# CONTINUING EDUCATION - JOB TRAINING CONTINUING - JOB TRAINING CONTINUING - LA CONTINUING - LA

FREE VOL. 17: ISSUE 3 | WWW.LEARNING-CURVES.ORG | PUBLISHING SINCE 1999 | FALL ISSUE 2015

## GOING BACK TO SCHOOL

#### **CUSTOMIZE LEARNING TO FIT YOUR ADULT SELF**



photo: Abhijit Tembhekar

re you an adult wanting to go back to school? If so, move forward by making a learning plan from the network of programs and services designed for adults. Don't go back in your mind to where you left off when you were younger. Perhaps you left school before earning your high school diploma and think your next step is to finish high school, or, maybe you are a newcomer to Canada and think your next step is to earn a Canadian high school diploma, or re-qualify in your area of training. Instead, put yourself in the current network of learning opportunities, supported by all your previous education, work and life experience, and think about where you want to go now. Then start asking around in this network about what will help you get there.

When asking around, don't say "I need to finish high school." Instead say "I want to work in \_\_. I have \_\_ years of experience in \_\_ and my previous education is \_\_ and I'm not sure what to do now." Let the schools, colleges, universities, career colleges, community based training providers tell you what they have to help you. Then make a plan.

Unlike your teenagers, who can find career counselling in their high schools, you will not find career counselling as easily. Although governments will help you find work with your existing skills, you will find yourself more on your own in terms of the labour market and educational programs available. However, many community colleges offer free advice to

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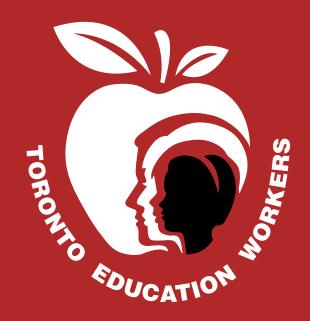


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# DO YOU HAVE A POWER OF FOCUS?

**BY LISA TRUDEL** 

o you know what the word "focus" really means? You might assume it equals the dictionary definition of "an act of concentrating interest or activity on something" or "the state of having clear visual definition". Yet the true definition is clarified in the book "The Power of Focus: How to Hit Your Business, Personal and Financial Targets with Absolute Certainty!" by Jack Canfield.

"The Power of Focus" was first published in 2000 and is now available in a 10th anniversary edition. It offers some of the best practical advice for creating a successful career in an easy-to-understand and insightful way. The book is promoted as a must-read for business people, sales managers and entrepreneurs, yet it is for anyone who is serious about improving personal awareness.

The new edition has 100 pages of new content and continues to provide the real definition of the word "focus". In brief, according to Canfield, focus is about three fundamentals: (1) developing unusual clarity; (2) understanding that habits determine your future; and (3) using a no-exceptions policy approach when aiming for what you want. There are many more lessons in "The Power of Focus" including the following ideas:

Go off the grid one day every week. Put away the phone, the texts and the emails. Instead, just give yourself a day to think and plan. Executives call this strategic planning, and everyone deserves to incorporate this approach into career management development and employment preparation.

Reject rejection by asking more. Instead of being scared of negative responses, ask people in all situations for what you want. This is what children do, and it works. If you ask; you might just get.

Maintain your dedication to being persistent. Unfortunately giving up after a couple of tries is common. As an alternative to giving up, be consistent and unrelenting. It can take years of striving to make you an overnight success.

Become an agreement keeper. If you tell someone you are going to follow through, maintain this promise. In emails and voice mail messages, let people know that you are doing something "as promised". The simple fact of stating this can help to reinforce your commitment.

At the Centre for Education and Training Employment Services, Career Specialist, Patty Doukas is often asked about the secret to employment success. She states

"Part of success
is created by good habits.
Bad habits usually bring only
frustration. For example, bad habits
can be talking instead of listening, or
forgetting someone's name 60 seconds
after being introduced. I was once
told that habits will determine
your future, and I still
believe this is true."

Patty recommends making a list of the bad habits that could be holding you back and committing yourself to changing at least one of them every month. She uses the successful sales technique for remembering names: pay attention, repeat the person's name when introduced, and use the name in conversation. Sooner or later it is possible to break a bad habit, since habits are simply actions repeated over and over until they feel comfortable.

In the book, "The Power of Focus", Canfield, who also wrote the "Chicken Soup for the Soul" series, discusses that adopting new habits is not easy as it takes concentrated effort. It takes the power of focus.

If you want to find out more about how to focus your job search and career planning efforts, contact the Centre for Education & Training Employment Services (www.tcet.com) and ask to speak to a Career Specialist or attend a job search workshop. Developing your own power of focus is possible with persistency asking more questions, giving yourself strategic planning time by going off the grid once a week, and keeping promises.

Lisa Trudel is a career specialist with the Centre for Education & Training and markosand665@hotmail.com works at their Toronto Parliament Services location and can be contacted at: ltrudel@tcet.com

We value your opinion. Please let us know what you think about this article. Let us know at learningcurves@hotmail.com.

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prospective students and there are several contact points in the community offering advice and services:

- CLARS Language Assessment Centres for newcomers will help you choose an ESL class based on your scores. Here is where you might first hear about OSLT classes or Bridging programs.
- Employment Ontario Centres for the unemployed help with applications for the Second Career funding program, and so have developed a good knowledge of learning programs and labour market demand.
- The YMCA Career Planning and Development Services for the employed at 2200 Yonge St. helps the employed plan a career move.
- The Ontario Ministry of Training, Colleges and Universities has a Labour Market information section.
- Toronto Workforce Innovation Group does a yearly labour market report Toronto Opportunities and Priorities.

See below for Overviews of College Calendars article that will help you find advice.

#### Overviews of College Calendars, Websites, Information points

These overviews will help you look at college calendars and websites to find points where you can get advice. We start with George Brown. The first place you start will always take the longest, but once you understand one place, you can shop around at the next much faster

Colleges are rapidly moving to online calendars, so their print calendars are less comprehensive but you can scan them more easily than you can using a browser to drill down again and again.

Colleges and universities are large institutions, and the computerization of information has added to the challenge of finding your way. School programs, community based programs and career colleges are smaller and so can be less confusing.

On page 16 of this issue, The www.learning-curves.org Guide will lead you to articles in our back issues on other providers.

George Brown still prints a comprehensive CE calendar and has a clear web site but they do not list class schedules in the print calendar, you have to go online for this. They have consistently over the years published Contacts for each program department with phone numbers and extension and emails from the department assistant, to coordinator, to program manager, to Director. See Page 164 of the Continuing Education 2015-2016 calendar (also under Contacts on the CE website) These people can help you make a plan to customize your learning to your unique background and needs. These specific contact

lists make this a first rate calendar.

At one time distance education delivery of courses seemed apart from in class delivery but now courses are more and more offered in distance education formats or a blend of distance education and in-class. George Brown codes their certificates and courses with boxed icons indicating if they are CD- Based, DVD-based, Online, Blended, Paper Based Distance Education, what we used to call correspondence.

As well icons will tell you if the course is new, or revised and if it is **continuous intake**. Continuous intake courses are important. If you miss the fall registration for a course, you could easily find a continuous intake course. For example. in their Arts and Design Program area, in the Web Design Series- Dream Weaver, Flash and Photoshop are continuous intake.

Similarly computers used to be listed in a separate program area but in the George Brown CE calendar a few years ago, they were blended into the course listings for the program area they apply to.

In each program section they have a boxed text asking. "Are you a full-time student?" noting that many Continuing Education courses are equivalent to full-time courses and refer you to Full-Time Course Equivalences list pg.166 of 2015-2016 Calendar. They could also ask adults studying part time at night "Do you want to earn a diploma in the day" (part-time or full) (Note if you take three or more courses at night you are considered full time by Revenue Canada)

To move from part-time CE to full time day you should talk to those in charge of the full time program as they need to accept the transfer and you into the full time program. If you are laid off and so have the time to go full time, this could speed up graduating from a program and help you get a better job earlier in your work life.

In the Business and Legal Studies Section, you will find **professional associations** such as the Canadian Institute of Bookkeeping, and The Canadian Payroll Association. Some courses you take at college are equivalent to those required for accreditation by these professional associations. These professional associations are key to what we call the hidden job market. If you look at their websites there are job banks. If an employer wants a bookkeeper or a payroll clerk they post the job on these association websites. In addition, if you are a member of a professional association you can hear about jobs that never get posted at association events, like dinner speaker events, conferences, etc. Go to your local library and ask the librarian to show you how to do an online search for professional associations.

Librarians are better than Google for helping you do a search, just as the program officer at a college is better than their calendars to help you find what is a good fit for you.

By carefully choosing a course you could apply it towards a certificate in the Continuing Education program, a diploma in a full-time program and a designation in the professional association. At George Brown, take ACCT 1032

in CE, it is equivalent to ACCT 1001 full time and to CIB 112 at the Canadian Institute for Bookkeeping. Three credits for the price of one course is value for time and money invested in your education.

These professional associations have membership categories. A certified member is one who has completed their designation requirements, an associate member is one who based on previous experience or education will be evaluated for membership based on this, and often there is a student membership for one who is just beginning in the field. Associate memberships are great for internationally-trained professional newcomers, who have the education and experience but need context specific education about income tax or Canadian regulations and would benefit from access to associations job banks and contacts made at their events

Then in the Technology and Trades Section there are Certificate programs and courses but not Apprenticeship. **Apprenticeship** programs are described in the Viewbook for day programs. Only by asking a very patient contact person several times, did I finally understand the difference between the CE and day offerings. So ask those contact people till you get it straight.

Apprenticeship learning is one of the most affordable ones to learn, as you learn on the job as a paid apprenticeship, along with taking courses at college.

The hardest part of the calendar to glean information specific to your needs is the General Information section as there is a lot of information densely packed on a lot of pages So let us highlight a few key things for you.

Boomers, those born after World War II, are sometimes looking for second or third career learning but often just want to learn out of interest. They may want to audit a course, which means you take a course without having to do assignments or be graded. You do pay full fees however. Courses listed under Liberal Arts and Sciences are quite often taken just for personal interest.

**Seniors** aged 65 plus are entitled to a **20% discount** on the tuition (excluding Distance Education) but not material fees, and you can take a maximum of two courses per term. At George Brown there is a Senior's Association.

Financial assistance is available for Continuing Education students in financial need from the Student Assistance Fund but you must apply six weeks before the course start date. There will be other bursaries or scholarships that CE students qualify for, so ask.

Under registration, there is a section called **Education/Age Requirements**. Calendars sometimes use the term "mature" student which has led many a 19 year old to think they meant his mother. So not using mature is good but it is not clear enough. Many adults have thought they will have to go back to high school and

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### LETTER TO THE EDITOR



As a reader I was interested in your article; The Joys of Aging!" For about eight years I have been thinking about writing a book along those lines.

No one ever tells you what old age will be like, nor gives you a prescription for it, or what to expect. I was a healthy middle aged female. I worked out every day, without a thought of the day that my world would change.

Oh sure, people had told me about it, my family had a certain history concerning health issues, but never for one moment did I think my world would end as I knew it then.

One day I woke up in the night and I realized my hips would not follow the way I wanted them to. All of a sudden I realized that I was in pain. I had to get up for the usual reason one gets up in the night and as slowly as possible to not cause more than necessary movements and as I stood it dawned on me... the joy of aging was upon me. Good thing I was alone, because I just started laughing at myself.

Here I was 65 years old and having to get up in the middle of the night. It had started. The aging process was upon me.

Since then I have had a stroke, have had many physical ailments, but I am still able to make a joke and say that it is a good thing that we don't know what to expect. We can prepare ourselves, but each one of us is different, we all have our own set of aging to work out. At one point I started to keep a record, and then changes were happening too fast. I let it go.

I enjoyed your article, am glad someone has come up with it. So many funny things happen to us and so many sad things too, for we are always having to say goodbye to many of the people we have known. But such is life. I presently am enjoying my great grand children.

Thank you for your time. All the best to you, Regards and Happy Canada Day! Margaret

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# COMMUNITY HUBS: COUNT ADULT EDUCATION IN!

#### BY ANNE MCDONAGH

n August 25 Premier Wynne's special advisory group presented their report on community hubs. Community Hubs in Ontario: A Strategic Framework and Action Plan. www. ontario.ca/page/community-hubs.

The purpose of the advisory group was to recommend how best to implement community hubs and find out what the stakeholders in Ontario think of them. Having community hubs across the province is one of four initiatives the Premier has proposed that will make Ontario successful and prosperous once again. You may be wondering what a community hub is. The word "hub" means "centre", "core" or "focal point". A community hub, then, is the centre or the core of a community. The government has started using community hubs to deliver services. That means that many of those services will be in one location; for example, a community hub may have a Community Health Centre, an

Early Childhood Centre, a seniors program, some continuing education classes and community dining. All hubs would not necessarily have the same services; it will depend upon the needs of the community.

The response to the advisory group was almost overwhelming and very positive. They heard from over 350 organizations, held over 70 meetings with stakeholders including various ministries, and received 50 written submissions, and so on.

What are the advantages of community hubs? One of the most obvious advantages is efficiency in delivering services; if the Community Health Centre is just down the street where the daycare is or the seniors group, the accessibility and the convenience work well for members of the community, for the government, and for the not-for-profit organizations that will run their programs from their hub.

A hub that delivers several services

in one or two buildings will experience economies of scale so that the services will not cost as much as they would if they were being delivered in a number of locations around the city.

The hubs will use public land and public buildings. Perhaps some of the schools, scheduled to be closed, will be reborn as hubs. Certainly, adult students would benefit from having courses offered in their communities.

There are many more pluses, but the one to count on is the building of community. With this system, every community becomes a priority neighbourhood. A recent study of poor neighbourhoods found that what the residents found hardest to bear was not their poverty but rather their isolation and loneliness. Loneliness in a big city is not confined to the poor; it is actually characteristic of urban life. The community hub is a strong candidate for alleviating some of that loneliness. The synergy that will be created over the years will demonstrate what a brilliant initiative the hubs are.

However, adult educators have some concerns. The report specifically addresses the issue of underutilized schools that Graham Hollings wrote about in the Spring 2015 and Summer 2015 issues of Learning Curves. In a section of the report called "Access to Schools" (pg.23of 31) it acknowledged "If a school is being used by a community partner in part of its space, and students are being taught in another part and the school is therefore fully utilized by the community, only the student spaces are funded by the Ministry of Education". These spaces are for elementary and high school students. Adult students are not counted. So, even though a school may be teeming with community programs

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#### **Adult Continuing Education Programs for the**



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ESL, Linc, Computers for ESL
Correspondence (at home learning)
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Night school, Summer school, E-Learning, Computer Courses
Microsoft Office Specialist Training

Oshawa Campus 905 438-0570 & 905 626-6631
Re-engagement Program - 905 438-0570 Ext. 8448
Ajax Campus 905 683-7713 & 905 626-6631
Whitby Centennial Building Campus ESL & Linc - 289 481-1226
Welcome Centre ESL & Linc - 289-481-1336
Adult Upgrading LBS Program 905 438-0570 Ext. 8444
International Languages 905 683-7713
Interest Courses - 905 683-7713





www.kathleenwynne.onmpp.ca

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finish where they left off. Or many a newcomer has thought he/she needed to redo high school in Canada.

It would be clearer to say admission is open unless otherwise noted (ie., under19 years old you would need a OSSD) You pay, you go. If you find that you don't have the background to do the course, you will just be out of pocket. If you drop out ten business days after the start date of the class, there is no refund.

So what is the alternative to dropping out? Under Student Services there is a **Tutoring and Learning Centre** but you need to go online to check this out.

Under Educational Support Services, they note there are aids for those with a disability. Some disabilities are obvious (hearing impairment, poor vision) but dyslexia (a visual processing problem often associated with reversing letters or numbers) is not. However you must have documentation of the disability. But some adults were not identified in their school years and some adults come from countries where learning disability identification is uncommon. If you have noticed consistent troublesome patterns in learning talk to the Educational Support Services to see what advice they can give you.

There are upgrading courses, **called preparation courses** which you could take before the main course, but one has to go back to the program section and find the **Liberal Arts and Sciences** program area. Most adults see Liberal Arts and think sociology, psychology literature etc and they are here but preparation courses are also listed here under Mathematics, Work and College Preparation. George Brown CE also has exam prep courses in other areas such as in Technology and Trades.

By the way English as a Second Language programs are listed under the program area Communication and Languages as being offered at the George Brown College School of English as a Second Language. They do offer part time and evening courses as well as day and

full time. In the School of Continuing Education, under Communications and Languages area, there are also **English Foundation** courses which will help you prepare for your main courses, and most importantly for internationally educated students, improve your English for the workplace. As well, there are **Technical Communication** courses here.

Writing for Software Products could teach you how to write "understandable" computer manuals.

One more section under General Information, Prior Learning Assessment and **Recognition** If you can demonstrate, sometimes through a challenge exam, that you have acquired the necessary skills and knowledge through work or volunteer work you can receive credit for a course without doing the course. This could save you time and money. The fee is \$115 for PLAR. Remember you are sitting on however many years of previous learning and experience, going through a PLAR process will help you knit together a plan that doesn't see you spending time and money on what could bluntly be called "redundant learning" You are to go online to get more information, but it could be better to just use that contact list we first noted, to get a person to help you.

Then there are **course exemptions**, these are based not on work or volunteer work experience but on equivalent courses you have taken at another accredited post-secondary educational institute. Often the course you want to take has a **prerequisite**, but if you have the work experience or have taken an equivalent course elsewhere, you could get credit for this and go straight to the main course you need.

Now, we will look on line especially for that Tutoring and Learning Centre.

First thing on the home page for Continuing Education are listings and links to **information sessions** for many subject areas. If you go to one of these, you won't have to leave a voice mail or email for a program officer, you can have a face to face conversation. Putting these sessions on the home page is really helpful.

Then from the home page click on **Student Resources** which leads to a link for that Tutoring and Learning Centre.

Then by clicking on Registration
Information you see links to many of the sources
we indentified from looking at the print
calendar, under a section called **Before You**Register such as Course Audits, Course
Exemptions, Educational Support Services,
Financial Assistance, PLAR, General English
and Math Assessments.

By drilling your way down from Educational Support Services to click on Disability Services, a new website opens which is the main GBC web site for full-time day programs. Once I understood the top banner had changed and I must be in the full time day programs- my confusion ended. In general continuing education students may use some services used by day students . The Tutoring and Learning Centre is one of these services.

The full time day programs do not have a print calendar the way the continuing program has, they have a Viewbook. Its index starts with Preparatory and Liberal Studies and this is where adult students can get started with College Preparation, English as a Second Language, Immigrant and Transition Education. Many of the students who take these courses are adults who can go full time. Would adults think to look in the full time calendar or think that is only for their children? If you had asked one of those contact people, they would know to refer you to such programs.

However not listed in this View Book but on the website under Programs is the **Second Career** program, and then under Immigrant and Transition Education, then under Language Training free Occupation Specific Language Training. (OSLT) Both of these programs are for adults more than youth. Second Career is a provincial assistance fund for workers who have

been laid and who want to retrain in a field with better labour market prospects than the one they just left. The OSLT program helps foreign trained professional pick up vocabulary specific to their profession. For an accountant, words like debit, credit, accounts receivable etc.

Remember those college preparation programs listed in the CE calendar under Liberal Arts and Science and Communication and Languages. Well in the Viewbook for day time programs, similar ones for day students are listed under Preparatory and Liberal Studies and on the full time web site under School of Work and College Preparation as ACE (Academic and Career Entrance) programs or another group called Pre-Health,Pre-Business etc. They are free. For the College these programs are separately administered, but for you shopping around, it is important to understand whether you go through the CE ones or through the day full time ones, college prep help is available.

One more thing there are many credentials you can earn. Many CE students are earning a Certificate, while many day students are earning a Diploma (2 years) or an Advanced Diploma (3 years) or Degree (just as you would at University) or after you earn a degree, a Graduate Certificate. Some college programs are linked to university degree programs like the Bachelor of Science Nursing- a George Brown, Centennial, Ryerson University collaboration.

Many colleges have articulation agreements with universities or other colleges so you can transfer credits. In many countries colleges are not linked to universities but here they are so newcomers have to change their mindset about colleges.

Still have questions? Call one of the contact numbers noted in the first paragraph, and ask.

Want to comparison shop? Then using the frame from this first look at one of the colleges, consult the following shortened overviews of

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# LEARNING IN THE COMMUNITY: AGA KHAN MUSEUM

BY ELIZABETH MERCHANT



Photo by Janet Kimber

f you are looking for a new place to visit this summer, make it a point to stop by the Aga Khan Museum. Located at Don Mills Road and Eglinton East, the museum focuses on the rich history of Muslim cultures. I had the pleasure of visiting the Aga Khan Museum and was taken aback by its breathtaking architecture, complemented by large flat waterfalls in the garden. I admired the elegant beauty and spaciousness inside, before being greeted by the welcoming and friendly staff.

There are two floors containing special museum collections and stunning works of art, both contemporary and historical, going back to the eighth century from Iran, India and Egyp, for example. Many antiques from 800 to 1400 are on display, including ancient books, bowls, luxury rugs and porcelain items.

On the main floor is the Education Centre that provides programming for all ages. On the website under the 'Learn' section a variety of courses and programs are listed. Summer camps are offered for children and workshops for adults. A plethora of events are also scheduled throughout the year such as lectures, tours and live performances.

If you visit the museum, don't forget to stop at the gift shop as part of your visit; located on the main floor, the shop houses many beautiful items such as scarves, fancy ties, bags and jewellery. Become a member of the Aga Khan Museum and you will receive discounts for shopping, in addition to many other membership rewards including free visits to the galleries and invitations to members-only previews.

A regular admission ticket allows you access to the galleries, most performing arts and education programs, while Wednesdays from 4 to 8 pm offers free admission.

For more information including upcoming events and ticket prices, visit the museum's website at: www.agakhanmuseum.org

We value your opinion. Please let us know what you think about this article. Let us know at learning curves@hotmail.com.

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other colleges, then go ask your questions.

Centennial College prints a Continuing Education Calendar and a Full Time Calendar. There are no schedules in either so you have to go on line and drill for these.

It is important to understand that even though the colleges are similar each have programs that are unique. They have different partnerships, and may present similar information differently. For instance George Brown focuses on apprenticeship in the Construction trades and Centennial focuses on the Automotive trades. Centennial often uses the label "part-time" not "continuing education". Centennial also lists their computer courses in a separate program area. George Brown embeds them in the applicable program area. Centennial also lists Distance Ed courses separately on line rather than coding all Distance Ed options as done in the George Brown CE calendar. Similarly, continuous intake courses are listed separately on line rather than being coded in the CE calendar as done in George Brown.

At Centennial you can **scan courses offered by start date** when doing online searches. This is invaluable for the Spring Term in particular as start dates here can run from April to August. Also other terms have start dates throughout the term even though most would start the first

school week in September or January.

General information is dispersed throughout the Centennial CE calendar in boxes instead of in a section at the end like George Brown does. A general contact number, professional associations that grant credit for Centennial courses- many of these-, disability services, where to call for financial assistance-the Centennial College Special Bursary, are repeated in text boxes throughout.

Centennial's new campus at Eglinton and Yonge is highlighted in a full page. There is a full page notice and contact number for the Second Career programs, offered through their Employment Training Centre so you can't miss this government program that funds adults up to \$28,000 for up to two years of study.

There is a half page notice about the **Canada-Ontario Job Grant** available to Ontario businesses. If you could introduce your workplace to this employer grant for training, perhaps your workmates as well as yourself could get financial assistance. Your boss could give you a bonus for putting him or her onto this funding. We did not see this program highlighted in George Brown calendars, which we used to model this network search, but they do offer this.

Remember those college **preparatory** programs listed in three different places at

George Brown? Well, Centennial has the mathematics courses in a program section called **General Education, Mathematics and Special Interest**. The text box notes that you need to do a test. We assume they have upgrading classes. So ask. Similarly in a section called **Languages** on the English page in a text box they note that you need to do an assessment test. So we again assume there must be upgrading classes. Ask.

The best part, on the inside back page under college **eligibility criteria**, it says you are required to be either19 years old or have an OSSD (Ontario Secondary School Diploma.). Age is listed first over the qualification. This is clearer than saying OSSD or 19 years of age but still no clear statement that admissions is open in CE unless otherwise noted.

This same back page directs us to information sessions listed on their website for the **School of Continuing Education**. So off we go to the Centennial College web site and click on this school. We cannot see information sessions but we can see Orientation Sessions, the first would help you choose a course before classes start, the second would orient you to school services once you are registered as they are held after classes start. Better phone the School and ask if they have information sessions.

Similarly we would have to phone the

school to find out if you can **audit** a course, or if there is a **senior's discount**. When we do a key word search on the site with these terms, relevant information does not pop up.

The home page in top right corner has a search engine link where they ask "What kind of job do you want? Then, it asks you to choose full time or part time study. This is a loaded question today as people also want to know "Where are the jobs?" However it is good to be able to link a job area to a program area. This is a big help.

When we were looking for the School of Continuing Education we saw the School of Advancement. This is were the ESL classes are including Occupation Specific Language Training (OSLT), Academic Updgrading (previously known as Literacy Basic Skills and now Ontario Basic Skills) ACE, Pre Health courses are listed. Then under Employment Services, there is College and University Preparation where upgrading courses are listed as Foundation Courses.

By looking at the Centennial web site it is often hard to tell what is CE and full time. So have a look at the **Full-Time Studies Calendar 2015-2016**. First there are two amazing resources here. One is in the back under **Student** 

**CONTINUED ON PAGE 9** 

# POETRY BY MARCUS ANDROULAKAKIS Night Swimming

Tranquil sea calling me Depths unfathomable Waves unimaginable

> Delight unending Respite from heat Cooling...down

Vehicle for exploration Providing us infinite Sustainable Sustenance

Magical delight infinite starlight
Midnight swimming
under moonlight

Awe in phosphorous
Illuminating galvanizing
Glowing with every
Flowing movement

Spectacular Sparkling
Enveloping
Surfing the Milky Way

Thrilling intriguing
And such magical moments

Animating the blood
The first kiss of night's touch

Innocence lost as paradise is found
The never ending tranquility

Of the sweet melody Of waves caressing the coast

Rolling off rocks
Flooding my passion
Soothing my soul

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This certificate program is a direct response to learning needs identified by a broad range of representatives from multicultural, health, community services and justice agencies who recognize that racial inequity and negative stereotyping are significant social problems. In this certificate, learners will examine diversity issues in a social context, explore critical differences in cross-cultural communication and identify the sources, causes, forms and manifestations of these issues in our society.

For more information on these certificates, visit our website today.



#### CONTINUING EDUCATION

www.durhamcollege.ca/online | 905.721.2000 ext. 2667



Remembering Al in his own words:

"It is not that we are insignificant, it is just that the universe is so vast."

## Alexander Kish In Memoriam

first met Al Kish three years ago at the Overland Learning Centre. I was there to interview adults who had enrolled in continuing education courses. Al was there taking a course to upgrade his already-proficient computer skills.

He was reticent to be interviewed but with the guarantee of anonymity, he told me about his early fascination with computers, long before anyone else had a clue. How ahead of the curve was he? So ahead that that when he proudly showed his parents the first computer he had bought (by today's standards, a prototype), they immediately told him to return it because it was a waste of money!

During our conversation, I asked Al what it was that drove him to continue enrolling in adult education courses. I can hear his reply as clearly as if it were yesterday.

After pausing for a moment's reflection, he said, "I just can't stop learning."

Al was a lifesaver for University in the Community. His tenacity and his knowledge brought us online and into the 21st century. In every call or meeting we had, his love of learning shone through. Even now, as I write this, I can hear him gently reprimanding me that if I never tried to learn the basics of website management, I never would. It was as simple, and as profound, as that. That is how I will remember Al - a man whose needs were simple but whose curiosity was profound.

After a courageous fight against cancer, Al died on July 9th. On behalf of all of us at University in the Community, Learning Curves and the WEA, let me extend our very sincere condolences to his wife, Margaret, and to his family. We will miss him.

#### **CONTINUED FROM PAGE 7**

Financial Services, there is an eight page listing of all the Bursaries (awarded to those in financial need) and Scholarships ( awarded for performance) available to full time and continuing education students. Learning Curves always recommends our readers contact Financial Services as there are many financial aid sources and the staff will immediately know which one fits your situation. Centennial actually shows you there are many financial aid sources.

The other resource is a two page listing of **Qualifications Considered Equivalent to an Ontario Secondary School Diploma**. There are 65 countries listed.

It is possible other colleges could print these two resources out from a data base for you but thanks to Centennial publishing these in their full time calendar we can see the picture.

Tired of drilling down, I put PLAR in the search engine as I could not find anything in my drill downs but sites popped up from this search, as well as for transfer credit and equivalencies. There was a site Centre of Students with Disabilities under Student Services.

Now we have shown you what to look for using George Brown as a model and shown you how to adapt that search to another college – Centennial so you carry on.

Seneca College puts out a full time studies print calendar but not a part-time studies one. So you go immediately online and choose part-time On the home page, you can see Liberal Studies and General Education and by now you know that General Education means upgrading courses. You also see Languages and now know here they will have ESL and OSLT programs, English upgrading and French Spanish etc. In Seneca's case Liberal Studies leads you to College/Univ Prep Math and Science. And there are program contacts listed by name and title similar to George Brown. For the first time you see the term Humanities atop of Liberal Studies, General Education.

The best part for part time studies is that you can search courses by night of the week. This is very helpful for adults who may have one night a week available with a babysitter. Also you can search them by campus which is helpful for adults who may not want to travel far. They use the term classes instead of courses. Seneca has program sites in York Region.

What fascinates me about Seneca as they have a school called the **School of Workforce Skills Development** which is invaluable for adults but in order to find it you have to go to the bottom of the part-time studies home page under

Seneca Community and click on Seneca Faculties and Schools and look under Applied Arts and Sciences not under Continuing Education. Workforce Development Skills assists adults, youth, and internationally trained individuals with employment training and academic upgrading. This is similar to the Preparatory and Liberal Studies program listed in the George Brown full time Viewbook or the School of Advancement listed on the Centennial College full time website. Most of the students in these program areas are adults but not working so they can go full time hence the listing in the full time book But adults see Full Time and think of their kids. A lot of adults would look in Continuing Education or Part-time first as they see these program areas for adults, code for evening /part-time. To find this School in the full time calendars or websites is important as it is targeted to help unemployed adults, youth.

At the School under Career Change your are linked to Second Career, under Academic Upgrading you are linked to those free ACE program and pre-college programs and under Services for Skilled Immigrants you are linked to mentor programs, pathway programs but not ESL or OSLT programs For these you have to go to Languages on the home page for part-

time studies.

Going back to the part-time home page, you can drill down from program areas like Business to a credentialed program like Accounting - Seneca College Certificate, to an overview page which notes an information session date and an information box with links to a program contact – name, direct line and email- and credit for prior learning. They use the title Prior Learning Assessment for work and volunteer experience and Transfer Credit (Advacned Standing) for courses taken elsewhere There is a link to the **Degree and Credit Transfer Office** which helps you transfer credits to or from other educational institutions. You can book an appointment online- very convenient.

Usually trying to transfer credits between educational institutions is a time consuming and difficult process but Seneca is a leader in this field having established a **Centre for Research on Student Mobility**.

Now to find out what courses you need for this Certificate you have to click in another box on **Curriculum**. Then when you pick a course you get a schedule, choose a type of delivery, online or in-class etc.

**CONTINUED ON PAGE 17** 

#### **Continuing Education**

# Continue to Dream.

Register now for Fall 2015. centennialcollege.ca/ce

CENTENNIAL COLLEGE

See where experience takes you.

# COMMUNITY HUBS: **COUNT ADULT EDUCATION IN!**

CONTINUED FROM PAGE 5

BY ANNE MCDONAGH



or adult education programs, it will be considered underutilized and up for closure.

Adult students are in schools in programs offered by the TDSB such as Adult English as a Second Language programs (Adult ESL, Language Instruction for Newcomers LINC, Enhanced Language Training), 20,000 adult students; Adult Literacy & Basic Skills (aka Essential Skills Upgrading), 2,600 adults students; Adult high school credit programs, 12,000 adult students; and General Interest/Seniors' Daytime programs, 30,000 adult students. These adult students are not counted in school

utilization rates. It is not clear from the Community Hubs report if these adult students will now be counted in school utilization rates, which would take many schools out of consideration for closure.

So adult students, teachers and counselors make it a project to send an email to Premier Wynne; Liz Sandals, Minister of Education; the School Trustee for your school site, the Member of the Provincial Parliament for your school site, to tell them adult students should be counted. If all adult students sent an e-mail, that would be close to 65,000 emails. When politicians get even a few emails, they consider the

issue serious. Imagine if they got a few thousand or even a few hundred. We know this works. In February 2003, when the TDSB announced the discontinuation of General Interest Courses, two seniors Jack Henshaw and Gerry Lang, along with others, secured over five thousand signatures on a petition. The program was reinstated in August 2003. So send an email, say you want to be counted in as adult students, and you want the school where your program runs to be considered a community hub.

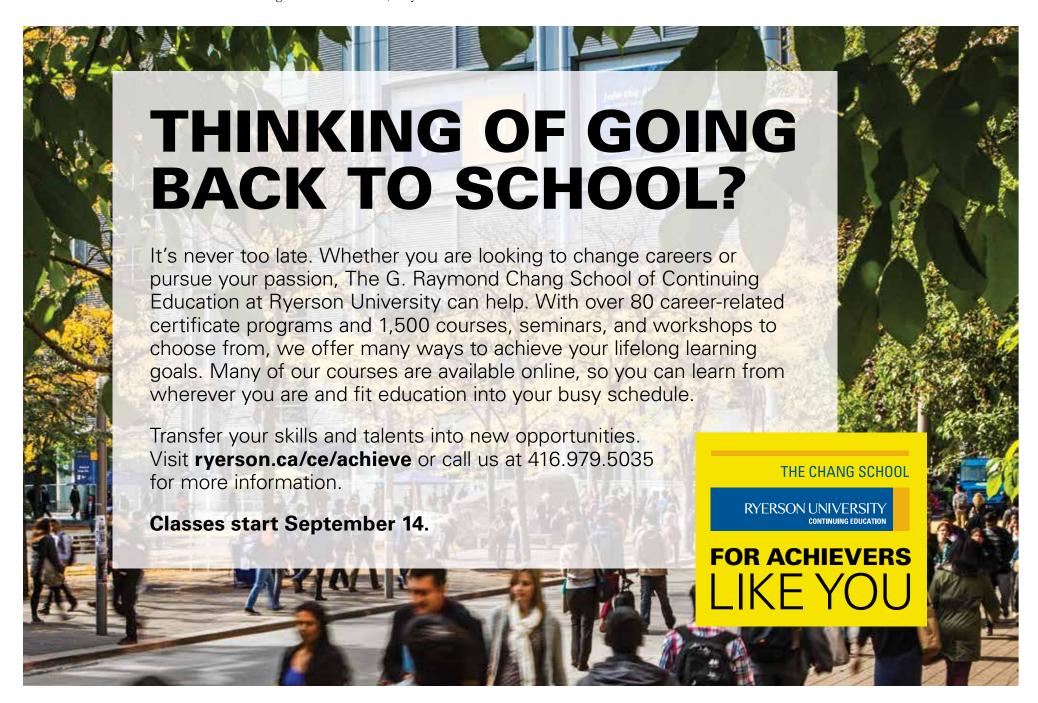
See Learning Curves Spring 2015 www.learning-curves.ca "Uncounted Adults Toronto's "Under-Utilized"

Schools" by Graham Hollings Front page. "School Utilization Statistics" pg.2

See Learning Curves Summer 2015 www.learning-curves.ca "Lifelong Learning and Community Hubs by Graham Hollings pg.4 and "Students, Teachers, and Counsellors Make Your Own Submission To The Community Hubs Advisory Group" pg. 15

See www.countusin.ca

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## SHELLEAGH MEETS HEALTH AND FAMILY CHALLENGES BY GOING BACK TO SCHOOL BY WENDY TERRY

ttending graduations at Access Business College over the past year or more, I had the privilege of meeting a student named Shelleagh. I noticed how often she was there helping to set up the room for the festivities and how friendly and supportive she was with the other students. Through our conversations, I also discovered a connection in our family backgrounds. Shelleagh is a recent newcomer from Ireland, the birthplace of my great-grandparents who immigrated to Canada many years ago.

I learned, too, that Shelleagh had gone back to school at a very challenging period in her life. She had had to give up a job she enjoyed due to heath issues and her parents were also unwell. She wondered whether she would ever be able to cope.

A crisis, such as the one Shelleagh faced, is often the motivating force that impels adults to sign up for a course. Access Business College, a registered, private career college listed on the website of the Ministry of Training, Colleges

and Universities, offers just the hopeful, new direction that many seek. Its small classes (10-12 students per class), provide students with the gift of their teachers' individual attention. Likewise, the intimacy of the classes at Access promotes an inclusive and supportive community amongst the students. Not only do the students learn from each other, they become friends.

Enrolling in Web/Design Graphic Design Program at Access, Shelleagh discovered a perfect fit between her lifelong love of nature and design and a new career path. Her confidence "soared," she writes, after receiving positive feedback from her teacher, or when other students asked for her advice.

Everyone in her family loved seeing her creative work too. In some very crucial ways, Shelleagh thinks that her work "became a great tool to help everyone temporarily forget that we faced trying times to come."

In a thank you letter addressed to the administrative team and teachers at Access, Shelleagh notes that all of us will face challenges in our lives. It is "how we handle them," she observes," that affects our personal growth, shapes our future, and inspires those around us." She thanks Sonia, the manager of Access Business College, Peter and Isaac, her teachers, Margarita, the receptionist (and a former Access student) and Berj, Sonia's assistant, for always making her feel "calm, welcomed and encouraged."

A new chapter has opened up for Shelleagh. She is now working for Tourcan Vacations, a position she feels will give her a professional platform for the development of her new skills.

At Access, Shelleagh's experience confirms, there are no barriers. "If you ask for guidance, you will gain the support you need to seek alternative ways to accomplish your goals."

Thank you, Shelleagh. You have inspired those who have come to know you.

All the best.

Call Access Business College 416-510-2739





## Time to Register for Fall 2015 Classes

#### **ISSUES IN CANADIAN SOCIAL POLICY: PART 1**

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#### Please get in touch!

# ADULT EDUCATION FACILITATOR OVERCOMES EARLY OBSTACLES TO FIND SUCCESS BY MARC MACDONALD

hilip West was certain that the BEd in Adult Education program at Brock University would be surprised when they saw his application for enrolment.

At the time, West, a 47 yearold parole officer, had heard that the program initially expected to attract current college and university instructors. Instead, there was an assortment of applicants, many who were just like him.

"I don't think they ever envisioned a guy like me coming aboard," he says. "By that time I had actually tried my hand at teaching; I had already served as a sessional instructor at one community college over two semesters teaching an introductory corrections course."

Admittedly, West says he entered the teaching world ill prepared, despite brimming with enthusiasm and interest. Despite his best efforts, he was left with a lingering feeling of disappointment. "I worked really hard at it, tried my best," he said. "I really had to accept that I could use some skills and that I also contributed to the experience: the good, the bad, and the just plain ugly."

It was then that West began searching for courses. As difficult as his initial teaching experiences had been, it also ignited a desire and a passion to not only try again, but to succeed.

The program that West enrolled in, relatively new at the time, was exactly what he was looking for; an avenue in which to polish his existing skills while discovering a palette of new ones.

Upon completion of his studies, resulting in a BEd in Adult Education coupled with his completed graduate degree, West began facilitating some of the Centre for Adult Education and Community Outreach (CAECO) courses, a decision that has yielded positive results.

"I am always impressed by the dedication, interest, and energy

of the learners," he says.

"No matter how tired I might be at the beginning of a session, by the end I am thoroughly refreshed and energized."

Drawing inspiration and energy from his students, West sees a bit of himself in those he now teaches; people from all walks of life, different skill sets, and reaching for varying goals.

The opportunity to work with CAECO has allowed West to give back as much as he says he takes in. He is impressed by the program's commitment to persistent review and updating of the courses, course design, and materials.

"There is an effort to keep up with and included new knowledge as it unfolds," he says. "CAECO treats [their] facilitators well and provides an annual Facilitators' Day which brings us together to share concerns, ideas, and new information – in addition to receiving ongoing professional development."

And it is for these reasons, and many

more, that West continues to facilitate – and learn – courses in the CAECO program.

"Looking back now, I realize that by teaching, I connected with my own love of learning, as well as with my core discipline and occupation," he says. "I am still having fun. The learners are dedicated and interesting and the curriculum stays fresh and satisfies my need for ongoing learning; being paid is just a bonus."

Brock University is located in St. Catharines, Ontario. The Centre for Adult Education and Community Outreach offers a Bachelor of Education in Adult Education degree program and a Certificate in Adult Education program in online delivery and site-based delivery at venues across Ontario including the GTA.

Find out more by visiting http://brocku.ca/education/futurestudents/adulted

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## IN OCTOBER CANADIANS WILL CHOOSE A NEW, FEDERAL GOVERNMENT BY ANNE MCDONAGH

he civic right and duty to vote have been hammered into our psyches so that we feel guilty if we don't vote. However, if we do not know what the various political parties stand for, how can we vote responsibly? We may vote for people who do not share our values and priorities. What if we don't know anything about the political parties in Canada? What if we don't know who the candidates are in our riding? If we vote without knowing these factors, we may elect a government that does not work in our best interests.

This article is intended to give you enough information about our political system so that you can do your own research on the current political landscape and decide which candidate in your riding will best represent your concerns in Ottawa.

You have probably heard the terms "left wing" and "right wing" in the news or when people discuss politics. They are a kind of short hand to describe the spectrum of opinion around the world in politics but also in many other areas of life, for example, in religion or education. These terms describe an attitude to life.

"Right wing," in politics, describes the person or group that values tradition and the status quo, self-reliance and individual rights. They look upon the past as a golden age when everything was much better. Politically they favour small government and low taxes. They consider that the main responsibility of government is to protect its citizens from enemies both at home and abroad; that is why they puts so much money into the police and the military. They are constantly concerned about government wasteful spending on social programs. The "right wing" is also known as "conservative"not the political party but the mindset..

"Left wing" describes the person or group who believes in social justice and in the ability of government to help bring it about. Often called "progressives", these leftwingers believe that not everyone can "paddle their own canoe" and, therefore, need support from their government. Their focus is on a fairer future world. They accept that in order to achieve their goals higher taxes are necessary. They are accused of naivety in trying to use government to actively pursue a better world which their critics see as utopian, i.e., unrealistic.

The far right and the far left, that is, people or organizations who hold extreme beliefs, left or right, are usually intolerant of other points of view; their zeal often leads to violence as we see in Syria today. Historically, Naziism was a political movement on the far right and Communism a movement on the far left. Neither left a legacy of any worth.

In Canada we have four political parties (five if we include the Bloc),

none of which could be characterized as far left or far right. The parties are the Conservative Party of Canada, the Liberal Party of Canada, the New Democratic Party of Canada and The Green Party of Canada. All four parties have their roots in Europe and Britain and were formed in response to events there.

The Conservative Party, currently forming the federal government in Ottawa, is "right" of centre (more right than we have had for a while). We see that in lower taxes, tougher laws against criminals and participation of the military in war.

The Conservative Party of Canada is the oldest political party (with name variations) in Canada. It has been around since before Confederation, and It is a descendent of the Conservative Party of Great Britain.

The "party platform" is what we call the promises political parties make to voters during election campaigns. ( I will mention only one or two planks in each party's platform as I don't know the complete platforms of the parties because I am writing this article in August .)

The leader of the Conservative Party is Stephen Harper. So far the Conservative platform for 2015 is not inspiring, but it does give a lot of taxpayers' money back to them; for instance, the Universal Child Care Credit is increasing in amount and in the ages it will cover.

Mr. Harper encourages Canadians to vote for him because he has had the experience of the last decade running the country. Now that we have hit difficult economic times, he urges us to "stay the course" with him, the leader with experience.

The New Democratic Party has its roots in the social democratic tradition of Europe, which tries to combine both capitalism and social justice. This is the model the countries of the European Union follow, and it is the model the NDP follows.

The leader of the New Democratic Party is Thomas Mulcair. The NDP's most publicized plank in its platform is universal daycare for \$15 a day across Canada. Mulcair claims this initiative will enable thousands of women to join the work force, which will be good for the economy as well as for the women, who get jobs, and their families. He has also promisesd to give a 2% tax cut to small businesses.

The Liberal Party of Canada also has it roots in England. As Liberals themselves say the Party is a big tent. It is usually right of the NDP and left of the Conservatives. It has been in power federally more than the Conservatives since Confederation. It tends to take good ideas from other parties especially the NDP

Justin Trudeau is the leader of the Liberals and the most charismatic of the leaders. He is also the youngest, which is sometimes held against him. He is calling for change after ten years of Conservative government. Another important plank in his platform is proper treatment of veterans.

The fourth party, the Green Party of Canada, is the newest political party in Canada. Founded in 1984, it is now led by Elizabeth May, who is the only Green MP.

The Green Party has its roots in the Green movement in Europe. It appeals politically to both left and right in its policies. Its success has been that some of its party platform has become mainstream. Thanks to the Greens most Canadians are now paying attention to practical ways to deal with climate change.

These are the main parties you need to follow in the newspaper or in social media. All the leaders and all parties are on twitter or face book and have websites. You can go into the voting booth wellinformed and able to vote intelligently.

We value your opinion. Please let us know what you think about this article. Let us know at learning curves@hotmail.com.

#### Canadian System of Government

There are three levels of government:

Federal – We vote for Members of Parliament (MPs).

Provincial/Territorial – We vote for Members of Provincial Parliament (MPPs).

Municipal – We vote for councilors.

You do NOT vote for the leader of the party you support on election day. You DO vote for the person in your riding who represents the leader of the party you support. A "riding" is a geographical area represented in the House of Commons by an MP (federal riding) or by an MPP(provincial riding).

#### When candidates for the October 19th federal election come to your door, ask them about adult education!

One in five adults in Toronto and the GTA goes to school. Put your needs as an adult student on the government's policy agenda! One question from every adult student in Toronto and the GTA = 1,200,000 questions.

#### What You Can Do:

- Ask how the candidate's party policy will help you as an adult student
- Ask for their contact information and follow up at the candidates' campaign offices
- · Ask for dates and times of allcandidates meetings
- Attend all-candidates meetings and ask about adult education
- Ask your teacher or your settlement/ employment counselor to help you write a letter

#### What You Can Ask:

- How will the candidate's party increase eligibility for Employment Insurance?
- How will they change EI so that if you become unemployed you could get more support to go back to school and learn the skills to get a better job?
- Why doesn't Canada emulate the practice of many European countries where the unemployed are offered training immediately after losing their job?

- How will the candidate's party improve the federal government's labour force agreements with the provinces so that more adults could go back to school when unemployed? (Second Career grants can give up to \$28,000 to adults for up to two years of retraining if and only if, you qualify.
- How will the candidate's party work towards better funding of Ontario's labour agreement?
- How will the candidate's party improve the Immigrant Settlement and Adaptation program (ISAP) to allow more newcomers the language training and bridging programs that will help them get better jobs in the Canadian work force?

#### **Add Your Question Here:**

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Find articles that will help you go back to school from back issues of Learning Curves on the updated www.learning-curves.org site.

You can advertise on this site email learningcurves@hotmail.com for rates, specifications and schedules.

We have listed the headings and some articles you may want to check out under that site. There are many other articles to see.

#### Learning in the Community

"Elizabeth Merchant's Learning in the Community series'

The Japan Foundation. Toronto JFT

This article is the first in a series, highlighting the educational aspects of cultural centres in Toronto.

#### **Learning Styles**

"Learning to Learn"

Data Management "Divide and Conquer"

#### **Credit for Work and Courses**

"ONCAT Credits"

#### Make a Learning Plan

"Wanted :Adult Online Warriors"

#### Where to Study

"So You're going back to school"

#### **Career Colleges**

"Access Business College Changes Location but

"Business and Technical Training College, Diplomas, Customized Training Both at BTT and On-site Training"

#### **Learning in Schools**

"Adult Learning in the GTA and Toronto Schools"

#### Universities

"Why Not U? University access for adult Learners at Ryerson, York and U of T"

#### **Distance Education and Online**

"Distance Education in the Summer" Note the programs in this overview article run year

#### **Bridging Programs**

"Bridging Program Opens Door to University" "Springboard to Canadian Experience: York University's Bridging Program for Internationally Educated Professionals"

#### Learning for Free

"New Charitable Career College Network Community Program like Working Skills, Mothercraft and Learning Enrichment Foundation"

#### What To Study

"General Interest Courses"

"Getting your OSSD" (Ontario Secondary School

"Getting Creative"

"New! Second Language Assessment Now Centralized."

"Courses About Aboriginal Canadians" "Property Administration a Good Educational

"Personal Support Worker: A Career in Health Care"

#### How to Pay for It

Investment'

"Apprenticeship Grants"

"Ask (And You May Receive!) Finding Money for Part-time Studies"

#### Work and Education

"Toronto Workforce Innovation Group" "Arts Education and Jobs"

#### Going Back to School

"Are you a Parent Thinking of Going Back to School? Five Things to Consider" "Game Changers: Boomers in the Classroom"

#### **Skilled Trades**

"Earn While You Learn"

#### The Job Search

"The ABC's of Networking"

#### When to Study

"Changing It Up: Going Back to School Full Time" "Register For Fall Courses This Summer" "Going Back to School -You Are Never Too Late" continous intake courses, monthly start dates. "Spring Term Courses" Start In April, May, June, July And August

#### **Career Change**

"Where To Get Career Counselling If You Work Full-time

"Brock Adult Education: Preparation for Many Careers"

"Mid-Life Career Change"

"Professional Newcomers Talk to Canadian Peers"

#### For the Love of Learning

Inspirational Stories

"Duoli's Story"

"Saeed Transfers Electricians Skills From Iran to

"Second Career at Access Business College: New Skills, New Life'

#### **Elcee Advice Column**

"Kathleen Wynne, Ontario's New Premier s a Friend to Adult Learners'

#### Joys of Aging

#### **Lifelong Learning and Community Hubs**

"Uncounted Adults - Toronto's "Under-utilized" Schools"

"Precarious Employment Threatens Adult Education"

"Boomers To Create the Next Wave in Adult

"Why We Need Unions"

#### **Skills Transfer for Internationally Trained People**

"Internationally Trained Lawyers"

"Internationally Trained Engineers"

"Internationally Trained Computer Professionals"

"Internationally Trained Business Professionals"

"Internationally Trained Health Care Professionals"

## GOING BACK TO SCHOOL

#### **CUSTOMIZE LEARNING TO FIT YOUR ADULT SELF**

#### **CONTINUED FROM PAGE 9**

If you go to the boxes on the bottom of the home page you can link to an **Information**Centre. Here you will find a link to Success

Seminars. These three workshops would be invaluable for those new to post-secondary studies. For example see Time Management, Interviewing Skill, Note -Taking Made Easy. This Centre also links you to Tutoring and Academic Help, Counseling and Accessibility (Disability services where accommodation can be arranged for those who experience learning challenges) and Student Employment Services.

Seneca does not seem to focus on apprenticeship trades as much as others except in the area of Early Childhood Education. There is considerable focus on Technologist and Technician training in the field of Building and Industrial listed under **Technology** in the part-time program section Here you also find IT and a range of computer related training – network, database, systems, computer application and software.

One last click in the Seneca Community box you'll see Training Services Corporate and here is where you are linked to the Canada Ontario Jobs Grant. This helps your employer help you but for individual help search under Financial Aid.

Seneca has a clear web site to help part time students. We leave you to work your way through the website on full time studies.

Humber College has a print calendar called

a post-secondary calendar but not one specifically for continuing education. This is similar to what Seneca does so we will go online immediately. There's a choice on the Home Page of Courses, Programs, On-line courses and Certificate Diplomas or Field of Study. Field of Study seemed to offer the best choice for shopping around instead of alphabetical listings of courses, programs, and credentials.

Language, Communication and Social Services seemed the best choice to get to those Liberal Arts programs that at other colleges including upgrading courses. First you see Communications and when you click on that you see programs, then courses.

The courses note what term they would be offered which is really helpful for planning a school year. Sometimes a course is only offered in one term a year, so make sure you get it when it is offered. Otherwise, you will have to wait a full year till it comes around again, thereby lengthening the time it will take you to earn a Certificate.

Clicking on a program gets you all the courses required. Clicking on a course gets you details like placement test requirements. You also get specific contact names, telephone numbers and personal email.

Communications listed a wide diversity of courses such as college prep, upgrading, specific skills (communicating with the deaf), creative writing skills, ESL, professional ESL, French, liberal arts, technical writing. Scan the whole list in case you miss one that is a good fit. There was

also ESL and Social Sciences below the Communications heading.. From previous knowledge, I know that **Humber has one the largest social sciences programs in the college sector in Toronto**.

For seniors looking for interest courses this is good place to look, for example there is a program on **Indigenous Knowledge Studies** which is very relevant given our history. Also, there was a course Globalization and one on the History of Money. So thinking of doing a course for interest, put auditing a course in the search engine and it will lead you to this option. Nothing links to senior tuition discount so you will have to ask.

Our focus is to find programs and services that will help us with our courses, so on the left of the home page is a section called General Information and the ones that seem most likely to get us to help are Student Services, Registration Information and New to Canada.

Student services was very useful. Not only did it list services but indicated clearly what was available for part-time students, you won't have to phone to find out. The Centre for Career Advancement is specifically for part-time, CE and alumni. There is Disability Services (learning disabilities), Financial Assistance – again detailed for adults like noting part-time OASP, bursaries targeting to part-timers. Information Technology Services and the Open Learning Centre can help you with tech problems. Peer Tutoring, and the Writing and Math Centres run by the School of Liberal Arts

and Sciences. Should look this School up as at other colleges this school is very helpful. Then there was the Test Centre for Admission Testing.

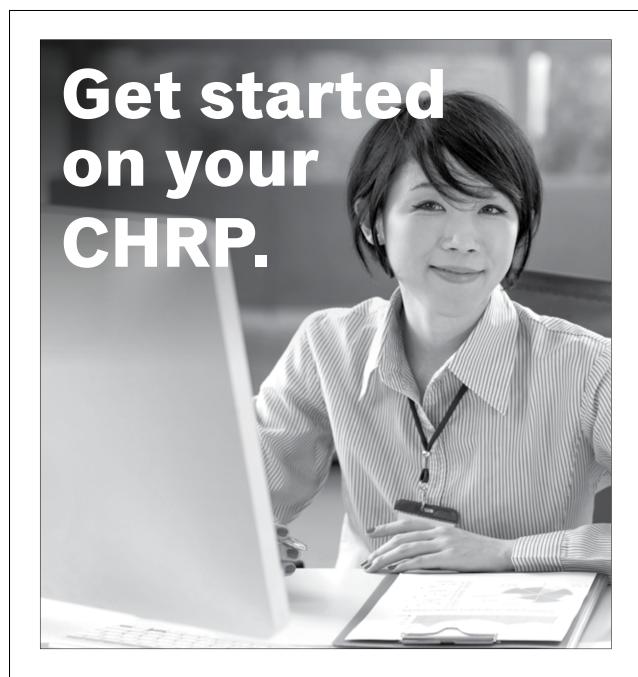
The Registration information section leads to help for PLAR, transfer credits, getting exemptions for prerequisite courses. It notes for many general interest courses being 19 or having OSSD is not necessary- still no use of the term open admission but clearer.

The **New Canadians** heading leads you to information Advising Services, Bridging programs, ESL and OSLT, Employment Services which leads you to Labour Market Information on the Ontario government website.

Really Humber College is unique and linking students to Labour Market **Information**. Scanning their Post- Secondary Calendar which is organized first by Degrees, then Diplomas and Certificates, then Apprenticeships you can see that each credential has a section on the labour market under the title Your Career. The calendar also lists as appropriate work placement options, industry partners, professional accreditation, scholarships and alternative or further courses of study and that all important specific contact information This calendar is really worth a read for the whole picture it presents. The online site on Programs and Courses gives the same information as the print calendar.

The Diploma program Social Service Worker was of interest as so many who encourage adults to go back to school are community workers, social workers, employment counselors. School of Social and Community Services was listed and would be a good place to look.

Keep on looking and asking. Well we have gone through the four colleges in Toronto, now keep going. Have a look at Sheridan College in Oakville/Mississauga/Brampton and Durham College in Oshawa/ Ajax./Pickering.



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To connect with us, search for "Sheridan Continuing" on social media!

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QuickBooks Level I

QuickBooks Level II

ACCPAC (SAGE300)

**SAP Accounting End-User** 

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## SAIFUL'S PERSEVERANCE

a short story by Mina Wong, with permission from Saiful Rahim, Toronto.

In my psychology class several years ago was a mature student in a Practical Nursing program.

His name was Saiful. He sat in the front row away from other students.

Since all the students were future nurses, I was curious to know more about Saiful who was not only older than his peers, but also more attentive when taking notes in class.

After our class in the second week, I asked Saiful how he was managing his college courses.

After a few blinks, he sighed, "Honestly, I don't know."

Sensing his uncertainty, I asked if our psychology course was at the right level for him.

His reply opened up our very first conversation.

"Honestly, it is new, but with many medical information. But honestly, I did not study this back home."

A medical doctor from Bangladesh, Saiful had hoped to continue his practice in Canada. However, he could not believe how limited his English was for most jobs, just as he was shocked by how his credentials needed almost an overhaul.

"I will fail if I write medical board exam. So, English teachers at YMCA got me into this nursing program."

It suddenly made sense to me that he was a Second Career student in nursing.

"Back home, I was a good doctor, but here, everything is too strict, or too free. I cannot be doctor, but only nurse or personal support worker."

I responded to Saiful's struggles in Canada with both empathy and optimism: "It must be very hard to make the choices you have made, but nurses are professionals with a lot of training and good salaries."

Saiful was earning good marks in core courses such as anatomy and physiology. However, he had challenges in psychology, just as he needed extra help in pre-college English.

Saiful agreed to work with a classmate called William from our class. An immigrant who had adjusted to Canada since age twelve, William understood Saiful's challenges: "My parents also had difficulties finding jobs when we came here from the Philippines. But they kept trying, and now they are both hotel supervisors."

Since then, William sat with Saiful in the front row in psychology, and studied with him for all the courses they had together. While William was obviously the stronger communicator in English when completing assignments, Saiful had a definite advantage in biology, chemistry, and math that sometimes stumped his study buddy.

Soon, Saiful gained a new perspective on his second career.

"At first, I did not understand why I have to be a nurse and not a doctor, but now I see nursing needs a lot of study. But I can do it. I want to work in medicine."

William had only deep respect for Saiful whom he affectionately called "Dr. R": "He is very hard-working, serious, and helpful. He will make a really good health care professional even if he doesn't become a doctor."

Close to the end of the semester, Saiful's perseverance in psychology was paying off. He had passed all this tests and assignments, and was studying with William for the final exam.

With each other's help that semester, both Saiful and William ended up with good marks in all their courses. However, Saiful believed he had gained much deeper insight into success than nursing.

He told me that after several months in Canada, he and his wife, Anila had both wanted to go back to Bangladesh because neither one could see a future here.

However, Anila's ESL teacher encouraged her to finish at least Level 5 before applying to a Second Career college program. Taking her teacher's advice, Anila started studying accounting around the time Saiful began his nursing program. Soon, Saiful began to see accounting as almost a perfect fit for Anila who had taught high school math in Bangladesh.

Despite initial misgivings about nursing in Canada after years as a Bangladeshi doctor, Saiful pushed on with his best efforts, lived on a limited income, studied with peers as they supported each other, and passed all his courses.

Saiful now works as a homecare nurse with a health care team. Without ruling out medical school, he sees nursing as a rewarding practice, and is happy that both he and Anila decided to stay in Canada after all.

Mina Wong is a teacher of adult education who likes to celebrate the success of learners with their own stories.

# DEAR ELGE



Dear Elcee is a feature in every issue of Learning Curves.
Send your questions about education, training, careers, jobs to:

Elcee – The WEA of Canada 157 Carlton Street, Suite 205 Toronto, On M5A 2K2

Dear Elcee

I am 45 and was recently laid off. I made a decision to go back to college for a year to upgrade my skills and hopefully get a job in a field which will offer greater fulfillment and hopefully, better pay.

My family seems to be quite resistant to my plans. My husband would prefer that I just look for "any job" and my children don't seem thrilled at the idea that I may be attending college, although not the same college, at the same time they are. Is there any way I can get them on my side?

Alice in Agincourt

Hey Alice in Agincourt! Change is difficult not only for us but for those who love us. For the longest time you were predictable and dependable. Who is this woman daring to go back to school with her backpack and running shoes? Will she start hanging around with 20 somethings? Start listening to rap and hiphop? Will she have time for us between classes and homework?

Remember, these are their own fears and not yours. This is a transition for you and obviously one that you have put much forethought into. Assure them that this may bring about changes in the daily routine but not in who you are. Tell them that you are also "scared" and look forward to them being on "Team Alice". Advise your spouse that this "investment" is only temporary and will bring about great benefits in the long run. Let your children know that you will be counting on

their "expertise" as college students to help you enter this new world. There is a great quotation about change:

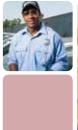
Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better. - King Whitney Jr.

Dear ELCEE is written by Deborah Noel, deborahjnoel@gmail.com Send her your questions.

We value your opinion. Please let us know what you think about this column. Send comments to learningcurves@hotmail.com.

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Funding provided by the Government of Canada through the Canada Job Grant Programs delivered by the Government of Ontario.

#### For more information, contact or visit a Next-Steps Employment Centre near you:

#### **Don Mills**

Peanut Plaza 3030 Don Mills Rd. **Toronto** 416-395-5101

#### **Downsview**

3701 Chesswood Drive Unit 100, Toronto 416-395-9559

#### Riverdale

**Gerrard Square** 1000 Gerrard St. E. 2<sup>nd</sup> Floor, Toronto 416-396-2313

#### **Scarborough Rouge** 91 Rylander Boulevard

Unit 102-104, Toronto 416-396-8110

#### **Dundas-Dixie**

1225 Dundas St. East Unit 14A, Mississauga 905-896-2233

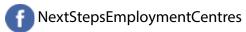
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2121 Argentia Road Suite 102, Mississauga 905-814-8406

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