

# First Year News

February, 2014

## Important dates

- February 5 – Job Fair 11 a.m. to 3 p.m. CRWC, Gyms 3, 4 and 5
- February 17 – Family Day – no classes
- February 24 to 28 Winter break week
- February 28 – T2202A available at 4 p.m. on MyCampus



## Winter break survival!

This is the month you have heard about and seen on TV and Hollywood films for years! The week you get off from studying to party hard, consume loads of alcohol and not be responsible or accountable for your choices. Not quite! A quick reality check (and look at your course outlines) may show you that the following week you could have tests or assignments due. So, if you are planning to vacation all week, be sure you plan ahead. Get caught up and started on your studying or assignments now so you have less to do on your break and more time to enjoy it! Yes, this is a break from your classes; but this is also the perfect time to get caught up and review any course material you find challenging. Enjoy this break responsibly – and have fun! break and more time to enjoy it! Yes, this is a break from your classes;

but this is also the perfect time to get caught up and review any course material you find challenging. Enjoy this break responsibly – and have fun!

Many students consider alternative “Spring Break” activities which offer life changing experiences while enhancing your resume. There are numerous organizations looking for volunteers so check out opportunities at Habitat for Humanity, boys and girls clubs, your local food bank, recreation centre and so many other places. Looking ahead to next year, consider exploring opportunities abroad where you travel with an organization to other countries to help build schools, shelter or with humanitarian aid. There are several reputable organizations looking for students just like you who want to use their break to make a difference.

Whatever you choose, I hope you make time to relax, recharge and have fun!

## Healthy Eating

When there are many demands competing simultaneously for our time, we tend to cut corners. Far too often students sacrifice healthy eating in an attempt to save time. But, we know that without the proper fuel, our bodies are less alert and able to learn!

Healthy eating tips:

- Other than a quick wash, *fresh fruit* requires no prep time.
- When making lunch or supper, make enough for the next day too!
- Avoid the sugar crash and choose high protein snacks.
- Drink plenty of water every day.
- When visiting Aramark outlets look for their Green Thumb program!

The Health Centre has a nutritionist available to help you learn how to have a balanced and nutritious diet to achieve optimal health. And, your Student Insurance Plan will cover 80% of the cost!

Even though this is a busy month, taking time to prepare for the mid-term rush and eating right will in fact increase your success.

## Tips and reminders

- Wondering which bus takes you to the Whitby campus and the Oshawa Centre? Hop on the 910!
- SALS offers workshops to help you prepare for mid-terms.
- Time to start thinking about your summer job and putting out applications.
- Employers at the Job Fair are looking to hire so dress to impress and bring your resume!
- Go to [servicedesk.durhamcollege.ca](http://servicedesk.durhamcollege.ca) for FAQ sheets and more!

## First-Year Experience contact

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# First Generation News

## February is the shortest month - so make every day count!

February is a planning month; it's a good time to: put together a financial plan for the upcoming year; focus on finding summer employment opportunities; and making housing arrangement for next year.

Upcoming FG events and SALS workshops

Week	Monday	Tuesday	Wednesday	Thursday	Friday
6	February 10 Presentation Skills* 10 to 11 a.m. SSB 204	11 Time Management* 9 to 10 a.m. SSB 204	12 Test & Exam Preparation* 2 to 3 p.m. SSB 204	13 <b>FG WHITBY CAMPUS DAY</b> Test & Exam Preparation* Noon to 1 p.m. SSB 204	14 Study Strategies* 1 to 2 p.m. SSB 204
7	17 <b>FAMILY DAY</b> Statutory holiday - no classes, services closed	18 Time Management* 9 to 10 a.m. SSB 204	19 Test & Exam Preparation* 10 to 11 a.m. SSB 204 <b>FG Mid-semester Celebration**</b> 1 to 3 p.m.	20 <b>FG WHITBY CAMPUS DAY</b> Coffee & Study tips 2 to 3 p.m. Student Lounge Whitby campus Study Strategies* Noon to 1 p.m. SSB 204	21 <b>Lattes with Lucy**</b> 11 to noon. SSB Atrium

## Let's celebrate the semester's successes

Join us on Wednesday, February 19 at the FG Mid-semester Celebration, 1 to 3 p.m., SIM 1154

Lunch will be provided – **RSVP to [firstgeneration@durhamcollege.ca](mailto:firstgeneration@durhamcollege.ca)**

### FG Co-ordinator contact

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# Aboriginal Student Centre News

Date	Time	Event
February 4	10 a.m. to 3 p.m.	Drop-in craft session
February 6	1 to 3 p.m.	Sharing Circle
February 11	10 am. to 4 pm.	Traditional Teachings
February 13	6:30 to 9:30 p.m.	Fullmoon Ceremony <b>at Camp Samac</b>
February 17	Afternoon	Movie: 8 <sup>th</sup> Fire
February 18	10 a.m. to 3 p.m.	Drop-in craft session
February 19	1 to 3 p.m.	Sharing Circle
February 20	2 to 4 p.m.	Drop-in craft session
February 24	10 a.m. to 3 p.m.	Drop-in craft session
February 27	TBA	Soup and Substance (Aboriginal session)

Please contact Peggy Forbes at [peggy.forbes@durhamcollege.ca](mailto:peggy.forbes@durhamcollege.ca) or Julie Pigeon at [julie.pigeon@durhamcollege.ca](mailto:julie.pigeon@durhamcollege.ca) for more information about these events. All events are hosted in Simcoe building, Room 1264 (Aboriginal Student Centre) unless otherwise noted.

## ASC contact

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 [Facebook.com/suswaaningendaajig](https://www.facebook.com/suswaaningendaajig)

## Stress Management

Mid-term time is quickly approaching and for most students, that means additional stressors. Although unpleasant, stress can often motivate us to stop procrastinating and take action! Here are a few tips to help you manage your stress this month.

1. **Create lists to prioritize your responsibilities.** This may mean breaking down to-do lists into smaller tasks. Be realistic and stay focused!
2. **Take breaks.** This means knowing your limitations and when you might need to walk away and come back to something. Taking a breather will allow you to look at a situation differently. When stressed your view gets cloudy so walk away and return seeing things through a new lens.
3. **Nourish yourself.** I mean mind, body and soul. Eat, stay hydrated and have fun. Do the things that you love to do by taking time for yourself and make it guilt free. You need to nourish yourself for a balanced-life approach, this will help you think more clearly.
4. **Laugh out Loud.** It lowers cortisol, your body's stress hormone, while increasing endorphins that boost your mood. Find something that makes you belly laugh.
5. **Keep your surroundings clean and organized.** It can be hard to focus, study and/or relax when the space around you is a disaster. Keep your space clutter-free, know where things are and study in a peaceful environment.
6. **Stay positive.** Life is often about your perspective, take your downfalls and find the learning moment within it. Surround yourself with people who inspire you and are positive and motivating. Most importantly, talk to yourself kindly!
7. **Listen to Music.** Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety. You also can blow off steam by rocking out to more upbeat tunes -- or singing at the top of your lungs!
8. **Exercise.** Take time to nourish your body and get some exercise, fresh air is healthy for all of us. Among many things it provides a break, sunlight and a distraction.
9. **Breathe deeply.** Breathe in to the count of 10, hold your breath to the count of 10 and exhale to the count of 10.
10. **Reach out.** Have a support system that includes friends and/or family but know that you can count on the Durham College Health Centre at 905.721.3037 or your family doctor. Good2Talk (1.866.925.5454) is available twenty hour hours a day, seven days a week and is free and confidential.

### Health Centre (Counselling Services)

Monday to Friday, 9 a.m. to 5 p.m.  
T: 905.721.3037  
E: [healthcare@durhamcollege.ca](mailto:healthcare@durhamcollege.ca)

Good2Talk 1.866.925.5454  
Aspiria: 1.877.234.5327

Tips provided by Jennifer Kavanaugh, outreach worker from the Health Centre's counselling services.