

First Year News

December 2014

Important dates

- December 5 – last day of classes
- December 8 to 12 – final exams
- December 12 – last day to register for a holiday hamper
- December 18 – grades available on MyCampus
- December 24 to January 5 – services closed
- January 5 – classes resume



Exam stress

With so many competing priorities it can be difficult to stay on top of everything. But when it comes to exam time, staying on track is a must for success.

1. Schedule your study time and for the next few weeks and make sure school is a top priority. Don't be afraid to ask for help or delegate some of your other responsibilities during this month.
2. Plan what you will accomplish during your study time. Think back to the last assignment or test that you did well on and reflect. Why went well? How did you prepare? Plan to duplicate your success strategies.
3. Eliminate distractions such as your cell phone, Facebook, gaming console and the TV.
4. Make sure you are getting enough sleep – staying up late, even to study, will decrease your success.
5. Eat a healthy and balanced diet. Eating healthy foods such as lean proteins and fresh fruits and veggies will fuel your brain – after all, it is working extra hard this month!
6. Don't forget to take frequent breaks and reward yourself for sticking to your study plan.
7. Exercise. This is an easy one to cut out when you are busy but by exercising you will gain more energy, rest your brain from all your studying and stay healthy.
8. Take advantage of the exam stress centre (more information on the back page).

It's break time!

You finished your first semester and it is time to celebrate! Remember all the things you love to do but put aside for your studies? Get them out again! Read your favourite book, get together with friends, visit with family, pick up some extra hours at work, finish the project you started in the summer or whatever else you have missed these past few months. Whatever you choose, make sure you are celebrating this huge milestone – you earned it!

Exam Reminders

- Visit the exam stress relief centre
- Read your exam carefully before starting
- Watch your time and don't spend too long on one question
- Be sure you are well rested and eat before your exam
- Bring extra pens and pencils
- Bring your campus ID card to your exam

Stay Connected



DCfirstyear



DurhamCollegeFirstYears

Are you struggling to make ends meet?

We can help make the holidays a little brighter! The annual campus food drive helps provide holiday hampers to families of students in need.

To register for a hamper, please visit Financial Aid and Awards before Friday, December 12.

Exam stress relief

FEELING STRESSED? BE SURE TO CHECK OUT THE MANY EVENTS TAKING PLACE THIS MONTH TO HELP RELIEVE YOUR TENSION AND PREPARE YOU FOR EXAMS!

Visit www.durhamcollege.ca/studyspace to find a quiet spot to study.

ABORIGINAL STUDENT CENTRE (ASC)

DECEMBER 1 TO 5

Stop by the ASC in the Simcoe building between 8:30 a.m. and 4:30 p.m. to participate in multiple stress-reducing activities.

- **Create your own medicine bundle:** Carrying your bundle with you can to help reduce your stress especially during exam time.
- **Enjoy some cedar tea:** This tea is jam-packed with goodness and will be served hot all day long.
- **Participate in a Smudging ceremony:** Smudging is a purification ceremony that is used to create a positive mindset and clear the mind. This will help you to focus more clearly while you study for your exams.

DECEMBER 2

Sharing circle: Participate in a sharing circle to discuss student stress and various coping methods. The sharing circle will begin with a Smudge, and will run from 10 to 11 a.m.

STUDENT ACADEMIC LEARNING SERVICES (SALS)

DECEMBER 1 TO 5

You can book appointments with learning skills advisors for subject support, as well as study and exam strategies. Located in the Student Services building, SALS is offering quiet study space and healthy snacks to fuel your studies.

DECEMBER 2 TO 4

Extended hours of operation: SALS will be open from 8 a.m. to 9 p.m. to provide you with a quiet place to study for your exams.

DECEMBER 2

Test and exam preparation workshop: Join us in Room SSB204T from noon to 1 p.m. for some helpful tips on preparing for your upcoming exams. To register, please visit Room SSB204.

DECEMBER 3

Test and exam preparation workshop: Join us in Room SSB204T from 1 to 2 p.m. for some helpful tips on preparing for your upcoming exams. To register, please visit Room SSB204.

MORE STRESS-RELIEVING ACTIVITIES HAPPENING ON CAMPUS

MINDFUL MEDITATION

Rejuvenate and relax with a peaceful meditation session on November 20 and 27 from 2 to 3 p.m. at the ASC. To register, please email firstgeneration@durhamcollege.ca.

YOGA FOR RELAXATION

Stretch your muscles in a series of free yoga classes designed to connect breath to movement, creating a positive space to strengthen the mind, body and soul. These classes are open to all students and participants of all levels.

- November 26 from 4 to 5 p.m. in the Simcoe Village residence.
- December 2 from 11 a.m. to noon and 4 to 5 p.m. in the South Village residence.

Students who do not reside in residence and wish to participate may check in at the front desk upon their arrival for directions to the dance studio.

BUILD YOUR OWN STRESS RELIEF BALL

Stop by the Pit in the Gordon Willey building on November 28 between 10 a.m. and 1 p.m. to get creative and build your very own stress relief ball.

THERAPY DOGS

Nothing relieves stress more than a visit from a furry friend. Swing by Room G213 in the Gordon Willey building on December 2 from 2 to 4 p.m. to spend some time with the therapy dogs from Therapeutic Paws.

OFFICIAL STUDY-IN-YOUR-SWEATS DAY

Many of you are sporting sweats anyway, so why not make it official? Stop by the Student Services building on December 5 to enjoy some free popcorn in your track pants!



First Generation News



**END OF THE SEMESTER
CELEBRATION**

**DECEMBER 2
12 to 2 p.m.
SSB 113A
OSHAWA CAMPUS**

Lunch will be provided
RSVP by emailing:
firstgeneration@durhamcollege.ca



*Celebrating small
successes, share yours*

FG Co-ordinator contact info:

Lucy Romao Vandepol
T: 905.721.2000 ext. 3458
Student Services building, SSB 211
lucy.romaovandepol@durhamcollege.ca
www.durhamcollege.ca/firstgeneration



@DCfirstgen



facebook.com/DCfirstgeneration

Suswaaning Endaajig

Manidoo-Gizisoons

(Little Spirit Moon)

Tuesday, December 2 **Sharing Circle**

Join us in the Smudge room at the Aboriginal Student Centre for a sharing circle. We will start the circle with a Smudge and then each student will have the opportunity to share their struggles and successes. It is a wonderful way to connect with fellow students and give everyone the chance to share in a safe, helpful environment.

Thursday, December 4 **Regalia Making**

Kim Wheatley will be available at the Aboriginal Student Centre from 10 a.m. to 2 p.m. for regalia making. Fancy Shawl, Grass or Jingle dress, whatever your style she can help with the step-by-step process. Making your own regalia can be very time consuming and she will be here throughout the year to help. So, stop in and get inspired by starting with a something simple. This is a drop in event so come when your schedule allows.

Monday, December 8 **Full Moon Ceremony**

Please join us for this empowering woman's ceremony. It will be held at Camp Samac, cabin one (use Conlin Road entrance). All community members are welcome, so bring your aunites, grandmas, Moms, daughters or nieces. Ceremony will start at 6pm. Please wear a long skirt and bring some yellow cloth and Tobacco to make a Tobacco tie. For more information please contact Julie Pigeon 905.721.2000 ext. 2529.

Tuesday, December 9 **Seven Grandfather Teaching**

Join us at the Aboriginal Student Centre for the forth in a series of Grandfather Teachings. Gerard Sagassige will be providing the teachings, all are welcome. Lunch will be provided. Gerard will be available prior to and after the teaching to meet with students individually. Please contact Julie Pigeon 905.721.2000 ext. 2529 to schedule an appointment.

Wednesday, December 10- **Elder Shirley Williams**

Drop in from 10 a.m. to 2 p.m. She has a wealth of knowledge about Anishnawbe culture, ceremonies and life in general. If you like you can also book a private appointment with Elder Shirley, in order to book please contact Julie Pigeon at 905.721.2000 ext. 2529.

Friday, December 12 **Ugly Sweater Christmas Party**: Everyone is welcome to attend this Holiday celebration. Join in the fun, we will be making holiday themed crafts, watching movies and enjoying hot chocolate and snacks. Prize for the most hideous sweater as well, it's a great way to start your holiday season.

Aboriginal Student Centre

Julie Pigeon

T: 905.721.2000 ext. 2529
Student Services building, SSB 211
E: julie.pigeon@durhamcollege.ca
www.durhamcollege.ca

Thursday December 18 **Sharing Circle** Please join us in the Smudge room at the Aboriginal Student Centre for a sharing circle. We will start the circle with a Smudge and then each student will have the opportunity to share their struggles and successes. It is a wonderful way to connect with fellow students and give everyone the chance to share in a safe, helpful environment.