Whether you made it through midterms by the skin of your teeth or with flying colors, there’s still time to finish the year successfully. Good study habits are a crucial part of that success, but what if you don’t know how to study? You sit and you read but it seems like you don’t learn anything. Here are some helpful tips to help you get the most out of your studies.

1. **Choose your place.** Make a place without distractions that’s out of the way and quiet.

2. **Make a “to-do” list and schedule a specific time to study.** Set goals so you don’t waste time determining what to study when you do finally sit down.

3. **Don’t get bored.** Vary how you study by reading, doing hands on work or group projects.

4. **Make it practical.** University is about using what you learned rather than memorizing. When you’re done reading rewrite what you just learned in your own words and give examples. Not only will you learn more but you’ll have more to add to future class discussions.

5. **When in doubt, ask.** If you’re unclear about something check an alternative source (book, internet, etc.)

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**Midterms Are Over! Now What?!**

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**Green Tip #23**

Invest in a few reusable bags for your trips to the store. For as little as a $1 you can save the environment and make a statement!

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**Oh What A Wiikend**

October 19th was the day when students of FDU-Vancouver took a break from studying for midterms and enjoyed the latest technology in interactive video games playing Wii, the new console of Nintendo.

In order to make their studies more relaxing, students stopped to enjoy a full screen size projection, all the fun and excitement of games like bowling, tennis, baseball, boxing and Mario Party 7.

In the end, the winner of the 4-hour game session was Hiram Cabrera-Ortiz, who was lucky enough to get the points required to beat the other players. “This is one of the coolest things I’ve ever done. I didn’t know how fun it can be, the mixture of video games and school, I really enjoyed it,” said Hiram from Mexico.
Remembrance Day

Remembrance Day, also known as Poppy Day, Veteran’s Day, and Armistice Day, is a day to honor the sacrifice of veterans and civilians in war. It is observed on November 11th to recall the end of World War I on that date in 1918. The observance is specifically dedicated to members of the armed forces who were killed during war, and was created by King George V in 1919.

Why the Poppy?

A writer first made the connection between the poppy and battlefield deaths during the Napoleonic wars of the early 19th century, remarking that fields that were barren before battle exploded with the blood-red flowers after the fighting ended.

After John McCrae’s poem In Flanders Fields was published in 1915 the poppy became a popular symbol for soldiers who died in battle. In 1921 the first poppies were distributed in Canada. Legion Branches sold the paper flowers to assist to ex-servicemen and their families, to build senior housing, and support programs like meals-on-wheels.

Thanks to the millions of Canadians who wear flowers each November, the little red plant has never died. And neither have Canadians’ memories of the 116,031 countrymen who died in battle.

How do I wear a Poppy?
The Royal Canadian Legion suggests that the Poppy be worn on the left lapel of a garment or as close to the heart as possible.

Sustainability

It seems everyone knows how to be “green” or sustainable these days, but how many people know what we are doing to help save the planet? November is Sustainability Month at FDU-Vancouver, so you may notice a few changes happening on campus like the arrival of recycling bins for used beverage containers for example. But what you may not notice is what we’ve already been doing since you stepped through the front doors for orientation. FDU—Vancouver is already taking steps to be green:

• Like this very newsletter, all our printed material and faxes use recycled paper
• Blue Bins around campus encourage paper and newspaper recycling
• Our used coffee grinds are put in staff gardens, rather in the trash
• The student lounge water cooler reduces the need for bottled water
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FDU - Vancouver also takes part in green events and activities, such as The Great Canadian Shoreline Cleanup and the Return-It/United Way Campaign. If you have an idea how FDU-Vancouver can be more sustainable share it with Student Services!

Green Tip #14

Use a broom instead of garden hose, power washer or gas leaf blower.

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Did You Know?

- Canadians generate approximately 31 million tons of garbage a year and only recycle about 30 per cent of that garbage.
- An aluminum can which is not recycled can take 500 years to disintegrate. A recycled can takes 60 days.
- Recycled plastic is made into fiber to make new bottles, buckets, pails, carpeting, and fleece jackets.
- Canada has over 10,000 landfill sites.
- The mobius loop (see bottom symbol) means that the container is made up of some recycled materials. When a percentage is indicated within the symbol, that percentage of the product has been made from recycled materials.
- Recycled shampoo bottles and some yogurt containers can be made into Blue recycling boxes and playground equipment.
- In a lifetime, the average North American will throw away 600 times his or her adult weight in garbage. (A 68 kg adult will leave a legacy of 40,825 kg of trash for his/her children!)
- Landfill sites account for about 38% of Canada’s total methane emissions. Methane is 20 times more potent as a greenhouse gas than carbon dioxide.
- One recycled aluminum can saves enough energy to operate a television for 3 hours of TV viewing!
- Recycling one ton of newspaper saves: 19 trees, 3 cubic meters of landfill, 4,000 kilowatt hours of energy, 29,000 liters of water and 30 kgs. of air pollution effluent.

For More information visit: http://www.rcbc.bc.ca

Green Tip #2

Crushed eggshells, tea and coffee grinds mixed in soil provide natural nutrients to your plants.

Talking Turkey

Countries around the globe dedicate one day to give thanks for all they have been afforded. The customs or time of year might not be the same but the ideas are the same. In Canada and the United States that day is called Thanksgiving. In Canada Thanksgiving is celebrated on the second Monday of October. Unlike the American tradition, Canadians give thanks for a successful harvest. Because of its location, the harvest season in Canada is about a month earlier than in the U.S. In the United States, Thanksgiving is celebrated in November, on the fourth Thursday. It’s a holiday celebrated with family, food, and often football. For both countries, Thanksgiving marks an unofficial beginning to the winter, and holiday season.

For More information visit: http://www.rcbc.bc.ca
The Global Gazette is a student focused, monthly newsletter designed to cover anything and everything that affects the FDU-Vancouver student. To be a part of the creative team contact Megan Baillie in the Office of Student Services or by email at baillie@fdu.edu.

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“Of and For The World”

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Green Tip #32
This Holiday season use recycled wrapping paper, newspaper, or paper bags!

*This Newsletter was printed on recycled paper!