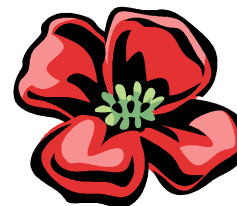




## Did You Know...



**First job:** Joan Rivers, comedienne and fashion commentator, once wrote for the popular television show, Candid Camera, as well as The Ed Sullivan Show. One of her first jobs was as fashion co-ordinator for Bond Clothing Stores.

**First Remembrance Day:** The British Commonwealth marked its first Remembrance Day in 1919. It was originally called Armistice Day and commemorated the end of the First World War on Nov. 11, 1918, at 11a.m.

**Beer flood:** In 1814, in a brewery in London, England, a tank full of 3, 500 barrels of beer ruptured. A river of beer poured out onto the streets, demolishing two houses.

**Blue laws:** Originating in colonial times in Puritan New England, blue laws were intended to enforce moral conduct. They were called blue laws because they were written on blue paper.

**Quite a find:** It may have been a goat herd in Ethiopia who first discovered the pleasures of coffee in about 850 AD. His flock had been feeding on a coffee plant, and when he noticed the strange effect it was having on the goats, he tried some himself.

## Useless Facts



## Quotable Quotes

- Theodore Roosevelt finished a speech he was delivering after being shot in the chest, before he accepted any medical help in 1812.
- Someone within 200 miles of your town claims to have had direct contact with a monster, ghost or other unexplainable being.
- Spilling salt is considered good luck in Japan.
- Students at U.S. colleges and universities read about 60, 000 pages in four years.
- The largest school in the world is a K-12 school in the Philippines, with an enrollment of 25, 000.

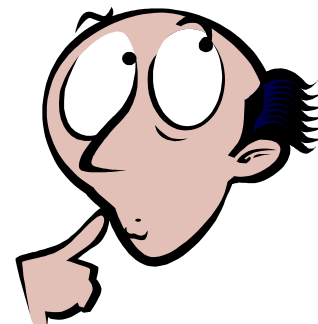
- "The best job goes to the person who can get it done without passing the buck or coming back with excuses." (Napoleon Hill)
- "A man may fulfill the object of his existence by asking a question he cannot answer, and attempting a task he cannot achieve." (Oliver Wendell Holmes)
- "Our Lord has written the promise of resurrection, not in books alone but in every leaf of spring-time." (Martin Luther)
- "People want economy, and they will pay any price to get it." (Lee Iacocca)



## Trivia ...

1. What kind of creature is a "dolly varden"?
2. With what group did Ringo Starr play drums before joining the Beatles?
3. What is the point value of the letter "J" in the game Scrabble?
4. Custer's last stand was fought against which Indian tribe?
5. In Abbott and Costello's "Who's On First?" comedy routine, what is the only position not mentioned?

(Answers to the trivia ... flip over)



## *To Our Future Grads...*



## ATTN:

## **ALL STAFF & GRADUATING STUDENTS.**

We would like to congratulate the following classes,

- Addictions Intervention Counselling
- Primary Care Paramedic
- Business Administration
- Office Administration
- Computer Systems Engineering
- Police Foundations
- Paralegal/Law Clerk



Graduation is at 2pm on Saturday, June 4th, 2005, at the Radisson Hotel in Sudbury on St-Anne Road. RSVP your attendance before May 6th, 2005.

## *Answers to Trivia ...*

1. A fish
2. Rory Storm & the Hurricanes.
3. Eight
4. The Sioux
5. Right field



## *Attention students & Staff...*



May 11th, 2005 our Police Foundations class is having a bake sale and a 50/50 Draw!

Tickets are available from any PF10 Students.

Ticket Price: \$0.50 ea or 3/\$1.00.

YMCA Fundraiser: Lets Help Send Kids to Camp!

Pharmacy Tech's are having a fundraiser for a class trip.

- Chocolate bars for sale @ \$2.00 each. (Aunt Sarah's Simply DELICIOUS)
- Pyjama day on Monday May 2nd, 2005 @ \$1.00 per student if participating.



## **Welcome the new students and staff...**

Welcome to the new Computer Systems Engineering Class who start on Monday, May 2nd, 2005.

Also a welcome to instructors in various programs ...

- Jessie Allison
- Scott Buckingham
- Scott Infanti
- Fred Nesbitt
- Jodi Whiteside
- Lisa Pitawankwat



**~WELCOME TO THE TEAM!~**

## *On the Fighter Side...*



I sacrificed a lot to be here tonight, mostly my self-respect.

He hasn't many faults, but he makes the most of the ones he has.

Why is there so much pressure to spend Independence Day with other people?

She types sixty words per minute—Many of them recognizable!

You know you're getting old when your back goes out more than you do.

Why must the phrase, "It is none of my business," always be followed by the word "but"?

He's a man of untold wealth, and that's because he never reports it on his income tax.

Liberty is the right to complain that we don't have enough freedom.

# Graduates need to leave student mode behind.

Article by Barbara Simmons



If you are a university or college student who is graduating and preparing for interviews to land your first career-related-job the one that will transition you from schooldays to work-days- you might want to start thinking like an employer. Employers' expectations of interview behaviour shifts once job candidates' new degrees or diplomas are in hand, Poor interview performance that might have been overlooked when they were students trying to obtain summer and part-time jobs, co-op or field placements can now become the new graduates' undoing.

Employers expect:

## \* Active and confident participation in the interview discussion.

Many students sit in classes taking copious notes and may never offer their ideas in a classroom discussion. Unfortunately, such student behaviour can transfer to the interview room. Sounding and looking like you want to be there and interacting enthusiastically during the exchange helps keep the interview moving and it is refreshing to be with candidates who share their ideas, actively listen and emote. That also means asking relevant questions that will help with the flow of the discussion. Remember, getting out of the student mindset doesn't mean straining your voice or shouting, but it also means not mumbling so that the interviewer has to ask you to repeat yourself.

## \* Being forthright and offering explanations, not excuses.

If, for example, employers inquire about a low grade-point average, or the reason for withdrawing from more than a few courses, they expect new grads to explain the circumstances, not offer excuses. Blaming an instructor, or your group for a class project gone awry, or implying there were too many students in the class are tactics that are bound to backfire. The interviewer could think that if you became an employee you might blame them or co-workers when having on-the-job difficulty, or require a great deal of hand-holding and attention during training. Explanations are always better than excuses. Grads need to be ready to state reasons for past grades, such as: working overtime at a part-time job to pay tuition costs; trying to fast-track and taking too many courses; or family obligations such as elder care responsibilities. Taking responsibility is a winning approach and it speaks to your ethics and maturity.

## \* Answers that do not sound memorized.

Some students are so used to memorizing the content of required readings, formulas and theories that they confuse the interview with a test. It's better to approach the interview as an opportunity to exchange information and deliver thought-out answers that are interactive and strong, not stilted. That also means not giggling when faced with the natural silences that flow throughout most interviews. Graduates who have English as a second language might be particularly tempted to memorize their delivery in order to capture just the right

wording or pronunciation. Rather than risking losing one's train of thought in a memorized response, faltering or sounding rehearsed, it's better to try practice interviews, perhaps with the help of the career services center at your college or university.

## \* Professionalism-as reflected in appropriate appearance.

T-shirts, low-slung pants and low-cut blouses have no place in what is essentially a business meeting. Shirts need to be neat and crisp, and black jeans do not pass for dress pants. Hair should be neat and clean, and not cascading all over one's face. Going from student to employee is a major transition in one's life. Successful careers are launched every day by people who show preparation and foresight. You can too.

Barbara Simmons is a counselor in the Counselling and Career Coaching services of George Brown College.

She can be reached at [bsimmons@gbrownc.on.ca](mailto:bsimmons@gbrownc.on.ca)

## Month of April, Winners for "Perfect Attendance"

Lunch at the Cyber Net Café:

- Yanik Lafreniere
- Monique Leduc
- Cathy Belong
- Susan Arthur

\*\* 1st prize gift certificate to Kelsey's went to:

Lynn Demers

## March's Winners for "Perfect Attendance"

Lunch at the Cyber Net Café:

- Lise Hackett
- Robert Flesher
- Lynn Demers
- Steve Lafreniere

\*\* 1st prize (Silver City tickets) went to:  
Justin Whitman

## Local and National Job Sites

[www.osprevcareers.com](http://www.osprevcareers.com) - Sudbury Star and affiliated newspaper job site

[www.gojobs.gov.on.ca](http://www.gojobs.gov.on.ca) - listing of all ministry employment opportunities

[www.city.greatersudbury.on.ca](http://www.city.greatersudbury.on.ca) - listing of all City of Greater Sudbury jobs

[www.jobbank.gc.ca](http://www.jobbank.gc.ca) - national job bank listed by Human Resource and Skills Development Canada

[www.jobfutures.ca](http://www.jobfutures.ca) - Ontario Job Futures (lists employment opportunities by occupational field, employment tips, etc.

[www.monster.ca](http://www.monster.ca) - national job bank

[www.working.canada.com](http://www.working.canada.com) - national job bank

[www.gov.on.ca](http://www.gov.on.ca) - Government of Ontario

[www.google.ca](http://www.google.ca) - excellent search engine



# Learning to remember

News from the Canadian  
Career College

## Three basic steps form basis of memorizing tricks

Article by Karen Gram (CanWest News Service)

Unless you are an advertising executive called to testify at the Gomery inquiry into the sponsorship scandal, memory loss is very annoying. If you want to remember something, there are lots of tricks you can employ, but experts say they all rely on three basic steps. First, make it distinctive; second, connect it to something you already know; and third, figure out how you will retrieve it when you need it. Peter Graf, a University of British Columbia psychology professor and memory expert, says those three steps—form the basis of all the mnemonic or memory enhancing trick on the market. Here is a sampling of some of the tricks and the types of memories they are good for.

- **Loci:** Invented by an ancient Greek orator, Simonides, this mnemonic device connects what you want to remember to specific locations you have memorized. So if you have a grocery list including eggs and bread, visualize the eggs smashed on your door and the bread on the top step. When you are at the grocery store, you can mentally walk through the house and see what object is in each spot. The locations serve as retrieval cues for the desired information and the visual image strengthens the memory, especially if you are a visual learner. This technique is limited only by the number of locations you have embedded in your memory. Loci is useful to remember any set of information, such as a list of chores or points in a speech.
- **Pegword:** An offshoot of loci, developed to adapt to modern society's tendency to move around a lot. People learn a series of words that serve as "pegs" on which memories can be "hung". For example, the pegwords could rhyme with numbers to make the words easy to remember: One is a gun, two is a shoe, three is a tree, four is a door, five is a hive, etc. To learn the same grocery list, one might associate gun and bread by imagining the gun shooting the bread. Two is a shoe, so one would imagine a milk carton sitting in a giant shoe, and so on. When you need to remember the list of groceries, you simply recall the pegwords associated with each number; these

serve as retrieval cues for the groceries.

Peg methods such as this one permit more flexible access to information than does the loci method. For example, if you want to recite the items backwards for some reason, you can do so just as easily as in the forward direction. If you need to know the eighth item, you can say "eight is a plate" and mentally look at your image for the item on the plate.

- **The PQ4R:** This acronym stands for preview, question and the four Rs: read, reflect, recite and review. It's a mnemonic technique used for remembering text material, based on the understanding that the brain becomes very focused when faced with a question. The first step is to preview the text by skimming quickly through the chapter and looking at the headings. Then form questions about the information by simply converting the headings to questions. Then go through the four Rs. Read the text carefully, trying to answer the questions. Reflect on the material by, for example, creating examples of how you could apply the principles you are reading. Recite the material after reading it. Then review—go through the text again, trying to recall and to summarize its main points.
- **Mind Mapping:** This modern organizational thinking tool developed by Tony Buzan, author of Mind Map, the Ultimate Thinking Tool, exploits brain research showing that the brain responds to visual images, colour and links to other memories. With mind maps, you shape your thoughts into a diagram with the main idea in the centre and secondary thoughts radiating out from there. It's good for note taking, planning, memory and creativity. The idea is that the diagram reflects the way the brain works anyway. It claims to be the easiest way to put information into the brain and to retrieve it. The natural formation helps you remember, but also helps you make connections you might not have thought of, thereby increasing your creativity. The idea is that the diagram reflects the way the brain works anyway. It claims to be the easiest way to put information helps you remember, but also helps you make connections you might not have thought of, thereby increasing your creativity.

- **Memory software:** These computer programs offer a variety of games and tests to build memory skills. They are based on the same mnemonic devices found in books, at a much higher price, but they make it easier to practice. And since practice does tone the brain, that's a good thing.

## GETTING PHYSICAL AIDS

### THE MEMORY

- **If you want to improve your memory and ability to learn, get off the couch and get moving.**
- **Brian Christie, an assistant professor of psychology at the University of British Columbia, says exercise can promote the generation of new neurons in the adult brain and lengthen the dendrites that aid communication between neurons. Both those things are good for memory, he says.**
- **Following up on earlier research that found a connection between voluntary exercise and brain enhancement, Christie did studies in which rats were allowed daily access to an exercise wheel. He found that the brains of animals that exercised showed substantially improved neurogenesis and synaptic plasticity.**
- **In a second set of experiments, the researchers looked at animals that had been parentally exposed to alcohol, generating a condition similar to fetal alcohol syndrome. As adults, these animals showed impairment in learning and memory.**
- **When these animals were provided with exercise wheels to see what, if any, effect exercise would have, the results were striking. The rats exposed to alcohol showed pronounced improvements in both spatial memory and learning ability, so much so that their brains looked virtually identical to those of rats that had never been exposed to alcohol.**

