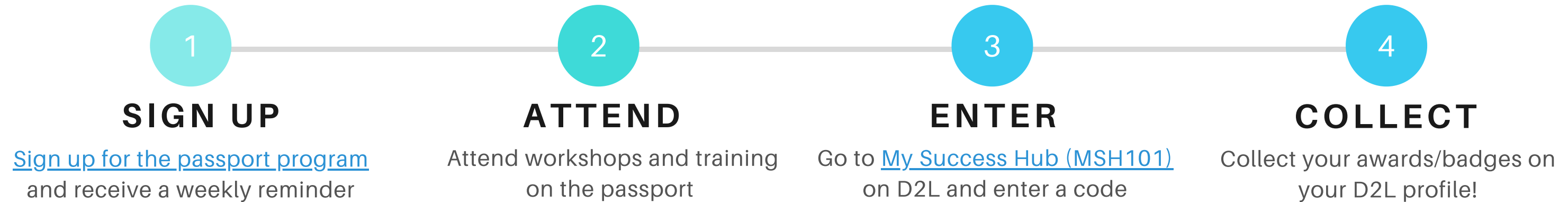


# ACCELERATE YOUR SUCCESS

SPRING 2021

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) Certificate and to be entered for a draw to win a Wellness Gift! Email [studentaffairs@bowvalleycollege.ca](mailto:studentaffairs@bowvalleycollege.ca) for inquires.

## HOW THE PASSPORT WORKS



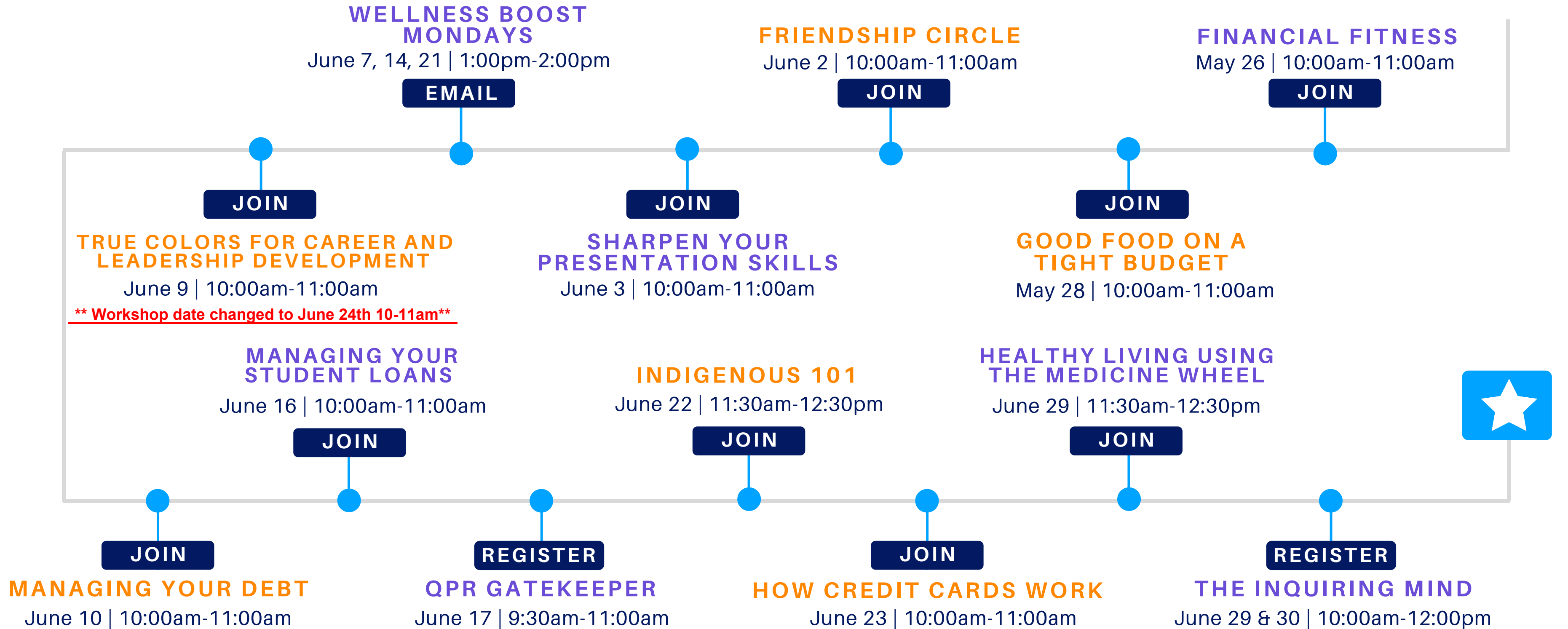
## WORKSHOPS AND ACTIVITIES



# ACCELERATE YOUR SUCCESS

SPRING 2021

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) Certificate and to be entered for a draw to win a Wellness Gift! Email [studentaffairs@bowvalleycollege.ca](mailto:studentaffairs@bowvalleycollege.ca) for inquires.



# ACCELERATE YOUR SUCCESS

SPRING 2021

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) Certificate and to be entered for a draw to win a Wellness Gift! Email [studentaffairs@bowvalleycollege.ca](mailto:studentaffairs@bowvalleycollege.ca) for inquires.

## TRAINING SERIES

*Read about each series on the last page of the passport. Students need to attend all the required sessions.*

### Happiness Basics

Wednesdays from May 19 to June 9  
4 classes | 2:30 pm - 4:00 pm

REGISTER

### Top 5 Strengths Series

Tuesdays from May 25 to June 15  
4 classes | 11:15 am - 12:45 pm

REGISTER

### Healthy Eating on a Budget: Virtual Cooking Class

Tuesdays from May 25 to June 22  
5 classes | 3:30 pm - 5:00 pm

REGISTER

## ONGOING ACTIVITIES

*These training activities are offered on an ongoing basis. Complete before June 30th.*

Meet with a Learner  
Success Advisor  
through RISE!

REGISTER

START: Online Suicide  
Prevention Training

EMAIL

Supporting Disclosures of  
Sexual Violence Online  
Training

REGISTER

# ACCELERATE YOUR SUCCESS

SPRING 2021

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) Certificate and to be entered for a draw to win a Wellness Gift! Email [studentaffairs@bowvalleycollege.ca](mailto:studentaffairs@bowvalleycollege.ca) for inquires.

## VOLUNTEER PROGRAMS

### BVC CARES

Gain valuable experience and develop new skills through various volunteer roles. [Sign up to become a BVC Cares volunteer](#) and receive information on upcoming volunteer opportunities!

### ICAN CREW

Volunteering through the Intercultural Centre's "ICan Crew" helps you engage in the diversity of our College, gain new perspectives, develop skills, and encourages you to be a part of an interconnected community. [Sign up to join the ICan Crew](#)

### SABVC

Volunteering gives you the opportunity to build your existing skills and develop new ones. By putting your talents and knowledge into action, you are honing your skillset. Become a SABVC Volunteer and enrich your experience and develop important skills. Fill out our [volunteer application](#) email it to [adhingra@sabvc.ca](mailto:adhingra@sabvc.ca).

### BVC GREEN

BVC Green is Bow Valley College's sustainability group. We run events and work on projects to make our campus more environmentally friendly and fair for all. We use the United Nations 17 [Sustainable Development Goals](#) to guide our work. [Sign up to join the BVC Green team](#).

### INIIKOKAAN CENTRE

Are you a student who self-identifies as a person with Canadian Indigenous ancestry? Do you consider yourself an ally to Indigenous Peoples? We have Indigenized leadership, advisory, and development opportunities. Email [iniikokaan@bowvalleycollege.ca](mailto:iniikokaan@bowvalleycollege.ca) to learn more!

# ACCELERATE YOUR SUCCESS

SPRING 2021

## SESSION DESCRIPTIONS

### FINANCIAL FITNESS

Finances impact our overall health. In this presentation, we will look at ways you can become financially fit to improve your financial wellness.

### FRIENDSHIP CIRCLE

Come and learn how to connect with new people and increase your confidence in making new friends.

### GOOD FOOD ON A TIGHT BUDGET

Your time and money are too precious to waste. Take the stress out of cooking and grocery shopping by creating a weekly plan.

### HAPPINESS BASICS

Learn 12 skills to feel happier in just 4 classes!

### HEALTHY LIVING USING THE MEDICINE WHEEL

A brief historical overview of the medicine wheel and its use by Indigenous people that will be followed by an introduction to a modern Growing Minds self-reflection medicine wheel. This session will have participants reflect on their strengths, challenges and activities they can do to meet those challenges.

### HOW CREDIT CARDS WORK

Credit cards have become a popular method of payment because of their convenience and acceptance worldwide. In this presentation, we will look at the do's and don'ts of using credit cards.

### INDIGENOUS 101

A conversation and Introduction to terminology, Indigenous identity, land, Doctrine of Discovery, numbered treaties, Indian Act, and Truth & Reconciliation.

### MANAGING YOUR DEBT

Learning to manage your debt wisely is the key to building good credit. In this presentation, we will dispel myths about credit and look at options to pay down your debt.

### MANAGING YOUR STUDENT LOANS

Managing your student loans is an important part of your financial wellness. Learn the ins and outs of government student loans and tips to prepare for repayment.

### MEET WITH A LEARNER SUCCESS ADVISOR THROUGH RISE!

Be proactive in planning for your success! Get connected with free resources and learn about supports available to you on campus and in the community!

### QPR GATEKEEPER TRAINING

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

### RETHINKING CONSENT: CREATING COMMUNITIES OF CARE

Consent is more than just intimate and sexual encounters. It is a part of how we show respect and care in our everyday interactions as well. This workshop will explore what consent looks like in all our relations and encounters, breaking down what it means to ask for consent, as well as to make refusals.

### SHARPEN YOUR PRESENTATION SKILLS

At school or at work - being a good presenter will help you get ahead. Improve your presentation skills and overall confidence!

### START: ONLINE SUICIDE PREVENTION TRAINING

Increase your skill and confidence in helping someone with thoughts of suicide. LivingWorks Start will teach you to recognize when someone is thinking about suicide and connect them to help and support.

### SUCCESS GOAL SETTING

Learn about different goal setting tools and set up your success goals!

### SUPPORTING DISCLOSURES OF SEXUAL VIOLENCE ONLINE TRAINING

Increase your awareness about sexual violence and consent, learn skills and resources for supporting someone impacted by sexual violence.

### THE INQUIRING MIND

This workshop will help you better understand mental health, and to strengthen your mental health resilience.

### TOP 5 STRENGTHS SERIES

Discover and maximize your most powerful talents in and out of the classroom with [CliftonStrengths for Students Top 5](#). BVC will provide you a FREE access code to complete the CliftonStrengths assessment.

### TRUE COLORS FOR CAREER AND LEADERSHIP DEVELOPMENT

Learn about your strengths, and those of others, and build positive relationships at home, at school and at work.

### VOLUNTEER 101

Volunteering is a great way to pursue a passion and connect with a community.

### VOLUNTEER MANAGERS PANEL

Do you want to learn how volunteering benefits community organizations? How volunteering can help you develop new skills, passions and make new connections? Join us as we connect with Volunteer Managers to talk about the importance of volunteering.

### WELLNESS BOOST MONDAYS

Join us for informal discussions about different wellness topics and add some hands-on practices to your self-care toolkit!