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Literacy Links

Adult Learning Centre 1507 A McPhee Ave. 250-338-9906

Study Skills– The Foundation of Success!

Study Skill Tips

- Get Organized- Make sure you have all your supplies and course materials
- Make Connections– Introduce yourself to your teacher and let them know if you have any learning needs
- Set Goals-Set a combination of short and long-term goals.
- Make a commitment to yourself– Congratulate yourself for embracing a new challenge!



Time management can help to balance study time with home and work responsibilities.

Study Skills are the foundation for learning success. Learners often mention what a challenge it can be to fit study into a busy work and home schedule.

Time management is one of the “Bedrock” skills necessary for success in both school and work. Here are some tips to help you balance study time with the rest of your responsibilities.

Plan Ahead– Do required readings, write things down, know when assignments are due, use a day timer, and establish a routine.

Organize Study Time– Set priorities, set small goals, take regular breaks, and keep to your routine.

Create a good study environment– Make sure your study area is free from distractions, take breaks, and reward yourself for completing a task!

Set specific goals– Set small specific goals, review notes regularly, use small blocks of time for better retention (30-45 minutes), and block off necessary time for larger projects.

New Resources!

We have many new ESL resources in the library.

Feel free to browse through some of these new and exciting materials.

If you think of something we could use, please talk to Leslie or Gabriel.

Book Review

Life is So Good. Dawson, George and Glaubman, Richard. Penguin Books, c2000.

George Dawson’s life spanned three centuries (1898-2001) and he has some extraordinary insights to offer on the events that occurred during that time. George Dawson was the grandson of a slave, and his first real memory was the lynching and hanging of a teenage friend for a crime he did not commit.

At a very young age he started working to help support his family. His lifetime of work included breaking horses, building levees on the Mississippi, farming, working as a mill

worker and working on the railroad. As a young man he travelled as far as Banff, Alberta to experience “snow”(a long journey for a Texas boy). He married, raised a family, and continued to work.

At age 98 he got a flyer announcing adult literacy classes and he knew that his time had come– reading was a childhood dream and he waited a lifetime to realize it. Dawson learned to read at the age of 98. His philosophy is best summed up in his own words.

“Life is so good and it gets better every day.”

Learner and Tutor Stories

"I have been a tutor at The Adult Learning Centre for almost one year. I have worked with Kun for 8 months. In that time, Kun has progressed from someone who couldn't have a conversation in English without her daughter to someone who can leave phone messages and seeks out conversations with staff at the Centre. In addition, Kun feels more connected to her teenage children's school and their progress. The tutoring experience has been immensely rewarding for me because I believe that I have been able to facilitate an improved connection between Kun and our community. What a privilege!" **Bev**

"I learning English. Good teacher. Leslie is nice. It's fun. I'm learning to speak English. I'm happy here."

Kun



Bev and Kun during a tutoring session

ALC Reporter - Upcoming Events

C.A.L.L.S. Annual General Meeting (AGM) All are Welcome!

Tuesday June 16th at 7 p.m.

At The Women's Resource Centre

#1 1491 McPhee Avenue

Guest Speaker: Janice Nicklin:

Regional Literacy Coordinator

June Windup and Barbecue

Thursday, June 18th

From 4-7 p.m. Barbecue, Games, and Fun!

Will be held at Simms Park (across the 5th Street Bridge)

Barbecue Provided by ALC

Bring a dish to share like a salad or snack.

Recipe Box

Red Bean and Mozza Salad

1 19 oz/540ml kidney beans

1 red pepper

2 cups finely chopped cabbage

2 green onions, chopped

1 cup part-skim mozzarella cheese (or feta cheese)

¼ cup chopped fresh parsley

1 clove garlic minced

2 tbsp lemon juice

1 tbsp vegetable oil

Drain kidney beans and rinse under cold water. In salad bowl, combine beans, red pepper, cabbage, onions, cheese, parsley, garlic, lemon juice, and oil; toss to mix. Eat fresh!

Makes 6- 1 cup servings. Recipe by Leslie Corra