



This passport is designed to help you reach your potential and get the most out of your exciting college life.

Attend a minimum of 8 workshops and complete 5 volunteer hours to earn a LEAD certificate and to be entered for a draw to win a wellness package!

Name: _____

Student ID: _____

Program: _____

LEAD LEADERSHIP EXPERIENCE AND DEVELOPMENT

Improve your leadership skills and your student experience with the LEAD series, which offers the following benefits:

- A better on-campus experience
- Personal and professional development
- Networking opportunities with different groups
- The potential to improve your leadership
- The chance to meet other learners

Your attendance and volunteer hours will be added to your co-curricular record. For more information, visit the website: bowvalleycollege.ca/LEAD

ACCELERATE YOUR SUCCESS

When you connect to your wellness!

Winter 2020

Learner Success Services
345 – 6 Avenue SE
First floor, South Campus
403-410-1440
learnersuccess@bowvalleycollege.ca

Follow us on Twitter [@BVC_LSS](https://twitter.com/BVC_LSS)

YOUR LEADERSHIP WELLNESS

Collect stamps by attending each of the following workshops. All sessions are one-hour long and no registration required!

Volunteerism 101

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

Jan 15 | 11:15 am | S3020
Feb 5 | 12:45 pm | N231



How do you RISE?

Reaching for Individual Success Everyday (RISE) helps learners make a plan for success and connect them to available resources.

Jan 15 | 12:45 pm | S3020
Feb 5 | 11:15 am | N231



Vision Board: Dream it, believe it, do it.

Take a moment to consider your goals and create a vision board for your success!

Jan 22 | 11:15 am | S2011
Feb 12 | 12:30 pm | N426



Sharpen Your Presentation Skills & Wow the Audience

Improve your presentation skills and your overall confidence!

Jan 22 | 12:45 pm | S2011
Feb 12 | 11:00 am | N418



True Colors for Career & Leadership Development

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

Jan 29 | 11:15 am | S3020
Feb 26 | 12:45 pm | S3020



Friendship Circle

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

Jan 29 | 12:45 pm | S3020
Feb 26 | 11:15 am | S3020



BVC Cares & Volunteering on campus

Gain valuable experience and develop new skills through volunteer roles on campus and in the community. Visit the website to sign up: bowvalleycollege.ca/LEAD

YOUR EMOTIONAL WELLNESS

Life and school can be difficult. Come learn about different ways to balance your emotional wellness. All sessions are one-hour long (except Community Connections).

Drop in Sessions - no registration required! Attend one or as many as you wish to get a stamp.

RECESS @ BVC

Take a break from adulting and come play some of your favourite childhood recess games!

Jan 15 | 11:30 am | S2009
Jan 22 | 12:30 pm | N231
Jan 30 | 12:00 pm | S2009



Monday Wellness Boost

Come and enjoy some tea & sandwiches and boost your wellness by connecting with others. Co-hosted by Learner Success Services and the Intercultural Centre.

Date: Jan 13, 20, 27 & Feb 3, 10
Time: 12:30 pm-1:30pm

Location: Intercultural Centre (N322)



Tranquil Tuesdays

Come to these drop-in mindfulness sessions to listen to your body and how to slow down and be present.

Date: Jan 21, 28 & Feb 4, 18, 25
Time: 1:00 pm-2:00pm

Location: Iniiikokaan Centre (S2015)



Community Connections

Do you find friends asking for your help, but you're worried you'll give them the wrong advice? Learn the basics of peer support.

Jan 31 | 1:00 pm – 4:00 pm | S2040
Feb 18 | 1:00 pm – 4:00 pm | S2041



Quiet Room

Take some time for a quiet get away while enjoying a cup of coffee/tea. Visit Learner Success Services on the First Floor, South Campus to book the room and receive a free beverage coupon!

YOUR FINANCIAL WELLNESS

Collect one stamp by attending this one-hour long workshop from the Financial Empowerment Team.

Financial Self-Care: Tame Your Fears and Take Charge

If you are feeling stressed about money, it can get in the way of your studies. This session can help you achieve financial balance!

Jan 30 | 10:30 am | N440
Feb 6 | 1:30 pm | S4021



YOUR ACADEMIC WELLNESS

All the academic sessions take place in Computer lab N149 on the first floor inside the RGO Library and Learning Commons. No registration required!

Collect one stamp from the library. Learn about the importance of using APA citing and referencing to avoid plagiarism and get hands-on practice.



Introduction to APA Style

Jan 15 | 10:00 am – 12:00 pm
Jan 24 | 10:00 am – 12:00 pm

Academic Honesty & Avoiding Plagiarism

Jan 9 | 2:30 pm – 4:00 pm
Jan 31 | 10:30 am – 12:00 pm

Collect one stamp from the Academic Success Centre. All sessions are one-hour long.

Academic Writing Prep

Be familiar with the rules of writing and its process.

Jan 6 – Jan 17 (Mon-Fri) | 1:00 pm



D2L Brightspace

Master D2L and don't let it get in the way of your success.

Jan 6 – Jan 17 (Mon-Fri) | 11:00 am

Online Learning

Be a successful online learner!

Jan 6 – Jan 17 (Mon-Fri) | 12:00 pm