

The Respected Wizards



THE RESPECTED WIZARDS



U Sports Top Honour Goes to JAC Alumnus

For the first time in the history of John Abbott College, an alumnus has taken home the highest honour in Canadian university football. In his third year with the University of Calgary Dinos, quarterback Adam Sinagra (JAC '15) was honoured with the Hec Crighton Trophy as the most outstanding player in U SPORTS football Thursday, at the Vanier Cup gala.

After learning from CFL greats Dave Dickenson and Bo Levi Mitchell during his time in Calgary Stampeders camp this spring, Adam Sinagra, an arts student from Pointe Claire, Québec, proceeded to have one of the best seasons in Canada West football history.

His 3,233 passing yards set a new U SPORTS record, as he led the Dinos to a perfect 8-0 season, and the most potent offence in the nation, averaging 570.9 yards per game. Sinagra ranked second in the nation in passing touchdowns this season with 23, and led the conference with a passer rating of 126.

After learning from the likes of former Hec Crighton-winning quarterbacks Erik Glavic (2007) and Andrew Buckley (2014 and 2015) – who are now coaching with the Dinos – Sinagra has now joined his mentors as a Hec Crighton winner, marking the fifth consecutive season a CW player has taken home Canadian university's biggest individual prize.

John Abbott College Islanders Head Coach Patrick Gregory says of Sinagra: "We are all very proud of Adam's accomplishments. He was a game changer for us, a tremendous competitor who made everyone around him better."

Stan Gendron, Sinagra's QB coach while at Abbott mirrors that same sentiment saying that he is "an exceptional competitor."

It is no surprise, that Adam was also named all-Canadian.



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The Casgrain Sports Center

The Casgrain sports center is located at C-0069 in the basement of Casgrain across from the John Abbott weight room. Chances are if you've ever had a gym class in which you had to borrow equipment, you have been to the sports desk.

Many students believe that all the desk does is hand out basketballs and footballs all day. In reality, there are plenty of services offered to students that many people aren't aware of. In fact, there are free hours for using the facilities like the pool and gyms, as well as incredible student deals and promotions you might wish you knew about sooner.

Casgrain has three main facilities open to the public: the weight room, the pool, and the squash courts. Any person can use the facilities for a fee during public hours, that is, after classes.

Save money, honey

If you are thinking of buying a yearly membership to the centre, students are entitled to 50% off any membership offered. For example, if you

are a full-time student you can join the weight room for \$75 a year. This kind of price is unheard of as most gyms have a minimum annual fee of at least \$250 - 300.

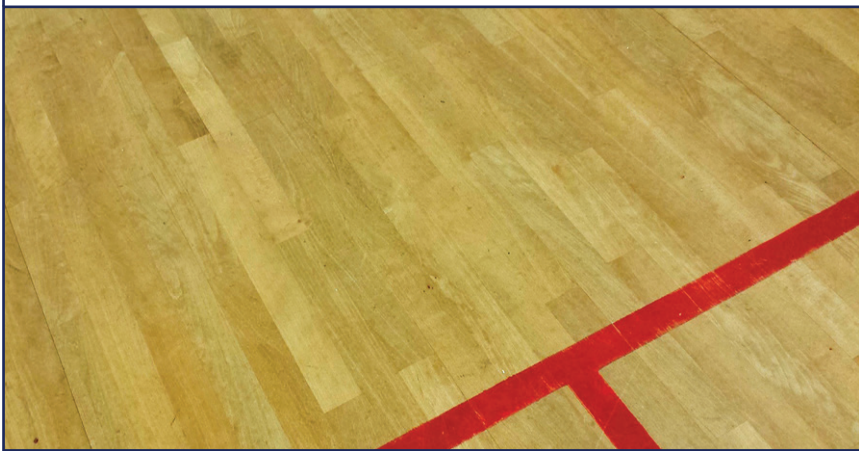
The Whole place TO YOURSELF.

Anyone who wishes to rent the gymnasium after 8pm - which is usually when varsity practices end - can do so for a fee of \$45/hour. These rentals include basketball, three gym soccer, floor hockey, and even archery. If you wish to use the gym or the pool for free, there are also hours during which students and staff can do so. These hours are specific to the days of the week, and are posted at outside the sports desk.

Next time you are in the Casgrain basement, stop by and check it out for yourself!



“Casgrain has three main facilities open to the public: the weight room, the pool, and the squash courts.”



At participating restaurants for a limited time. ©Tim Hortons, 2016

Ski Trip: Why everyone is buzzing

Every year, John Abbott offers a ski trip to Mont Sainte Anne. The outing takes place towards the end of the winter break, and gives students the opportunity to enjoy some quality time on the slopes before the beginning of a new semester.

The trip is technically not a John Abbott trip since it is run through Rod Roy Ski company. This means that if you have a friend who does not attend John Abbott and wants to come on the trip, they are free to do so! The trip includes transportation to and from the hill in a deluxe coach bus, housing in a 5-star chalet which is 2-minute walk from the hill, transportation to Quebec city for one night, and four days of skiing for only \$450. What a steal!

Your very own Hive.

The inside of the chalets are beautiful with beds to sleep in for up to 10 people, a full kitchen, 2 bathrooms, a living room area, an upstairs loft, and a basement allowing everyone to spread out and feel like home.

Don't worry about IT.

The coach bus stops at a grocery store on the way up to the hill, where you have an hour to shop and get all the last-minute things you need. There is also a shuttle halfway through the week that costs \$3 if you still need more groceries. And if you desperately need something that cannot wait, there is a smalldepanneur at the end of the street that all the chalets are located on.

Overall, it is a great and fun way to finish your winter break with a bang. You can register now at John Abbott's Student Activities in room H-159.



New York Trip

Ever wanted to visit the Big Apple? Take a trip to the City that never sleeps? Well here's your chance! For only \$365, you can do just that. You get to spend 3 days and 2 nights at the Edison Hotel, which is just an 8 minute walk from Time Square! Departure is at 6:00am on March 5th from John Abbott. Departure from New York City is at 11:00pm on March 7th.

This package includes all of the following: transportation by deluxe motor-coach, two nights at your hotel, tax and service charges, a four-hour city tour, and services of a representative. No trip to New York is complete without a visit to the 843-acre central park. Designed by Frederick Law Olmsted and Calvert Vaux, the sprawling beauty makes you forget you're in a crowded city. No matter the season, the green space offers plenty for visitors to see, from the Shakespeare Garden, Strawberry Fields, and a tribute to John Lennon. As you stroll through the forest terrain, keep an eye out for the iconic Alice in Wonderland and Balto statues. To go more in-depth during your visit, you can take a free welcome tour of certain areas of the park, including the northern welcome tour, southern welcome tour, and heart of the park tour.

On Friday evenings from 4pm to 8pm, UNIQLO hosts free visits to the Museum of Modern Art. The pass lets visitors view all galleries, exhibits, and films during their trip. Located in Midtown, MoMA features a wide range of permanent and rotating collections, with everything from Monet to Matisse. It's recommended that visitors arrive early at the museum, because as the evening continues, crowds tend to grow.

Enjoy a 25-minute trip from Manhattan to Staten Island via this Staten Island Ferry. The ride offers views of the Statue of Liberty, Ellis Island, and the skyline, as it takes you from Whitehall Street in lower Manhattan to St. George on Staten Island. More than 22 million people travel on the ferry each year, with about 109 trips per day. With five boats on rotating schedules (four on weekends), you can catch the ferry regularly throughout the day.

“No matter the season, the green space offers plenty for visitors to see, from the Shakespeare Garden, Strawberry Fields, and a tribute to John Lennon.”



Pick up an information sheet in Student Activities (H-159) and secure a space by registering online and paying a \$150 deposit. The final balance is to be settled by January 31, 2018. Make sure to hurry, because only fifty-four spots are guaranteed!

Update on JAC Library Construction

Exciting new information is released with regards to ongoing Library renovation

It's January 2018 and Library renovations continue, as we move from the demolition to the construction phase. Many people (faculty, staff and students alike) are curious to know what changes and improvements will occur. According to the **GUIDING PRINCIPLES FOR THE LIBRARY RENOVATION PROJECT**, several factors had to be addressed. These included:

To provide an inspirational space for study and learning: this means that the library should incorporate more spaces that allow for both quiet individual study and rooms for group work.

To increase seating capacity and access to electrical outlets: the goal is to create 60% more places to sit, than what the library had previously accommodated and increase electrical outlets by 40% --- allowing students to bring their own devices.

To design teaching and flexible collaborative spaces to improve the student experience: an Information Literacy Lab will be added to help Librarians teach students how to navigate the library resources when doing research for a paper.

To upgrade Library infrastructure and ventilation systems: better air flow and lighting is a must: conditions in the summer were hot and humid, which were not only uncomfortable for users but for the book collection as well. Areas which did not have natural light will need proper installations of lighting to ensure that the environment for studying/reading is optimal.

To enhance technological infrastructure: giving access to relevant, current technology.

To consolidate operational units within the Library: to organize a "tutoring hub", with the following services working together: the Peer Tutoring Centre, the English Writing Centre and the Centre D'aide en Français. To have all three in close proximity would allow students direct access to either language or subject specific tutoring.

The main vision for the library is to promote critical thinking and lifelong learning. We hope to succeed with this vision, as the renovations will breathe an exciting new life into the building, modernizing it for present and future generations of students.



John Abbott College Mission

The mission of John Abbott College is to provide an excellent education for our students within a stimulating learning environment that will enhance their development and potential for success in society.

We are committed to:

Learning

- Foster in our students the ability to make and articulate informed intellectual, aesthetic and ethical decisions, while demonstrating skills needed for success in modern society.
- Cultivate a love of learning, autonomy and responsible citizenship in our students, both in the classroom and through socio-cultural, leadership, recreational and sports activities.
- Respect and learn from diverse worldviews and international perspectives, as reflected in our programs, our approach and our community.

Quality

- Provide well-rounded and balanced pre-university and career programs that meet high standards of quality and ethical consciousness, and respond to the requirements of universities, employers and society.
- Value excellence in teaching and learning as dynamic and interactive processes.
- Promote lifelong learning and continuous improvement in the College community, with a commitment to innovative pedagogy, effective administration and quality support services.
- Deliver leading-edge training, tailored to the needs of business, industry and other sectors, through our continuing education services and specialized programs.

Students

- Cultivate a safe, caring and challenging learning environment that bolsters self-esteem and promotes a sense of belonging and purpose, mutual respect, and healthy lifestyles, leading students to attain academic, professional and personal success.
- Ensure governance that reflects the active engagement of students, staff and faculty, and places students learning at the centre of our decisions and actions.
- Establish effective partnerships with academic, professional and social communities, to maximize our students' success and continued growth.



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Police Technology Fundraiser

On Saturday, February 23rd, John Abbott Police Technology students will be volunteering and participating in the 2019 Polar Bear Plunge. This event, organized by the police officers of the Law Enforcement Torch Run, consists of jumping in freezing water!

They want to raise as much money as possible for the Special Olympics whose mission is to “optimize the benefits of a healthy and active lifestyle through sport to improve the well-being of individuals with an intellectual disability.”

Together, we can make a difference in the lives of Special Olympics Québec athletes. The funds raised will go towards maintaining sports programs aimed at more than 7 200 athletes, children and adults, living with an intellectual disability throughout Québec and ensure their development as athletes.

Share their enthusiasm by sponsoring the JAC team or one of its members. Any donation of \$20 or more will automatically receive a tax receipt. If you can only spare a buck, that works too!

The event takes place on Saturday, February 23, 2019 at the Club de Canoë in Lachine (2105 Boulevard Saint-Joseph, Lachine, QC H8S 2N7). On-site, police mascots, face painting, and food kiosks as well as a choice location to look at us jump in the cold water!

Source: John Abbott College Facebook Page



Research at JAC

John Abbott College encourages collaborative research: we welcome efforts from external researchers to foster relationships with our research community.

The Research Support Fund is an initiative from the Tri-agency Institutional Programs Secretariat: Canadian Institutes of Health Research, Social Sciences and Humanities Research Council, Natural Sciences and Engineering Research Council of Canada, Canada Foundation for Innovation, Health Canada, and Innovation, Science and Economic Development Canada.

The Research Support Fund aims to help off-set the financial burden of the indirect costs of research supported by the Tri-Agencies (CIHR, SSHRC, and NSERC) that is placed on Canadian postsecondary institutions.

www.rsffr.gc.ca/home-accueil-eng.aspx

Indirect costs of research are the less obvious costs that an institution must incur when active in research. Examples of these costs would include the upgrade and maintenance of research equipment, salaries of personnel required to financially administer a research grant, support of a research ethics board, and the professional development of research-dedicated personnel.

For a complete list of eligible expenses allowed with the Research Support Fund, please follow this link:

www.rsffr.gc.ca/administer-administrer/depenses-depenses-eng.aspx

John Abbott College will use its portion of the Research Support Fund (\$27,532) solely for the support of Management and Administration; which includes the salaries and benefits of employees who support research at John Abbott College.

Sustainability

Thanks to a collaborative effort of students, faculty, staff and donors, the Anne-Marie Edward Science building has earned the LEED® Gold Certification.

Located on the western tip of the island and surrounded by a vast natural habitat, the College's grounds and campus instills in our students and staff a deeper appreciation of nature and the environment. Students and staff alike are fortunate to experience one of the most beautiful campuses in Quebec. Our surroundings and our buildings, especially the Anne-Marie Edward Science Building, provide opportunities to learn about environmental responsibility outside the classroom.

In celebrating and promoting sustainability at John Abbott College, we are promoting an education that balances autonomy and responsible citizenship as well as a respect for the natural environment and the diversity of our communities.

Through academic programs, the environmental studies certificate, student clubs and activities and employee projects, we are informing, educating, introducing and integrating sustainable practices throughout our College's landscape.

Sustainability Committee

The Sustainability Committee is composed of students and employees and meets to discuss all things green at the College. Meetings are monthly and open to all.



Counselling & Career Exploration

The John Abbott Counselling service helps students deal with personal, career and educational concerns. Individual personal counselling is available throughout the year. Career exploration groups and specialized workshops are also offered during the academic year.

For more complete information, please join our Portal Communities, Counselling Services – Resources for Students or Counselling Services – Resources for Staff.

Introduction to Counselling Services John Abbott Counselling Services is staffed by five licensed professionals (counsellors and psychologists) and one counsellor-in-training and is available to any student enrolled at the college. Our role is to help students attain their personal goals in the areas of career, educational, social and personal development. We are here to listen to our students' concerns and to help them develop insight and strategies to stay motivated and focused on their goals.

Our service provides short and medium term individual personal counselling as well as career counselling and exploration (small group format). In addition, we hold workshops on a variety of topics and administer the academic standing and advancement (probation) policy. Aside from a nominal charge for career testing, services are free and confidential.

Scheduling appointments and drop ins

John Abbott Counselling Services is open from 8:00 AM to 4:30 PM, Monday to Friday when the college itself is open. In the summer, from mid-June to mid-August, we are open Monday to Thursday from 8:00 AM – 4:30 PM and on Friday from 8:00 AM to noon. Counselling Services is located in Student Services, Herzberg 148. You can reach us at 514-457-6610, local 5292. Our email is counselling@johnabbott.qc.ca

During the academic year, students who have not been seen in the Counselling Service are first seen at a drop in. After discussion with a counsellor or psychologist, further appointments can be made or there may be a referral to another resource. Drop in times are available on the student portal.

During the summer, our staff is available by appointment. Please contact the Student Services receptionist (H148, 514-457-6610, ext. 5292) for dates and times of availability or to make an appointment.



Photo by Youssef Naddam

What kind of counselling do we offer?

Personal counselling

Counselling can help in a variety of ways. It can provide students with support and encouragement. It can help them to better understand and express their feelings and help them view their situation from different perspectives. It can help them understand their motivations and underlying conflicts. Counselling can also help students develop new skills such as problem solving, decision-making, communications, social skills and ways of coping with stress. Everyone has problems that they would like to talk over with someone. A counsellor or psychologist is a trained professional who will listen to students and help them express and explore their concerns. He/She will help them to understand themselves better to enable them to make important changes. Counsellors/psychologists don't provide quick or easy answers. Ultimately, students deal with their own problems, make their own choices and achieve their own goals. A counsellor/psychologist, by providing support, encouragement and a non-judgmental attitude, can help students help themselves. The main activity in counselling is the conversation between counsellor and client. The focus of the conversation is the client and the issues he/she chooses to deal with. Counselling conversations are conducted with maximum privacy and confidentiality. No matter what the problem, counselling has helped many students feel better about themselves and their experiences. Personal counselling is free and confidential. Come to Student Services, H-148 to speak with a counsellor or psychologist. How do I know that I need personal counselling? Students seek counselling for many personal reasons. While they may be able to overcome these problems on their own or by talking to a friend, sometimes it is helpful to have an empathic, trained professional to help deal with issues such as:

- Depression, "the blues", feeling lack of energy and/or motivation, loneliness
- Anxiety, fears, phobias, perfectionism, obsessional thinking
- Relationship problems
- Grief, mourning, loss, divorce or separation
- Abuse (physical, sexual, verbal, emotional) histories and their outcomes
- Eating disorders, bulimia, anorexia, over-eating
- Anger, impulsiveness, domestic violence, aggression
- Low self-esteem
- Drug and/or alcohol problems, addictions, gambling
- Stress, "burn out"
- Sleep problems
- Suicidal feelings or thoughts

Career Counselling

Many CEGEP students are undecided about their career choice and have questions about where to go from here. Career counselling can help students evaluate themselves, and the options open to them, which will give some basis to make decisions regarding their career path. This involves meeting with a counsellor or psychologist to discuss all the questions, plans, hopes and worries you may have about your future. Students will learn more about themselves and the world of work as well as a valuable decision making process that can be used to make that first career decision, as well as other decisions later on. Whether you are completely undecided or have some ideas but are not quite sure we'll be glad to see you.

Educational Counselling

Whether it's a question of motivation, confidence, or learning new skills, counsellors/psychologists are available to help students who would like to improve their performance in the classroom. The counselling staff is there to give help, support, and encouragement. Students can learn to increase their comfort with oral presentations, test taking, and procrastination among others.

“When we are no longer able to change a situation, we are challenged to change ourselves.”

Victor Frankl

Health & Wellness

Our mission is to promote a healthy lifestyle for John Abbott students. Our services include health education, individual consultation and clinical services. The Health and Wellness Centre is located in Herzberg 139 and our services are free and confidential.

How to find us:

Herzberg Room 139 457-6610 ext. 5308

Office Hours: Monday to Friday 8:30 to 4:30

Attention John Abbott students and staffs

For more complete information, please join the Health and Wellness Centre Community on the JAC Portal.

Consultations

Students can meet with a nurse to talk about health concerns or health choices they are making. Often this includes general health, nutrition, birth control, pregnancy testing and counselling, sexually transmitted infections, emotional well-being and stress.

Medical Services

Our on-campus medical clinic is open two-half days a week. Students can make an appointment to see a doctor for a variety of health services such as, general checkups, health problems, mental health, contraception, pregnancy testing, sexually transmitted infections testing and treatment. Arrangements can also be made for students requiring allergy shots.

Health Education and Health Promotion

Our goal is to assist individuals in making informed decisions about their health and the behaviours that contribute to their overall well-being.

Campus-Wide Health Promotion Campaigns

Throughout the school year a variety of health information programs aimed at the wellness of college-aged students are offered. Lectures, presentation, special programs, outreach displays and small group discussions may be used to address sexual health, alcohol, tobacco and drug use, stress, mental health, nutrition and healthy lifestyle choices.

Group or Class Presentations

Presentations by the health education nurse or by an invited guest speaker can be arranged through the Health and Wellness Centre. These presentations may be for individual classes or perhaps a club or special interest group. Requests can be made directly by calling 457-6610 ext.5308 or healthandwellness@johnabbott.qc.ca.

Healthy Campus Committee

A group of interested students meet to outline what health promotion topics will be addressed in the campus-wide campaigns. They help plan activities and special events on campus.

Health Information Resource and Referral Centre

We make attempts to link students with community resources, agencies and services. Self-help groups, non-profit community agencies and specific health agencies, such as the CLSC, are common partners. We also stock up-to-date literature and health related information.

The Health and Wellness Centre may also work in close conjunction with the Counselling Services of John Abbott College.



Photo by Corinne Kutz

Academic Success Center

Welcome to JAC's Academic Success Centre! Our main function is to help students become successful and independent learners. Available to all of John Abbott as an effective, relevant and open resource.

Current students are invited to visit the ASC Community on My JAC Portal for additional information, useful links and tips to help you succeed.

Are you in crisis?

Not sure if you're ok? If you relate to any of these, you should talk to someone

I have been feeling emotionally out of sorts most of the time each day.

I am experiencing feelings of hopelessness, hearing voices, feelings of intense anxiety, and/or changes in my eating habits.

I have been letting my schoolwork slip, using alcohol or drugs, or spending less time with my friends because of how I've been feeling.

I am having problems with thoughts or behaviours that I've had help for in the past.

On January 30th, it was Bell Let's Talk Day. On Bell Let's Talk Day, the entire nation spoke up. Your actions resulted in Bell committing more money to mental health. This has helped us come one step closer towards creating a country that's stigma-free. On Bell Let's Talk Day, Bell donated more towards mental health initiatives in Canada by contributing 5¢ for every applicable text, call, tweet, social media video view and use of our Facebook frame or Snapchat filter. There were 145,442,699 interactions, which raised a grand total of \$7,272,134.95 for mental health initiatives.

Students come in to talk about lack of career goals or confusion about which careers may be right for them.

Counselling and Career Exploration FAQ

How much does counselling cost?

Counselling is free for all currently registered John Abbott Students. There is a small fee for testing services which is part of career counselling.

Is counselling confidential?

Client (student) confidentiality is protected and everything discussed remains between the student and the counselling service professional. This means that parents, teachers, friends and others cannot be given any information revealed by the client without written consent to release information. For more information on the confidentiality policy, speak to a member of the counselling service.

Why do students usually see a counsellor/psychologist?

Students come to see a counsellor/psychologist for many reasons. They discuss personal issues such as feelings of low self-esteem, depression, anxiety or stress, anger, grief, or because of family problems, or problems in their relationships with their boyfriend or girlfriend, or for issues such as sexual orientation, histories of childhood abuse or neglect, eating problems, alcohol or drug problems, and many other concerns. As well, many students come in to talk about lack of career goals or confusion about which careers may be right for them. Students also come in to discuss academic issues such as exam anxiety, procrastination, lack of motivation for school work, fear of failure and so on.

I am a parent/friend/loved one of someone who is struggling with their mental health. Are there specific community resources to help me understand?

Yes. If you are a John Abbott student, you can certainly come see us in Counselling Services. If you are not, or if you are looking for outside support as well, the following organizations can provide assistance. AMI-Quebec Action on Mental Illness AMI-Quebec helps families manage the effects of mental illness through support, education, guidance, and advocacy. Most programs are free! www.amiquebec.org Friends for Mental Health Facing mental illness is painful for families. It undermines their ability to cope with everyday living. Friends for Mental Health guides families towards new paths in learning to live with mental illness. We listen and counsel, we provide information and referrals, we offer self-help and respite, and we promote public awareness. Flexible and responding to changing needs, Friends for Mental Health works in collaboration with other professional mental healthcare providers. We are a non-profit, bilingual organization serving primarily the West Island of Montreal. www.asmfmb.org

What if the student is in a crisis?

When Counselling Services is open, students generally can be seen the same day by a counsellor/psychologist if necessary. If you or someone you know is in crisis and needs immediate assistance after hours and on weekends, there are a number of 24-hour telephone services (and other daytime services) that can help:

- West Island Crisis Centre: 514-684-6160 24-hour confidential crisis line, available 7 days a week, for both a person in distress or concerned family/friends. Mobile Service - a member of the crisis team can meet with you to assess a crisis situation. Short-term residential stay.
- Suicide Action Montreal: 514-723-4000 24-hour/7 day a week confidential support line for individuals contemplating suicide, concerned friends/family, as well as individuals affected by suicide.
- Sexual Assault Centre: 514-934-4504 24-hour/7 day a week confidential support line for individuals of all ages who are survivors of sexual assault, sexual abuse, and/or incest.
- SOS Violence Conjugale: 1-800-363-9010 24/7 phone line that can direct you to available shelters and support services in Quebec for situations of conjugal violence.
- Tel-Aide: 514-935-1101 Confidential listening and support line for: loneliness, anxiety, stress, relationship problems, grief and loss, etc.
- Batshaw Youth and Family Service 514-935-6196
- CLSC Lac St-Louis 514-697-4110
- CLSC Pierrefonds 514-626-2572
- CLSC Lachine-Dorval 514-639-0650

Counselling is free for all currently registered John Abbott College students.

Cha Cha Real Smooth: Latin & Ballroom Dance Classes

Ballroom and latin dancing classes are coming to John Abbott College for the first time this winter. Starting February 1st, you can take the steps necessary to becoming the Casanova you've always dreamed of.

All levels are welcome! For beginners, a gentle introduction to the most popular ballroom and Latin dances, including merengue, waltz, tango, rumba, salsa, swing, and cha-cha. We will learn some basic steps and have fun moving around. No previous dance experience or partner is necessary. For those who have some previous experience in ballroom and/or latin dances, or even other dances. We will work on more advanced figures, as well as some technique, footwork, positioning, and posture corrections. Over the course of ten weeks, this class will teach you the moves that will set the dance floor on fire. And the best part is, it's only \$30! Make sure to wear your dancing shoes! When? Beginners: Thursdays from 5:30pm to 6:30pm Intermediate: Thursdays from 4:30pm to 5:30pm Head on over to the Student Activities office located in room H-159 to sign up or for more information on the class.



STAY UP TO DATE WITH THE COLLEGE!



ADMISSIONS
T: 514.457.6610 x 5358
Fax: 514.457.6812
admissions@johnabbott.qc.ca

COMMUNICATIONS
T: 514.457.6610 x 5098
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CONTINUING EDUCATION
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