# The Brock Leaders Citizenship Society

### The Leader's Link

November 2010 Volume 2 Issue 3



#### **SLIC**

The Student Leadership and Innovation Commons (SLIC) is a workspace on campus for student leaders and student organizations. The SLIC space comprises computers, telephones, meeting spaces, and message walls amongst several other great facilities which are all available to students.

The BLCS is a "SLIC Suite" member, with permanent access to the space's plentiful resources. Brock Leaders are proud to call this new space their home!

In this Issue! SLIC1
Fall Preview Day1
Study Tips1
Words With Our Members2
Upcoming Events2

#### **Study Tips**

- \*Have an organized agenda, calendar, planner, etc. Clearly outlining due dates, exams, lab reports, appointments and when you plan to study and work on assignments.
- \*Make your own study guide. Take note of any questions the professors may ask as these are likely to be on the exam. Also, when you formulate you learn the material better.
- \*Find a quiet place that makes you feel comfortable but not too relaxed. You want to avoid places that you may easily fall asleep, or disturbed.
- \*Avoid leaving things until the night before as this will only add to your stress levels. Give yourself ample time to study for each exam. Cramming does not work well and actually stresses you. Giving yourself extra time gives your brain a chance to actually assimilate the material you're trying to learn.
- \*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 10 minute break. You will burn yourself out if you study too many hours in a row.
- \*TRY to get 8 hours of sleep.... or as close to it as possible. It will improve your mood and alertness.
- \*Drink 8-10 glasses of water a day and stay hydrated.
- \*Eat right and stay fit, a healthy body= a healthy mind!

#### **Fall Preview Day**

Fall Preview Day approaching. This annual event provides parents and prospective students with the unique opportunity to becomes part of the Brock community, visit our campus, and experience Brock first-hand. It features helpful tours, seminars and events. The event takes place Sunday November 7th from 1PM-4PM. This event is a great volunteer opportunity. There are several options available including being a Tour Guide or meeting parents and prospective students at the Student Awards Booth.

## Words With Our Members



Amanda Slamka 2nd Year

This year I am volunteering at the West Park Health Center. It is a senior citizen home near Brock University and my role there is to help every Friday and lead their "brain gym". Brain gym is a new program that they are imputing into the seniors home because it helps with regeneration of the degenerating brain by doing various physical and mental exercises. This not only helps us slow down the processes of brain degeneration, but also helps prolong the signs of Alzheimer's disease. Being a health science student, this is something that interests me because I get to not only learn anatomically how these exercises work, but I get to reinforce it into society.

I also do free tutoring to some grade 9 students from local high schools, especially in the science and mathematical field since those are my current studies. I am really enjoying the experience because I was once in their position and understand how even though this seems all like review to me; its brand new to them and they can relate more with a fellow student than with a teacher.



Jenn Nurse 2nd Year

This year I am volunteering again for CMP (Children's Movement Program). It is a Saturday morning program that helps children ages 2-12 learn the different movements their body can perform, the various levels of movement, develop social skills, meet friends, explore equipment, create the foundation of skill which encourage healthy active living. It's a wonderful opportunity where you not only get to be active, work with children, and you help contribute to a positive learning environment that promotes healthy active living.



Emma Dunn 2nd Year

My second year in BLCS has been really busy and equally exciting so far. I am working for Brock's Student Leadership and Community Experience Department as a SLIC educator. I also just completed the Foundations in Leadership Silver Level with several of my BLCS peers, and an interview with a local daycare centre; I begin my volunteer work there second semester. As a future teacher, I can't wait to experience first-hand the diversity of the children in the centre, as I believe I will learn a lot about child development.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Making a Presentation using Powerpoint 11am-12:30pm (SDC) Career Expo 11am-2pm	Respect:Give it.Get it Decew 208 4pm-6pm	The Call of Creativity David S. Howes Theatre 5pm-7pm	5	8
7	8	9	10	11	12	13
Fall Preview Day Youth Conference	*	W .		Spirate .	2	
14	15	Positive Space Workshop Location tba 10am-12 noon	17	18	BLCS Group Social	20
21	22	23	24	25	26	27
	March 1		BLCS Town Hall			
28	29	30	力の	は記述的		THE REAL PROPERTY.
Contract of the	-		No. of	-0		