

BRANDON UNIVERSITY OFFICE OF INTERNATIONAL ACTIVITIES

NEWSLETTER

Issue 1 | October 2020

THE MATH CENTRE

Math Skills Services offers free services for students by the learning skills specialist and peer tutors who are knowledgeable and eager to help. If you require assistance in preparing for your math courses by reviewing the basics of trigonometry, algebra, geometry, calculus or probability or in identifying gaps that can affect your performance, we are here to help you and support you. We also can help you with course content and specific mathematics topics, as well as provide advice about study strategies and problem-solving techniques. All students are encouraged to use the Student Services Centre as space for independent or group study.

We offer:

1. Workshops
2. Individual appointments
3. Peer assistance - Learning Coaches
4. Online assistance available through Zoom

<https://www.brandonu.ca/academic-skills/math-skills/>

For more information contact **Nicoleta Babuti** by email at babutiun@brandonu.ca



LEARNING SKILLS

Learning Skills offers individualized guidance on how to learn including strategies for preparing for and writing tests, improving your time management, taking better lecture notes and more. There are a variety of learning skills services available to you this term:

1. **Individual Appointments:** schedule an appointment with the Learning Skills Specialist. For more information go to: tiny.cc/1-1appointment
2. **Learning Skills Workshop:** attend a live skill-boosting workshop. For more information go to: tiny.cc/learningworkshops
3. **Learning Skills Walk-ins:** drop by and get your questions answered! For more information go to: tiny.cc/learningwalkins
4. **Learning Skills Online Modules:** videos and online resources that cover a variety of learning skills topics. For more information go to: tiny.cc/onlinemodules

Please contact **Noha ElSherbiny**, learning skills specialist, if you have any questions or would like to chat elsherbinyn@brandonu.ca.

THE WRITING CENTRE

Writing Skills assistance is intended to help students improve their writing skills. We help students learn how to structure and organize their writing, use prescribed essay format/referencing styles, avoid plagiarism, and identify and correct mechanical errors.



Fernanda Batista and Karen Skinner are ESL Specialists who appreciate the challenges international students face when writing university essays and assignments in English. We look forward to helping you at any stage in the writing process. We offer one-on-one appointments, practical workshops, and walk-in sessions. For more information, or to book an individual appointment, please go to <https://www.brandonu.ca/academic-skills/writing-skills/>

Fernanda Batista, batistaf@brandonu.ca
Karen Skinner, skinnerk@brandonu.ca

UPCOMING KEY DATES

October 12

University Closed: Thanksgiving Day.

November 11

University Closed: Remembrance Day.

November 9 – November 13

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

CAREER SERVICES

The Necessity of Career Planning as an Integral Part of Your University Career

Planning on what you will do for the next 30 or 40 years may seem like a very challenging objective. In reality, it should be an exciting activity that you can start researching as soon as you begin studies. The important consideration is to remember career planning is a process and not an event and you need to be patient with yourself. As with any research, some exploration will provide valuable direction and spark your interest that will lead to further research.

Achieving a meaningful and rewarding career may seem like a huge task as you are at the beginning of your post-secondary studies. The key to success is to examine and identify your interests and values in relation to a career. What do you need to do to start looking for a career that will meet your needs? You could be working for many years in this career, so be sure to select a career that meets your requirements.

Career Matchmaker is a program available on Career Cruising (<https://public.careercruising.com/en/>) in which you answer 116 questions about your likes and dislikes which will then generate 40 career suggestions that match up with your interests. You will require the Username and Password to use this program. Just send an e-mail to careers@brandonu.ca with "Career Cruising Password" in the subject line.

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.

Good luck with you career search and be patient with yourself as you make this journey.



PERSONAL COUNSELLING

First, I would like to say "welcome" to all of the new BU students, and "hello again" to returning students!

My role at the University is to support students with their mental health and wellness needs. I wanted to write to you today about the many dimensions of wellness that we all have. Some of these are: physical, emotional, social, spiritual, environmental, financial, and intellectual wellness. Right now is when the stress of classes and the volume of course work you have ahead of you begins to create an impossible schedule. Today, I want to draw your awareness to three dimensions that may get forgotten in your busy lives. If one or more of these dimensions gets forgotten about for too long we might begin to see our mental health languish.

The first is physical wellness. This includes things like getting enough sleep, eating nutritious foods regularly, and getting some exercise. This seems to be the first area that students neglect and has a huge impact on mental wellbeing. I know that some of you are adjusting to being in a different time zone than we are here at BU, so creating a healthy routine for yourself will be challenging! Try to create a daily schedule that has you working on your courses, eating, and sleeping at approximately the same time every day.

The next dimension that is often challenged when students become very busy is social wellness. As humans we are wired for connection! This year this is even more challenging due to Covid-19. Try to remember that physical distancing is not the same as social distancing. Try to find new ways to connect with people, particularly first year students. Creating your personal academic community will be helpful for many years.

Finally, the third dimension that seems to be challenged in the first few weeks of class is environmental wellness. Currently we are all using our home spaces as our work and study spaces. Keeping your physical environment tidy can be challenging when you are busy with course work; however, it really does impact mental health.

For this term, try to keep evaluating your balance in these wellness dimensions. If you are struggling and would like some support, please reach out to our counselling department.

All the best, **Marsha Harris** MMFT Counsellor at Brandon University

STUDENT ACCESSIBILITY SERVICES

Student Accessibility Services (SAS) assists students with disabilities or medical conditions by ensuring equal access to university programs through the provision of accommodations and supports including learning skills and/or assistive technology supports. An accommodation is a different way of completing a task allowing a student work better and more efficiently. Some example of accommodations include:

- extra time to complete tests or exams
- using assistive technology to support reading or writing
- assistance with note taking
- recording of lectures

SAS also works to ensure access - examples include alternate format of materials such as braille for those who are visually impaired, interpretation services for those who have a hearing loss, or assistive technology (TextHelp Read & Write) to assist with reading, writing and studying.

Information about services and supports for students with disabilities can be found at brandonu.ca/student-services/student-accessibility-services/.

OFFICE OF INTERNATIONAL ACTIVITIES

Welcome to our first of six monthly newsletters for this academic year! Our newsletters will highlight our campus supports and resources, testimonials and tips for success from our current international students, important dates and immigration related questions and answers from our licensed immigration consultants working for BU. On that note, we would like for you to send any question(s) you might have regarding your visa application, study permit, PGWP or other student related immigration questions to our Director, **Mr. David Rowland** at rowlandd@brandonu.ca. Each month our RCIC consultants will answer in our newsletter a few of the frequently asked questions from our international students. For those that may have missed our virtual orientation or would like to review some of the sessions and resources, please visit brandonu.ca/international-activities/orientation. On behalf of the Office of International Activities we would like to wish you all a great start to the term and please reach out to us for any questions you might have at international@brandonu.ca.