



September 2011



**HIGHPOINTS:**

Around Campus This Month

Service and Support Featured Area:  
Counselling and Accessibility  
Services (C&AS) F2010

First Generation Bursary

Your First Year in Fanshawe: What  
You Need to Know Right Now!

Inspiring Story: Meet Mary

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**First Generation  
Post-Secondary Bursary**

- Available for First Generation students currently enrolled in a post-secondary program. First Generation students are those whose parent(s) did not attend/complete a post-secondary program
- Student must demonstrate financial need
- Student must be registered in a full time program
- Student must meet Canadian Citizenship criteria
- Student must submit an essay
- Application Date:  
September 26 – October 14

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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:**

The flurry of activity is everywhere in the college. Adrenalin is high, nervous energy abounds and excitement thrives. You may be leaving home and moving into new living accommodations, or experiencing a new home routine. The reality of meeting new room-mates, doing laundry, cooking meals, buying books, even obtaining a bus pass can be overwhelming. 'Where is the closest grocery store? How do I find the Library? When is my program orientation? What is FOL, WebAdvisor and myFanshawe – how do I find out?

Trust me it will all come together for you – the important thing is you acknowledge that *you don't know everything*. So just ASK. Ask anyone at Fanshawe wearing a red Ask Me button, ask me – your First Gen Student Success Advisor, and ask your teachers, your friends. Check Fanshawe's Facebook page or the Ask Fanshawe link. We want you to obtain the answers you need to support your life and embrace the Fanshawe experience.

**Counselling & Accessibility Services: F2010**

A wide range of student success services is available through Fanshawe's [Counselling & Accessibility Services](#). Counsellors provide confidential assistance with academic matters, accessible services, personal concerns, career decisions, peer tutoring and off campus housing. The friendly, experienced and sensitive staff and counselors address each individual's needs. Counsellors understand that every individual is unique and therefore must make their own decisions. They'll help you make sense of your experience and explore possibilities for positive change.

Monday – Thursday: 8:30 AM – 4:30 PM; Friday: 8:30 AM – 4:00 PM  
Contact them by Phone: 519-452-4282

**What You Need To Know: September is Adjustment Time**

- ✓ Learn how to structure time in a new environment
- ✓ Learn how to learn and [develop new study strategies](#)
- ✓ Discover new technologies: [FOL](#), [WebAdvisor](#), [myFanshawe](#)
- ✓ Mature students may need to create new home expectations
- ✓ Establish new relationships with peers and college faculty
- ✓ Encounter cultures and ideas different from home
- ✓ Test the limits of new found freedom by taking risks

## Important Dates:

Sept 6: First day of class; OSAP reminder for students

Sept 19: 10<sup>th</sup> day of class. Last day to register in or change programs

Sept 20: Student Assistance Bursary available; Sept 26<sup>th</sup> FG Bursary

Sept 28: Payment plan due date for FALL term

## Wellness Tip:

Remember to invest in your emotional health. People are social beings and generally need to maintain supportive social relationships. Being actively involved in promoting your own physical and emotional well-being are all part of a healthy lifestyle. So surround yourself with positive people – those who support you and believe in you. Take care of yourself. Take care of each other.

## Healthy Recipe:

### Raisin Breakfast Bars

#### Ingredients:

3/4 cup All-purpose flour  
3/4 cup Toasted wheat germ  
1/4 cup Sugar  
1/2 teaspoon Baking powder  
1/2 teaspoon Cinnamon  
1/4 cup Margarine, melted  
1/4 cup Honey  
1 Egg  
1/2 teaspoon Vanilla  
1 cup Raisins  
1/2 cup chopped Walnuts

#### Directions:

Combine flour, wheat germ, sugar, baking powder, and cinnamon. Stir in margarine, honey, egg and vanilla; mix well. Stir in raisins and walnuts. Press mixture firmly into a greased 8- inch square pan. Bake at 350 F for 20 to 25 minutes or until lightly browned

Variations on this theme may include substituting unsweetened applesauce for butter, a mixture of dried raisins + cranberries/blueberries/dates in place just raisins and chocolate chips instead of walnuts. Enjoy!

<http://www.jamieoliver.com/forum/viewtopic.php?id=29888>



Sometimes life has a way of introducing you to an amazing person, one who leaves you undeniably changed in a profoundly positive way. Meet **Mary Willan**.

Mary entered the Fanshawe College Office Administration – Medical program in September 2009 through the government sponsorship of Second Career. She is the single parent of two university attending children (one now a graduate) and a lifelong committed volunteer to community service. By her own admission she is stubborn – I call her determined. Mary has been a wonderful resource for our First Generation students sharing her wisdom via student panels, focus groups and the college open house.

She especially loves sharing her thoughts and college experiences in a face to face forum with new students. While acknowledging that many new students are proactive Mary feels that many get lost in the transition to college – that it can be very overwhelming initially. Students need to know that at every turn there are Fanshawe resources available for support and that each experience takes you to different places and people yet to meet!

Two challenges came to mind during our conversation. The first was her perception that she would not be well accepted by younger college students right out of high school. Not only did she form great relationships with many of the younger students but she was surprised by how many mature students were on campus! The second challenge was her disability. Mary credits the good folks in Counselling & Accessibility Services (and her Professors) for providing her with the tools she needed to work within her disability, successfully complete her 2 year program and ultimately graduate. Thus Mary's best piece of advice is "Look at what resources are available at the college and use those resources sooner rather than later..."

And there is more to her story: At the end of her first year at Fanshawe Mary won the Jessica Jean Campbell Coulson – Women's Academic Award. This award is given in memory of Jessica Jean who was known for her care and compassion in assisting students with disabilities. She also won the Jessica Jean Campbell Coulson - Memorial Scholarship awarded in the final year of a post-secondary education diploma program. Mary is the first double recipient ever at Fanshawe College! Congrats graduate!!

Currently she is taking advantage of the Mentoring for Success program which is available to current students as well as Fanshawe alumni.

*"The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome"* Helen Keller

Mary - Wishing you a lifetime of rewarding JOY!