

ACCELERATE YOUR SUCCESS

WINTER 2022

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) certificate. Email studentaffairs@bowvalleycollege.ca for inquires.

HOW THE PASSPORT WORKS

1

SIGN UP

[Sign up for the passport program](#) and receive a weekly reminder

2

ATTEND

Attend workshops and training on the passport

3

ENTER

Go to [My Success Hub \(MSH101\)](#) on D2L and enter a code

4

COLLECT

[Collect your awards/badges](#) on your D2L profile!

ONGOING TRAINING/ACTIVITY

*These training activities are offered on an ongoing basis. **Complete anytime before Feb 28th** to earn a D2L award/badge!*

SUPPORTING DISCLOSURES OF SEXUAL VIOLENCE ONLINE TRAINING

Self-paced | Online | appx. 1.5 hours

[SELF-REGISTER ON D2L](#)

START: ONLINE SUICIDE PREVENTION TRAINING

Self-paced | Online | appx. 1 hour

[EMAIL TO REGISTER](#)

MEET WITH A LEARNER SUCCESS ADVISOR THROUGH RISE!

Online or In person | appx. 30 minutes

[BOOK APPOINTMENT](#)

ACCELERATE YOUR SUCCESS

WINTER 2022

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) certificate. Email studentaffairs@bowvalleycollege.ca for inquires.

ACADEMIC WELLNESS

Visit the [RGO Library and Learning Commons website](#) to check the scheduled dates/times.

ACADEMIC INTEGRITY & PLAGIARISM

Jan-Feb | various times
Online | MS Teams | [Join here](#)

INTRODUCTION TO APA STYLE, 7TH EDITION

Jan-Feb | various times
Online | MS Teams | [Join here](#)

Visit the [Academic Success Centre's website](#) to check the workshop dates/times.

LEARNING STRATEGIES

Jan 4, 11, 13 | various times
Online | MS Teams | [Join here](#)

D2L & MS TEAMS ORIENTATION

Jan 5, 10, 11, 12 | various times
Online | MS Teams | [Join here](#)

ONLINE LEARNING STRATEGIES

Jan 5, 12, 14 | various times
Online | MS Teams | [Join here](#)

ACADEMIC SUCCESS

Jan 18, 19, 20 | various times
Online | MS Teams | [Join here](#)

ACADEMIC WRITING

Jan 24, 25, 26, 28 | various times
Hybrid | [MS Teams](#) | N266

GETTING STARTED WITH YOUR ASSIGNMENT

Jan 25, 26, 27 | various times
Hybrid | [MS Teams](#) | N266

BITE SIZED WRITING

Jan 31-Feb 4 | various times
Hybrid | [MS Teams](#) | N266

RESPONDUS LOCKDOWN BROWSER TRAINING

Jan 31, Feb 2, 4 | various times
Hybrid | [MS Teams](#) | N266

BUILD MOTIVATION AND AVOID PROCRASTINATION

Feb 15, 16, 17 | various times
Hybrid | [MS Teams](#) | N266

ACCELERATE YOUR SUCCESS

WINTER 2022

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) certificate. Email studentaffairs@bowvalleycollege.ca for inquires.

LEADERSHIP WELLNESS

VOLUNTEER 101

Jan 20 | 11:15am-12:15pm
Online | MS Teams | [Join here](#)

TOP 5 STRENGTHS SERIES (STUDENT ATTEND ALL 4 SESSIONS)

Jan 27-Feb17 | 11:00am-12:30pm
Online | MS Teams | [Join here](#)

SUCCESS GOAL SETTING

Feb 1 | 11:15am-12:15pm
Online | MS Teams | [Join here](#)

INTRODUCTION TO EMOTIONAL INTELLIGENCE

Feb 7 | 12:45pm-1:45pm
Online | MS Teams | [Join here](#)

SHARPEN YOUR PRESENTATION SKILLS & WOW THE AUDIENCE

Feb 8 | 12:45pm-1:45pm
Online | MS Teams | [Join here](#)

FRIENDSHIP CIRCLE

Feb 9 | 11:15am-12:15pm
Online | MS Teams | [Join here](#)

TRUE COLORS FOR CAREER AND LEADERSHIP DEVELOPMENT

Feb 10 | 12:45pm-1:45pm
Online | MS Teams | [Join here](#)

VISION BOARDS

Feb 16 | 11:15am-12:15pm
In person | S2042 | [Register here](#)



Success is the sum of small efforts repeated day in and day out.
— ROBERT COLLIER



ACCELERATE YOUR SUCCESS

WINTER 2022

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) certificate. Email studentaffairs@bowvalleycollege.ca for inquiries.

FINANCIAL WELLNESS

HOW TO APPLY FOR STUDENT AWARDS

Jan 13 | 12:00pm-1:00pm
Online | MS Teams | [Join here](#)

FINANCIAL FITNESS

Jan 19 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

GOOD FOOD ON A TIGHT BUDGET

Jan 26 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

MANAGING YOUR STUDENT LOANS

Feb 2 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

MANAGING YOUR DEBT

Feb 9 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

HOW CREDIT CARDS WORK

Feb 16 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

WELLNESS ACTIVITY

MINDFUL MOVEMENT (YOGA)

Jan 18-Feb 8 | 12:30pm-1:30pm
Online | MS Teams | [Register here](#)

TRANQUIL TUESDAYS

Jan 25-Feb 22 | 12:00pm-1:00pm
In Person | N250 in RGO library

WELLNESS BOOST MONDAYS

Jan 31-Feb 28 | 11:00am-12:00pm
Online | [Email to register](#)

BUILDING THE LEADERS CAMPFIRE

Feb 3 | 11:00am-12:00pm
Online | MS Teams | [Join here](#)

SELF-LOVE EVENT

Feb 14 | 11:30am-1:30pm
In Person | S2009 (ATB Hall)

ACCELERATE YOUR SUCCESS

WINTER 2022

EMOTIONAL WELLNESS

THE WHAT, WHY AND HOW OF EQUITY, DIVERSITY, AND INCLUSION (EDI)

Jan 18 | 12:30pm-1:30pm
Online | MS Teams | [Register here](#)

SUPPORTING DISCLOSURES OF SEXUAL VIOLENCE WORKSHOP

Jan 21 | 9:00pm-12:00pm
Online | MS Teams | [Register here](#)

A JOURNEY TOWARDS RACIAL LITERACY

Jan 25 | 12:00pm-1:00pm
Online | MS Teams | [Register here](#)

2SLGBTQ+ WORKSHOP

Feb 2 | 11:00am-1:00pm
Online | MS Teams | [Register here](#)

CONSENT AND RELATIONSHIPS

Feb 15 | 10:30am-12:00pm
Online | MS Teams | [Register here](#)

TRANS IDENTITIES WORKSHOP

Feb 17 | 10:30am-12:00pm
Online | MS Teams | [Register here](#)

QPR GATEKEEPER TRAINING

Feb 22 | 11:00am-12:30pm
Online | MS Teams | [Join here](#)

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) certificate. Email studentaffairs@bowvalleycollege.ca for inquires.



Education is the most powerful weapon which you can use to change the world. — NELSON MANDELA



ACCELERATE YOUR SUCCESS

WINTER 2022

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) certificate. Email 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.

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. If you are interested, [sign up here.](#)

ACCELERATE YOUR SUCCESS

WINTER 2022

SESSION DESCRIPTIONS

2SLGBTQ+ WORKSHOP

This workshop will focus on conversations about 2SLGBTQ+ identities and creating an inclusive environment.

A JOURNEY TOWARDS RACIAL LITERACY

Are you curious about race? How to become an ally? Or want to participate in a discussion that promotes a space for authenticity, then this is the workshop for you!

BUILDING THE LEADERS CAMPFIRE

Learn how to foster the spirit and build community through Indigenous teachings and knowledge.

CONSENT AND RELATIONSHIPS

This is a 1.5-hour interactive workshop that will explore consent in relationships.

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.

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) certificate. Email studentaffairs@bowvalleycollege.ca for inquires.

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.

INTRODUCTION TO EMOTIONAL INTELLIGENCE

Learn how to develop your emotional intelligence to achieve better performance in your personal, academic, and professional life.

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!

Get connected with free resources and learn about supports available to you on campus and in the community!

MINDFUL MOVEMENT (YOGA) GROUP

This virtual 4-week class will involve a weekly theme and gentle yoga practice to foster connection with your mind and body.

QPR GATEKEEPER TRAINING

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

ACCELERATE YOUR SUCCESS

WINTER 2022

SESSION DESCRIPTIONS

SELF-LOVE EVENT

Join us for a discussion and activity on what self-love means and the importance of it.

SHARPEN YOUR PRESENTATION SKILLS & WOW THE AUDIENCE

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.

SUPPORTING DISCLOSURES OF SEXUAL VIOLENCE WORKSHOP

This is a 3-hour interactive workshop that will provide you with the tools to support those impacted by sexual violence.

THE WHAT, WHY AND HOW OF EQUITY, DIVERSITY, AND INCLUSION (EDI)

If you are passionate about creating an inclusive environment, developing cultural humility, or just want to learn more about EDI, this is a perfect introductory workshop for you!

Complete a minimum of 8 workshops/activities and 5 hours of campus volunteering to qualify for a leadership (LEAD) certificate. Email studentaffairs@bowvalleycollege.ca for inquires.

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 with a FREE access code to complete the CliftonStrengths assessment.

TRANQUIL TUESDAYS

Join this 6 week mindfulness stress based reduction program to learn how to cope and be calm no matter what!

TRANS IDENTITIES WORKSHOP

This two-hour workshop is an introduction to trans identities and core concepts.

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.

VISION BOARDS

Come and create your own vision board with us and turn your dreams into reality!

WELLNESS BOOST MONDAYS

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