

# In Touch

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Surviving the Transition and Staying in Touch

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## THE FIRST YEAR

The first year of postsecondary education will offer many challenges as students learn to be more independent, solve their own problems, face postsecondary academic expectations, and meet new friends, all in a different environment.

You play an important role in assisting with this transition. Your student will need your support and encouragement to make use of the many services Cambrian has to offer.

This newsletter will provide you with useful information about Cambrian College resources and services that you may wish to refer to as you coach your student towards success.

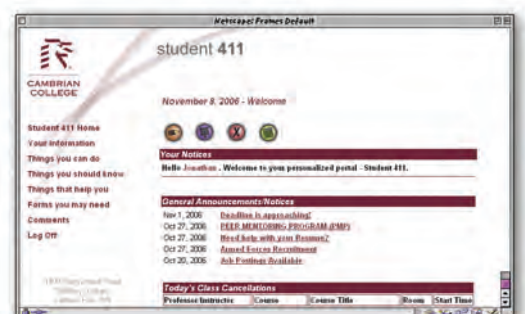


## Quick Facts

- Cambrian College offers more than 30 free services to students. See page 4 for a detailed listing.
- Cambrian has more than 4,400 full-time students and more than 8,000 part-time students enrolled in more than 84 full-time programs and more than 900 part-time programs.

## STUDENT 411 – STUDENT COMMUNICATION PORTAL

Students can book OSAP appointments, get information regarding their grades and fees, check for class cancellations, obtain forms, access information about health services, request transcripts, access posted College information, and more.



## SUPPORTING YOUR STUDENT

### Residence/Housing

Resident Assistants are assigned for the academic year to address any issues that may arise in residence. Rules and regulations must be followed or the student may risk potential eviction.

### Safety/Campus Watch

Security guards are on duty 24/7. Campus Watch is available to escort students, employees, and visitors to residence, to a vehicle parked on campus, or to the perimeter of the College property.

### Financial Aid

Provides assistance with financial aid and Ontario Special Bursary Program (OSBP) applications.

### Student Life

Students are encouraged to get involved with student councils, school councils, residence council, clubs, intramurals and varsity sports, and other leadership opportunities as they arise.

### Health Clinic

A nurse is available to students Monday to Friday. Doctors are on campus several days a week for appointments.

### Counselling

A Counselling service is available to students Monday to Friday. Staff are available to provide academic, social, emotional, and career counselling.

### Employment Opportunities

On- and off-campus part-time employment opportunities are posted. Assistance with résumé preparation and interview skills is provided.

## Academic Support

**The Learning Centre** provides free peer tutoring and mentoring services and one-on-one assistance.

**Program Coordinators/Academic Advisors** provide program – specific academic advising.

**Desktop 411** provides access to support for students to acquire the required fundamental computer skills.

**Library** provides access to computers, study rooms, a collection of resources, and one-on-one assistance with research.

## Student Health Insurance (Sunlife)

All full-time students are enrolled in the College's student insurance plan. There is a mandatory insurance fee endorsed by the student governments.

Once a student's information is entered into the computer at the pharmacy, the drug plan will immediately cover 80% of his/her drug costs. The remaining 20% is paid by the student at the time of purchase.

It is recommended that students claim their drug costs on their parents/spouses' plan first. Any unpaid portion can be submitted to Sunlife on a paper claim to obtain 100% reimbursement.

**\* Information regarding these services is available on Student 411.**

## CAMPUS RESOURCES

### Meal Plans

Meal Plans are offered for sale through Chartwells and the Student Centre. Chartwells offers two meal plans. The Student Centre uses a swipe card with a minimum limit of \$150 with the option of adding money any time throughout the year.

### Food Services

Cafeteria is open from 7:30 a.m. to 5 p.m.

Tim Horton's is open from 7:30 a.m. to 8 p.m.

Charby's (Trades Cafeteria) is open from 8 a.m. to 3 p.m.

Student Centre is open from 8 a.m. to 9 p.m.

Fontaine Bleue is open Wednesdays and Fridays for lunch only

\* Note: Above hours may vary during events and on Friday evenings.

### Food Bank

The Students' Administrative Council (SAC) and Cambrian Native Students' Association (CNSA), provide food bank services for students in need.

### Bookstore

The bookstore sells new and used textbooks, school supplies, clothing, snacks, magazines, bus passes, and more.



## Transportation

City busses drop off at the front doors of Cambrian. The "Barrydownne Cambrian" and the "Lasalle Cambrian" bus routes include College stops.

Bus tickets and bus passes can be purchased at the Cambrian Bookstore. The complete bus route schedule is available at the Bookstore or Downtown at the Sudbury Transit terminal.

For more information, contact Sudbury Transit at (705) 675-3333 or visit [www.city.greatersudbury.on.ca](http://www.city.greatersudbury.on.ca)

**\* If students have their own vehicle, please be advised that they must pay for parking.**

## FINANCIAL ASSISTANCE FOR STUDENTS

- Ontario Student Assistance Program (OSAP) – <http://osap.gov.on.ca>
- On-Campus Employment – Room 2409
- Scholarships, Bursaries, Awards – to apply, visit <http://homepages.cambrianc.on.ca/foundation/>

### For more information contact:

Financial Aid at 566-8101, extension 7340

Employment Services at 566-8101, extension 7350 or 7400

Cambrian Foundation at 566-8101, extension 7890



## GETTING INVOLVED

### Students' Administrative Council (SAC)

Student government. Services include faxing, emergency hotline, foodbank, ride board, social events, and more.

### Cambrian Athletics Association (CAA)

**Varsity Sports:** Badminton, Cross-Country Running, Men's Basketball, Men's Soccer, Women's Soccer, Men's Volleyball, Women's Volleyball.

**Intramural Sports:** Indoor Soccer, Floor Hockey, Volleyball, Slo-Pitch, Basketball, Touch Football, Men's Ice Hockey, Women's Ice Hockey, Beach Volleyball, Ultimate Frisbee.

**Extramural Sports:** Men's and Women's Ice Hockey, Women's Club Teams, Men's Golf and Curling.



### Cambrian Native Students' Association (CNSA)

Provides social activities and a food bank to First Nations, Aboriginal, Métis, Status and Non-Status students or anyone with an interest in First Nations.

### Other Councils, Clubs, and Committees

**School Councils:** Represent the views and opinions of all students in the Council members' school.

**Residence Council:** Represents the views of all students in residence. Members promote personal growth in residents, independence, student success, College life, and campus safety.

**Other:** Mature Students' Association (MSA), CCCJA (Justice students), Vision (Graphic Design students), NACC (Nursing students).

### Activities and Events

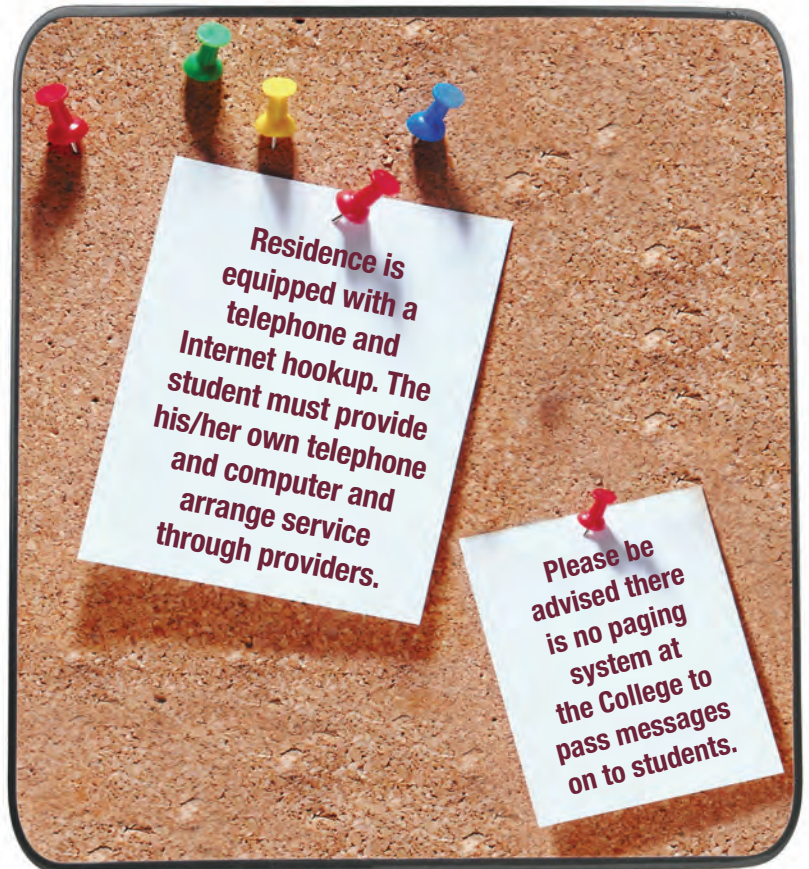
Orientation, Frosh Week, Concerts, Event Nights (Student Centre), Fundraisers, Residence Activities, Movie Nights, Program Activities, Swim Nights, and more.

## KEEPING CONNECTED

### Exam Relief Kits

Help your favourite Cambrian College student survive midterms and exams by sending them an Exam Relief Kit that contains an assortment of "goodies" including food, toiletries, stationery, coupons, health care items and stress relief foods. You can include a personal message with your kit. A note from home can provide a student with the encouragement they need to get through this stressful time.

**For more information, please contact  
The Cambrian Alumni Office at 566-8101,  
extension 7414, or visit  
[www.went2cambrian.com](http://www.went2cambrian.com)**



# COLLEGE SERVICES • CALL LIST

## **Alumni Association**

**Room 2431 • extension 7414**

Provides a connection for Graduates to “Keep in Touch” with their Alma Mater; exam relief kit.

## **Athletics Centre**

**Gym • extension 7378**

Cardio equipment and classes, weights, tennis/racquetball/squash courts, personal training; gym access free to full-time students.

## **Bookstore**

**Room 2037 • extension 7404**

Purchase textbooks, materials, clothing, snacks, bus passes, used books, buy – back program, interac available.

## **Cambrian Athletics Association (CAA)**

**Room 2439 • extension 7410**

Varsity and Intramural Sports, Student/Staff Intramural Challenges, leagues, and banquets.

## **Cambrian Foundation**

**Room 2609 • extension 7152**

Information on scholarships, bursaries, and awards.

## **Cambrian International**

**Room 4037 • extension 7841**

Learn about international studies and obtain information regarding other countries.

## **Cambrian Native Students' Association (CNSA)**

**Room 2140 • extension 7870**

Student government representing Aboriginal, First Nations, Métis, Status and Non-Status students; quiet lounge for studying.

## **Cambrian Student Centre**

**Room 2305 • extension 7390**

Study areas, event space, entertainment, kitchen service, meal plan, and computers available.

## **Campus Watch/Security**

**Room 1144 • extension 7230/7298**

Security escorts on campus, personal safety, First Aid; Security guard available 24/7.

## **Centre for Equity**

**Room 4089 • extension 7235**

Supports and promotes the human rights of individuals by ensuring they are free from harassment and discrimination.

## **Chartwells (Cafeteria)**

**Room 1005A • extension 7821**

Year-round access, full meal service, optional meal plan.

## **Child Care Services**

**Room 1120 • extension 7229**

On-campus or home care services.

## **Counselling Centre**

**Room 2269 • extension 7311**

Counsellors available for confidential academic counselling, career strategies, personal concerns.

## **Dental Clinic**

**Room 2246 • extension 7366**

Dental students provide examinations, cleanings, X-rays, fluoride treatments, and athletic mouth guards for a minimal cost.

## **Employment Services and Co-op Placement**

**Room 2409 • extension 7350**

Access to job postings, assistance with cover letter and résumé writing, and job search preparation.

## **Financial Aid**

**Room 2408 • extension 7340**

Assistance with financial aid and Ontario Special Bursary Program (OSBP) applications.

## **Fontaine Bleue Dining Room**

**Room 1271 • extension 7630**

Open for fine dining for lunch and dinner, prepared and served by Hospitality students.

## **Glenn Crombie Centre for disabilities services**

**Room 2504 • extension 7420**

Services available for students with learning, medical, visual, hearing, and mobility disabilities.

## **Health and Wellness Clinic**

**Room 2208 • extension 7822**

Staffed by Registered Nurses. Rest area, over-the-counter medication, immunizations, and doctor's appointments.

## **Info Centre**

**Room 2036 • extension 7289**

Refer/escort customers to appropriate area, respond to inquiries about events and activities, provide directions to classrooms.

## **Library Services**

**Room 3021 • extension 7333**

Information in book or video format, computer and Internet access, study rooms.

## **Open Access Computer Labs**

**Room 1162, 4121, 4130, 4141**

Open from 7 a.m. to 1 a.m.

## **Registrar's Office**

**Room 2004 • extension 3003**

Students can register, pay fees, obtain lockers, parking passes, ID cards, and add/withdraw from a course(s).

## **Students' Administrative Council (SAC)**

**Room 1164 • extension 7305**

Student government, faxing, emergency hotline, scanning, food bank, ride board, and event information.

## **The Learning Centre**

**Room 3024 • extension 7262**

Free peer tutoring and mentoring services available, one-on-one assistance.

## **Tim Horton's/Cybernet Café Main Entrance**

Light lunches, cyber lounge includes computers with Internet access.

## **Travel Lab**

**Room 2419 • extension 7266**

Provides travel information including airfare, car rental, and hotel bookings for students and travelling companions.

## **Wabnode**

**Room 2133 • extension 7242**

Services include Anishnaabe Peer Mentoring, a Native Student Support Officer and employment support.

## **Women's Centre**

**Room 1155 • extension 7426**

Free educational videos, workshops, and supportive resources.



## CALCULATING GRADE POINT AVERAGE (GPA)

In Secondary school, students receive a percentage as their final mark. At Cambrian, we calculate the Grade Point Average to obtain a final mark. How to calculate a student's GPA is indicated below.

<b>A (80-100%)</b>	Course objectives are met in a consistently outstanding manner	<b>(4 pts)</b>
<b>B (70-79%)</b>	Course objectives are met in a consistently thorough manner	<b>(3 pts)</b>
<b>C (60-69%)</b>	Required course objectives are met	<b>(2 pts)</b>
<b>D (50-59%)</b>	Limited fulfillment of course objectives with weakness in some or all areas	<b>(1 pts)</b>
<b>F (0-49%)</b>	Course objectives have not been met, credit is not granted	<b>(0 pts)</b>

*Remind your student that class attendance and participation are crucial*

The credit value of each course is multiplied by the points earned, thereby resulting in a grade point for every course.



### For example:

ENG 1500 – 3 credits	grade of A = 3 cr. X 4 pts = 12 grade points
PHY 1100 – 3 credits	grade of C = 3 cr. X 2 pts = 6 grade points
BIO 1200 – 4 credits	grade of B = 4 cr. X 3 pts = 12 grade points
LAW 1100 – 3 credits	grade of F = 3 cr. X 0 pts = 0 grade points
<b>Total: 13 credits</b>	<b>30 grade points</b>

The grade point average is calculated by dividing the total grade points by the total credits. In the case illustrated above, the GPA is 2.30. The semester GPA is calculated using the credits attempted in the semester. The program GPA is calculated using the credits attempted to date from your program of study. The cumulative GPA is calculated using all the credits attempted from all semesters.

**\* Students should refer to individual course outlines to identify the passing grade in each subject.**

## ADVOCACY

The College must comply with the Freedom of Information legislation. Under this legislation, no College staff member can share any information regarding the student's academic performance, attendance, or any other information to a third party unless the student has provided written permission to do so.

If your student is experiencing any difficulty, encourage him/her to approach the appropriate staff member to solve the issue. Academic issues should be discussed with the student's professor or coordinator. If resolution is not found, the student can then speak to the Dean of the School, and then the Vice President.

Postsecondary education is a new experience for students. Their college experience will provide them with the opportunity to develop problem-solving skills and independence. Your role as a parent, family member, and/or companion is to assist the student with his/her transition to college. As a coach, you should encourage your student to seek clarification or support when needed and not become personally involved. Students need to take responsibility for speaking to College staff to request services and support. They have to learn how to speak to those in authority and address difficult situations on their own.

The best way for the student to deal with the transition is with your constant support and encouragement.



# VISITING YOUR STUDENT

Students have a busy schedule during the school year, so scheduling visits with your student can be difficult. Please be aware of key dates indicated in the academic schedule when planing your visit.

## Academic Schedule – Fall Semester 2009

<b>June 15</b>	Last day for full payment of tuition fees for new students. Students paying full fees by this date will receive a \$50 rebate.
<b>July 17</b>	First Year Student and Parent/Companion Orientation - "Countdown to Cambrian." Last day for full payment of tuition fees for students returning to their second or third year of study.
<b>Aug. 31-Sept. 1</b>	Residence move-in date, Orientation and BBQ.
<b>Aug. 31-Sept. 4</b>	Residence Orientation week
<b>Sept. 2</b>	Program Orientation for first year students - "Getting Connected" and "Blast-off."
<b>Sept. 3</b>	Registration Day in gym for new and returning students.
<b>Sept. 7</b>	Labour Day – the College is closed.
<b>Sept. 8</b>	CLASSES BEGIN.
<b>Sept. 21</b>	Students who withdraw beyond this date will be legally responsible for the current semester fees and will be billed. It is the student's responsibility to return the withdrawal form to the Office of the Registrar by the deadline date. Students who withdraw on or before this date and have paid their fees in full will be eligible to receive a refund of current semester fees.
<b>Sept. 21</b>	Final day to add courses. No registrations for full-time students or no PIN. Part-time postsecondary studies are permitted beyond this date.
<b>Oct.12</b>	Thanksgiving Day – the College is closed.
<b>Nov. 4</b>	Mid-term grade report distribution to academic areas.
<b>Nov. 13</b>	Final day to drop a course and recieve a "W" grade.
<b>Nov. 14</b>	Fall Open House.
<b>Dec. 18</b>	Semester ends.
<b>Dec. 24</b>	Grades are posted to Student 411 and mailed to students requesting a paper copy, exited students, and students who do not have a PIN.

## Academic Schedule – Winter Semester 2009

<b>Jan 4</b>	Program Orientation for first year students "Getting Connected" and "Blast-off" for January intake students
<b>Jan. 5</b>	Registration for returning students
<b>Jan. 6</b>	CLASSES BEGIN.
<b>Jan. 19</b>	Students who withdraw beyond this date will be legally responsible for the current semester fees and will be billed. It is the student's responsibility to return the withdrawal form to the Office of the Registrar by the deadline date. Students who withdraw on or before this date and have paid their fees in full will be eligible to receive a refund of current semester fees.
<b>Jan. 29</b>	Final day to add courses. No registrations for full-time or part time postsecondary studies are permitted beyond this date.
<b>Mid-Feb.</b>	Career and Job Fair.
<b>Feb. 15</b>	Family Day – the College is closed.
<b>Mar. 1-5*</b>	Reading Week – no classes for postsecondary students.
<b>Mar. 5</b>	Mid-term grade report distribution.
<b>Mar. 12</b>	Final day to drop a course and recieve a "W" grade.
<b>Apr. 2</b>	Good Friday - no classes.
<b>Apr. 10</b>	Spring Open House.
<b>Apr. 27</b>	Semester ends for most programs. Note: some programs end at a later date.
<b>Apr. 30</b>	Grades are posted to Student 411 and mailed to students requesting a paper copy, exited students, and students who do not have a PIN.
<b>May 24</b>	Victoria Day – the College is closed.
<b>May 26, 27, 28</b>	Spring Convocation.

## UPCOMING EVENTS

### Getting Connected/Blast Off – September 2, 2009

*Getting Connected/Blast Off* is a **MANDATORY** program orientation session for all first-year students. *Getting Connected/Blast Off* will take place on **Wednesday, September 2 from 9 a.m. to 2 p.m.** This event will provide students with detailed information about their program and how each course is connected to the next. Representatives from business, industry and professional associations as well as graduates and employers may also be on hand to provide information about the expectations of the various fields.

The *Getting Connected* portion of the event will expose students to the academic policies that are vital as they progress through their program and the *Blast Off* portion of the event will showcase the student services available to them at Cambrian College. A free luncheon (sponsored by Student Services) will be hosted in the Student Centre.

Detailed information about the day and the location of the orientation session specific to their program **will be posted on Student 411 in August.**

### Residence Orientation Week – August 31 – September 7, 2009

An information session regarding residence policies, rules, and regulations is scheduled. Students are also given the opportunity to meet and interact with new campus residents through various free activities and events held throughout the week. A full listing of scheduled events will be posted on student 411 and on the residence page of the Cambrian website. Note: For Residence Orientation Week, registration is not required for students living on campus.

## Join Us!

Students and their family members are invited to join us for a free barbecue on move-in day – Tuesday, September 1, 2009



### Parent Tips

- Call your student to listen and provide needed reassurance.
- Encourage your student to get involved in campus activities.
- Help your student develop and maintain a realistic budget.
- Obtain a copy of your student's timetable so you know when he/she is in class.
- Communicate the importance of balancing work and social activities.
- Always be open to discussing issues such as peer pressure.
- Consider sending regular care packages with his/her favorite snacks and goodies.
- Remember, the first six weeks of the school year are the most critical for students.

## Orientation for first-year students living off campus and new to the community

### September 3– September 7, 2009

We have partnered with the residence team to provide a week-long orientation for first-year students living off campus and who are new to the community in order to introduce these students to Cambrian College and the City of Greater Sudbury. Scheduled activities and events are free, for the most part, for first-year students (some have a minimum charge).

This will be an opportunity for students to:

- Meet and interact with new students
- Learn about campus life
- Tour the City of Sudbury and enjoy the sights
- Take part in some fun activities and events
- Enjoy some delicious food
- Make the transition to College easy and fun

### Registration for this orientation is required.

Please send registration confirmation to Stacey Lalande, Office Assistant, Students' Administrative Council (SAC) by e-mail at [sacoffice@CambrianCollege.ca](mailto:sacoffice@CambrianCollege.ca) or by phone at (705) 524-7305 by Friday, August 14, 2009.

A detailed listing of all activities will be emailed once confirmation is received.

## ***In Touch—***

### ***Compliments of Student Services and Strategic Initiatives***

#### **For more information, please contact:**

Chantale Coutu  
Project Coordinator  
Student Services and Strategic Initiatives  
1400 Barrydowne Road  
Sudbury, Ontario P3A 3V8

Phone: (705) 566-8101, extension 7646  
Toll-free in Ontario: 1-800-461-7145,  
extension 7646  
Fax: (705) 524-9582  
Email: [chantale.coutu@CambrianCollege.ca](mailto:chantale.coutu@CambrianCollege.ca)

## ***Top Ten Tips for Parents***

- 1.** Keep communicating. Talk, write, email, and phone even if they sound like they don't appreciate it. They do want to hear from you.
- 2.** Show your interest in their new experiences by asking about their classes, workload, new friends and what they are doing for fun.
- 3.** Be positive and supportive. Remember, starting at a new school is stressful, and it takes time to adjust.
- 4.** Make sure you talk about finances and budgeting. Students need to plan and manage their spending so that their financial resources last the school year.
- 5.** For students living away from home, consider visiting part-way through the semester. Plan your visit to avoid any conflict with test and assignment schedules.
- 6.** Encourage the use of College resources such as Counselling, Tutorial Services, Medical Clinic, Self-Help Groups, and Faculty Advising.
- 7.** During stressful times of the year, send or give care packages of food, cosmetics, favourite things and pictures. They mean a lot to the hard-working student in your life!
- 8.** Give freely of your love and support. Express confidence in their ability to handle this very big change in their lives.
- 9.** You will be surprised at the maturity and independence that is developed after one year of college. Be prepared for these changes.
- 10.** Be part of making their college years successful!



**CAMBRIAN  
COLLEGE**

1400 Barrydowne Road  
Sudbury, Ontario, Canada P3A 3V8

[www.cambriancollege.ca](http://www.cambriancollege.ca)

**Keeping you Connected!** Current and past editions of the In Touch newsletter are available on our website  
[www.cambriancollege.ca/\\_About\\_Cambrian/parents/newsletter.htm](http://www.cambriancollege.ca/_About_Cambrian/parents/newsletter.htm)

Future editions will be added online as they become available.