Brock Leaders Citizenship Society **BLCS**

November 2009

Official Newsletter of Brock Leaders Citizenship Society

THE LEADER LINK

BLCS Executive Reflect on their Volunteer Experiences

I volunteer weekly with the Brock University Foot Patrol. Foot Patrol is a free volunteer service that provides students, staff and visitors with a safe escort on and around campus at night. Foot Patrol runs weeknight from 7:30 to 11:00 and is a great way to accumulate volunteer hours. Foot Patrol is always looking for energetic and dedicated students to help. Go to http://www.busu.net/services/foot-patrol, complete the application form and e-mail it to footpatrol@busu.net.

> Adam Boettger Communications Officer

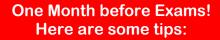
Over the past year and a half, I have become closely involved with the Brock Niagara Penguins. This program strives to foster opportunities for youth with disabilities in a recreational setting. As a volunteer, I work to promote physical activity and a healthy lifestyle for those with disabilities. By becoming involved with this organization, I have had the opportunity to help others but also grow as an individual. If you are interested in volunteering with this organization check out: http://www.niagarapenguins.org/

> Assuntina Del Gobbo Member at Large

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- Have a well organized agenda, calendar, palm pilot etc. Clearly outline for yourself when things are due and when you plan to work on your assignments.
- Find a quiet study space that makes you feel comfortable but so you're not too relaxed. You want to avoid places that you can easily be interrupted by friends, and phone calls.
- Leave time for proofreading your work or asking someone else to read it over for you. Try to avoid leaving things until the night before as this will only add to your stress levels.
- Don't be afraid to go to your professors and TA's for help! They have office hours so use them wisely.
- For every 50 minutes of studying take a ten minute break. You will burn yourself out if you

study to many hours in a row or forget to eat and hydrate vourself

Exam schedule will be posted online Thursday October 29th! Start to plan out your exams now and plan your studying time.

Foundations in Leadership Is Underway



November Social: