

ACCELERATE YOUR SUCCESS

SPRING 2022

Complete a minimum of 8 workshops/quality for AYS 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](#)

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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: RESEARCH AND APA

May-June | various times
Online | MS Teams | [Join here](#)

RESEARCH & APA DESCRIPTION

May-June | various times
Online | MS Teams | [Join here](#)

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

PREPPING FOR ACADEMIC SUCCESS

May 17, 18 | various times
Hybrid | MS Teams | [Join here](#) | N149

D2L & MS TEAMS ORIENTATION

May 10, 9, 11 | various times
Hybrid | MS Teams | [Join here](#) | N149

INTRODUCTION TO LEARNING STRATEGIES

May 10, 9, 11, | various times
Hybrid | MS Teams | [Join here](#) |
N149

BITE SIZED WRITING

May 24, 17, 25 31 various times
Hybrid | [MS Teams](#) | N149

BUILDING MOTIVATION

Jun 22, 23 | various times
Hybrid | [MS Teams](#) | N149

TERM PAPER WORKSHOP

June 21, 24 | various times
Hybrid | MS Teams | [Join here](#) | N149

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LEADERSHIP WELLNESS

VOLUNTEER 101

May 11 | 12:00 p.m.-1:00 p.m.
Hybrid | MS Teams | [Join here](#) | [N322](#)

SUCCESS GOAL SETTING

May 19 | 12:00 p.m.-1:00 p.m.
MS Teams | [Join here](#)

INTRODUCTION TO EMOTIONAL INTELLIGENCE

June 28 | 10:00 a.m.-11:00 a.m.
Online | MS Teams | [Join here](#)

SPEED FRIENDING

May 10 | 12:30pm-1:30pm
Online | MS Teams | [Register Here](#)

[May 24 | 11:00am | Online](#)
[May 24 | 12:30pm | In person](#)
[Register Here](#)

FRIENDSHIP CIRCLE

May 24 | 11:15am-12:15pm
In person | S4020 | [Register here](#)

VISION BOARDS

May 25 | 11:30am-12:30pm
In person | S4020 | [Register here](#)



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



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FINANCIAL WELLNESS

HOW TO APPLY FOR STUDENT AWARDS

May 9 | 12:00pm-1:00pm
Online | MS Teams | [Join here](#)

FINANCIAL EMPOWERMENT

May 11 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

GOOD FOOD ON A TIGHT BUDGET

May 17 | 12:30pm-1:30pm
Online | MS Teams | [Join here](#)

WELLNESS ACTIVITY

WELLNESS BOOST TUESDAYS

Tuesdays | 3:00pm-4:00 p.m.
Online | [Register here](#)

ACCELERATE YOUR SUCCESS

SPRING 2022

EMOTIONAL WELLNESS

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

May 25 | 12:30pm-1:30pm
Online | MS Teams | [Register here](#)

ABC'S OF DISABILITY

June 1 | 12:00-1:00
Online | MS Teams | [Join Here](#)

MASCULINITIES WORKSHOP

May 17 | 9:00pm-12:00pm
Online | MS Teams | [Register here](#)

SUPPORTING DISCLOSURES OF CHILD SEXUAL ABUSE

May 27 | 9:00am-12:00pm
Online | MS Teams | [Register here](#)

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



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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

SPRING 2022

SESSION DESCRIPTIONS

ABC's of Disability

This workshop will explore disability as part of Equity, Diversity and Inclusion (EDI), You'll learn ways to help support people with disabilities and create more inclusive and accessible environments

FINANCIAL EMPOWERMENT

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 to apply for Student Awards

Join us to learn all about our student awards portal! We will cover how to apply for student awards, tips and tricks for your application, and where to find more awards outside the college. Our Awards Team will be available to answer any questions relating to scholarships and bursaries at Bow Valley College.

Introduction to Emotional Intelligence

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

Complete a minimum of 8 workshops/activities to qualify for a leadership (LEAD) certificate.

Email studentaffairs@bowvalleycollege.ca for inquires.

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!

Masculinities Workshop

A workshop on Masculinity and how to explore what happens if your friend causes harm

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.

SUPPORTING DISCLOSURES OF CHILD SEXUAL ABUSE

An interactive workshop on how to support children who have experienced sexual abuse

Speed Friending

Do you every wonder why it seems so hard to make friends as an adult? Learn what it takes to meet people and what you can do to increase your confidence in making new friends.

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!

ACCELERATE YOUR SUCCESS

Spring 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!

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 to qualify for a leadership (LEAD) certificate.

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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 TUESDAYS

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