



October 2011



HIGHPOINTS:

Around Campus This Month

Service and Support Featured Area:
Financial Aid; Awards & Scholarships

Becoming a Better Student

What You Need to Know – Finding
Your Routine

Inspiring Story: Meet Breton

Around Campus This Month: Happy Thanksgiving!

You've probably noticed that Fanshawe thrives on daily, weekly and monthly activities; hosts a variety of clubs to join; and offers awesome academic and social networking opportunities. Take advantage of two great resources available to help organize/maximize your time and learning potential: 1. Keep yourself on track using the Fanshawe **Student Handbook** for booking important dates and times, especially as your workload increases. 2. Participate in **Study Skills workshops** or book an appointment with Cheryl Mills, Student Success Facilitator: cmills@fanshawec.ca or call 519-452-4430 x4726. Invest in Yourself!

Becoming A Better Student

- **Self-registering course** available on [FanshaweOnline \(FOL\)](#) to all students currently enrolled in a post-secondary program at Fanshawe.
- If you are interested in becoming a better student go to **Content** in this course and choose any of the following short modules:
 - **Active Learning
 - **Wise Choices
 - **Learning Styles
 - **Study Strategies
 - **Goal Setting
 - **Time Management
 - **Listening & Note taking
 - **Reading To Understand
 - **Test Preparation
- College Resources available

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

Awards & Scholarships: K1003

[Awards & Scholarships](#) administers the College's donor funded awards, scholarships and bursaries as well as the College's participation in three specific national, In Progress awards programs. The four main types of awards, scholarships and bursaries are Entrance/First Year, In Progress, Financial Need and Graduate. Worth a try – check it out, then apply! www.fanshawec.ca/awards

What You Need to Know: Finding Your Routine

- ✓ Begin to understand new systems: 'find your stride', or struggle if [learning strategies](#) aren't working
- ✓ Establish routines with roommates, respecting shared spaces
- ✓ **Experience first set of midterms** – talk to faculty or your [SSA](#)
- ✓ Mid-term grades for most post-secondary Fall programs available October 21: S (satisfactory) U (unsatisfactory) grades
- ✓ Create balance between part-time work, studies, social activities and personal well-being. [Adult Student Support Group](#) services
- ✓ Become involved in [student life](#)

First Generation website info:

www.fanshawec.ca/1stgen

Remember as your First Generation - Student Success Advisor I am here to encourage and support your dreams of achieving your college diploma. Let me know how I can help whether it is answering questions, finding resources or helping navigate your college experience. *Deb*

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



Breton Eby: Distinguished Student

United Way Chili Kickoff: Tuesday, October 4; B, H Caf, Forwell Hall, Oasis

CIP: College Information Program on Wednesday, October 19, 9:00 – 12 noon in J Gym. Meet reps from other Ontario colleges concerning your options

Wellness Tip: Choose a healthy diet. What you eat is a big part of your health and wellness especially during mid-terms and exam times. Not a good time to get sick. Eat plenty of whole grains, vegetables and fruit. Drink water to promote healthy digestion.

Healthy Recipe: Mmmm!

Turkey Barley Soup: Crockpot Style

Here's an easy recipe for an old-fashioned turkey barley soup.

- 6 cups chicken broth or turkey broth
- 2 cups diced cooked turkey
- 1/2 cup pearl barley
- 1/2 cup chopped onion
- 2 celery stalks, chopped
- 3 carrots, sliced
- 1/2 cup peas
- 1 bay leaf
- 1 teaspoon dried leaf thyme
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley (about 2 teaspoons dried)

Combine all ingredients in a slow cooker. Cover and cook on low for 6 hours, or simmer over low heat on the stove for 1 hour or until the carrots are tender and the barley is soft. Serves 4-6.

www.southernfood.about.com

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." Mark Twain

From the age of four Breton's dream was to become a nurse. And that is exactly what Breton Eby did!

With a strong belief in herself, minimal support and very few resources she headed out to Fanshawe College in the Practical Nursing (PN) program and never looked back. "I am the first person in my family to go to college and I decided to make it the best time of my life... I was never one to be involved in school, but when I came to Fanshawe I decided to change that and I became involved"

She participated in everything she could: Laff Guards, Shinerama, PN Class rep, and an integral part of the PN Advisory Committee, Fanshawe College - Open Houses, Student Facilitator for conferences, charity balls, information nights and workshops as well as participating in Leadership Days and a Trauma and Treatment weekend. She was part of the First Generation (FG) pilot project in 2009 sharing her story and meeting other FG students who were new to the post-secondary education experience. "Since the First Generation project was so helpful to me I decided to give back". Breton became a strong voice and advocate of the First Generation (FG) project during FG first year orientations as a panel member. She provided valuable input as part of a FG focus group and ideas for rollout of the volunteer peer mentor-mentee opportunity. Breton embraced it all and she says her volunteer commitments have brought her 'great joy'!

Her clinical opportunities within a wide variety of practical nursing settings provided a strong foundation of knowledge and skills. Breton honed her nursing skills in a long term care facility, followed by a clinical in spinal cord rehabilitation. In obstetrics she learned a lot about women and families. Then on to pediatrics where she personally felt she made a huge positive impact on her clients. She found complex patients on a general medicine floor to be her biggest challenge – and she learned a lot about herself. Breton's final placement at Regional Mental Health Care London was her favorite – she absolutely loved this experience and as a result plans to become a psych nurse.

And to that end Breton was recognized in front of her graduating peers by Fanshawe College President Dr. Howard Rundle as a most deserving recipient of the Distinguished Student Award based on her academic performance and contributions to College life. As a First Generation graduate, Breton is amazed by her accomplishments.

Breton's Words of Wisdom: "No matter where you come from, no matter who you are, you can be whatever you want... believe in yourself, believe in the possibilities, and never stop... These two years have most definitely been the best two years of my life"

Mark Twain would be proud!