Greetings From VIP A.C.s
Orientation 2002
Student Helping Students
Holiday Gift Idea
Cake-in-a-Mug (Continued…)
International Career Fair
Study 101

KONNICHIWA! GENKI DESUKA?
(Hello! How are you?)

STRESSED OUT?!?!?! So are we... In the thick of it all, don’t forget to take the time to relax and notice the things around you. Although most of you are probably worried about cramming for finals, we just want to remind you that friends, family, and your dog are very important too. Balancing fun and work can be difficult, but it is a life-long learning curve. As VIP Assistant Coordinators, we encourage you to take a break, watch a movie, or spend some time with yourself simply staring at the stars.

Hopefully, with the thought of the upcoming holiday season, this cheery newsletter will add a little “spunk” to your exam period. Remember, cramming is NOT a solution! We have included everything from study tips to holiday shopping ideas in order to help you during this stressful time.

Remember... November and December
   May be cold
   But you can’t allow yourself to fold
   Be bold and brave
   Make sure it is your all you gave
   Work is important and a must
   But have some fun or your brain will bust!!!

Good luck and take care!
Your VIP Assistant Coordinators,
Mandy, Greg and Christina
We started out the school year with a successful VIP orientation. Over fifty students attended the 2-hour session, hosted by our amazing VIP Coordinator Sandra Pehilj. I trust that all of you enjoyed the talk AND the food.

To start off, speakers from all six different areas of the SDC provided our volunteers with thorough information and vital updates on the various services offered. We would like to extend our appreciation to all those who attended.

We would like to thank all of you VIPs for your hard work and dedication this past fall season. 2003 is just around the corner. We hope that the knowledge and skills you acquired and developed will help you succeed in the upcoming winter academic term and volunteering at the SDC.

The Fall 2002 academic term has been one of the busiest ever in SDC’s Learning Skills Clinic! By the time classes end on December 4th, Learning Skills Assistants and Counsellors will have worked with approximately 800 students in the clinic. We certainly could not help this many students without our Learning Skills Assistant VIPs!

Throughout the term, our VIPs have worked with other Western students to create study schedules, prepare for exams, strengthen test-writing skills, and enhance note-taking strategies… all of the components that enable students to refine their academic skills and reach their academic goals. While engaging in these helping roles, our VIPs have been gaining valuable skills themselves; communicating with students, problem-solving, and effective listening are used on a daily basis.

On behalf of the Learning Skills Counsellors, as well as the other VIP supervisors throughout the SDC, I’d like to thank our VIPs for their time and effort this term. We look forward to working with a great group of VIPs again in the new year!

Best wishes for the holiday season,
Tracey Ropp
Learning Skills Counsellor
Are you stuck for holiday gift ideas? Looking for something meaningful and impressive?

Here is a fun-filled project that is sure to “wow” your family and friends. Just follow the simple instructions…

PROJECT TIP

1. SELECT A LARGE MUG THAT HOLDS 1 AND 1/2 CUPS OF WATER.
2. THE MUG MUST BE MICROWAVEABLE.

MUG VARIATION

PURCHASE A PLAIN WHITE OR SOLID-COLOURED MUG AND CRAFT PAINT TO PERSONALIZE YOUR MUG!

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FLAVOUR ALTERNATIVES

1. Lemon Cake Mix — Lemon Pudding
2. Yellow Mix — Chocolate Pudding
3. Devils Food Mix — Chocolate Pudding
4. Pineapple Mix — Coconut Pudding
5. Butterscotch Mix — Butterscotch Pudding

Source:
STEP 1: CAKE MIX

1 cake mix (any flavour)
1 small instant pudding mix (not sugar free, any flavour)

Instructions:
Combine and blend well.
Measure 1/2 cup of mix into a sandwich bag.

STEP 2: GLAZE MIX

1/3 cup of powdered sugar
1 and 1/2 tsp dry flavouring

Example: lemonade mix, orange break-
fast drink mix, cocoa, vanilla powder
(usually sold by coffee flavourings)

Instructions:
Place ingredients into a sandwich bag.
Label this bag “Glaze Mix” and attach it
to the other bag with a small twist tie.
Place one bag of glaze mix into coffee mug.
Attach the baking instructions to each coffee mug.

STEP 3: ATTACH BAKING INSTRUCTIONS

Mist inside coffee mug with cooking spray.
Empty Cake Mix into mug.
Add 1 egg white, 1 tbsp. oil, 1 tbsp. water.
Mix well.
Microwave on full power for 2 minutes.

Empty Glaze Mix into a small bowl.
Add 1 tsp. water.
Mix well.
Pour glaze over baked cake.

Source:
An international career fair was held on October 4th 2002 in the UCC atrium. For those who didn’t know about the event or were unable to come out for the fair, I’ve included some highlights of the volunteering opportunities.

If you’re interested in travelling, **Canada World Youth** has some great opportunities for you - whether it be helping to build a health care centre for a village or teaching English/French to school children.

**Volunteer Adventures Abroad** provides similar programs with opportunities to travel to places such as Costa Rica, Nicaragua, Guatemala and Nepal. If this kind of volunteer work interests you, you may also want to try **Companeros Inc.** This organization deals with mainly Spanish-speaking countries. So if you would like to donate your time, travel, and have an overall great experience learning Spanish, they will provide the right placement for you.

If you’re up for an adventure and would like to help a community, a family, or maybe just one individual, then international volunteering is a great opportunity to fulfill your dreams and help someone else fulfill theirs.

For more information, please contact the respective agencies.

**Volunteer Adventures Abroad**  
182 Princess St.  
Kingston, Ontario, K7L 1B1  
Tel: (613) 549-3342 or 1-800-263-0050  
info@volunteerabroad.ca

**Companeros Inc.**  
Gonzalo & Jasmin Duarte  
3500 Orser Road, RR 1  
Elginburg, Ontario, K0H 1M0  
Tel: (613) 372-0007 or Fax: (613) 372-1960  
duarte@companeros.ca  
www.companeros.ca

**Canada World Youth**  
1-866-7-VOYAGE  
www.cwy-jcm.org
Everyone knows that exams are tough; the following are study tips that might help you maintain a positive mental attitude!!!

Greg's Academy

TAKE THE INITIATIVE   Written By: Greg Ross

1) Start the Fire: This means that you must realize that you have hard work ahead of you. Once you come to accept this, light your “mental fire” to get started on the right track!

2) Not “Shoulds”, But “Musts”: You know those tasks you always say you should do and you end up not performing them? Well, instead of saying you should do something, tell yourself you must do it and you will start doing them.

3) Raise Your Standards: If you tell yourself that you want to get a good mark and study accordingly, you may get a poor mark. If you say you want an excellent mark, you end up with a good mark. But, if you tell yourself you want an outstanding mark, you most likely get an excellent mark. So raise your standards by putting in the time to get outstanding results.

4) No Fear, Take Massive Action: Fear is the one thing that will stop you from getting you what you want. By taking massive action, you can achieve your goals. By this I mean, if you have an hour in which you know you could study, take massive action and study. This in turn will create momentum which will send you on your way to success.

5) Have a Strategy: It is so important to develop a plan before you try to tackle the books. Plan out what you will study, when you will study, where you will study, and who will you study with. A great strategy will keep you on track and allow you to balance the other important things in life like 80’s night at the Spoke on Mondays.

Attitude: You cannot look at studying as a negative because then you will undoubtedly fail. One must have a positive attitude to succeed.

Source: “Unleash the Power Within” by Anthony Robins