On March 29th, the VIP Program hosted its annual Recognition Night. It was a spectacular night filled with many familiar faces. The decorations and layout of the David S.H. Chu’s International Student Centre was done by the VIP student coordinators. They made it look very formal and elegant yet with a touch of spark.

This night commemorated the end of the year for the VIPs that was filled with newly learned and transferable skills these students will use to embark in their upcoming years. With each experience, students make new milestones and perspectives with a fond respect for their areas and the participants that they helped. This program was designed to complement students’ academic life by providing them with an opportunity to develop skills and gain career-related work experience and that is exactly what these students achieved this year.

It was an honor being a part of such a beneficial program and helping coordinate the placements for all the wonderful volunteers. I can with confidence say that the VIP Program is what students need to be a part of and be involved in, even if it is for just a semester. Congratulations to all the amazing volunteers! I wish you all the best in the upcoming year and endeavors.

Written by: Soha Khalaf, VIP Assistant Coordinator
"Learning to network was a critical professional step and this volunteering experience helped to facilitate that."
VIP Volunteer

"{There are}...so many wonderful and intelligent people involved in VIP, SDC and the help centre, and I am thankful to have met so many of them and had the opportunity to interact with them." ~ LSS Volunteer
“Professionally, I am now able to say that I was able to organize a massive event on campus - something I am very, very proud of!”

IEP Volunteer

“Learning where they come from and how they think has given me a new perspective to truly respect their life journey and have greater patience for other international students in my classes.”

ECP Volunteer
Healthy Tips

1. Making a Healthy Breakfast: Breakfast is the most important meal of the day! A healthy breakfast should contain some protein and some fibre in order to provide you with energy to start off the day. Here are some foods, which are high in protein or fibre:

- Hard boiled egg
- Whole wheat bread with peanut butter
- Low fat/skimmed/soy milk
- Fruits and vegetables

2. Eating Slowly: This is a great way to savour your food – and to eat less. By eating slowly and chewing your food a bit more, you help your digestion system by increasing your metabolism.

3. Eating every 3-4 hours allows your body to re-energize and keep you balanced. The trick to eating healthy foods is to include foods such as fruits and vegetables, granola bars, and nuts as snacks. By eating throughout the day, you help keep your metabolism working and help decrease the chances of overeating during meals such as lunch and dinner.

Food Alternatives

The table below displays some healthier alternatives to foods we regularly eat. With minor changes to our diets, we can have a higher longevity and a moderately healthy life with no health concerns. Try them out!

<table>
<thead>
<tr>
<th>INSTEAD OF</th>
<th>TRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fried Foods</td>
<td>Grilled or Baked Foods</td>
</tr>
<tr>
<td>Refined grains (such as white bread and white rice)</td>
<td>Whole grains (such as whole wheat bread and brown rice)</td>
</tr>
<tr>
<td>Whole milk</td>
<td>Low-fat milk or soy milk</td>
</tr>
<tr>
<td>French fries</td>
<td>Baked potato or sweet potato</td>
</tr>
<tr>
<td>Sweetened drinks</td>
<td>Natural Juices or Water</td>
</tr>
<tr>
<td>Sweetened desserts (such as cookies, cake, or ice cream)</td>
<td>Fruit or fruit yogurts, granola</td>
</tr>
</tbody>
</table>
PROFESSIONAL DEVELOPMENT WORKSHOP SERIES

NUTRITION MADE EASY!

FOOD SUGGESTIONS

BREAKFAST
- Oatmeal with chopped nuts and raisins
- Orange juice
- Soy milk
- Toast with peanut butter
- Hardboiled egg
- Fresh fruits and vegetables

LUNCH
- Tuna salad sandwich on whole grain bread/roll
- Salad bar with colourful variety of vegetables and chick peas or red kidney beans
- Black bean soup, lentil soup, vegetable soup
- Veggie pizza (whole wheat pita bread tomato sauce with vegetables and low fat cheese)
- Hummus and vegetables

DINNER
- Whole grain pasta with vegetables
- Stir fry vegetables with tofu, shrimp, or chicken
- Baked salmon with steamed vegetables
- Chicken fajitas with guacamole and salsa

ABOUT OUR NUTRITIONIST NOELLE MARTIN

Noelle Martin is the founder and President of RD Services at The University of Western Ontario. Some of the services that Noelle provides for UWO students include:

- Dietary Intake Analysis
- Grocery Store Tours
- Recipe Analysis
- Sample Menus and Recipes
- Group Seminars and Cooking Classes

You can contact Noelle to book appointment for any related questions at noelle@rdservices.ca.

Helping Hands Spring 2011
This workshop discussed the meaning of Social Identity and Personality in order to help VIPs understand the concepts of social identity and self-efficacy and their impact on students’ daily interactions and activities.

While the concepts of Social Identity and Personality have been discussed in many courses on campus, this interactive workshop provided an opportunity to deconstruct the concepts’ true meaning, and apply the theory to practice. Professor Victoria Digby, the workshop facilitator, engaged the volunteers in an activity where they were able to reflect on their childhood experiences and interpret the impact of those on their daily activities and important life decisions. The activity enabled us to challenge our views by recognizing how our surrounding and social networks may affect our decisions, actions, goals and dreams. We were self reflective and able to understand how we can actively participate in determining our destiny.

Professor Digby gave us a questionnaire that is conducted and studied by many psychologists. Locus of control aids in determining how people perceive their ability to change events in their lives.

The questions represented two opposite ends of the spectrum called Internal and External locus of control.

- People with an internal locus of control believe that they have strong ability to influence the events in their lives.
- Those with an external locus of control believe that external forces (people, fate, luck, etc.) control events in their environment.

For example, students develop certain work habits (independent vs. group work) that become predominant throughout the course of their studies.

Individual struggles when dealing with academic challenges and the strategies on how to deal with them need to be identified earlier in the process to prevent the situations to escalate. Understanding another person’s locus of control enables us to grasp the situation with care and mend any problems. It is important to realize that the levels of internal locus of control may vary. During group activities, assessing other person’s locus can help you understand their values and world views better, thus identify and foresee potential problems and challenges which can, therefore, result in more effective communication and teamwork.

Following questions and test can help you determine your locus positioning and learn more about yourself, thus increase your chances on your journey in reaching your goals. Enjoy!
Learning about Yourself: Assess Your Locus of Control

INSTRUCTIONS:
Read the following statements and indicate whether you agree more with choice A or choice B.

A
1. Making a lot of money is largely a matter of getting the right breaks.
2. I have noticed that there is a direct connection between how hard I study and the grades I get.
3. The number of divorces indicates that more and more people are not trying to make their marriages work.
4. It is silly to think that you can really change another person’s basic attitudes.
5. Getting promoted is really a matter of being a little luckier than the next person.
6. If you know how to deal with people, they are really quite easily led.
7. The grades I make are the result of my own efforts: luck has little or nothing to do with it.
8. People like me can change the course of the world affairs if we make ourselves heard.
9. A great deal that happens to me is probably a matter of chance.
10. Getting along with people is a skill that must be practiced.

B
1. Promotions are earned through hard work and persistence.
2. Many times, the reactions of teachers seem haphazard to me.
3. Marriage is largely a gamble.
4. When I am right, I can convince others.
5. In our society, a person’s future earning power depends on his or her ability.
6. I have little influence over the way other people behave.
7. Sometimes I feel that I have little to do with the grades I get.
8. It is only wishful thinking to believe that one can readily influence what happens in our society.
9. I am in control of my destiny.
10. It is almost impossible to figure out how to please some people.

Scoring Key
Give yourself 1 Point for each of the following selections: 1B, 2A, 3A, 4B, 5B, 6A, 7A, 8A, 9B, and 10A.

Scores can be interpreted as follows:
8-10 = High internal locus of control
6-7 = Moderate internal locus of control
5 = Mixed
3-4 = Moderate external locus of control
1-2 = High external locus of control
Interview

VIP Program: Volunteer, Inspire, Participate

Conducted by: Joyce Lai

Through the course of the VIP Program, we have seen many come in and go out in the work force and explore new initiatives and use the transferable skills they gained from their positions. Francesca Mancuso, was once a part of the VIP Program as an English Conversation Circle Leader and she is now the IESC Transitions Project Coordinator at the International & Exchange Student Centre. She has benefited from this program in more than one way. Joyce Lai, VIP Student Coordinator, interviewed Ms. Mancuso, to shed some light on her experience with the program.

What made you decide to pursue your Masters in Health and Rehabilitation Sciences and what did you hope to gain out of this experience?

During last two years of my undergraduate degree at Western, I was completely undecided about what to do next. I considered medical school, law school, and even teachers college, but eventually decided on pursuing my Masters. I was drawn to grad school because I knew it would give me the opportunity to explore my interests and develop my research and writing skills. By the time I was done my 4th year, I had also completed two undergraduate independent projects and found that I really enjoyed working one-on-one with experienced professors. During one of my projects, I met and interviewed the person who would eventually become my Masters supervisor. She was passionate about my topic and working with her seemed like the perfect fit!

Tell us about how you were a part of the VIP program and what you enjoyed most in your role?

During my time as an undergraduate student, I was an English Conversation Leader with the Volunteers in Progress Program. One of my favourite things about being an ECP leader was that it gave me a unique opportunity to meet and learn from students from a variety of different cultures and backgrounds. All of my participants were unique and each had very interesting stories to tell about their life back home and their experiences here in Canada. As I helped them practice their conversational English, they helped me learn more about the world!

What is one of your greatest accomplishments?

One of my most recent accomplishments was successfully defending my Masters thesis in January. After many hours of writing and preparing, I was both excited and nervous on the day of my defense. Everything went well and I actually really enjoyed the experience. It was great to hear that the examiners liked my work and truly wanted to engage in a discussion with me about it.

If there is one thing you could say to current VIPs, what would it be?

I would encourage current VIP’s to make the most of their volunteer experience. As a volunteer, you have the opportunity to network with others, learn new things, and gain valuable skills and experience that can be transferred to variety of different settings. Always keep an open mind and be willing to explore your interests in new and exciting ways.
Zi Xuan Huang, another aspiring volunteer that has contributed his time and effort to the VIP Program. He was an IESC Student Activity Coordinator and SDC Information Assistant. Being an international student himself, he understands the concerns and worries other students went through when they arrived to campus and thus reached out to help them. He recently became a permanent resident and worked both in Canada and abroad and currently pursuing higher education at Ivey. He loved the time he spent in the VIP Program and he would like to share a few insights and advice to help the future VIPs.

What made you to decide to pursue your MBA at Ivey and what do you hope to gain out of this experience?

Despite enjoying a comfortable working life as a CMA, I am persistently drawn to the prospect of managing businesses from a cross functional perspective. I have realized that I must act beyond my current career path in order to gain higher levels of business management experience in challenging environments. Therefore, I have chosen to come back to Ivey to obtain my MBA. Beyond gaining business knowledge, I am also looking for sincere friendships and opportunities to give back to Western community as this is my 7th year living at London, Ontario.

Tell us about how you were a part of the VIP program and what you enjoyed most in your role?

First, I learned to become a better communicator in English as it was my second language. Second, I gained truly “international experience” as I was working with one Canadian, one Russian and one Indian in a team of four people. Last, it allows me to become more confident to present myself and opened my eyes of seeing this world with respect to people from different cultures and nationalities.

What is your greatest accomplishment so far from working in both Canada and China?

I do not think I have accomplished much yet as I still have a long “To do list”. However, if I must say, finding my employment within 90 days of graduation and passing the CMA entrance exams simultaneously is my most proud accomplishment. It is always the most difficult to get started with your career, and this accomplishment defined my perseverance and courage. Most importantly, my experience as a VIP member empowered me to grow and to come up with these characters, helping me set up the tone for my professional career.

If there is one thing you could say to current VIPs aspiring to become a world leader, what would it be?

I would say that never give up your dreams. Not saying anyone is a world leader, I think it should be our common goal to create a better world with wealth, equality and sustainability, even though it is so difficult to accomplish. As current VIP members, you are motivated enough to make a difference and to help others with sacrifice, then do not give up what you strongly believed in no matter what that is to make a better world. Therefore, follow your passion and you will be successful.