

ACCELERATE YOUR SUCCESS

When you connect to
your wellness!

Spring 2020

Collect Awards virtually by
attending workshops and
activities on this passport

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

Follow us on Twitter @BVC_LSS



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 **1 of 4 \$50 Amazon e-gift cards!**

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 rich student life experience
- Personal and professional development
- Virtual networking opportunities
- The potential to improve your leadership
- A chance to socially engage and meet other learners virtually

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

You will receive an email from BVC LSS lssbvc4life@gmail.com with a link to your virtual passport. You can access your passport anytime and check how many badges you have collected!

YOUR LEADERSHIP WELLNESS

Do you have what it takes to be a leader? Develop your skills through workshops and volunteering.

Sharpen Your Presentation Skills & Wow the Audience

Improve your presentation skills and your overall confidence! To join the session, register [here](#).

May 21 | 11:15am - 12:15pm

Jun 18 | 12:45pm - 1:45pm

Volunteerism 101

Volunteering is a great way to pursue a passion and connect with a community. Join and learn about different volunteer programs. Register [here](#).

May 21 | 12:45pm - 1:45pm

Jun 11 | 11:15am - 12:15pm

Friendship Circle

Come and learn how to connect with new people and increase your confidence in making new friends. To join the session, register [here](#).

May 27 | 12:45pm - 1:45pm

Jun 24 | 11:15am - 12:15pm

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. To join the session, register [here](#).

May 28 | 11:15am - 12:15pm

Jun 25 | 12:45pm - 1:45pm

Success Goal Setting

Learn about different goal setting tools and set up your success goals! To join the session, register [here](#).

May 28 | 12:45pm - 1:45pm

Jun 17 | 11:15am - 12:15pm

BVC Cares & Volunteering

Gain valuable experience and develop new skills through various volunteer roles. Visit the website to sign up: <https://bowvalleycollege.ca/student-resources/student-life/volunteer-at-bow-valley-college>

YOUR EMOTIONAL WELLNESS

Life and school can be difficult. Come learn about different ways to balance your emotional wellness.

Let's Talk About Consent

Join in this workshop to learn about what consent is, what it looks like, and how to ask, listen and respect when asking for consent. Register [here](#).

May 27 | 1:00pm - 2:00pm

Wellness Boost Mondays

Discover new self-care tools, while connecting with others! To access classes or ask questions, please email brbasisty@bowvalleycollege.ca

May 25 | 12:00pm - 12:30pm

Jun 1, 8, 15, 22, 29 | 12:00pm - 12:30pm

Tranquil Tuesdays

Come learn how to listen to your body and how to slow down and be present. You will be healthier, happier and perhaps even more successful. Join the MS Teams session [here](#).

May 19, 26 | 1:00pm - 2:00pm

Jun 2, 9 | TBD

Easy Yoga Wednesdays

Students only need comfortable clothing and a chair to use as a prop. To access classes or ask questions, please email brbasisty@bowvalleycollege.ca

May 20, 27 | 12:00pm - 12:30pm

Jun 3, 10, 17, 24 | 12:00pm - 12:30pm

Supporting Disclosures of Sexual Violence Training

Take this training to learn what sexual violence and consent are and to develop knowledge and skills in how to support someone who has disclosed sexual violence. [Self-register on D2L](#) and complete it before July 3rd in order to collect another stamp!



If you need assistance with self-registering on D2L please email academicsuccess@bowvalleycollege.ca

YOUR EMOTIONAL WELLNESS

Life and school can be difficult. Come learn about different ways to balance your emotional wellness.

Wellness Mentor Online Activities

Physical Distance NOT Social Distance. Your BVC Peer Wellness Mentors are here to connect and have fun! Please email lfiebig@bowvalleycollege.ca to join.

BVC Virtual Book Club

Tuesdays | 12:00pm - 1:00pm

Virtual Escape Room

Wednesdays | 1:00pm - 2:00pm

Online workout with Lisa

Thursdays | 12:00pm - 1:00pm

Play cards and chat

Fridays | 12:00pm - 1:00pm

YOUR ACADEMIC WELLNESS

Learn about the importance of using APA citing and referencing to avoid plagiarism and get hands-on practice.

Introduction to APA Style, 7th Edition

Join the [live workshop online](#) or view the workshop [slides](#).

May 20 | 1:00pm-3:00pm May 28 | 1:30pm-3:30pm

Jun 3 | 10:00am-12:00pm Jun 12 | 2:30pm- 4:30pm

Jun 22 | 3:00pm- 5:00pm Jun 30 | 11:00am-1:00pm

Academic Honesty & Avoiding Plagiarism

Join the [live workshop online](#) or view the workshop [slides](#).

May 22 | 10:30am-11:30am May 28 | 4:00pm-5:00pm

Jun 3 | 3:00pm-4:00pm Jun 18 | 9:30am-10:30am

All Aboard

Practice the skills and strategies to be a successful student! This D2L non-credit course will give you the opportunity to learn and practice these skills (e.g. online learning, academic writing strategies). [Self-register on D2L](#) and complete it before July 3rd in order to collect another stamp!