more information visit [www.fsu.ca](http://www.fsu.ca) click on Health Plan

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**First Generation website info:**

[www.fanshawec.ca/1stgen](http://www.fanshawec.ca/1stgen)

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



**Around Campus This Month:**

Congratulations to all First Generation graduates. Stand Tall – Be Proud!  
Graduation Ceremonies: Thursday, November 3<sup>rd</sup>, Friday, November 4<sup>th</sup>.

Do you feel like an elastic band stretched to your max and ready to snap or recoil under pressure? Perhaps you are juggling too many items, desperately trying to keep all the elements of your life in play? Bringing balance to your life is key and it's important to find what works for you. Try running or yoga; embrace your support group; speak with a counselor; find ways to study smarter not harder, and eat healthy. Downplay things that zap your energy and overwhelm you. Create a schedule, plan your time, make a list and focus on what you need to do. If you are doing well, keep the momentum going! Happy to answer your questions. Ask [Deb](#)

**The Learning Centre:**

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 returning because of the great learning environment. You can study alone or in small groups with your classmates and get great assistance from our math, chemistry or physics 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. Customized Workshops and Group Sessions - Students can arrange for a group session or faculty can book a classroom visit.

[Study Skills](#) –Free Study Skills Workshops are available on a weekly basis from September through April. [Second Language Students](#) - Assistance with writing skills or assignments for English second language students is offered. *Conversation Circles* for second language students provide the opportunity to practice their English and meet new friends.

**What You Need to Know: Options & Opportunities**

- ✓ **Career Exploration:** FREE sessions held Tuesdays this month 3:00 – 5:00 pm. Wondering if you are in the right program, what job types will fit your skill set? Visit F2010, 519-452-4282 to sign up.
- ✓ **Career Services Resume Workshops:** Need help with your resume or online job search? Contact Liska in D1063
- ✓ **Fanshawe Leaders Series:** NEW for FG - Do you want to lead or develop your leadership skills? Contact Samantha Lucio in F2010
- ✓ **Deadline to withdraw from a course without academic penalty** Tuesday November 15<sup>th</sup>. Contact your SSA



**Jeremy Groves: New Grad →**

### **Wellness Tip: Get Enough Sleep**

Sleep is natural, healing and restorative. Adequate sleep is an important part of your wellbeing.

### **Healthy Recipe: JDG's Creation**

#### **Ingredients:**

1 cup organic lentils  
1 cup organic, brown basmati rice  
1/2 - 1 lb. organic, heirloom tomato  
1 tsp. organic, mixed herbs (dried or fresh, 3 or 4 of your favs)  
Juice of 1/2 an organic lime  
Dash of sea salt

#### **Directions:**

Dice tomato and mix with lime juice, sea salt and herbs. Let stand for a couple of hours covered (if you have issues with fruit flies) on the counter (do not refrigerate for best results with initial serving). Cook lentils and rice according to instructions on package. Mix together in a serving bowl and serve while lentils and rice are still warm.

Makes 4 - 6 servings. Refrigerate leftovers. Can be reheated/good cold.



*Do you know where your food comes from? Do you like cycling... join me on the MS Bike Tour?* This is not your average email signature!! And before beginning the FG interview we have an interesting discussion regarding Jeremy's 'Social Responsibility & Ethics' elective. I admire his personal integrity and commitment to making a positive impact, one choice at a time.

Jeremy says he has always had business sense so felt coming back to school would legitimize his claim! As a graduate of the Architectural Technology program at Fanshawe College he worked in his field for 8 years before being laid off in Spring 2010. Thoughts of running his own company or managing someone else's had been swirling in the back of his mind so the layoff was indeed a gift.

He made smart and informed choices regarding his decision to further his post-secondary education. The General Business program seemed well rounded with a co-op option. He was looking to complete the program in the most cost effective way – *get me in/get me out* with solid course content. By placing out of WRIT, writing two challenge exams, completing a Prior Learning Assessment (PLA) for Business Communications and attending school in the summer, he was able to finish his schooling in three straight semesters. And he decided against co-op but did take advantage of the FREE Career Assessment offered through Counselling and Accessibility Services.

His accelerated program made for an interesting 'custom fit' schedule each semester. Different courses and the ever changing diversity of classmates kept him on his toes - he liked that, and he learned a lot.

Jeremy became a [Peer Tutor](#). Students help students by providing one-on-one assistance with course work – a job opportunity available here on campus. As a result, he tutored 8 students during the winter months and one this past semester. He says it's one of his best experiences to date – gaining valuable work experience and meeting new friends. He also became a Peer Mentor with the First Generation project and was paired with Salah who wanted to make a successful adjustment to Canadian life. They enjoyed interesting conversations on topics that ranged from the Sudanese lifestyle - riding a donkey vs. riding oxen to the Tim Hortons' Brier curling championship at the JLC in March. Jeremy says that his new friend has some big goals, and hopes to see him achieve them as Salah continues his studies at UWO..

**Biggest challenges:** 1. Finances – OSAP was helpful but not enough. 2. Adjusting to a younger student culture during his first semester was interesting as he was the only mature student in his two level one courses. He felt more comfortable in his elective courses where most of the students had at least two semesters under their belt, and seemed to take their education more seriously. 3. Group work was a challenge particularly with International students regarding language barriers. But Jeremy enjoyed the variability of the people he met and the learning that developed. His final challenge: 4. Getting used to homework again and taking it home with him. Academically his final semester was by far the most challenging and the most rewarding.

Jeremy says he is impressed with the College's commitment to [student success](#) – *there are so many programs available for struggling students regardless of their challenge. Students have options on every front to access assistance. Best piece of advice: Get to know your [Student Success Advisor, Academic](#). It's a 'one stop shop' service. It's definitely more challenging to find out on your own all the supports the college has to offer.*

"Knowledge is power, community is strength, and positive attitude is everything" *Lance Armstrong, champion cyclist*. Congratulations Jeremy on your Graduation, November 4<sup>th</sup>. Enjoy the ride!!