



## HIGHLIGHTS

New Year's resolutions

Health & fitness

Leave the Pack Behind

Get Involved

Success Matters Workshop Series  
Schedule featuring upcoming FG events

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## HAPPY NEW YEAR!

### START THE YEAR OFF RIGHT

Attend an FG event!

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### STUDENT LIFE TIP

Set goals for the semester;

Manage your time;

Stay organized; and

Don't lose focus of your goals.



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## CONTACT

Lucy Romao Vandepol  
First Generation Student Co-ordinator  
T: 905.721.2000 ext. 3458  
E: [firstgeneration@durhamcollege.ca](mailto:firstgeneration@durhamcollege.ca)

Student Services building, SSB 211  
Hours of operation:  
Monday to Friday,  
8:30 a.m. to 4:30 p.m.

## New Year's Resolutions

According to Wikipedia, "a New Year's resolution is a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous. The name comes from the fact that these commitments normally go into effect on New Year's Day and remain until fulfilled or abandoned."

### Do you have a New Year's resolution?

I generally don't make New Year's resolutions but I do take a moment during this time of year to review my personal goals and think of how I can tweak what I am already doing. I prefer to think in terms of goals...

Regardless of whether you call them goals or resolutions, now is a good time to reflect on your first semester and start thinking ahead to your second semester. Generally the habits you form at the start of the semester are how you will perform at the end of the semester.

### First semester reflection questions

- What did you like about first semester? What did you find challenging?
- How often did you attend class?
- How well did you feel that you kept up with readings, assignments and personal obligations? How well did you manage your use of time?
- Where your grades what you expected? Are you satisfied with your grades?

### What do you want to tweak and/or change for 2013?

### Are your goals SMART?

**S** = Specific  
**M** = Measurable  
**A** = Attainable  
**R** = Realistic  
**T** = Timely

Having SMART goals can help you establish a strong foundation for success.

It is important to spend time at the beginning of each semester to set goals and establish a plan for achieving them.

Don't forget to also revisit and revise your goals as necessary.

***Find out more about how Student Academic Learning Services (SALS) and the Success Matters Workshop Series can help you achieve your goals by booking an appointment with me to create your plan for success at Durham College.***

## Are you looking to get involved in 2013?

### then ...

Come out to the first **'Lattes with Lucy'** of 2013 on Monday, January 14 from 2 to 3 p.m.

Krista from the Student Life office will be there to:

- provide information on how to get involved with the DC Crew; and
- answer your questions about what it's like to be a leader on campus.

### and/or

Attend the **'Campus Leadership & Involvement lunch'** on Monday, February 4 from 12:30 to 1:30 p.m. to learn more about:

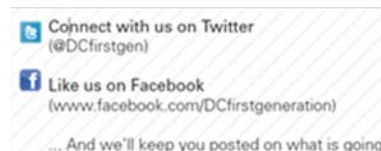
- Durham College's Co-curricular Recognition program and leadership awards;
- the various opportunities to get involved on campus; and
- to discover why it is so important to be involved.

register in advance by emailing [firstgeneration@durhamcollege.ca](mailto:firstgeneration@durhamcollege.ca)

**Ask questions;**

**Exchange information; and**

**Stay informed.**



## On campus support to help you have a healthy new year!

### Fitness and health

#### FITNESS

Athletics and recreation play an important role in your health and well-being and are integral to your overall educational experience.

Arrangements have been made for the staff at the Campus Recreation and Wellness Centre to provide FG students with an orientation of the Flex Centre on Wednesday, January 9 at 2:15 p.m. – register in advance by emailing [firstgeneration@durhamcollege.ca](mailto:firstgeneration@durhamcollege.ca)

Durham College offers a variety of options for helping you achieve your fitness goals including [fitness classes](#) which are offered at a reduced rate for students. Registration opens on Friday, January 18, 2013 at 8 a.m. You are able to test out a class during the free trial period between January 14 and 18.

Personal training sessions are also available at a reduced rate for students.

Your campus ID card is required to gain access to each of the athletics facilities (FLEX Fitness Centre, gymnasiums, 200-metre indoor track, squash courts, Campus Ice Centre and Campus Tennis Centre).

The Campus Ice Centre offers students free skating from September to May, Monday to Friday from noon to 2 p.m. Skates are available for loan at no cost (limited quantity). Stick and Puck runs from September to May, Monday and Tuesdays from 12:15 to 1:45 p.m. Cost is \$3/person. Helmets, sticks and skates are available at no cost (limited quantities). Shiny hockey runs from September to May, Wednesday to Friday from 12:15 to 1:45. Cost is \$5/person and participants must have full equipment.

Join us for the **FG Public Skating Session on Friday, January 18 from 12:30 to 1:30** at the Campus Ice Centre – register in advance by emailing [firstgeneration@durhamcollege.ca](mailto:firstgeneration@durhamcollege.ca)

#### NUTRITION

The Health Centre offers nutritional counselling. Holistic Nutrition is a natural form of nutrition which aims to educate individuals about the benefits of optimal nutrition. It promotes health through diets rich in whole, natural foods and encourages exercise. It encompasses characteristics of food, quality of food and holism of the consumer. More information can be found [online](#).

The Student Insurance Plan covers 80% of the cost of each treatment. For more information or to book an appointment call 905.721.3037

#### LEAVE THE PACK BEHIND (LTPB)

Leave the Pack Behind is a smoking cessation promotion group that is run by students for students out of the Campus Health Centre. Visit the Campus Health Centre for information on throwing the pack away!



Please note:

**\*\*Require that you register by emailing [firstgeneration@durhamcollege.ca](mailto:firstgeneration@durhamcollege.ca)  
First 5 people to register for each 'Lattes with Lucy' session will receive a free stainless steel coffee mug.**

\* These workshops require you to sign-up in advance at SALS, Student Services building SSB 204

Week	Monday	Tuesday	Wednesday	Thursday	Friday
		January 1	2 Campus re-opens Registration for Oshawa campus part-time students begins	3	4 Program Orientation for first-year winter-start students
1	7 First Generation Students' Orientation Session** Noon to 2 p.m. SSB 116	8	9 Students 4 Students: FG Peer Mentor Drop-in Session 1 to 2 p.m. SSB Tim Horton's  Flex Orientation 2:15 p.m. Meet at CRWC	10 FG WHITBY CAMPUS DAY  FG / Student Life Welcome Back to Campus Fun Day 11 a.m. to 2 p.m. Student Lounge Whitby campus	11
2	14 TRY A FITNESS CLASS  Time Management* 10 to 11 a.m. SSB 204  Lattes with Lucy featuring Krista from Student Life and info on getting involved with DC Crew* 2 to 3 p.m. SSB Tim Horton's	15 FOR FREE THIS WEEK  Test & Exam Preparation* 1 to 2 p.m. SSB 204	16 .....  FG PICKERING CAMPUS DAY  Study Strategies* 11 a.m. to noon SSB 204	17 TRY A FITNESS CLASS  Thinking & Reading* 1 to 2 p.m. SSB 204	18 FOR FREE THIS WEEK  Listening & Note-taking* 10 to 11 a.m. SSB 204  FG Public Skating Session 12:30 to 1:30 p.m. Campus Ice Centre**
3	21 Thinking & Reading* 10 to 11 a.m. SSB 204  Stress Management Lunch & Learn** 12:30 to 1:30 p.m. G2021	22 Listening & Note-taking* Noon to 1 p.m. SSB 204	23 Time Management* 1 to 2 p.m. SSB 204  Lattes with Lucy featuring Career Chats with Anna from Career Services* 2:30 to 3:30 p.m. Student Services building, Tim Horton's	24 FG WHITBY CAMPUS DAY  Test & Exam Preparation* 10 to 11 a.m. SSB 204	25 Study Strategies* 11 a.m. to noon SSB 204
4	28 Study Strategies* Noon to 1 p.m. SSB 204  Lattes with Lucy featuring Elaine from Financial Aid and Awards* 2 to 3 p.m. SSB 113 A	29 Thinking & Reading* 1 to 2 p.m. SSB 204	30 Listening & Note-taking* noon to 1 p.m. SSB 204  Students 4 Students: FG Peer Mentor Drop-in Session 1 to 2 p.m. SSB Tim Horton's	31 Time Management* 11 a.m. to noon SSB 204	February 1
5	4 Time Management* 9 to 10 a.m. SSB 204  Campus Involvement and Leadership Opportunities Lunch and Learn** 12:30 to 1:30 p.m. SSB 113 C	5 Test & Exam Preparation* 1 to 2 p.m. SSB 204	6 JOB FAIR 11 a.m. to 3 p.m. Gyms 3, 4 & 5  Study Strategies* 11 a.m. to noon SSB 204	7 FG WHITBY CAMPUS DAY  Thinking & Reading* 1 to 2 p.m. SSB 204	8 Listening & Note-taking* 10 to 11 a.m. SSB 204

The First Generation Student Co-ordinator is available to meet with students to help them create a plan for success, students can book one-on-one appointments by emailing [firstgeneration@durhamcollege.ca](mailto:firstgeneration@durhamcollege.ca)

Workshops and times were accurate at the time of printing. For an up-to-date schedule please see the first generation student co-ordinator or Student Academic Learning Services (SALS).