

The JAC Plaque

Winter 2018

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“The seasonal slump” affects us all, especially students. Along with the staggering numbers of people affected, we provide tips and tricks to stay above those winter blues and push through until the spring time. Chins up JAC students, it’s only a few months away!

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Dive into all the services John Abbott provides to it’s students and how they can help with any kind of problems they can fix. You would be suprised at how many there are that you may have not known existed!



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Library Locations?



Books

If you are looking for books from the library, look no further than Stewart Hall across from the Cafeteria.

Computers

There are many locations in the school to use computers if needed; the fish bowl located in Stewart Hall, the Shark Tank located in Casgrain across from Tim Horton’s and lastly, Penfield third floor (windows computer labs only).

Printers

There are printers situated in various locations throughout the school such as; the shark tank, the science building and on the third floor of penfield. Make sure you have enough money in your account for printing.

Reference

If you are in need of books for research and information, the reference section is located past the doors to enter the Cafeteria, next to the doors to student residence.

The Seasonal Slump

Winter appears and suddenly it feels like it will never end. In spite of the fact that we barely remember what it means to be warm, the vast majority of us feel stuck in winter. It's not very late to stop and dissect the full impact of occasional varieties and to start to roll out improvements to enhance the nature of our lives amid the dim a long time of winter. Around 90% of us are influenced by winter. Around 25% of the populace experiences the "Winter Blues" or the more genuine "Occasional Affective Disorder."

The idea of slowing down in the colder months in more facts than fiction; our bodies are significantly affected by the daylight variyance between season. Studies have shown that longer exposure to day/sunlight has lead to mood improvement, alertness, and even weight gain/loss.

Anyone suffer from "winter blues",



although the effects are more prevalent in women in comparison to men, and young adults (read: JAC students).

As soon as that first nip of brisk air hits, people with Occasional Affective Disorder (OAD) begin to feel its effects. Others, will notice an almost engerizing high when spring *finally* rolls around, allowing to notice a big difference in mood.

so bad about wanting to stay in? Curl up and take it down a notch. At glance nothing really. But it's that habit that develop afterwards that are bad. Suddenly, you stop seeing your friends, and your snacks have replaced them.

You might be asking, now what? If you feel OAD could be affecting you, its not too late take action. Not giving into cravings and being regimented diet wise is key helping mood on a

biological level. On a psychological, simply keeping in touch with friends not giving to need to hibernate yourself is the key.

If ever you feel out-source your help, JAC has a wide array of professionals who will gladly help. Simply go to the main hallway of Herzberg.

Facts taken from Betty Phillips Psychology

Remember the Ice Storm of '98

Most of us were pretty young when happened, some not even born. However, 2018 marks 20 years since an ice storm rattled Quebec, Ontario, New York, Nova Scotia, New Brunswick, and Maine. From January 4th to the 10th, 4 million people across the East Coast lost power. In July, not so bad, but this was January. The damage was caused by immense amount of freezing rain, which then caused damage because of the sheer weight of the ice itself.

In terms of damage, the total reached around \$2 billion, with an estimate of \$6 billion total for all areas affected. Millions of trees collapsed because of the weight of the ice, including a large portion of Mount-Royal's nature park. Because of the tree damage, the maple syrup sector suffered immensely, as the supply of sap was severely stifled.

To aid with rescue effects, more than 15,000 Canadian Forces members were deployed. In turn they worked to clear roads and delegate aid amongst people. In the end they freed over 100,000 people who were trapped in their homes because of ice and snow.

In response to the ice storm, McGill University took the opportunity to study prenatal stress and its long-term effects on children. After the storm, they began studying 178 families and their children's cognitive development, up until the age of 13 (maybe some of you...?).



Courtesy of MTL Blog (Top and Bottom)



Did you know?

The main goal of the **Student Activities** Department is to provide opportunities for students to develop valuable life skills. This is done by creating a safe environment for them to strengthen their communication and leadership skills and problem-solving abilities. Student Committees organize a Student Debate, a Model United Nations Conference, Winter Carnival, Multicultural Week and Homophobia Awareness Day with advice from members of the Student Activities Department. The student government, student newspaper, student radio station and over 30 student clubs thrive on campus with the participation of approximately 1,500 students who learn practical skills and develop lifelong friendships. Many fun activities are also organized to help reduce stress for students.

FREE small coffee
with purchase
of smoothie of the day

Only at The Oval Valid per transaction

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You can find out more about Creative Commons on their local Website or at John Abbotts omnivox portal page.



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John Wood Community College: SLF 120 Introduction to Small Farm Viability

Biology

PLOS Publications

Zero Sum Game - SL Huang

The Hova

Cost of Freedom

Happy Birthday

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We'd love to hear from you!

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John Abbott School Service Center

School Services

We provide comprehensive student development programs, activities and services which directly support the College's educational mission and respond to student needs. Focusing on the enhancement of student learning and personal development, we are also concerned with the general quality of student life on campus and student engagement.

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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.

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

Financial Assistance Services (FAS) provides an essential information on the different financial assistance programs to which John Abbott students may apply. FAS provides advice on the options available to students and assistance with the various appli-

cation procedures for financial aid.

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.

The Language Resource Centre is a quiet study area for students taking a language course at the College. Students have access to 33 networked computers, many in study cubicles, headsets with recording function and multilingual keyboards formatted for all the language course material and more.





Key Dates

KEY DATES pertaining to the season.

December

The end of the semester is finally here! The 5th of December is the last day of classes. Lastly the grade deadline is the 22nd. Happy holidays to all!

January

Welcome to students! The 15th marks the beginning of a new semester. If you do not like some of your classes don't panic, course add/exchange is on the 20th. Lastly if you want to work the Open House, it is on the 31st.

February

The final grade review and course drop deadline for the fall semester of 2017 is the 14th of February. Course validation begins on the 15th and will end on the 21st, therefore it is important to go to class!

March

March 1st signals the program change deadline. The 5th marks the beginning of the study break (March Break). Lastly, Good Friday falls on the 30th of March, happy long weekend!

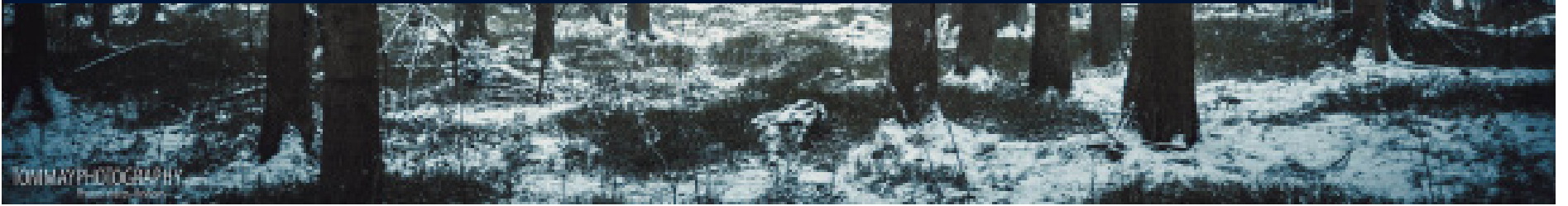


Photo Submission

The winner of the photo submission will be featured in next season's issue of The JAC Plaque.

This photo was taken at the Mac Market by Keeano Gerald, a Science Student with an eye for a good photo. "The Mac Market is an excellent location to take pictures, there is a perfect balance of color with all the fruit and vegetables" Keeano told us. If you wish to enter the submission for next season's issue, simply take a picture involving this wonderful school and send it to jacplaque via MIO and wait for a response.



Blizzard Berries by Keeano Gerald

Submit your photos at [jacplaque](http://jacplaque.com) via MIO