

# OUR BROCK newsletter

Connecting You To Your University And Community

## BLCS event raises money for Alzheimer's

*Katie Daniel*

Last month, a simple game helped provide more than just a fun afternoon for some Brock students and poor weather failed to dampen their spirits.

On March 31, the Brock Leaders Citizenship Society (BLCS) and its volunteers spent the afternoon at the Niagara Ball Hockey Club in St. Catharines for the third annual Flora Broley Memorial Ball Hockey Tournament. The two-day event raises money for the Alzheimer Society Niagara Foundation.

Volunteers spent five months preparing for the event and the hard work paid off. This year, there were 6 more teams participating than in last year's event, making 26 teams in total competing against each other. Food and drink was provided for all players along with hardest shot and accuracy challenges, a 50/50 draw and spirit and skill awards.

The Goon Squad and Ramped Up played against each other in the B Pool finals while Niagara North Stars and Gale Street Hookers played in the A Pool championship

game. The Goon Squad and Niagara North Stars were victorious and were crowned this year's champions.

As successful as the tournament was, the true success lies in the amount raised for Alzheimer's. This year the event raised \$7,361, which exceeded last year's amount by over \$2,000.

A press release states, "This amazing achievement was possible only through the combined efforts of the dedicated volunteers, spirited participants and faithful sponsors, many of which have partnered with the BLCS over the past three years of the event's existence."



Top: Pool A Winners "Niagara North Stars"  
Bottom: Pool B Winners "The Goon Squad"

Photos submitted  
by Laura Broley

## Those who are ‘good at everything’ make poor leaders

*Rachel Crane*

Friends, there is a rumour going around that is of grave concern to me. An urban myth, if you will, that I feel needs to be busted: leaders have to be perfect in order to succeed.

Despite popular belief, leaders do not have to be the best at everything. You do not become a leader because you’re the most proficient, the most influential, or the smartest (because... let’s face it... as advanced as humanity is in 2012, we still do not have a clear way to define an individual’s level of ‘intelligence’ anyway).

Leaders are not even necessarily experts at leading others. To be an effective leader, all you’ll need to be particularly good at is leading yourself.

Strong leaders are skilled in the area of self-awareness. They have a clear perception of their own personalities, strengths, weaknesses, beliefs, and emotions. When you are self-aware, you have the ability to understand others particularly well via the instrument of introspection.

Research shows that while an individual’s academic performance may successfully propel them into a certain profession, it is their level of emotional intelligence (consisting of self-awareness, self-manage-

ment, self-motivation, ability to empathize and manage relationships) that will determine if they achieve highly in their given field.

When you understand yourself, you live with enhanced social awareness and you understand how to empower others to become more aware – of your mission, themselves, and the personal resources that they might give to it.

On Saturday, March 31, I assisted in presenting Executive Forum. Executive Forum is a day-long training program designed to help Brock’s student club members transition into various new executive roles and, in general, further their leadership and organizational management skills. Brock’s Foundations in Leadership series at Brock extends the opportunity to dive deeper into key areas of emotional intelligence and other such valuable constructs to club executives and any other faculty, staff or student with the desire to.

A common theme woven through both programs is the ideal that no one has to be perfect. In each practicum, just like in real-life, you are free to make mistakes. You’ll make mistakes and take some time to reflect on what you can learn from them. In this way, you train your brain to embrace

imperfection and possibly even learn how to humour the challenges and conflict associated with it.

Openly accepting what you are deficient in is also an important feature of self-awareness. It is the integral first step towards efficient leadership and will determine whether you should spend time developing certain skills that are lacking or attracting the right people to fill in the gaps. Just as we all have our defaults, we can all be leaders with our unique abilities, experiences and style of getting things done.

You do not need to emulate great leaders before you, beseech others to follow you, or waste time striving for perfection. Just be authentic and the rest will follow. When you focus on leading yourself towards awesomeness instead of flawlessness, you become the best leader you can be.

**Good luck to all Brock students writing final exams over the next few weeks. Have a safe and happy summer holiday. We hope you had a great year. - SLCE**

## Exam Prep 101

*Katie Daniel*

The dreaded time is upon us when we spend hours upon hours cramming as much information we learned over the past three months into our heads just to sit in a crowded and tense gymnasium for three hours to spew it all out into booklets (not literally spew, I hope).

Simply saying final exams are stressful is an understatement. There is the studying part: staying up all day and night reading over notes, checking textbooks, procrastinating on Facebook then hating yourself afterwards. There is the waiting in line part: huddled together with hundreds of other students looking at each other and wondering, "Why does she look so relaxed? Why are they not cramming right now? What did he just say? I didn't know we had to know that!" Then there is the sitting down and actually writing it part: you either smile or start to panic at question number one and that little hand on the clock looms over you as you frantically write.

Why do schools do this to us? Seems cruel, doesn't it? Lucky for you, I have collected some tips throughout my exam-writing experiences that haven't affected me poorly so far, so they might be of help to you.

I am a lover of naps, so when I read online that napping is actually good for your brain while studying for long hours, I actually heard the Hallelujah song. If you want to take a short nap after studying for a few hours, do it, the material won't float away into the abyss but will be better absorbed into that lovely brain of yours.

We've all seen those commercials for feeding children a healthy breakfast so they learn better at school. Well, it works. Feed yourself while you study, but more importantly, feed yourself before you write your exam. Get some proteins, fruits and carbs into you, feed that brain and give yourself the energy you need to get through the exam.

Bring extra pens. It may sound funny but trust me, your stress level does not decrease when your ink runs dry and you dig into your paper praying for it to spout more. I have gotten myself into that situation before

and I learned my lesson. It's a waste of time to sit there with your hand up waiting for someone to see you, then wait for them to get a pen and walk back to you. Time is money, people, be prepared.

Most importantly, study. I have to make myself study because I absolutely despise studying, but a worse feeling is sitting down at your exam and being completely clueless. Whatever your technique, put the time in to study. Be easier on yourself during an already stressful time.

Don't forget to celebrate once you're done. Burn those notes, fall asleep, eat something really tasty but also really bad for you or have a drink (if you are over 19 of course). You deserve it. Good luck everyone.



SIFE "Give Us Your Goods" Campaign:

Moving out? SIFE Brock will take your unwanted items. Students and community members have the opportunity to donate their gently used furniture and clothing, as well as electronics in any condition to be recycled. SIFE will donate items to their partners The Hope Furniture Bank, Resource Association for Teens and Niagara E-Waste Recycle. There are two pick-up dates: April 14 and 21. If you would like furniture picked up on these days, contact the Hope Furniture Bank at 905-356-4637. The first 30 people to sign up will get free pick-ups. The cost for everyone else is only \$10 and in return will receive a charitable tax receipt. For further information contact [sifebrock@gmail.com](mailto:sifebrock@gmail.com) or [giveusyourgoods@gmail.com](mailto:giveusyourgoods@gmail.com).

## participation passport

Dear Passport Members,

Thank you for an amazing year. We hope that the participation in the various events on and off campus this year helped to enhance your student experience here at Brock.

We gave away lots of fun prizes this year and we hope that you enjoyed winning them!

There was a tie for the most swipes earned this year. Congratulations to Tiana B and Brandon W! You will be contacted with more information on how to pick up your prize.

We hope that you continue to read the Our Brock newsletter and participate in the different events and initiatives that are happening at Brock.

Thank you again for being a part of the Participation Passport Program.

Make sure you pick up  
*The Brock Press*  
every Tuesday for the  
best on-campus  
news coverage and all  
your up-to-date  
specialty news,  
sports, opinion and  
entertainment needs



Moving out this month? Doing spring cleaning? Support Community Care of St. Catharines and Thorold while you're at it. Donate non-perishable food items to the "Clean Sweep" food drive. Bins will be located at the Welcome Desk in Schmon Tower and in all residences from April 10 to 24. Volunteers are also needed to assist with the distribution of the bins upon arrival. Contact the Student Life & Community Experience department at [community@brocku.ca](mailto:community@brocku.ca) or call extension 5434 if interested.

Remember what it was like when you first arrived at Brock?

Want to make life a little easier for the new first-years?

Become a mentor. It is open to students from all disciplines and all subject areas. Mentors must have an overall academic average of 65% or higher, you must be a senior student with a minimum of 9.5 credits, you must commit 2 to 4 hours per month during the academic year, attend 2 to 3 Mentorship Plus events throughout the year and be willing to meet with your mentee at agreed upon times. For further information or to register visit [brocku.ca/career-services](http://brocku.ca/career-services).

Brock Chef, Shawn Lymburner, has entered a seafood challenge competition using sustainable and local ingredients, made on-campus. He was selected as one of two Canadian semi-finalists and is currently competing for a trip to New York City. He needs the most votes to win and is looking for some Brock support. If he wins, he will travel to NYC and represent Brock and compete against chefs from across the US. The winner of the competition gets their recipe served in universities throughout North America.

His video can be viewed here: [http://www.youtube.com/watch?v=CaAtrzdarZA&feature=plcp&context=C41abb3cVDvjVQa1PpcFMF-N71qv3\\_wXAhqFW1G8TnXoXHGbblu1k%3D](http://www.youtube.com/watch?v=CaAtrzdarZA&feature=plcp&context=C41abb3cVDvjVQa1PpcFMF-N71qv3_wXAhqFW1G8TnXoXHGbblu1k%3D).

You can vote for Shawn by clicking here: <http://www.sodexosurveys.com/survey/76180/1245/>.

Good Luck Shawn!

### *Prom Project 2012*

Want to help make prom memorable for local elementary and high school students? SLCE is working with the Education Foundation of Niagara to collect gently used formal attire and accessories for students of Niagara. They will be giving young people opportunities to select the formal wear of their choice free of charge to attend their formals and graduation ceremonies. Drop offs began in February in SLIC, located in MCA 204, and will continue until April 30. Last year, Brock University donated 50 items to the fundraiser. This year's goal is 75 items. Dresses, shoes, ties, accessories, dress pants and shirts, suits, suit jackets or money donations are all acceptable.

**THANKS TO OUR PARTICIPATION PASSPORT SPONSORS: Department of Residence, Academic Integrity, Brock Press, Recreation Services, Brock Card, BUSU, Brock Athletics, Faculty of Business, Centre for the Arts, Brock University Film Society (BUFS)**