

BRANDON UNIVERSITY OFFICE OF INTERNATIONAL ACTIVITIES

NEWSLETTER

Issue 2 | November 2020

THE WRITING CENTRE

On-on-One appointments: Fernanda Batista and Karen Skinner look forward to assisting you with your written assignments. To make an appointment click on the link:

<https://www.brandonu.ca/academic-skills/writing-skills/> or call 204-727-9737.

Writing Assistance – “Walk-In” Service: The Writing Centre’s virtual “Walk-In” service offers short consultations with writing tutors and is available (on a first come, first served basis) via Zoom on Mondays, Tuesdays, Thursdays and Fridays from 1 to 3 p.m., and on Wednesdays from 3 to 5 p.m. Consultations are 15-20 minutes long. To access this service, please go to

<https://zoom.us/j/98255175369>

November Writing- Related Workshops: The following workshops are open to BU students and staff. No pre-registration is required. Each workshop is 50 minutes long and can be accessed by clicking the Zoom link: <https://zoom.us/j/94541645899?pwd=YXFPaIRyS2RWY0J1dUtmR2hncEQzUT09>

November Workshops

Academic Integrity: Preventing Plagiarism - Tuesday Nov. 17, 10:10-11:00 a.m.

This workshop addresses plagiarism and ways students can prevent it to be in accordance with the university’s academic integrity policy. The focus is on useful techniques for paraphrasing.

APA Changes - 7th Edition - Friday Nov. 6, 11:00-11:40 a.m.; Wednesday Nov. 18, 11:40-12:30 p.m.

This workshop highlights the most significant changes to the latest edition of the American Psychological Association Style Manual, the APA 7th Edition. Topics include changes in formatting, in-text citations, referencing and mechanics. The workshop will also discuss changes which promote inclusive, less-biased language.

APA 7 Citation Basics - Tuesday Nov. 3, 12:40-1:30 p.m.; Wednesday Nov. 25, 3:00-3:50 p.m.

This workshop provides an overview of APA (7th Edition) requirements for in-text citations and references. Students will be shown examples of in-text citations using direct quotes and paraphrasing techniques. The workshop also offers examples of how different online resources should be cited in the reference section. The instructor will highlight helpful online resources and discuss the link between proper citation and academic honesty.

Essay Basics - Monday Nov. 16, 1:40-2:30 p.m.; Thursday Nov. 19, 9:00-9:50 a.m.

Students will be shown the basic parts of a standard essay (introduction, body, conclusion) and how they function. Along with the basic structure, the workshop will cover the following: essay purpose, selecting and narrowing a topic, levels of English and use of scholarly language, formulating a thesis statement (brief introduction), evidence and how it is used, and how to access additional resources both on campus and online.

LEARNING SKILLS

Come meet Jenna, BU’s learning coach.

Jenna is hosting Learning Skills Walk-ins and can help you improve your time management, develop a study plan and more.

Drop by Tuesdays and Wednesdays 4:30pm – 6:00pm CT and get your questions answered!

For more information go to: tiny.cc/learningwalkins



UPCOMING KEY DATES

**November 9 –
November 13**

Fall Study Break:
University open, no classes scheduled (except After Degree Education, M.Ed. and some Health Studies courses).

November 11

University Closed:
Remembrance Day.

November 16

Last day for Voluntary Withdrawal from Term One courses (except After Degree Education and M.Ed. courses). Last day for 50% tuition refund for Both Term courses (except After Degree Education and M.Ed. courses).

November 23

Last day for Voluntary Withdrawal from Term One After Degree Education and M.Ed. courses.



CAREER SERVICES

Creating a Flawless Resume



Students often ask why resumes are still used by employers. The answer is very simple, the resume is still the most common and generally accepted way to apply for positions. A very important consideration for students is to realize that the resume may be the first time the employer 'meets' you. First impressions are so important and you must demonstrate you have taken care when preparing your resume and created a well-worded document utilizing correct spelling and punctuation.

There are three simple rules to assist you in creating a great resume. First, create a document that clearly demonstrates to the employer, the attributes and competencies you wish to share. Second, keep your resume concise. I generally recommend a length of approximately two pages but that also depends on your own personal situation and experiences. If you are a new student you may not have much experience to list as opposed to an older student that may have years of experience. Third, ensure your resume is current and up to date. This is especially important as it ensures the potential employer sees all the attributes you possess. Additionally, if you have any certifications that have expired, either recertify or remove them from your resume.

The Career Planning & Placement Office is happy to assist students writing their first resume or reviewing their existing one. Each student is unique, and every resume will show some similarity to others yet should still demonstrate the unique attributes of the writer.

The Career Planning & Placement Office is working hard to ensure students can access career services. Students can still book appointments to discuss any career or employment related questions. If you wish to set up a virtual meeting just email **Doug** at pople@brandonu.ca.

PERSONAL COUNSELLING

At this time of year many students begin reporting that they are feeling overwhelmed with mid-term exams, papers, and assignments. This can be experienced as feeling stressed, troubles sleeping, procrastination, and somatic symptoms like an upset stomach or headaches. Learning new skills in self-regulation can assist in managing the symptoms that accompany feeling overwhelmed.

This year Brandon University invested in Therapy Assist Online called TAO Connect. This is free for all BU students and can be accessed anywhere through the online platform.

TAO Connect offers:

- Educational modules that use evidence-based theories and interactive learning.
- Practice tools and logs that are effective in reinforcing skills learned in the educational modules and includes daily logs and journals.
- Mindfulness library - a valuable resource to learn and practice mindfulness meditation.

This week I watched the Relaxation Strategies module. This module offered experiential activities to develop self-regulation skill. I was able to practice a breathing activity, a guided meditation activity, and a walking meditation. I highly recommend this module!!

To use TAO Connect go to <https://www.brandonu.ca/personal-counselling/tao/> there are links to download on your device and instructions to login. You just need your BU email to join. Alternately you can go to <https://ca.taconnect.org/register> on your favorite browser to create your account.

Please let me know if you are having troubles using TAO Connect.

Take care,

Marsha Harris MMFT Counsellor at Brandon University

STUDENT ACCESSIBILITY SERVICES - Did you know?

BU students can access assistive technology to help support their learning. **Read & Write** is a software toolbar that helps students create and access content with the literacy support features needed to engage with a personalized learning experience. Read & Write is great for all subjects; and offers support with everyday tasks like reading text out loud, understanding unfamiliar words, researching assignments and proofing written work.

Reading & Writing tools

- **Text to Speech** reads words, passages, or whole documents aloud with easy-to-follow dual color highlighting.
- **Text & Picture Dictionaries** provide definitions and displays images to help with word comprehension
- **Talk & Type** turns the spoken word into text.
- **Check It** reviews writing for incorrect grammar, spelling (phonetic), capitalization, punctuation, verb tense, homophones and more

Researching tools

- **Collect Highlights** from text in documents or the web for summarizing research and to create bibliographies.
- **Simplify** removes ads and other copy on web pages that can be distracting.

Studying tools - Audio Maker converts selected text into an audio file, and automatically downloads. Build a **Vocabulary List** instantly into a new doc, including selected words, the dictionary definitions, images from Widgit Symbols, and an editable notes column.

Read & Write can be downloaded using your BU email by selecting "Try Read & Write today" at <https://www.texthelp.com/en-us/products/read-write/>

For more information contact studentaccessibility@brandonu.ca

OFFICE OF INTERNATIONAL ACTIVITIES

Hello, we hope that you are all successfully transitioning into your Fall term. There has been a latest announcement by IRCC amending travel restrictions allowing international students to enter Canada to designated learning institutions with approved COVID 19-readiness plans (which Brandon University is listed). For more information on this announcement effective effective October 20th, 2020 please see [October 2, 2020 announcement](#). Students returning to Canada will be required to complete our Manitoba Return To Canada Travel Document. More information will be emailed shortly from the Office of International Activities.