

In Touch

Fall 2006
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Surviving the Transition and Staying in Touch

Peer Tutoring

It is never too late to seek help with study skills, test taking, or assistance with course content. Free peer tutoring and mentorship is available to all students through the Learning Centre. The Learning Centre is located in room 3024 across from the Library. Their hours of operation are Monday to Thursday from 8:30 a.m. - 4:30 p.m. and Fridays from 9 a.m. - 4:30 p.m.

Final Exams

The pace of the academic term in college is much quicker and less structured than in high school. For most students, final exams come around too fast. These are high stress times in a student's life.

Being supportive will assist them to achieve their goals.

You can help by encouraging your student to set up appointments with his/her professors to discuss academic concerns, participate and ask questions in class, and visit the Learning Centre to obtain tutoring assistance.



Final exams for the Fall semester are in mid-December. Final semester grades will only be mailed to students requesting a paper copy, to exited students, and to students who do not have a Personal Identification Number (PIN). All students can view their final grades on Student 411 on the College's Web site after December 21, 2006.

Managing Stress

With end-of-year projects being due and final exams approaching, students experience high levels of stress. Students spend spare moments studying, writing assignments, and worrying about their grades. One of the ways you can show that you are supportive and understand the demand that your student is experiencing is to send him/her a care package. An assortment of their favourite candy or stress snacks, a favorite CD, toiletries, health care items, words of encouragement, or even adding money to their meal cards will show them you care and will encourage them to persevere. If your student is finding it hard to cope, you may want to suggest that he/she schedule an appointment with a counsellor. The Counselling Centre provides free academic, career, and personal advisement.

For more information, please contact:
Counselling Centre at extension 7311

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Maintaining A Realistic Budget

Financial planning is an integral part of preparing for college studies. It is important for students to evaluate their financial situation habitually during the semester. Students need to review their budget on a weekly basis and make adjustments as needed. If expenses begin to exceed income, students should develop a plan to decrease their expenses immediately. The Financial Aid Office assists students with all aspects of financial planning and provides information regarding financial assistance, scholarships and bursaries, the Ontario Student Assistance Program (OSAP), the Ontario Special Bursary Program (OSBP), as well as on-campus work.



Students were encouraged to apply for scholarships and bursaries by the November 24 deadline. If your student requires additional assistance, the federal government has established a Web site with information about planning, saving, and financing a postsecondary education. You may visit this site at <http://canlearn.ca>. The college experience is complex enough without adding the stress of finances. Encourage your student to inquire about financial planning programs and assistance.

Note: Remind your student to book his/her January OSAP appointment on-line before the Christmas holiday.

For more information, please contact: The Financial Aid Office at extension 7340

Encouraging Independence

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 problem solve the issue. If the issue is Academic, the student should discuss it with his/her professor or coordinator. If resolution is not found, the student can then speak to the Dean of the School, and, if necessary the Vice President, Academic. Your role as a parent, family member, and/or companion is to assist the student with his/her transition to college. As a coach/mentor, you should encourage your student to seek clarification or support, and encourage them to resolve the issue himself/herself without you contacting the school personally.

The Cake Program

Your "taste of home" for someone special!

Anytime during the school year, you can have a cake delivered to your student for a special occasion or just because you are thinking of him/her. You can choose from one of four cake selections that are available at a cost of \$15 each (taxes included). Knowing you thought of your student will brighten up his/her day.



For more information please contact:

Cambrian Alumni Office at extension 7414 or at www.went2cambrian.com.

Health and Wellness Clinic

The Health and Wellness Clinic provides support to Cambrian students, assisting them to optimize and maintain a healthy and happy lifestyle. The Clinic is open Monday to Friday from 8:30 a.m. to 4:30 p.m. A nurse is available during those times. There are also physicians available three days a week. Flu immunization is available free to all Ontario residents. Flu immunization is recommended for all Ontario residents, especially students, as they are more vulnerable to infection. (Students spend most of their time in close proximity to many other students and colds and flus are easily spread).



The following services are also provided through the Health and Wellness Clinic:

- A doctor's clinic (appointments are preferred, but walk in appointments may be available).
- Referrals to other professionals.
- Health supervision (diabetes, blood tests, lab tests and follow ups).
- Massage therapy.
- Emergency care, assessment, first aid and/or referral, transportation.
- Therapeutic care for sexually-transmitted infections.
- Pregnancy testing, pap smears, family planning information.
- Allergy, flu, hepatitis immunization, and TB skin tests.
- Health interviews and counselling on health-related topics.
- Self medication and rest areas for minor conditions (e.g. headaches).

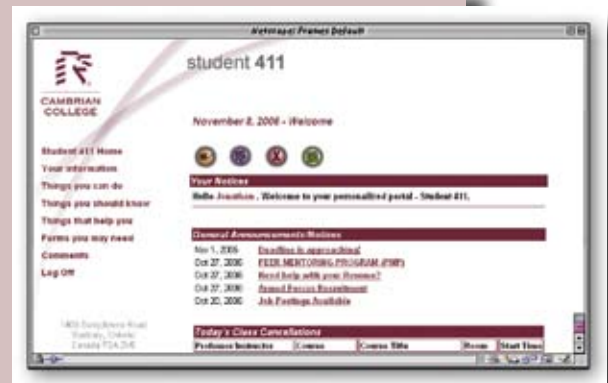
For more information please contact:

The Health and Wellness Clinic at extension 7822.

Income Tax Forms

The T2202A income tax forms will be available on Student 411 under "Your Information." The option to sign over tuition to parents for tax purposes is available on the on-line income tax form.

For more information, please contact:
Office of the Registrar at extension 3003



Holiday Planning

In planning family vacations, please consider your student's academic responsibility. Missing one week of classes can severely affect his/her grades and success in his/her program.

Christmas Holidays: December 20 to January 2

Reading Week: February 26 to March 2

January 2007 – Classes Resume

All students must register in their department or program coordinator's office on January 2. Classes start on January 3. A complete listing of registration rooms will be available on Student 411. Students must register in **both** the fall and the winter semesters to ensure they are in the proper class section, to obtain their booklist, to add or drop a course, and to agree to the courses scheduled for the second semester.

In Touch—

Compliments of the Office of the Vice President Student Services and Strategic Initiatives

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Important Dates

- Mid-December:** Final Exams begin
December 22: Final grades posted on Student 411
January 2: Registration
January 3: Classes begin
February 12: Career and Job Fair
February 20-21: Scholarship and Bursary Award Ceremonies
February 26-March 2: Reading week

Tips for Parents/Companions

1. Remember to be continually loving, supportive, and caring.
2. Praise accomplishments.
3. Consistently communicate with your student.
4. Keep in mind that time management is a challenge for students.
5. Talk about something other than grades.
6. Listen to your student!
7. Trust your student.

