

ACCELERATE YOUR SUCCESS

FALL 2021

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!

WELCOME WEEK WORKSHOPS

ACADEMIC ORIENTATION

- D2L/MS Teams Orientation
- Learning Strategies
- Time Management & Procrastination
- Online Learning Strategies

September 1 - September 3
Hybrid | MS Teams | N149

[MORE INFO](#)

FINANCIAL WELLNESS

Start the semester on the right foot and take charge of your finances!

September 7 | 12:30pm-1:30pm
Online | MS Teams

[JOIN](#)

HOW TO APPLY FOR SCHOLARSHIPS AND BURSARIES AT BVC!

- How to access our brand-new Awards Portal
- How to see what you may be eligible for
- How to find other external award opportunities

September 2 | 2:00pm-3:00pm
Online | MS Teams | [Join here](#)

September 9 | 12:30pm-1:30pm
In person | Drop in | S4033

ACCELERATE YOUR SUCCESS

FALL 2021

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 [Academic Success Centre's website](#) to check the workshop dates/times and find a link to join.

ACADEMIC SUCCESS

Sept 7 - 10 | various times
Hybrid | MS Teams | N149

ACADEMIC WRITING

Sept 13 - 17 | various times
Hybrid | MS Teams | N149

GETTING STARTED WITH YOUR ASSIGNMENT

Sept 20 - 24 | various times
Hybrid | MS Teams | N149

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

ACADEMIC INTEGRITY & PLAGIARISM

Sept-Oct | various times
Online | MS Teams | [Join here](#)

INTRODUCTION TO APA STYLE, 7TH EDITION

Sept-Oct | various times
Online | MS Teams | [Join here](#)



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



ACCELERATE YOUR SUCCESS

FALL 2021

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

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

SUCCESS GOAL SETTING

Sept 23 | 11:15am-12:15pm
Online | MS Teams | [Join here](#)

FRIENDSHIP CIRCLE

Sept 29 | 11:15am-12:15pm
Online | MS Teams | [Join here](#)

TRUE COLORS FOR CAREER AND LEADERSHIP DEVELOPMENT

Oct 6 | 11:15am-12:15pm
In Person | S2042 | [Register here](#)

TOP 5 STRENGTHS SERIES (STUDENT ATTEND ALL 4 SESSIONS)

Oct 7, 14, 21, 28 | 11:00am-12:30pm
In Person | S4028 | [Register here](#)

SHARPEN YOUR PRESENTATION SKILLS & WOW THE AUDIENCE

Oct 7 | 11:15am-12:15pm
In Person | S2039 | [Register here](#)

STRENGTHS 101: (RE)DISCOVER YOUR SUPERPOWER!

Self-paced (complete before Oct 29th)
Online | appx. 1 hour | [Register here](#)



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



ACCELERATE YOUR SUCCESS

FALL 2021

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.

EMOTIONAL WELLNESS

WELLNESS BOOST MONDAYS

Sept 13, 20, 27 | 11:00am-12:00pm
In Person | Drop in | S2009

QPR GATEKEEPER TRAINING

Sept 28 | 12:30pm-2:00pm
Online | MS Teams | [Join here](#)

TRANQUIL TUESDAYS

Tuesdays, Sept 21 - Oct 26 | 3:00pm-4:00pm
In Person | [Email to register](#)

SUPPORTING DISCLOSURES OF SEXUAL VIOLENCE ONLINE TRAINING

Self-paced (complete before Oct 29th)
Online | appx. 1.5 hours | [Self-register on D2L](#)

START: ONLINE SUICIDE PREVENTION TRAINING

Self-paced (complete before Oct 29th)
Online | appx. 1 hour | [Email to register](#)

FINANCIAL WELLNESS

FINANCIAL FITNESS

Sept 22 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

GOOD FOOD ON A TIGHT BUDGET

Sept 29 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

HOW TO APPLY FOR SCHOLARSHIPS AND BURSARIES AT BVC!

Oct 6 | 12:30pm-1:30pm
In Person | S4033 | [Register here](#)

MANAGING YOUR STUDENT LOANS

Oct 13 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

MANAGING YOUR DEBT

Oct 20 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

HOW CREDIT CARDS WORK

Oct 27 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

ACCELERATE YOUR SUCCESS

FALL 2021

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. Email iniikokaan@bowvalleycollege.ca to learn more!

ACCELERATE YOUR SUCCESS

FALL 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.

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.

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.

QPR GATEKEEPER TRAINING

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

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.

STRENGTHS 101: (RE)DISCOVER YOUR SUPERPOWER!

Sign up for this basic workshop to learn your top 5 strengths and how to use them effortlessly for all-round success!

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.

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.

TRANQUIL TUESDAYS

Join this 6 week mindfulness stress based reduction program to learn how to cope and be calm no matter what! If interested email habbott@bowvalleycollege.ca

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.

WELLNESS BOOST MONDAYS

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