

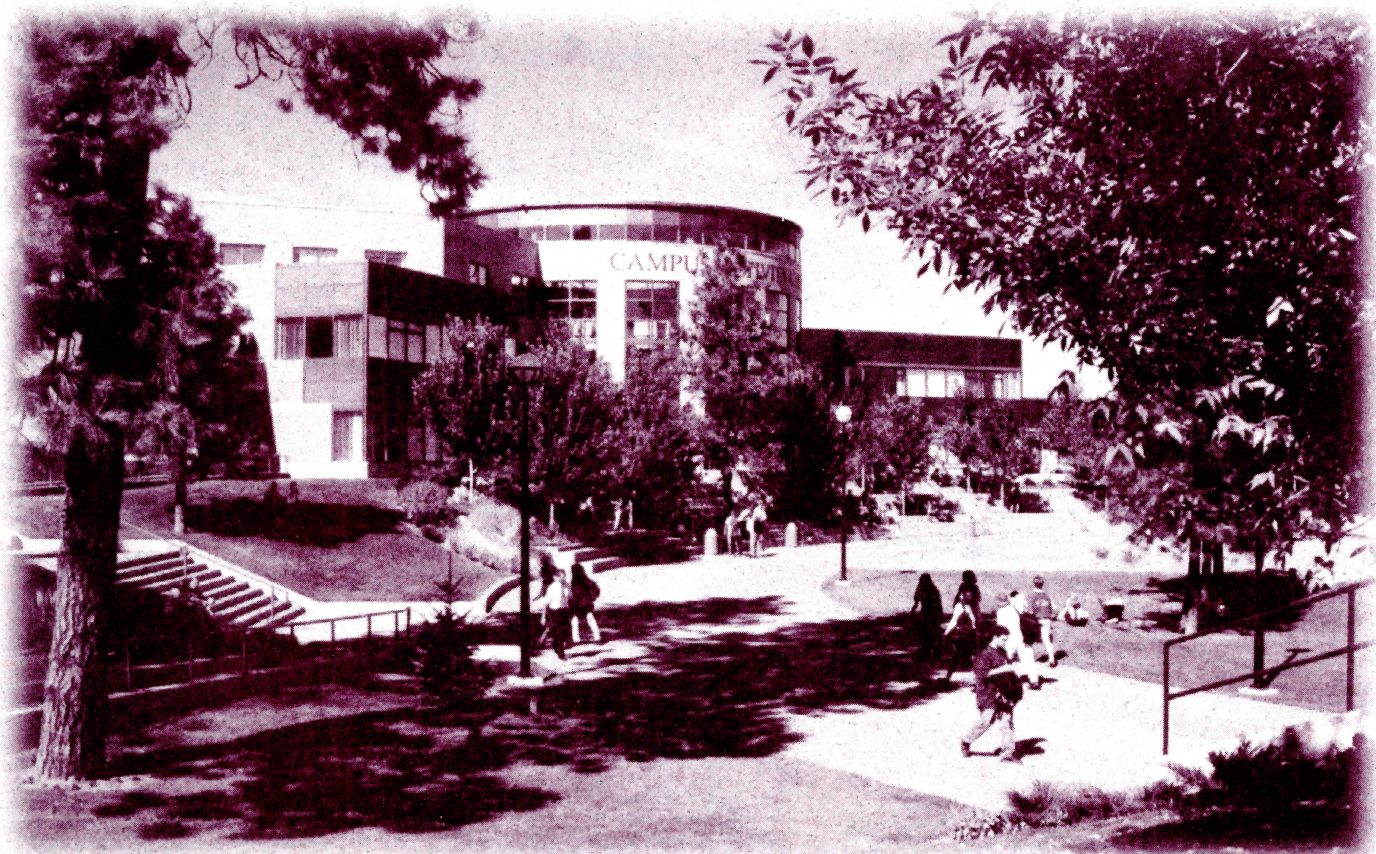


Linking Secondary School Counsellors to UCC

Advisor

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K a m l o o p s , B . C .



Campus Ahead

Going away to university or college for the first time can be an "awe" full experience.

Some students leave their home town and venture into another world—one that can expand and transform their life—only to be beset by feelings of loneliness, inadequacy and alienation. Others revel in new-found freedom, experiencing new avenues of expression and exposure to many new perspectives, until it becomes a case of too much, too soon.

Such feelings are common among first-year students, but they need not be overwhelming. High school counsellors have the knowledge of resources and initiatives at their disposal to help their students make the transition to post-secondary education virtually seamless.

- ⚠ First-year pitfalls and how to avoid them
- ⚠ Pull-Out Directory
- ⚠ Location, Location, Location
- ⚠ Application Form

How Can School Counsellors Help?

Counsellors deal with many different individuals. Some students will flourish wherever they go: they're smart, self-motivated, and independent. Others, however, languish in the university setting, not because they lack intelligence—far from it—but because the experience overwhelms them. Counsellors can help these students on their post-secondary paths by recognizing the symptoms: they're shy, unassertive, or undirected. They need the closer instructor contact that a smaller post-secondary institution offers.

That's where the University College of the Cariboo (UCC) comes in. With smaller classes, many student support programs, and a cohesive student body, newcomers to UCC have a chance to reach their true potential.



Student in tutorial.

Full Speed Ahead

Because the University College of the Cariboo is a comprehensive, learner-centred institution with a regional focus, we emphasize student orientation and success in a variety of ways. We realize that there is a whole new world out there for our students to explore and become a part of, but we also recognize that we need to help our students through the scary parts.

- ⚠ Math and Writing tutorials are available free to any students needing help
- ⚠ On-campus housing and a meals program allow students to concentrate on their studies, and not their survival
- ⚠ Computer labs offer free computer time and internet access
- ⚠ The Cariboo Student Society helps students with everything from a survival handbook to hands-on advocacy
- ⚠ The Counselling department offers workshops on everything from exam writing and stress reduction to career planning and campus awareness. And because Cariboo offers academic, career and technical programs, workshops are structured to give everyone a solid start, regardless of their program of study



Track & Aquatic Centre

For more information, assistance or campus tours call Barb Berger:

Phone: 828-5013

Fax: 828-5159

Mail: Box 3010, Kamloops, B.C., V2C 5N3

or our new e-mail service:

liaison@cariboo.bc.ca



Adventure Tourism Students.



The Campus Activity Centre

Help Wanted?

All students are not created equal: some need more financial support than others. Money-making opportunities for students at UCC range from work-study positions (usually in the student's field of study) to bursaries and scholarships (this year, about a quarter-million dollars was handed out to over 400 students).

High-school counsellors can help their clients by letting them know that the Financial Aid and Awards Office is there to help with everything from student loans to on-campus employment.

A production of the Public Relations & Publications Department.

Editor: Bronwen Scott

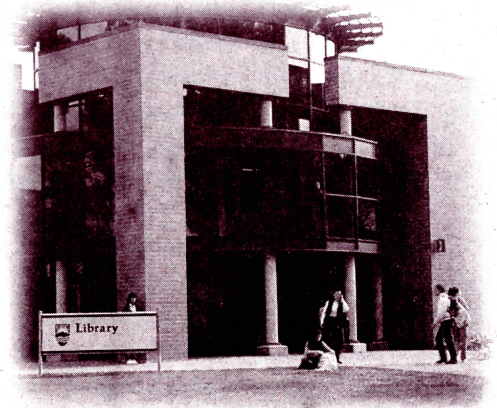
Design: Dennis Keusch

Photography: John Enman

Printing: UCC Print Services

The editor welcomes comments & suggestions to make this newsletter as relevant to high school counsellors as possible.

Advisor



Join The Club!

Counsellors giving last-minute tips to students leaving for university know that the best cure for loneliness is getting involved. At UCC, students can join clubs like Photography & Literature or Political Science, can become involved in serious or "just for fun" athletic activities, can sing in the University Chorus, write for the student newspaper, Omega, or just hang out at (non-smoking) Heroes Pub.

After School

With the help of Community Advisory Committees and graduate tracking, programs at UCC are kept relevant, and are structured to lead as directly as possible to a career path. An on-campus Student Placement Centre, scheduled to open September/96, will also be positioned to help graduates find work in their chosen field, and programs like Co-operative Education help students to link with employers while learning.



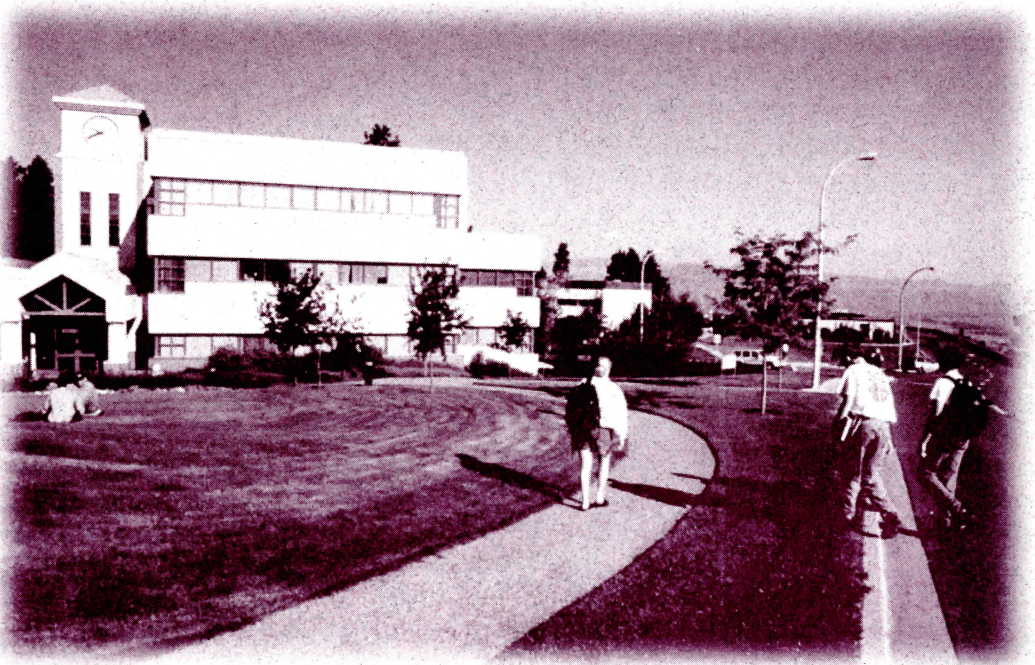
LOCATION, LOCATION, LOCATION

For someone coming from a small town, a huge university in a big city can be too much. And for someone coming from the big city, an isolated campus in a country setting can be stifling, no matter how good the skiing is.

At the University College of the Cariboo, we mix the best of both worlds. UCC is located close to Kamloops' city centre, but is also adjacent to natural areas. Excellent hiking, skiing, swimming, biking and other outdoor activities are virtually at the door, yet live theatre, excellent junior hockey—everything from symphony to shopping—is minutes away too.

With a comprehensive, post-secondary institution right in their home town, local students (and their parents) don't have to shoulder the burden of expense associated with leaving home to attend college or university, but there are other perks, too.

Adjustment to a new educational routine is easier when quality of life can remain the same. And, although the opportunity to meet new people, **make new friends and initiate professional relationships** is something many students look forward to, local students don't have to contend with the loneliness that arises when old friends are left behind.



A campus with a soul.

Students don't need a car at Cariboo, unless they really want to get out and explore the rolling hills, open woodlands, or crystal lakes. The Kamloops region contains a sample of nearly every ecosystem in the northern hemisphere, from desert cactus to old-growth forest.

UCC is pedestrian-friendly, with many amenities within walking distance, and others a short bus-ride away. All roads and walkways are well lit, and the UCC Campus Foot Patrol is available to safely escort

students to their cars, student residences or the bus stop after dark.

And the campus itself has a soul: an oasis in the sagebrush, UCC's grounds feature mature deciduous trees of all descriptions, a campus commons where the original ponderosas sway over thick, green turf, and a breathtaking view of the two main branches of the Thompson river which meet at Kamloops.

UCC is resource-rich. Our theatre programs are enhanced by excellent professional and amateur theatre in the city, our athletic programs benefit from their position in "the tournament capital of B.C.," our electronics programs garner support from many local industries . . .

Two museums (one First Nations), an art gallery, two major sports centres, and an agricultural complex add to the Campus Activity Centre, indoor Aquatic Centre, Gymnasium and track and field complex, and many cultural and scholastic events to give Cariboo students a great variety of extra-curricular opportunities to choose from.

