

# LEARNING CURVES

CONTINUING EDUCATION • JOB TRAINING

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WWW.WEACANADA.CA

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## JOYS OF AGING TIME TO LEARN

BY ANNE MCDONAGH

**M**ost of us probably agree with the playwright Tom Stoppard that "Age is a very high price to pay for maturity." Nobody wants to get old, but as has often been pointed out, it sure beats the alternative!

To be sure there are drawbacks to getting old. Over a number of years we lose our youthful looks and sometimes our minds. On the other hand, although we mourn the

loss of our physical beauty, we feel less stress around looking good, smart and attractive to the opposite sex because such efforts are now futile. Physical activities which we took for granted in our younger years have suddenly become more challenging.

We often feel invisible to the rest of the world and our opinions are frequently dismissed because of our age. The upside

is the limited expectations people have of us because of our age. When we do a decent job on something, we are likely to be praised excessively. We also seem to get an unwarranted respect just because we have managed to live so long

Our youth-obsessed society treats old

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## LEARNING IN THE SUMMER JUNE JULY AUGUST

BY WENDY TERRY

**S**ummer is not a down time for taking a class. Most educational providers offer courses, but the offerings are more limited than those in the fall, winter and spring terms. So register early!

### TORONTO DISTRICT SCHOOL BOARD (TDSB)

Central Tech, Burnhamthorpe, Overland Learning Centre and Scarborough Centre for Alternative Studies of the TDSB offer General Interest Courses in July. Courses in **Art** like *Drawing and Painting Beginner*; **Business** like *Bank Teller Training*; **Computers** like *Web Design-Beginner*; **Crafts** like *Jewellery*;

Continued on Page 2



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# LEARNING IN THE SUMMER JUNE JULY AUGUST

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**Dancing** like Strictly Latin-Beginner; **Fitness** like *Yoga*; **Food** like *Chef on the Run*; **Hobbies** like *Small Pond Design*; **Handiwork** like *Home and Cottage Construction*; **Languages** like *Mandarin Beginner*; **Music** like *Keyboarding*; **Sewing** like *Sewing Beginner*; and **Sports** like *Tennis-Beginner* and more are offered.

Registration Starts May 24. [www.learn4life.ca](http://www.learn4life.ca) Call 416-338-4111

ESL TDSB courses are offered at numerous sites. Students who are already enrolled in ESL classes are registered first for July courses. So you should register for ESL now to be sure of getting into the July courses. [www.esltoronto.ca](http://www.esltoronto.ca) Call 416-338-4300

Next-Steps of the TDSB offers a range of employment programs in Toronto and the GTA all year long, such as **Language Instruction for Newcomers (LINC)**. They run some skills training programs like **Pharmacy Assistant**. and have Employment Resource Centres. [www.next-steps.ca](http://www.next-steps.ca).

## TORONTO CATHOLIC DISTRICT SCHOOL BOARD (TCDSB)

This school board offers English Language Instruction year round. [www.tcdsb.org/adulted](http://www.tcdsb.org/adulted)

## Community Colleges

To find the courses which start in June, July and August it is better to scan the calendars by start date. Then when you find one that starts in the summer you can see if that one interests you. Otherwise you spend a lot of time scanning course descriptions that are not offered in the summer. Some colleges offer condensed courses in the summer, often labeled Workshops, Intensive, Accelerated or even Boot Camp. So you can take your holidays or a couple of days in lieu time or a couple of Saturdays and even Sundays to do a course.

You can divide the summer offerings into three types, ones that are of general interest and broadly offered in a subject area like computers; ones that are of general interest and only have a couple of courses in that subject area and ones of special interest to professional a particular subject area. Then you find courses listed where you would least expect. Moreover, each college has unique courses.

## George Brown

Of general interest and the most broadly available courses in **Computer Applications** in Computer Basics and Microsoft Applications, Computerized Accounting, Digital Publishing, and Web Design.

Those of general interest but limited offerings are in **Business Skills and Management** such as *Building Effective Teams, Practical Approaches to Reviewing Performance*; **Community Services** such as *Working with Dementia Clients*; **English and Communications** such as *English Essentials, College English* and *Emotional Intelligence*.

Some courses could be of general interest or for professionals like the ones in **Fashion and Jewellery** or **Film and Photography** or **Hospitality and Culinary Arts**. For example ones of general interest in each of these subject areas is *Image and Personal Development; Bead Stringing, Digital Photography, Tofu and Meat Substitutes*.

**Jewellery-making** is unique to George Brown. The few courses listed under **Health Sciences, Make Up and Esthetics, Nursing, Technical and Trades** are for those working in that area such as the ones for dental assistants etc. And the surprise, under **Liberal Arts, Math Essentials**.

Call George Brown College 416-415-2000

## Humber College

Looking for summer offerings at Humber

is a special challenge as the individual course schedules are not listed under their subject area but under an alphabetically-organized course list in a separate section.

**Sailing and Power Boating** courses are only offered by Humber and only in the Spring and Summer. They are very popular with the Boomer age group.

Under **Transportation and Training** is a group of courses for Motorcycle and **Scooter Rider Training**.

**Transportation and Training** also has professional courses in **Driving Instructor Training** and **Trucking** (Truck Driver) There is an open house on June 29, 2011 from 7:00 to 8:00PM for these professional programs.

Another summer program unique to Humber is the *Summer Jazz Workshop* that runs for one week July 18-22. E-mail [christina.takaoka@humber.ca](mailto:christina.takaoka@humber.ca)

Under **Teaching and Training** there are summer distance education courses for **Teacher/Trainer of Adults** offered through OntarioLearn.ca in subjects such as *Delivering Instruction* or *Learning Technology*.

Of general interest and broadly available are **Digital Arts, Animation and Design**. And the surprise is under this technical subject areas are traditional art courses like *Drawing Level One: Classical Drawing*

The **Open Learning Centre** offers workshops (8 hours on four Saturdays) in *Computer Basics*. E-mail [olc@humber.ca](mailto:olc@humber.ca)

And another surprise is under **Public Relations** the course, *Plan Your Own Wedding*. Call Humber 416-675-5005

## Seneca College

Of general interest and most broadly available are courses listed under **Computer Specializations**, areas like *Computer Graphics & Design Layout*. In this subject area, there is a whole series of short workshops (6 hours to 21 hours) in *Basic Computer Skills, Web Page Design, Website Marketing, Programming, Accounting Software, Application Software, and Project Management Software*.

There are accelerated programs in **Business Studies** where you can take your two weeks holidays go full time and get a credit in courses like *Accounting Basics 1, Marketing 1, Business Statistics etc.*

Under **English as a Second Language**, there are **ESL Summer Intensives** where you can again take your holidays and brush up on writing skills, or oral fluency right through July and August. Also under ESL there are 6 hour workshops in Grammar and Mechanics and specialized communication workshops such as *Communicating Effectively on the Telephone, Phonics, Learn How to Read*.

Under **Leisure and Recreation** there is a whole series of one night courses run in co-operation with the Richmond Hill Culinary Art Centre in subjects like *Spanish Cuisine, Vietnamese Cuisine; and Vegetarian Cuisine* and so on. Then you could work off these calories with lessons in tennis at the Seneca Outdoor Tennis Club

You can give yourself a makeover by taking some of the **Image Workshop Series** listed under surprisingly **Applied Arts**. Each runs two Saturdays and includes topics like Color, *Style and Wardrobe, Make Up Application and Grooming* and so on.

Under **Business Studies**, there are a few courses like *Marketing 1, Business Statistics* etc. and quite a number of on-line courses in Accounting, Entrepreneurship, General Business and Human Resource Management.

Under **Community Services** there are six 6- hour workshops offered on Saturdays

in Setting up Your Own Childcare, Nursery or After School in practical topic liked *Licensing Requirements for Childcare*.

Then there are several offerings under **Technology** in Auto Cad and Mastercam.

If you are a registered Seneca Continuing Education Student you can attend for free three-hour informal **Success Seminars** designed to enhance your student, professional and personal life. Call Seneca College at 416-493-4144

## Centennial College

Again the most broadly available and of general interest are the courses listed under **Computers and Information Technology**. It's here you see Boot Camps (one week long) for *A Plus Certification* and Cisco CCNA Certification for Computer Hardware and Network Support.

This is the first time I have seen a lot of courses offered in **UNIX/LINUX Systems Administration**. Similarly an extensive number of courses in **Network Security and Computer Forensics**. As well this is the first time I have seen a number of courses in **Software Quality Assurance and Testing**.

Under **Engineering Technology** there are a number of AutoCad and CAD/CAM courses.

Of course there are **Microsoft Office Application** courses.

Under **Languages** were listed the College English courses including the ESL for the summer.

Under **Lifestyle and Leisure** you can find some useful courses like *Sandwich Generation 101, Caring for those with Alzheimer's* for the boomers. For the handy, there are Home Renovations like *Kitchen Renovations and Basement Renovations*. Others in Life and Career Skills included *Starting your Own Home Business, Time Management*.

Under **Teaching and Learning** there is a whole set of Teacher/ Trainer of Adults and TESL courses.

Under Transportation, courses in Trucking, Driving Instructor Training and Motorcycles are common.

Call Centennial College at 416-289-5300

## Sheridan College

Under **Arts and Design**, Adobe courses are 1 broadly available

Here too are a couple of Fine Arts courses, *Landscape Painting with Len Aguanno* and *Portraits*.

Under **Manufacturing, Technology and Trades** CAD/CAM courses are also broadly available

There is a series of one day workshops in *Excel Macros and VBA Level 1, 2 and 3 held on June 19, July 10 and 24 all Sundays*.

Call Sheridan College at 905-845-9430

## Durham College

There is a lot of monthly intake courses in Distance Education in a great variety of subjects but limited in-class offerings in the summer. The on-line offerings are in **Business, Computers, French, and Justice** for the most part.

In the front of its Continuing Education Calendar workshops are listed by month. In June, July and August is *Motorcycle Basics* including a Ladies Only weekend July 22-24

There are one week courses in American Sign Language.

Call Durham College at 905-721-3052

## UNIVERSITIES

Most part-time university students are earning a degree. Most universities offer a reduced course load to these students during the summer.

They are looking for credit courses towards their degrees.

But there are other courses offered through university continuing studies that you can take without being admitted to a program.

## University of Toronto- School of Continuing Studies

New under **Business and Professional Studies** are *Environmental Health and Safety* courses, which will certify you to be a member of your workplace's Joint Occupational Health and Safety Committee. There are day options so you can take a day of your holidays here and there or evenings throughout July and August.

The School of Continuing Studies is famous for its Summer Writing School run July 4 to 8 in 2011. Some of the courses are *Introduction to Creative Writing, Writing a Bestselling Novel, Life Stories*.

Under **Creative Writing**, there is a whole series of courses offered in July and August such as *Creative Writing: Introduction, Poetry: Introduction, Mystery and Suspense Writing*. There is a *Writer's Boot Camp* for one week in August.

There is a full time **English Language Program** during July and August. A Grade B in advanced SCS0150 *Academic English* meets the language requirements for undergrad and grad programs at the U.of T.

Call the School of Continuing Studies at 416-978-2400

## Ryerson University -G. Raymond Chang School of Continuing Education

Starting in June numerous business courses are offered under **Accounting, Business Analysis** (Statistics), **Communication, Economics, Finance and Financial Planning, Human Resource, Information Technology Management for Business, Occupational Health**.

There are course in the Liberal Arts under **English** (literature), **French, History, Philosophy and Music, Sociology, Spanish, Mandarin**.

For the internationally trained there is a full roster of courses under **Gateway to International Professionals**

Call Ryerson University at 416-979-5035

## York University

York University English Language Institute offers a four-week intensive program through its Summer Language Institute.

Call Yueli at 416-736-5353

The Division of Continuing Education of the Faculty of Arts and Liberal Studies lists intriguing courses: *They're Out to Get You Conspiracy Theory in American Culture and Shrews and Witches, Reconsidering Shakespeare's Ladies*.

Call the Division of Continuing Education at 416-736-5616

## COMMUNITY BASED

Community centres offer courses year round and have continuous intake. Go to [www.211Toronto.org](http://www.211Toronto.org) select Employment, Education, and Training then select Vocational Training.

## CAREER COLLEGES

Career Colleges run programs year round and have continuous intake. Go to the Ontario Association for Career Colleges' website [www.oacc.on.ca](http://www.oacc.on.ca).

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# CAREER COLLEGES: THAT FAMILY FEELING

BY WENDY TERRY

On May 5, 2011, I attended a joint conference of the National Association of Career Colleges and their provincial counterpart the Ontario Association for Career Colleges in Niagara Falls.

Career colleges are among the most diverse educational sectors in Ontario. There are 470 career colleges registered with the Ontario Ministry of Training, Colleges and Universities. They have 640 campuses, 4,600 programs and over 60,000 people graduate every year. Despite the number and diversity of colleges, there is a sense of family as most of the colleges were founded, developed and run by individuals who are committed to their educational enterprise, and they come together at OACC every year.

It feels like family for the students because these career colleges run small classes—ten students or so in each. As a result, not only do the teachers know the students by name and their stories but so do the school directors. No one is anonymous. This personal involvement with their students was demonstrated throughout the conference when students who had graduated came back to tell their learning stories at the start of the sessions. These presentations brought attention to the success of the student.

What struck me the most was audience response to the students' presentations? During the annual banquet, colleagues were catching up with each other, one ear to the speeches and one to their friend's news. Yet when a student got up to present, you could have heard a pin drop in the

room. His or her success was theirs too.

On the way out with Sonia Nerses of Access Business College we ran into one of her students from twenty-seven years ago, who now works in education herself. They chatted way like cousins who by habit catch up at the family reunion every year.

Robetech, Access Business College, Durham Business and Computer College and Canadian Business College, who have supported the May/June issue of Learning Curves through advertising, are good examples of career colleges. You can find other career colleges on the web site of the Ontario Association for Career Colleges [www.oacc.on.ca](http://www.oacc.on.ca)

Sonia Nerses of Access Business College (right) and Wendy Terry of Learning Curves took in the Falls and the OACC Conference



# LEARNING IN THE SUMMER BY DISTANCE EDUCATION

BY WENDY TERRY

Just as there are in-class courses to attend in the summer, there are DE (distance education) courses too. These can be print-based courses (correspondence) or online courses, which could include audio or video conferencing with the teacher and/or fellow students. Through DE, you can earn high school, college or university credits. Although many online courses are offered during the fall, winter or spring semesters, some are offered on a continuous or on a monthly intake basis so that you could take a course in the summer sitting on your balcony or down on the beach.

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ILC is also the only provider of the GED test in Ontario, which is another way to get high school equivalency. Adults who successfully write the GED test will be granted a high school

equivalency certificate. GED stands for General Educational Development.

## English as a Second Language

ILC also offers ESL courses, credit and non-credit online. For these courses you need a volunteer tutor. Perhaps someone, who has been helping you informally, may be willing to help you work your way through one of these courses.

Call 416-484-2704 or go to [www.ilc.org](http://www.ilc.org).

## Community Colleges - Monthly Intake.

The Durham College Continuing Education Course Calendar is clearly organized to show monthly intake DE courses. In the DE section of this calendar, beside the course title a large box with the letters MI makes it quite clear that this is a monthly intake course.

Durham also offers free sessions on how to navigate your virtual classroom when you register for an online course. For technophobes like myself this makes the thought of doing an online course less intimidating.

Durham also lists Fast Track courses offered in co-operation with Education-To-Go, a project of the Centre for Distance Education. These courses start every Wednesday. Each course runs for six weeks and consists of twelve lessons.

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## Thank You Access Business College!

My name is Roy S Rogers.

I found myself unemployed when I was laid off from a promising career with Amex, this was a serious setback and a blow to my hopes and life. I continuously looked for employment but with no success, being an employment insurance recipient and with the help of service Canada, I opted for education and skills training through the second career program.

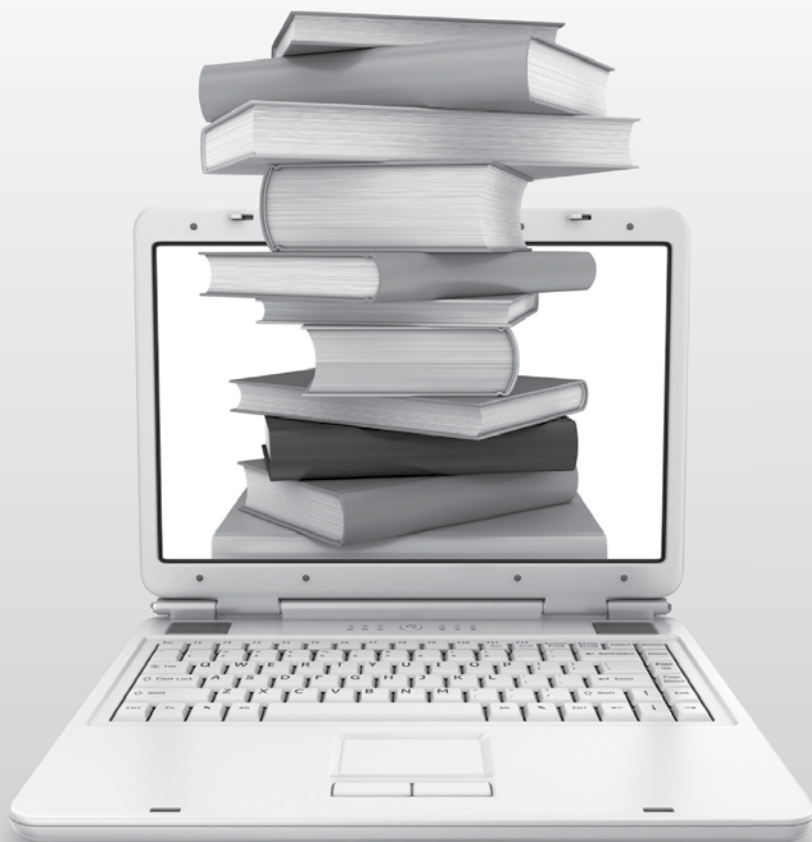
With extensive research in skills training programs and available colleges, I decided to pursue a diploma program in Banking and Financial Services at Access Business College. Out of all the colleges I visited, only Access Business College offered the CSC and CIFIC courses in their diploma program. From my research with industry recruiters, these two courses provide the foundation to be employed in the banks and other financial service companies. My education at Access Business College has been excellent and beyond my expectations. The teachers are very knowledgeable and the small size classes allow for greater interaction with the teacher and students. The positive environment at the school made it very conducive to study and I found that to be true among my fellow classmates. This has resulted in my spectacular performance in the CIFIC exams with a passing grade of 97% (honours). In a few words, I want to say thank you to Access Business College, the staff and the great class I was privileged to participate in.

**Call 416-510-2739**





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# THE CHOICES AND CHALLENGES OF MID-LIFE CAREER CHANGING

BY DEBORAH NOEL

Leann (not her real name) didn't know what hit her. An office administrator at a Toronto manufacturing company for over 20 years, Leann started at the bottom and gradually worked her way up. She assumed she would retire from this company. Then, one day she got the news that her company had been bought out by a US based company and the Toronto operation was shutting down. Suddenly, at the age of 52, the ever competent Leann was lost. As Leann said to me when we met "I thought I had gone through my midlife crisis but this was something else!"

What Leann is experiencing is a common dilemma in the 21st century labour market. People in mid-life who, through choice or consequence, are changing careers. Whether a decision to pursue a life dream, or, as with Leann, the consequence of being downsized, mid-life career changing has its own unique set of choices and challenges.

Initially, Leann could only feel grief. Money wasn't an immediate issue as she received a generous severance and was financially secure. However, emotionally, Leann was in crisis. Having faithfully gone to her job every day for years, she missed eating lunch with her old friends and the familiarity of her routine. For over a week, Leann laid under the covers and cried. Finally, one of her friends told her about community resources available to help her find a new job. Initially, the process was daunting.

Her computer skills were out of date and she found that there was little available in the manufacturing area. On the plus side, she was invigorated learning new skills and heartened to meet other people at the local Employment Centre living through the same job search frustration. A friend suggested that she start volunteering at a local woman's organization. Initially hesitant, she told me "I couldn't understand how this would help me. I was terrified to take time away from my job search but I agreed to give it a chance. I now think it was the best thing I ever did!" Her volunteer work invigorated her. She loved the environment and gradually started taking on more and more responsibilities. The organization also provided training opportunities and Leann jumped at the chance for every new learning situation.

Gradually, Leann realised that the non-profit field was where she would love to spend the second half of her working life. Although no employment opportunity existed at her current organization she decided to focus her job search on similar agencies. She knew that her volunteer organization would provide a great reference. Added to that was her newly upgraded computer skills along with the soft skills training she took while volunteering. Although it didn't happen as fast as she would have liked Leann was soon working in an administrative position with another non-profit agency. She states she found she enjoyed this new workplace so much she has

enrolled in night classes to work towards a degree in social work. Laughing, Leann told me that in her "first" career in manufacturing she had never once felt stimulated enough to stay late, let alone go to night classes. Her biggest surprise, she said, is that learning is much easier in her fifties. She now wakes up in the morning, eager to go to work and put into practice her new knowledge.

LeAnn's story is fairly typical of many mid-life career changers. The path from job loss to career change can seem like one strewn with rocks and detours. Being aware of some of these challenges and the choices offered can make your mid-life career change a little less daunting and, ultimately, a process with great rewards at the end.

First – allow yourself to grieve. Most people spend more time at work than they do at home with their family and close friends. For many people, their social circle and support group may be around the people they work with. Give yourself a little time to adapt and adjust to the change but not too long! Leann was lucky to have a friend who told her to get up and out!

Keep to a schedule. Suddenly you don't have to get up at 6 am and the temptation is to stay up later and take advantage of the newfound freedom but don't! Use the time in the morning to add some exercise to your schedule or walk to your favourite coffee shop. And while we are on the subject, get to bed at your usual time also.

Take advantage of community resources. All throughout the GTA are community employment centres and programs offering job search support, fax machines, photocopiers and state of the art computers. There, you will also get the chance to find out what is happening in your community, upgrade your skills and meet other people who are also going through the same experiences as you are. Leann told me that her local Employment Centre was a godsend and she would never have known about it had a friend not got her to one.

Volunteer. I cannot emphasise how this helped Leann. Studies show that volunteering has a direct effect on increasing self-esteem and reducing depression. Volunteering provides you with the opportunity to practice skills, learn new skills and explore future work opportunities.

NEVER SAY NEVER! There are many people who have changed careers in mid-life and discovered their true passion. There is an old saying that when one door closes, another one opens. Well, the process between one job and another is often like a hallway. Take some time to really explore how you would like to spend the second half of your work life. Look around and ask yourself some questions. Is it more money, more time or more passion? The choice is yours.

*Deborah Noel is an experienced counsellor specializing in career counselling.*



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Continuing Education

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- Personal Development
- PC Troubleshooting

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For full details check our website: [www.durhamcollege.ca/coned](http://www.durhamcollege.ca/coned)  
Just click on "Distance and online education" or call 905.721.2000 ext. 2667.



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# CCAMRE HUMANITARIAN MISSION: A JOURNEY OF HOPE

BY ANA PAREDES

**P**eople go on a humanitarian mission for many reasons; for some it may just be an interesting experience; for some it may be a personal quest; for many it is an opportunity to make a difference and give back to the community. Whatever the reason for making such a trip, it is a life-changing experience.

I would like to invite you to share my experiences on a journey I took to Guatemala a few months ago with CCAMRE, Canadian Central America Relief Efforts, an aid organization which emerged after Hurricane Mitch and founded later on in 2003.

This journey began in October 2010 when a group of interested individuals came to an information meeting. Since then 18 volunteers travelled to Guatemala. With 17 volunteers from Guatemala we made up the mission teams and worked very hard for two weeks to accomplish our mission goals and objectives.

Each of us brought to this journey our compassion, our love for life and learning, our curiosity, our professional and technical expertise and the greatest gift of all, friendship that will last a lifetime. The mission had a medical team, a dental team, a sewing team, a seniors' team, an agricultural team, an education team and

a community development team. We prepared an ambitious work plan with clear goals and objectives in consultation with the village and community leaders as CCAMRE works with the model of working from community to community.

With interpreters each team worked with the designated village and sometimes we traveled for over an hour to meet community members and begin our work. The sewing team worked with a group of women who learned basic sewing skills. While learning these skills of sewing, a life skill component was introduced, with the result that the women discussed issues of community participation, decision making and how to work together in achieving the goal that in the near future their products could be marketed in the nearby communities. They hope to earn income by developing a women's cooperative.

The medical and dental teams were the two core teams that had a profound impact on the health and well being of these communities. The teams traveled with their mobile units to isolated areas and treated the physical needs of the communities, provided medicines and gave hope to over one thousand people.

The agricultural team objective was to help to improve the health and

wealth of the villagers by introducing the moringa seeds whose nutritional properties have been proven to improve the health of anyone that eats them. The team introduced the moringa seed to four villages through various talks and presentations. They taught them its nutritional value, how to plant it and how to harvest it. Through workshops and cooking demonstrations, they showed the villagers how to incorporate the seeds into their diets by using them in salads, tortillas and stews. They learned how to make tea and how to make oil from the seeds.

The Seniors' project involved a needs assessment of the lives of a group of seniors, a vulnerable group who lives in extreme poverty. Some of the needs identified were issues around health, work, access to food, housing and family support. Follow up work will be done in the next few months.

The education program has been in place for a number of years. It provides scholarships to students to finish their education. The scholarship pays for tuition, school supplies, school uniforms and one meal a day. This has been a successful initiative resulting in students graduating and moving into post secondary education.

A key component of the mission was getting to know the community, share

experiences with them, play with the children, visit their schools and homes and learn a lot about the coffee plantations and processes. Now most of us really understand the true meaning of a great cup of coffee.

One of the hardest aspects of the mission was to say good bye, after two weeks of hard work and total commitment. Getting to know the community had meant working side by side with the villagers, enjoying simple things like rides in the back of a pick up truck, the smiles and the hugs and those beautiful black eyes, the kind words and appreciation and the many blessings.

As we reflect on our work, task accomplished and future plans to return, we have a great sense of accomplishment, knowing that we did make a difference, through mutual understanding, commitment and perseverance.

We were so thankful that the people opened their hearts and their homes and shared with us their stories, their history and their culture.

*Ana Paredes was a founding member of CCAMRE Canadian Central America Relief Efforts and is the current project director.*

*Email: avictoriap@hotmail.com*

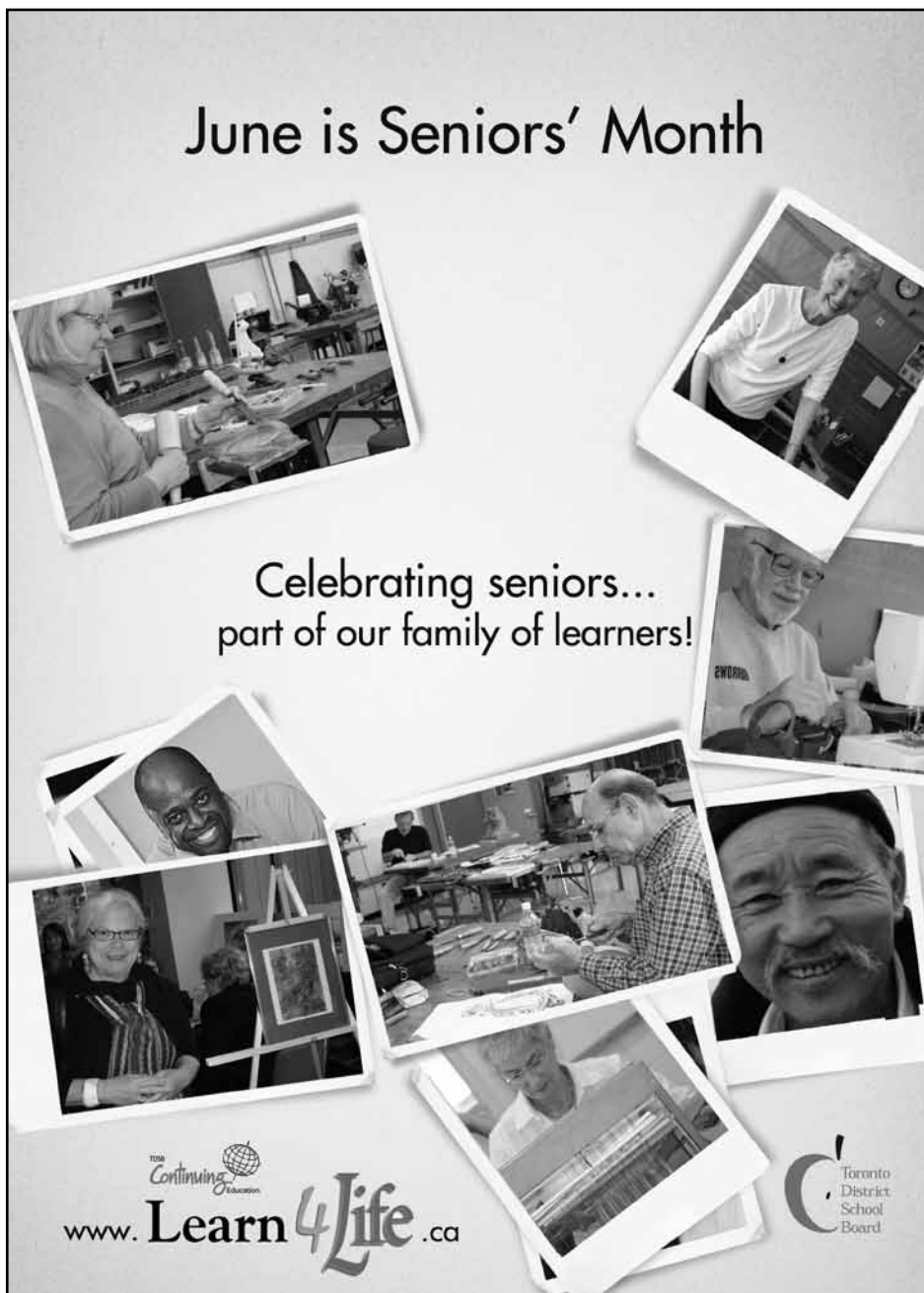
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## June is Seniors' Month

Celebrating seniors...  
part of our family of learners!



## QUOTATIONS ON AGING

Growing old is mandatory;  
growing up is optional.  
*Chili Davis*

Old age is no place for sissies.  
*Bette Davis*

After thirty, a body has a mind of its own.  
*Bette Midler*

Age is an issue of mind over matter. If  
you don't mind, it doesn't matter.  
*Mark Twain*

The really frightening thing about  
middle age is the knowledge  
that you'll grow out of it.  
*Doris Day*

Aging seems to be the only  
available way to live a long life.  
*Kitty O'Neill Collins*

True terror is to wake up one morning  
and discover that your high school  
class is running the country.  
*Kurt Vonnegut*

It is sad to grow old but nice to ripen.  
*Brigitte Bardot*

It takes a long time to become young.  
*Pablo Picasso*

Like everyone else who makes the  
mistake of getting older, I begin each  
day with coffee and obituaries.  
*Bill Cosby*

Middle age is the awkward period  
when Father Time starts catching  
up with Mother Nature.  
*Harold Coffin*

Old age is the most unexpected of all  
the things that can happen to a man.  
*James Thurber*

The denunciation of the young is a necessary  
part of the hygiene of older people, and  
greatly assists the circulation of the blood.  
*Logan P. Smith*

The trick is growing up  
without growing old.  
*Casey Stengel*

We pay when old for the excesses of youth.  
*J. B. Priestley*

We've put more effort into  
helping folks reach old age than  
into helping them enjoy it.  
*Frank Howard Clark*

What most persons consider as virtue, after  
the age of 40 is simply a loss of energy.  
*Voltaire*

Whatever poet, orator or sage may  
say of it, old age is still old age.  
*Sinclair Lewis*

Youth is the gift of nature,  
but age is a work of art.  
*Stanislaw Lec*





AU student Katherine in Toronto, ON

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# LEARNING IN THE SUMMER BY DISTANCE EDUCATION

Continued from Page 3

For more information about Durham College call 905-721-2000 Ext 2667 or 1-888-627-1191 or [distance-education@durhamcollege.ca](mailto:distance-education@durhamcollege.ca)

Durham's online courses are offered through OntarioLearn, a consortium of 22 Ontario Colleges. See [www.ontariolearn.com](http://www.ontariolearn.com). On this website, click on Course Inventory, and you will see the courses are organized by monthly start dates, for example, click on June 1, 2011 or July 1 or Aug 1 and you get the courses starting that month..

I found other helpful information in the other college continuing education calendars. The Humber College calendar has a section titled Online Learning at Humber; here there is a very clear chart of system requirements and hardware peripherals for online courses in both Windows and MacIntosh platforms. Since Humber College is part of the OntarioLearn consortium, I expect these are standard requirements for online courses..

There is no separate section for courses offered by DE; the regular courses are coded C for correspondence or W for Web under Location.

Humber also has an online quiz: "Is Online Learning for Me?" Its purpose is to help students figure out if they will be successful as online students. It would

be a good idea to take this quiz if you have never taken a DE course before. [onlinelearning.humber.ca/selfevaluation](http://onlinelearning.humber.ca/selfevaluation).

The Seneca College Part Time Studies calendar notes DE courses that have monthly intake and run through the summer months in an easy to understand chart beside each course offered by the Distributed Learning Centre. Similarly Centennial College notes in a line under each course in the DE section of the calendar if it has monthly intake. George Brown and Sheridan also offer courses by DE and list those in separate DE sections though most are listed as semester based.

If you need to do academic upgrading courses in math, science or English before you undertake a college course, you can also do these online. These have continuous intake and run through the summer months. [www.acedistancedelivery.ca](http://www.acedistancedelivery.ca)

### Universities - Continuous Intake.

To take a university credit course in class or online you have to be admitted to a program, unlike the colleges which have open admissions. If you just want to take one course, not towards a degree, you can apply as a "non-degree student." That being said, the School of Continuing Studies at the

Continued on Page 10



# BROCK UNIVERSITY'S ADULT ED DEGREE DOING IT ONLINE!

By Heather Junke

**C**amille Rutherford, assistant professor of Education at Brock University, always gives her students a few minutes to settle in before starting class. Rutherford listens to the usual pre-class chatter but she's not standing at the front of a campus lecture hall. It's Sunday at 4 o'clock in the afternoon and Rutherford and her students are at their respective homes. They have all signed into class remotely for the weekly two-hour live session delivered via Elluminate Live!, a web-based virtual environment.

That was the scenario last semester for this class of Adult Education students who were taking the newly offered elective, ADED 4P96 – Introduction to Leadership Theory in Adult Learning. In facilitating the course, Rutherford's teaching duties included moderating the online session in which students interacted through text chat and audio windows.

This online course is being offered again in the spring and fall sessions. It's part of the continuing work of the Centre for Adult Education and Community Outreach as it takes a lead role in the application of virtual learning technologies for Brock's Adult Education online students. The course gives students the option of participating in the weekly live sessions or accessing the recordings of each session that are posted to SAKAI, Brock's learning management system. The weekly readings and assignments for the course are also posted on SAKAI. "It sounds a little odd holding a class on Sunday afternoon but it seemed to work best for this group of students, especially the 4 o'clock timeslot since some students live in other time zones," Rutherford says.

She adds that utilizing a program like

Elluminate provides a highly interactive online experience. "If you are an online learner and you want to be engaged in the classroom activity, this is the next best thing to being face to face," says Rutherford.

"For students, it's a very short learning curve to grasp the program. I knew that I had captured the group's imagination for this kind of technology when, early in the semester, one of the students hit the applause button to indicate his enthusiasm during a discussion."

Technology aside, the subject of leadership is a particularly popular topic as demonstrated by the strong registration numbers for this new elective undergraduate course. "Many Adult Educations students are professionals who hold leadership positions and they want to enhance their leadership skills," she says. "Everyone wants to be a leader – a better leader. They can recognize how this course will lead to personal growth. We've designed the course to be very self reflective. There is a journal component that asks 'Who am I as a leader now and where do I want to be?' Each chapter ends with a case study and provides an opportunity each week to take away real applications. Just like the technology—it's illuminating."

Brock's Centre for Adult Education and Community Outreach offers the longest-running adult education degree and certificate programs in the province. The BEd in Adult Education is unique in Ontario as it offers both first and subsequent degree options.

The Adult Education application deadline for fall 2011 is July 15. To find out more about pursuing a Brock degree or certificate in Adult Education please visit [www.brocku.ca/education/futurestudents/adulted](http://www.brocku.ca/education/futurestudents/adulted)

## LEARNING IN THE SUMMER BY DISTANCE EDUCATION

Continued from Page 9

University of Toronto and the G.Raymond Chang School of Continuing Education at Ryerson have open admissions for most courses. The School of Continuing Studies is a member of [elearnnetwork.ca](http://elearnnetwork.ca).

DE courses are offered by many universities across Canada. To find other university courses online go to [www.cauce-aepuc.ca](http://www.cauce-aepuc.ca)

For example, Athabasca University is located in Alberta and offers university courses on a continuous intake basis. Though online, some are class-based; this means you go at the pace of the class and thus have a common start date. Other courses are listed as Independent which means you can start as soon as you

are admitted and go at your own pace. Athabasca is part of the Canadian Virtual University, a group of Canadian universities who offer complete degrees on line.

Most universities offer online courses. See the Brock University story "Brock Adult Education Degree-Doing it Online." on page 9. The G.Raymond Chang School of Continuing Education at Ryerson does not have a print calendar but the courses listed on its website indicate clearly whether they are in-class or on-line. Most seem to be term based, though a few have terms starting in late June.

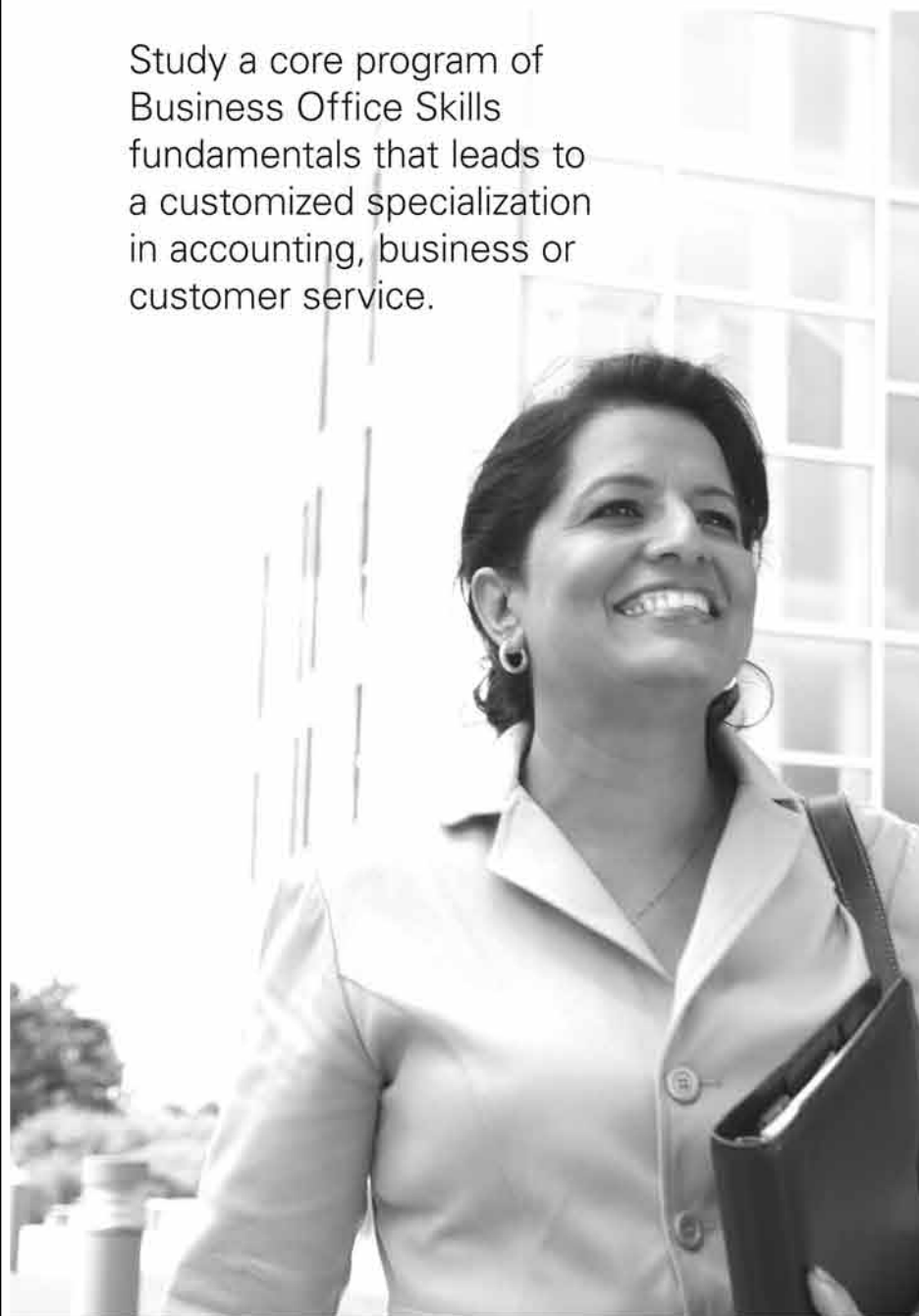
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# JOYS OF AGING

Continued on from page 1

age as if it were a disease that can be cured with plastic surgery, diets and denial. Some of us try to ignore the fact that we are aging with expressions like, "You are only as old as you feel." Or, "You're not getting older, you're getting better." Both expressions try to deny that we grow old! The reality is that like all living things we are born, we bloom, we fade and then we die. We are mortal, after all.

However, old age has its rewards—and not just Senior Citizen discounts! One of its greatest rewards is time. Provided we have enough money to live on, the time we have as oldies is a gift beyond measure because it is or time; we are in control of it. When we don't have to go to work, every day is a holiday. We can do what we want or do nothing at all. Moreover, we need less sleep as we age so we seem to have even more time—even if we take frequent daytime naps.

On the other hand, some might say our time is running out. All the more reason to concentrate on living in the present and learn finally what the Buddhists have told us for years, to live deeply in the moment, and the moment becomes very rich and precious.

We become less egotistical and less concerned with other people's opinions and so have a greater sense of freedom to do what we want to do—take a course, learn to play the piano, attend a dance class or volunteer with an organization we really believe in—as well as the time to do it.

Many of us tackle new careers based upon our experience and our new-found freedom from what other people think. Some

experience a surge of creativity which they express in the arts; others in philanthropy; still others in community or political activism.

Because we have a lot of knowledge and experience of the world, we now have the wisdom as well as the time to find out who we really are. We think we know what is important and what isn't, and so many of us regard aging as an opportunity to revitalize ourselves and find an inner purpose. No longer finding our identity in our career, many of us look within for a purpose in life. Irony and a sense of humour about life may replace our earlier earnest efforts to achieve great things.

Other joys in our lives are grandchildren and friends. If we are lucky we have friendships which have lasted a quarter to half a century. We have a strong feeling of comradeship with others our age because we are all living and struggling with the biggest issue there is and that is our mortality.

We are grateful that we have survived the romantic traumas of our youth and that our "significant other" is either out of our lives or in our lives in a comfortable old shoe sort of way.

What we have to offer the world is ourselves, what we have learned and what we believe, our sense of proportion, our humour, our opinions and our wisdom. With any luck we have mercifully achieved a sense of self-acceptance. With all these gifts, we have much to offer the young whether they appreciate it or not.



**Kathleen Wynne, MPP**  
Don Valley West

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with any provincial  
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# DUOLI'S STORY

**Can you imagine a senior who is 74 years old learning English from Zero? How could I learn English at my age?**

**This is a true story about me.**

**A**fter I finished my university courses, I got a master's degree in China when I was 24. I didn't learn English in China as a second language. (I learned Russian instead). When I came to Canada, I couldn't read a word in English. I felt like a blind person. I couldn't understand what people said. I felt like a deaf person. Also, I didn't know how to describe things or express my opinions to others. I felt like a mute. I always just nodded and smiled.

I had to depend on my daughter for everything, for example, grocery shopping, making an appointment, describing my symptoms to the doctor or expressing my problem I had. It was difficult to answer the telephone too. I was really in hot water. How could I live in Canada and enjoy my life? I realized that I had to learn English as much as I could.

First, I took English courses step by step. From October 1999 to August 2001, I studied in the LINC program at Centennial College from Level 1 to Level 5. Every day, I got up early. After I sent my granddaughter to school, I caught the bus to my class so as to be punctual. In class I listened to the teacher attentively and took detailed notes. I did lots of exercises and tried to memorize new words as well. After class, I picked up my granddaughter from school and went home. Then I cleaned the rooms

in my home and cooked dinner. At night, after doing some chores, I always reviewed my lessons completely, and finished my homework on my own until midnight.

In addition, I usually borrowed some English books from the library and read them on the weekend. I was always in a hurry and as busy as a bee. I was crazy about learning English, I hardly went out or visited friends. I spent all my spare time studying. Therefore, I passed every test at each level without difficulty, and finished all the LINC classes. Consequently, I got three special certificates for an excellent record of attendance and punctuality (Only one student could get this award in each class).

Second, I registered in the ESL program at Overland, where I have been studying since December 2007. I returned to level 3 – 4, 4 – 5, and 5 – 6, and now this is my first time in level 7 – 8.

I am the oldest student in all my English classes. Indeed, as a senior, learning is more difficult than for younger people. Not only is it hard to remember, it is also easy to forget. So I have to work hard. I have been keeping all the class hand-outs and reviewing them once in a while. I usually use some new words in sentences, and then use them to make some stories to help me to remember. I have also written lots of letters or E-mails in English to my

teachers and friends. They also corrected my mistakes. This way has encouraged me to practice more to improve my English. I believe every little effort helps. I am never tired of studying English every day.

I am an industrious student. Besides reading and writing, I have also taken a conversation class. I had a good group, which was friendly and co-operative. We respected and helped each other. We always practiced lots of dialogues and listened to many tapes.

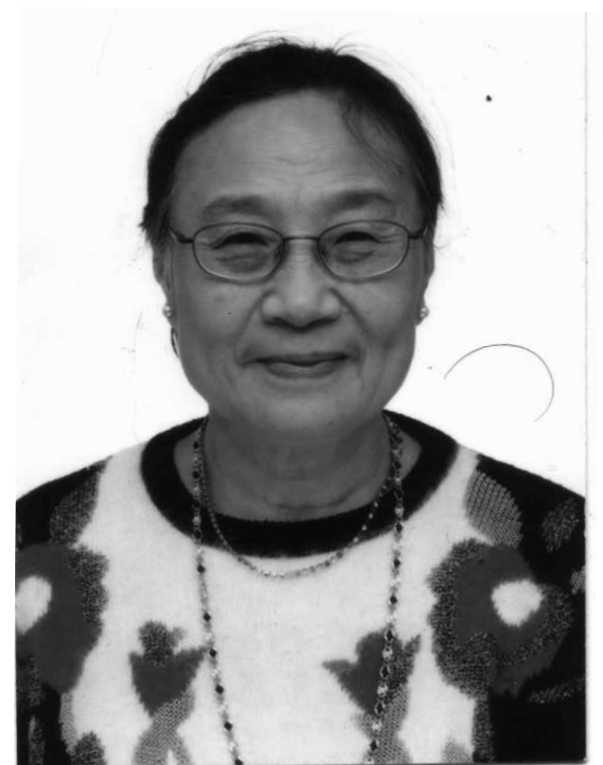
I have greatly appreciated all of my teachers. They have used a variety of approaches to help students to learn English; for example, pictures to illustrate things with easy body language and other examples to explain clearly and concise explanation on the board. They have always responded to our questions patiently and precisely. Their teaching styles have made a deep impression on me. I also admire that they are knowledgeable and experienced. The classes have been filled with excitement. I have been fortunate learning English with them and have made more progress than ever before.

Nonetheless, I still don't have enough skill in English. For example, I can't speak fluently and coherently. I have problems with pronouncing some names of things clearly. I can't speak without unnatural hesitation. I am deficient in vocabulary, I can't fully understand the answer machine, and I can't fill out some medical examination

forms. My range of grammar is limited. I find a lot of verbs confusing and I make many spelling mistakes. As such, I have not progressed as smoothly as I expected.

Considering all the above, I think English is a skill. It needs time to develop. Making conversation with others is an effective way to improve. I always tell myself: "You are never too old to learn. Industry is the parent of success. You never know what you can do until you try."

*Editor's Note: Only a little editing was needed. It is truly amazing that this woman in her seventies was able to learn English from scratch to the point that she could write this article.*







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