VIP Program Attends Halloween Party!

Written by: Marya Shabbir

Being a part of the VIP Program not only gives VIPs the opportunity to become involved in the Western Community but also the greater London Community.

This Halloween, the VIPs had the opportunity to assist the London Children’s Museum with their annual Halloween Party.

The Children’s Museum was decorated top to bottom with cobwebs, jack-o-lanterns, spiders, skeletons, witches, and brooms. Everyone was dressed in a costume including the children, parents, staff, and volunteers.

Each floor of the museum has various themed exhibits, such as My Place in Space, the Street Where You Live, the Arctic Adventure, and others. The visitors were not only able to enjoy the original artifacts and activities that the museum had to offer, they were also able to explore the Halloween activities.

The first floor was designated for dinner and snacks followed by animal balloon creations. The Street Where You Live, located on the second floor, hosted trick-or-treating activities. Local police officers donated their time in handing out treats to the kids.
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The VIPs were assigned to the face painting station on the third floor. We had a variety of requests, including Spiderman, flowers, hearts, cats, dragons, or simply, a green face. Seeing the child’s face light up when we revealed the final outcome of the face painting was the best part. They were in awe of the fact that not only did they have paint on them, but their parents allowed them to do so!

Spending an evening with The London Children’s Museum was an unforgettable experience. Working with kids leaves a person with a different outlook on life through the age difference and the young mentality. Spending time with the children reminded us of our childhood and brought back great memories.

How to Get Involved with London Children’s Museum!

For more information, please contact Craig Munro, Community Resource & Events Manager at 519-434-5726 ext. 232, or craig@londonchildrensmuseum.ca

SDC’s INTERNATIONAL EXCHANGE PROGRAM OPPORTUNITIES

Western is committed to internationalization and encourages all students to become global citizens. By studying on exchange, students develop the skills, attitudes and knowledge required to become competent global citizens and leaders. For more information e-mail exchange@uwo.ca or visit:

http://www.sdc.uwo.ca/int/exchange/index.html?outgoing

DEADLINES TO APPLY:
January 10, 2011
Imagine taking a sneak peek into the future. Years from now, when you are ready to embark into your life-long career, where will you be and what will you be doing? For most of us at the moment, we can merely picture a hazy figure that lacks of its full potential. Of the many on-campus resources conveniently available to students, The Student Success Centre is one that can put your image into focus. Katrina McIntosh, a Resource Coordinator from The Student Success Centre, shares a little about how they help us achieve our goals:

**Q1: How has the Student Success Centre made a difference for students at Western?**

A1: The Student Success Centre tries to make a difference for Western students by aiding them through their transitions, beginning from Summer Academic Orientation, through experience and leadership opportunities during their scholastic career, to career support for Alumni.

**Q2: What sorts of services are geared towards students’ career development?**

A2: Some of the career programming we provide include:

- A drop-in Employment Help and Resource Centre for cover letter and resume help
- Individual Career Counselling by appointment
- Mock Interviews, including a taped mock interview and an assessment with a Career Counsellor
- Career Fairs for new graduate opportunities, a Graduate and Professional School Fair, and a Job Expo, for all work opportunities, including part time and summer work
- Employer Information Sessions - employers come to campus to network with students and talk about their company and opportunities available
- Access to several online resources, including Career Cruising, The Big Guide to Living and Working Overseas, and InterviewStream
Q3: How is career counselling carried out and what kind of assistance can it provide?

A3: You will first have a 15 minute intake counselling appointment, where the counsellor will chat with you about your career development needs, and together you will plan how to meet those needs. After the first intake appointment, you can schedule as many one hour appointments as you require. Career Counselling can help with all areas of career development.

Whether you’re not sure what career you’d like, or you’re having concerns about achieving your goals, a trained Career Counsellor can help!

To book a Career Counselling appointment, come in to UCC 210 or call the front desk at 519-661-3559. For general questions you can also email careercounsellor@uwo.ca.

Q4: Why should all students make use of the Student Success Centre?

A4: All students should make use of The Student Success Centre because our programs will help you transition through your University career. The programs and skills you learn will put you ahead of your peers in the job search and more! Also - our programs are all a lot of fun and a great way to get involved!
All of us here at Volunteers In Progress wish you a safe and happy holidays.

This is a brief overview of the events next term and it will be updated through WebCT and the VIP Website with the dates, time and place.

The VIP Student Coordinators will also be planning more upcoming events. Keep an eye out for them!

If you would like to see an event and it is not on the calendar, please email your VIP Social/Community Involvement Coordinator, Lisa Hu, xhu64@uwo.ca and let her know so we can plan it for you.

**JANUARY**

First Day of Volunteering/ Classes  
January 3

VIP Orientation (New Volunteers Only)  
TBA

VIP PDWS #3: Nutrition Made Easy  
January 26

**FEBRUARY**

Community Involvement: Ontario Early Years Centres  
TBA

VIP PDWS #4: Networking Among Professionals II  
February 7 - 11

Reading Week  
February 21 - 25

**MARCH**

VIP PDWS #5: Meditation and Distress Tolerance Before Exams  
March 7 - 11

VIP Recognition Night  
March 24

**APRIL**

Last Day of Volunteering with VIP  
April 8
How To Become a Better Leader!

1. GET INVOLVED
   * Be open to change
   * Seek information and aid from others
   * Tap your potential

2. KNOW YOUR STRENGTH
   * Strengths are your gifts
   * Work on your gifts and refine them
   * Truly BE YOURSELF

3. BE PRESENT AND PARTICIPATE
   * Interaction is KEY
   * Learn Something new every day
   * Don’t let failure hold you down

4. ENGAGE OTHERS
   * Real leadership is not leading the pack; rather it’s engaging the pack
   * Your engagement makes the team strong and more capable
   * Success resides in your willingness to participate

5. TRAIN YOURSELF
   * Understand opposing views
   * Work on your weaknesses
   * Appreciate different point of views

6. NEVER BACK DOWN!
   * Ensure success by always giving 110%
   * Be a strategist; build on your weakness

Submitted by: Nasir Mohammed Mirza
Source: www.entrepreneur.com

Helping Hands Winter 2010
On Wednesday, November 24th Craig Ingram, the Associate Director and Career Advisor at the Ivey School of Business, gave a great presentation to our VIP team about the importance of Networking. Craig addressed some concrete ways to approach and manage networking contacts while stressing the importance of continually working on and broadening our networking base. He also expressed that there is no better time like the present to strengthen or build your network.

When it comes to starting and maintaining a database of the contacts in your network remember to include their name, email address, phone number, as well as how, when and where you met with any additional pertinent notes to help jog both your memory and your contact’s memory when meeting for a second time.

Networking is about making connections and building enduring, mutually beneficial relationships. Building up a network of diverse people is very helpful for any business. Contacts with different clusters or groups will help generate greater opportunities. The more diverse the network in terms of geography, industry, etc, the better. Ultimately, to succeed you need to continually meet new people, build relationships and leverage your network.

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**Taking a Stand!**

*Written by: Carmen Lac*

On November 16th, 2010, I had the opportunity to attend ‘Taking a Stand!’ – a leadership workshop presented by the dynamic, and certainly enthusiastic, Rebecca Smith from the Student Success Centre. As a student aspiring to become a future educator, this leadership workshop was without a doubt an insightful and valuable experience. Through various activities and small group reflections, we discussed topics that build upon what it means to be a leader and how an individual can hone their leadership skills.

I learned that being a good leader means continuous growth and self-transformation, and that being a part of Western services steers the school community towards a larger social change. Besides being a campus leader, this workshop raised awareness of the many leadership programs that extend outside the Western bubble, such as the services provided by the Pillar Nonprofit Network. You will definitely find me at the next leadership workshop!

**Networking Among Professionals**

*Written by: Alexandra Gow*

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Green Chile Roll-Ups

Prep: 10 min; Makes 20 rolls

Ingredients:
- 125 g of Cream Cheese Spread
- 2 tbsp. Chopped Green Chiles
- ¼ tsp. Ground Cumin
- 4 Small Whole Wheat Tortillas
- ½ cup Finely Chopped Red Peppers
- ½ cup Shredded Cheese

1. Mix cream cheese spread, chiles and cumin; spread onto tortillas. Top with remaining ingredients.
2. Roll up tortillas tightly. Cut each crosswise into 5 slices.

Cherry-Almond Trifle

Prep: 20 minutes plus refrigerating; Makes 12 servings

Ingredients:
- 2 pkg. (4 serving size each) Jell-O Vanilla Instant Pudding
- 2 cups Cold Milk
- 2 ¼ cups thawed Cool Whip
- ½ cup Sour Cream
- 20 coarsely chopped Oreo Cookies
- 540 mL Cherry Pie Filling
- ½ tsp. Almond Extract
- ½ cup Sliced Almonds, toasted

1. Whisk pudding and milk in large bowl for 2 minutes
2. Stir in sour cream and 1 cup of Cool Whip.
3. Cover bottom of 2½ -l bowl with cookies; top with pudding mixture.
4. Mix cherry pie filling and almond extract; spoon over pudding mixture.
5. Cover with remaining Cool Whip.

For more recipes, please visit www.kraftcanada.com
Pictures and recipes are courtesy of Kraft Canada, www.kraftcanada.com
DIY Rudolf
Submitted By Lisa Hu

Fold in half to make creases and fold back
Fold to meet the center line
Fold to meet the center line
Open the pocket from
Flatten the both pockets
Fold in half
Pocket fold in the dotted lines
Pocket fold in the dotted lines
Hood fold in the dotted lines
Fold both in the dotted lines
Fold both in the dotted lines
Fold both in the dotted lines
Hood fold in the dotted lines
Fold both in the dotted lines
Fold both in the dotted lines
Cut with a pair of scissors
Cut with a pair of scissors
Draw eyes and finished