



Oak Bay High School

This Week @ Oak Bay High

Jan. 6-10, 2020

Making the Transition – Understanding the pressures of your first year at university.

Presentation by Rebecca Gagan, Assistant Teaching Professor in the Department of

English and founder of UVic Bounce

Thursday, **January 23, 2020**

6:30pm – 7:30pm

Oak Bay High School Theatre

BATTERY DRIVE

Oak Bay High is having a **USED** battery drive. Please make a difference and bring in your used batteries! The battery drive helps to reduce the amount of electronic waste going to landfills and helps save the lives of many children. Every AA battery contains the same amount of zinc that is needed to save the lives of six children. Zinc deficiency is a global health challenge – more than 450,000 children die every year from complications associated with zinc deficiency. So please send your used batteries with your students this week. Much appreciated!

Upcoming Dates

January 6

- School Re-opens

January 10

- Schedule “E”

January 16

- Team Planning

January 17

- Schedule “A”

January 20

- PAC Meeting

January 21 & 22

- Evening of Dance at 7pm in the Theatre

February 3

- Course Schedule change



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Making the Transition

Understanding the pressures of your first year at university

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Oak Bay High School Theatre, 2121 Cadboro Bay Rd



Alexandra D'Arcy, Professor of Linguistics and Associate Dean Research, University of Victoria. Photo by: Chorong Kim

Today's first-year university students are experiencing stress, anxiety, and depression at record levels, caused by everything from moving away from home, to social expectations, to work pressures, to academic pressures. Without intervention, the weight of all this can be overwhelming leading to various mental health conditions that can negatively impact their academic performance.

Join Rebecca Gagan, Assistant Teaching Professor, Department of English, and Founder and Director of the University of Victoria's Bounce program (www.uvic.ca/bounce) for this informative presentation to discuss strategies for successfully navigating the transition to first-year university. By changing the way we understand and talk to students about their struggles, we can help students before they become overwhelmed. This presentation will explore how to build positive coping skills that will change the course of a student's academic journey and particularly their experience of first-year university.

This talk is suitable for students, parents and guardians. Presented by:



University
of Victoria

Humanities



13th ANNUAL 2020
VANCOUVER ISLAND PARENT CONFERENCE
THE BALANCING ACT



Saturday, Feb 29, 2020
8:30 am to 4:00 pm

Belmont Secondary School
3041 Langford Lake Road in Langford

workshops & education on
CREATIVE INTELLIGENCE • PARENTING • MINDFULNESS • FREEDOM • SEX • PERFORMANCE • LITERACY

FEATURED SPEAKERS



ALYSON SCHAFER

Accoladed Parenting Expert

Alyson is an internationally acclaimed, bestselling author, family therapist and bestselling author. Alyson has authored 10 books and 100+ articles. Alyson is a frequent speaker at national and international conferences. Alyson provides a holistic approach to parenting and family dynamics, emphasizing the importance of understanding the child and the parent's needs, to face modern life challenges and goals in a resilient, caring, and effective way.



SHIMI KANG

Award-Winning Harvard-Trained Physician

Dr. Shimi Kang, a Harvard-trained physician, is a recognized expert in parenting, leadership, and motivation. Dr. Kang provides science-based solutions for healthy happiness and happiness for your family, your organization, and your community. With almost 20 years of clinical experience and extensive research in the field of neuroscience, Dr. Kang is a frequent speaker at national and international conferences. Dr. Kang provides practical tools to cultivate the key 21st-century skills of resilience, creativity, and innovation.

Registration \$100 includes lunch and refreshments.

Registration deadline is Feb 20. Early bird rate: \$75 if registered by Feb 10.

For info updates or to register visit www.vipac.ca or email: info@vipac.ca



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