

LEARNING CURVES

CONTINUING EDUCATION | JOB TRAINING | LIFELONG LEARNING

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MEANINGFUL BEGINNINGS BEGIN WITH POSITIVE EMOTIONS BY SONNY WONG

The beginnings of the new year are a common time for some of us to re-examine our life's purpose. Some of us establish new life goals while others re-evaluate existing aspirations. A Happy New Year greeting by others can bring on pressures for some people to do better. What is that definition of better? Is it a better job? Is it to gain better professional opportunities? Is it to have a better healthier lifestyle? Positive psychologists believe that the nexus for goal setting and goal achievement lies with using our positive emotions as fuel to attaining those goals. In short, happy people are more likely to achieve success compared to less happy people but successful people are not more likely to be happier than those who are not successful.

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12 TIPS TO IMPROVE YOUR LINKEDIN PROFILE

BY LISA TRUDEL

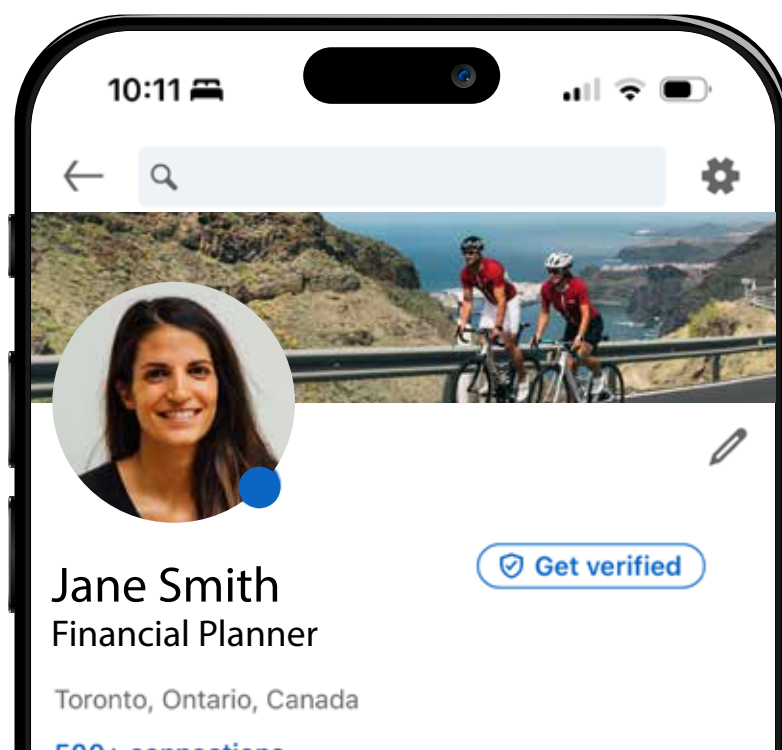
Did you know that 9 out of 10 recruiters and employers use LinkedIn to research candidates?

Did you know that if your application is selected, the interviewer often puts your name into Google and searches for you to see if you are using LinkedIn? Did you know that LinkedIn started in 2003 which means it has been around longer than Facebook, Instagram and TikTok? In 2024, LinkedIn will host more than 600 million profiles which equals an unlimited pipeline of network connections and job opportunities. So, if you are job searching having an online presence on the LinkedIn platform is essential. Here are 12 tips and reasons to help improve your profile:

1. Networking: This is the #1 way of finding employment and LinkedIn enables you to connect with employers and colleagues all over the world. Because LinkedIn is global, it can open doors and be the gateway to new opportunities and business relationships that were unimaginable in the past.

- 2. Standing Out from the Crowd: Employers often use LinkedIn to find candidates so an impressive profile can grab their attention. Your LinkedIn profile can either help you or work against you if your profile is not completed properly.
- 3. Keeping informed: LinkedIn is not just a platform to find work. It is a resource to stay current about trends in your industry by following specific companies or influencers. Employers like to hire lifelong learners so continuous learning is crucial for everyone. A common interview question is "How do you stay informed about your work?" Your answer could be "Through LinkedIn. I use it all the time to keep current about changing trends."

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4. Create a Compelling Headline: Don't just have a title. Instead, have a powerful headline that reflects your desired position. If you are job searching, it does not have to be your current role, but the role that you want. One of the ways to select a headline is to reflect on the question "What if the headline was all people could read about me?" For example, if you are a Marketing Assistant who wants to work from home, who enjoys writing, and who volunteers in the community to support diversity inclusion, your headline could be: Remote Marketing Assistant / DEIA Community Advocate / Found My Purpose Supporting Others Using Writing Expertise"

5. Clean up Skills and Endorsements: It is important to complete this section however never list more than 6 skills that connect to your current goal and try to get your connections to endorse you. LinkedIn is not about gathering lots of connections. It is about encouraging your connections to endorse your skills and to write wonderful recommendations for you.

6. Collect Current Recommendations: Employers like to read at least 2 current recommendations, not ones from 5+ years ago. A negative warning for many employers

is if you have 200+ connections and no recommendations. This creates doubt for an employer and when in doubt, employers might not consider you as a candidate.

7. Adjust your "About" Section: this is your "call to action". It can be written in first person or third person, in bullet form, or as a narrative, and it should be a minimum of 40 characters and a maximum of 2,000 characters. Use the formula: one or two sentences about who you are; three to five sentences about your job experiences and passions; one to two sentences about your present and future goals and how people can connect with you which means mentioning the message feature. For example, your last sentence in this section could be: "Message me today to see if I can support your goals".

8. Take it Easy with Connection Requests: Never ask for a connection request without a personal message. This has become an unspoken LinkedIn etiquette standard. In addition to requests, you can use this feature to declutter old connections. If you have not heard from a connection in over one year, check in to see how they are. For example, you could send this message: "Hi. We met at the George Brown College Alumni event

in 2017 after completing our Marketing Management program. Are you still working in marketing or have you moved on to a new career? Let me know how you are doing. It would be nice to reconnect again!" If you don't get a response, delete them.

9. Actively Participate: Active involvement on LinkedIn can enhance your credibility and visibility. You can do this by sharing content including industry-related articles, and updates about your professional career journey. Another easy way to participate is by commenting thoughtfully and liking posts.

10. Manage your Interests: Employers read this section to learn more about your personality. Each interest should reflect something of significance toward your goal. For example, add in the company where you want to work. You can also add professional associations, groups, newsletters and schools.

11. Use the Job Board: New opportunities exist throughout the LinkedIn site that may not exist on traditional job boards. You can apply directly for positions using LinkedIn, save job searches, and flag recruiters that you are open to hearing about opportunities.

12. Select Your Visuals Carefully: LinkedIn is a visual platform so keep your selfie photo current and ensure that your face takes up at least 60% of the frame. Never use a passport photo or have a distracting background. Your banner photo is just as important as your selfie. Ensure it reflects your brand and that it connects to what is written in your "about" section. You can find lots of free images at www.unsplash.com

In summary, LinkedIn can provide limitless opportunities to improve your professional image, increase your network contacts and, hopefully, help to get you selected for an interview. If you don't have LinkedIn or if you haven't used it for a while, take time to update it and get involved in forums, groups and connect with like-minded people. Check your LinkedIn daily and remember that it is not an online resume. It is your digital reputation and might help you reach the job interview you are dreaming of.

This article was written by Lisa Trudel, Career Specialist with Achēv at 100 Lombard Street in downtown Toronto. Achēv is funded by Employment Ontario. If you want to find out if you are eligible to use the services offered at Achēv contact Lisa at ltrudel@achev.ca

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MEANINGFUL BEGINNINGS BEGIN WITH POSITIVE EMOTIONS

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Portraits by unsplash



What is Happy? If you have decided that your goal for 2024 is to be happier, you may be surprised that only some level of happiness is within your control. Getting that fancy job or promotion is a happy feeling that won't last forever. According to many Psychologists, they have discovered something called the 'set point to happiness'. The premise is that our level of happiness and well-being is a fixed average level of happiness around our day to day. As a matter of fact, 50% of our happiness-level is genetically passed down to us. Let us say you rate yourself as a 7 out of 10 as being happy on a scale, where 1 is unhappy and 10 is happy. And if you are the type of person who wishes for external factors to become happier – that new job, promotion and/or pay increases, then YES! You may move from 7 or 7.5/10 scale after those events. But guess what? Over time, you will lower back to your base line of a 7 – because that number is actually due to your genetics. The positive external factors only attribute to another 10% of the happiness set-point. Does it mean that some people are just bored with their happiness endowment lottery? The answer is 'NO'. The other 40% of happiness lies at how we utilize our thoughts and actions in our daily routines. Happiness is not an endowment lottery but rather a muscle. We can increase our happiness muscle-mass through what we think and then how we act with our thoughts during our day. This is not just about positive thinking! We have to learn how to challenge our negative automatic thoughts through close reflections. This way, we can adjust our behavior to engage in more pro-social activities and thereby increase our level of happiness. For example, you were interviewing for a job that you really want but did not get that opportunity. The negative automatic thought and action could be, "I will never be good enough...I won't look for work anymore!" But if we challenge the thought, we may just change our actions: "I got to the interview stage which means that this employer is interested in my skills and talents...I wondered who I can get to help me perform better during the next job interview because many people are looking for work like myself and I want to present myself better." The first example hinders the growth of positive emotions, while the other second example uses positive emotions as fuel to persist in tough times. Positive emotions protect us from weakening our career well-being levels.

What is Career Well-Being?

One way of increasing happiness is looking at the concept: 'job vs. career'. A simple definition of job is a person earning an income to meet their basic survival needs. The concept of career (includes) work-related activities which contributes to the actual growth of the occupational field. For some people, having a job is just fine. While others want a career. A careful evaluation of your life-needs would let you know what you want. Many people find employment

to meet their survival needs to make time for more vital contributions within their life stage. They have chosen non-career work positions which give them enough security/flexibility to attend to family responsibilities, healthy, lifelong learning, and social engagements. On the other hand, there are individuals who thrive to find joy in their work because they have chosen to make contribution to the advancing in career. Take note that Positive Psychologists define career well-being as work/activities which achieve a purpose or meaning for an individual – and it is up to the individual to define meaning through activities such as: hobbies, volunteerism, formal/informal educational activities. How you define your purpose affects your happiness level in enormous ways because it can generate excitement, satisfaction, inspirations thereby giving you the mental energies to fuel other well-being domains, such as: relationships, community and health which are just as important to your happiness. It is up to the individuals to assess their own life, interests, values and priority to achieve career well-being through purposeful activities. If we only focus on status and prestige of work tasks, then we are only focusing on the 10% of external factors to building our happiness. If your job does not bring you full happiness or if you are not looking to be happier in your career – it is okay – remember to look at other activities which are purposeful and meaningful to maintain your level of career well-being.

Why should I thrive? It is difficult to think beyond the next day if our present-day energies are dedicated to accomplishing basic survival needs while we are unhappy. But the principle of working on the 40% actions and thoughts in order to thrive, does not have to be a big deal. It can be simply engaging in initiatives that already exist – for example at work - your smile to a colleague can actually make you feel better. Small steps help to build a bigger step. Another example since we have survived through lockdown, is offering a neighbor to care for their children, when you and your child are going down to the park. Researchers who study job-seekers and/or employees found that individuals with higher level of happiness have a competitive advantage. In the interview arena – happier people are more likely to be granted interviews. With career mobility – happier people are more likely be assigned managerial responsibilities leading to promotions. With employment duration – happier people regardless of organizational morale are likely to maintain steady employment. And here is another interesting finding – happier people are less likely to engaging in counter-productive activities, such as, quitting or gossiping. These are huge competitive advantages to thriving, to finding joys and thereby improving your overall mental health. Sometimes we think of thriving in the career wellbeing domain to be restricted only within our organizations or work roles...but if

we think of maximizing our career well-being, it can be just about doing some simple things.

Here are 10 tips from positive psychologists to help you build those happiness muscle to increase your wellbeing and professional successes.

1. Do extra acts of kindness today by paying a compliment, or make someone smile.
2. Make more time for the people who matter by calling your parents or playing with the kids or helping someone.
3. Get off the bus a stop early, take the stairs, turn off the TV, go for a walk – anything that increases your activity.
4. Notice and appreciate good things around you every day, big or small.
5. Do something for the first time, such as: new route to go to the store or walk
6. Tell a friend about an aspiration that is really important to you this year and listen to theirs too.
7. When something is troubling you, put a time limit on reminiscing about it and then do

8. Do something that you know will make you feel good, such as: listen to music, watch something funny, and get outside.
9. Be as kind to yourself as you are to others. Notice things you do well, however small.
10. Feel part of something bigger by paying a visit to an inspiring location, gaze at the stars or join a club.

So happy new year's readers – now knowing what you know – which tip do you want to integrate to the 40% of your thoughts and actions? Allow yourself to implement one tip in the beginning and before you know it 2024 will be a flourishing year for you.

Sonny Wong is a Registered Psychotherapist with a specialization in helping individuals foster their healthy career identity development through co-constructing manageable and meaningful action plans.

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CANADIAN CLASSROOM ETIQUETTE

BY GINNY RANA

Canada is regarded as one of the most popular destinations for higher studies. Over the last few years, Canada has welcomed foreign students from all parts of the world. Thanks to this trend, Canadian classrooms are an amalgam of diverse cultures, languages, ethnicities, and demographics. Students get an opportunity to interact with and learn from other cultures, lands, and demographics. Diversity provides for a holistic and enriching learning experience. However, many new students find it difficult to understand the new decorum and struggle to adopt it.

Let's unravel the Canadian classroom ethos and read between some fine lines.

Student-teacher dynamics

Typical student-teacher dynamics that you see in a Canadian classroom may be vastly different from student-and-teacher relations in many other parts of the world. Most professors prefer to be addressed by their first names. If you are coming from another country, it may take you a while to get used to this. I recall finding it difficult to address my professors by their first names. I thought it was disrespectful and took me a lot of time to get used to this way of address.

Communication with faculty is less formal than you may be familiar with but is always respectful.

Communication is through Email

Email is the preferred mode of communication, whether it is communication with fellow classmates or faculty. Students are expected to regularly log in to their school emails

several times during the day for updates etc.

Equity, inclusion, and respect

Equity, inclusivity, and respect are some principles on which classrooms in Canada thrive. All students are given an equal chance to share ideas/opinions and answer in class. Students are expected to be respectful to the professors as well as fellow students.

Teachers try to be inclusive and involve all students, irrespective of their backgrounds. Additionally, a lot of effort is made to use appropriate language and not to indulge in discussions that may be discomforting or culturally inappropriate.

If any student requires accommodations, teachers are very helpful and willing to even walk the extra mile. However, it is essential that you share your concerns and not keep them to yourself.

Different Course Delivery Modules

Courses may be delivered in different delivery modules: in-person, online, hybrid and hyflex. You may have one or two course delivery modules or even a mix of all! Let's briefly look at how each course delivery is unique and different.

In-person, as the name suggests, is face-to-face and requires students to be present in classes. Online learning is learning by using distant learning technologies and students are expected to complete the weekly modules online. Hybrid combines in-person and online course delivery into one. You may be required to attend some classes in person while others will be held virtually. In HyFlex, classes are

delivered face-to-face over live stream and audio recording. Students can either attend in-class modules or join online or tune in later to watch the lecture via online platforms. Colleges have IT/Help teams to help new students navigate the new platforms and provide support with accessing different delivery modules.

Understanding each course module can help students optimize time, enhance productivity, and improve their chances of academic success.

On-going Evaluation

Evaluation is based on multiple assignments during the duration of the semester. These could be individual or group assignments, case studies, class facilitations, presentations, and/or tests and exams. Assignments are regularly placed at intervals during the course, and it is not necessary that you have tests/exams for all courses at the end of the term. A clear understanding of course concepts and application of theory to practice are some things that the professors look for.

Plagiarism and Academic Integrity

Plagiarism is viewed seriously and can result in immediate stringent penalties. Unaware of what this looks like, a lot of students can land in trouble for the use of AI (Artificial Intelligence) to write their assignments. Most institutes run assignments through online plagiarism checkers, like SafeAssign and if content is borrowed from external sources, it gets highlighted.

Students are expected to adhere to principles of academic integrity: trust, honesty, fairness, responsibility, and respect and produce

work that is original. Plagiarism or breach of academic integrity can adversely affect student records. Institutes have their guidelines on academic integrity and plagiarism, and it is a good idea to review them beforehand.

Etiquette: Pathway to Success

Instilling values for life, Canadian post-secondary institutes serve as stepping stones to future professional success. Etiquette is the pathway to success be it in academics or workspace. Imbibing these values and incorporating them into various aspects of your life can make a world of difference. Classroom decorum, much like professional propriety revolves around ethics of respect, integrity, professionalism, equity, diversity, and inclusivity. Etiquette is an essential skill for professional success. Classroom etiquette in most ways mirrors the Canadian workplace culture and can give you essential skills even before you start working. Higher learning institutes do not just teach you course concepts but the skills to succeed in future life. Challenging as it may be to adapt to the new learning environment at the outset, but it is well worth the effort!

Ginny Rana is studying Social Service Worker Diploma at Seneca College. She is currently doing her practicum at Achēv Employment Services and working as a volunteer with the Canadian Red Cross. She enjoys reading, writing, and traveling.

LC

HOLIDAY REFLECTION

BY SAMANVITA ORUGANTI

Dear Home,
I've constantly wondered how you can stay so charming despite having seen so many flaws, having to put up with so much drama, wrapped up in sporadic chaos gathered behind that handful of walls. The sheer amount of joy you spread is what I long to return to every year; as a moth tends to a flame like an ocean tends to shore, you are the anchor that keeps me from drifting away, the one that I always adore. What can I say about the eagerness, nostalgia, and comfort your thoughts alone cater to? About 86 billion neurons in the mind rejoice, making it hard for the poor feet to stay grounded and twitching muscles to cope with an unbounded sudden emotional rush. You compel me to smile, laugh, cry, holler, and sometimes curl into a ball like a baby after inevitable brawls. Flying back to you is always special, returning to slightly wrinkled smiles, more slightly grayed dearest parents' hair, and greatly missed people and places invoking the inner child, yearning to live those cherished snippets yet again. Some of the instances are backpedaling to everyday family banter and confusion, ending in multiple silent dinners and leading to 'let

it go' next-day brunches and many fun-filled gatherings with loud, exciting, yelled-out cricket victories, which gets the wholesome, 'I'm finally home' conversation going on. A phenomenon you introduced in my life is the concept of familiarity. You bring in familiarity with such grace encased in a trove of mixed emotions with some reality checks here and there to ensure I do not get carried away. I look for what you cater to me worldwide, a little piece of you ingrained in my chromosomes. You are admired, loved, and respected. Like a northern star in our interconnected galaxy, you are always in my life, navigating one phase after another. Love,
Your human.

Samanvitha Oruganti is an avid storyteller who likes narrating stories about people, emotions, and places. She believes our world has innumerable tales, some hidden, some not, but all waiting to be told. She can be reached via email at samanvitha.krishna@gmail.com

STRATEGIES FOR OVERCOMING CHALLENGES IN ONLINE EDUCATION

BY ANNA KARLOVA

In the whirlwind of 2020, we were thrown into a whole new way of learning. Students and grown-ups had to switch to learning from afar. We now live in a world where learning never stops. Back in the days of our parents and grandparents, only a few folks kept learning throughout their lives. Most people got a specific job, stuck with it happily, and that was that. Nowadays, most adults who want to grow, have more opportunities, or change their lives for the better have to keep learning all the time. But learning is kind of tricky.

Our brains are always learning stuff, but it's usually in the background, like when something makes us excited or happy. That kind of learning happens super fast. But when we want to learn something on purpose, like a new language or a skill, our brain starts to struggle. In times like these, motivation becomes crucial.

In comparison, learning in a regular classroom and learning online is different in many ways. In a physical class, it's a bit easier because more things are pushing us to learn. Being around other people, having friends, maybe a bit of competition, and the chance to be the best - those are all extra things that help us learn. Now, though, many people find themselves alone with their online courses. No friends to compete with, no one to compare themselves to, and often no clear deadlines. The fun tricks and games

in online classes don't always work as well as the fear of exams, for example. In online learning, you have to make your motivation.

Your brain needs to know what good things will come from this learning. Such is due to a chemical called dopamine, which makes us feel good. It performs a trick on our brain that makes us think everything that leads to pleasure is important. So, when you start an online course, try to connect it to good things that will happen in the future, things that matter to you. Ask yourself: What good things will be possible? What will happen in my life when I finish this course? The more good things you can think of, the better.

Learning changes our brains

Even if you only listen to a course in the background once, it alters how your brain functions. Online learning allows you to revisit previously learned material, a luxury often unavailable in traditional in-person learning.

There are different levels of learning.

The first level involves listening to an online course while engaged in background activities. As you stay occupied, the course playing in the background readies your brain for further learning later.

CONTINUED ON NEXT PAGE

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The second level includes two essential practices: taking breaks while listening and either taking notes or speaking aloud. Taking breaks can be compared to making a layered jelly. If you let one layer solidify before adding the next, you create a structured result. If you mix everything together, you end up with a mess. Learning should resemble making jelly- one small piece at a time. Using a well-known approach, such as the Pomodoro Technique, can aid in this process.

The third level, particularly crucial in online learning, involves conveying what you've learned to someone else. This engages multiple parts of your brain, enhancing your ability to remember information. Every time you share a poem you've learned by heart; you're training the part of your brain responsible for verbal expression.

The fourth level is akin to "learn by teaching." To grasp a subject thoroughly, attempt to explain it to someone else. Understanding deepens when you convey information to others, especially if done multiple times.

The fifth level revolves around practicing what you've learned. Your brain might resist this, as fear of making mistakes can be daunting. However, practicing is about engaging with the material regularly,

not necessarily achieving perfection.

Some people don't like repeating things. They believe that if you repeat something, you didn't understand it the first time or you're not smart. However, when we revisit information repeatedly, it's similar to telling our brain, "This is important to me." In a world full of information, we need to focus on what is important to us. If something is crucial, and you want to remember it, repeat it before bed to signal to your brain: "Please remember it."

Online education is now a part of our lives

We have to keep learning and motivating ourselves, stop waiting for things to be perfect, take charge of our learning, set goals for ourselves, and be our teachers. This new way of learning means we have to be responsible for what we know. As we move through this ever-changing educational world, the power to learn, adapt, and do well is in our hands. Embrace the adventure of learning with courage, keep trying, and never stop seeking knowledge.

This article was written by Anna Karlova, who loves learning throughout her life and has a strong passion for Data Analytics.





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DIARIES REFLECT NOT ONLY OUR PAST BUT ALSO OUR FUTURE



Many people have kept a diary at some point in their lives. It is a common behavior, especially in childhood and adolescence, partly due to the influence of emulation. This habit gradually decreases with advancing age. Nowadays, people leave their current lives as a note to the past by sharing photos on their social media accounts.

When diaries are carefully examined by experts or when we carefully look at our old diaries with our current life experiences, we can see the road map of our lives extending to today. Who can deny the impact of what we experienced yesterday has on today? There is a strong connection between our happiness or unhappiness today and our past choices. As a matter of fact, a study conducted at the University of Kentucky in the USA revealed this fact strikingly.

The research, which scientists called the 'Nun Research' and published the results in the 'Journal of Personality and Social Psychology' after working on it for 15 years, revealed that people who live happily at every stage of their lives live longer.

The reason why nuns were chosen for the research was that they were 'ideal subjects'. Because they all have the same lifestyle and environment, which we can call standard. All participants are women, unmarried, childless, do not drink or smoke, and have the same socio-economic conditions. During the research, 678 nuns between the ages of 75 and 102 were

examined. The nuns also allowed scientists to examine the diaries they had kept since childhood. At the end of the study, the research team found a strong connection between 'long and happy life' and the details written by the nuns since their early youth. It has been determined that nuns who are observed to have mostly "positive" emotions throughout their lives and reflect this in their daily behavior live 10 years longer than other nuns.

The research also revealed that nuns who see every day of their lives as an opportunity to be happy, who are compromising rather than combative in their relationships, who try to evaluate every event from a positive perspective, and who spread this throughout their lives, are happier and live longer.

Not only diaries, but even the lines our classmates write about us in school yearbooks sometimes reflect our future like a prophecy.

Both my mother and father kept journals their entire lives. In these diaries, it is possible to trace not only our family history, but also the environment and country they live in, and even important events that took place in the world. I also kept diaries of various years that were turning points in my life. When I look back at the pages of these diaries, I have no difficulty finding the answer to the question of who I am, where I come from and where I am going. In life, everyone writes their own story, and sometimes this is reflected in diaries.

THE FOUNDING OF LEARNING CURVES IN 1998


BY WENDY TERRY

In June 2023, Eugenia was in Vaughan from Romania along with her brother Emil. Wendy and Eugenia are pictured there. In 1998, Wendy and Eugenia researched Toronto and the Greater Toronto Area, to see if a community newspaper for adults going back to school would be useful. In January 1999, Learning Curves was launched. This year, 2025 will be our 25th year of publishing Learning Curves. At that time Eugenia was living in Toronto. We had a good time sharing memories like seeing the rabbits running around behind Humber College campus. Then there was the walk along Lake Ontario shoreline in Oshawa. We have stayed in touch over the years, via email but June 15th was a morning spent in person with quite a few hugs and tears. Learning Curves is published by the Workers' Educational Association of Canada. See www.learningcurves.org. Workers education was an adult education movement in the early 1900's, fostering adults access to university level education. Today these association can be found in the UK where they started, the Nordic countries. New Zealand, Australia and... by searching the web use WEA you can find these associations. The WEA of Canada, founded in 1918 has two purposes that support publishing Learning Curves: 4.03 To call attention to, and spread the knowledge of, the facilities for education; 4.04 To publish and, to assist in publishing journals, and other literature. I first starting working for the WEA in 1983 and in 1984 we founded the Adult Learning

Line as in purpose 4.03 to call attention to, and spread the knowledge of, the facilities for education. In 1997 we ran out of funding for the Adult Learning Line and its accompanying community information sessions. Given that Karen Ferguson, coordinator for the Adult Learning Line had a degree in Journalism. maybe we could fund such an information service through advertising support from education providers, we set out to found Learning Curves, a community paper for adults going back to school. By this time, I was a member of the WEA Board of Directors having quit paid work for the WEA in 1989. I always had an interest in adults having access to learning information as I had spent two years getting my Gr. 12 in order take courses at Ryerson (now TMU) not understanding what mature student meant. I thought it meant my mother and I was 21, and out of school for two years which qualified me as a mature student. Now educational providers add that definition to the term mature student. But I had spent two years for naught. Many adults in Toronto and the GTA are newcomers and new to our system of adult education. Providers promote each of their programs but there is no service which gives an overview of all the providers, which Learning Curves often does in articles and charts. Also we felt learning Curves would give a sense of visible community for adult learners. When you think of education you think kids and youth but adults are a key part of this community. Learning Curves, a community newspaper for adults going back to school in Toronto and the GTA, makes this adult learning community visible.



For 24 years Learning Curves has depended on volunteers as well as advertising from the adult education provider community. The get us through COVID donors from individual supporters. If you go to our

website, www.learningcurves.org Winter 2018 issue Page 10, 11 you will see a Centre Spread picturing many of these supporters. Volunteers, and donors who came together for our 100th Issue Celebration get together. 

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THE MILLIE ROTMAN SHIME ACADEMIC BRIDGING PROGRAM: YOU BELONG HERE

BY EMMA CULPEPER, M.A.



Recently caught up with Masoud Riyazati, a 2017 graduate of the Millie Rotman Shime Academic Bridging Program who completed his Honours Bachelor of Arts in June 2023. With recruitment for the fall 2024 session of the Academic Bridging Program soon underway, I asked Masoud if he could share his thoughts about the program to help prospective students assess if this might be the right pathway for them.

Masoud majored in Anthropology and completed minors in Buddhism, Psychology & Mental Health and Visual Studies. His academic journey was unique in that he maintained his multidisciplinary arts practice throughout his degree and completed an Artist Residency at Hart House during his final year of study. In the interview that follows, Masoud describes how the Academic Bridging Program served as an “ideal starting point for initiating positive change,” marking the beginning of a transformative journey that would allow him to grow both personally and academically.

How did you become interested in the Academic Bridging Program?

I relocated to Canada as a refugee, embarking on a journey to build a new life from scratch. However, to support myself financially, I worked in various random jobs, including construction, restaurants, and labor positions. Despite lacking prior academic experience, I had a strong desire to pursue a university education. Initially, I had doubts about my abilities and felt uncertain about taking the leap into higher education. But, a close friend who was also enrolled in a bridging program introduced me to this opportunity. One day, I visited the University of Toronto and immediately knew that it was where I wanted to study. Motivated by this realization, I registered for the Bridging Program in the summer of 2017, marking the beginning of my new academic journey.

Can you describe what the Academic Bridging Program community felt like?

I participated in the Bridging program during the summer, which was a relatively short duration. However, I distinctly recall feeling at ease in the classroom alongside my fellow classmates. Surprisingly, I did not sense any judgment or misunderstanding, despite my limited communication and speaking skills. It appeared to me that everyone was understanding and accepting.

What were your biggest challenges during the Bridging program or during your degree?

Managing the pace of courses and meeting deadlines proved to be demanding work. Learning and comprehending complex academic content in a foreign language requires a significant amount of time and effort. It was a time-consuming, challenging task that presented its own set of

difficulties. Consequently, I had to allocate a substantial portion of my time to grasp the study materials, which, unfortunately, limited my ability to work and earn sufficient funds for my expenses. As a result, financial difficulties persisted throughout my degree program. However, despite these obstacles, I remained steadfast in my pursuit. I recognized that the ultimate outcome justified the hardships I faced. I viewed these challenges as opportunities for personal growth and development, realizing that they would shape me into a stronger individual.

What was the most unexpected thing about Bridging for you?

I was really surprised to discover that by enrolling in this program, I had the chance to become a student at the University of Toronto. All I had to do was achieve the required grade, and I could be a U of T student. It was an exciting revelation that fuelled my motivation, as it meant I could fulfill my dream of studying at such a prestigious university.

Are there any personal experiences you would like to share – key moments or people that made a difference during your studies?

Being a student gave me a boost of confidence, making me realize my own capabilities when it comes to studying. Moreover, it provided me with valuable opportunities for personal growth, allowing me to make new friendships and connect with individuals who could impart knowledge and wisdom. The supportive environment I found myself in surrounded me with people who had so much to offer, and I embraced the chance to learn from them.

What did it feel like to be a Woodsworth College student?

I always received support, both financially and with academic advice. I felt fortunate to have a supportive community surrounding me.

How did the Academic Bridging Program prepare you for success in your studies – or in life?

I believe the Bridging program can be compared to what anthropologists refer to as a “liminal space” in the field of anthropology. It serves as a transformative journey where individuals enter and emerge as completely different people. In a way, the Bridging program acts as an initiation ritual, propelling participants into this liminal space of growth and change. It offers a valuable opportunity for personal transformation, shaping individuals into new and evolved versions of themselves.

Would you recommend the Academic Bridging Program, and if so, why?

Absolutely, especially for individuals in circumstances similar to mine, who have come to this country seeking to create a new life. The Bridging Program serves as an ideal starting point for initiating positive change.

What career paths are you considering for the future?

I am committed to continuing my art practice as it has always been my chosen path. Art is my true passion, and I believe it is the avenue through which I can express myself most authentically.

Please visit wdw.utoronto.ca/academic-bridging to learn more about the Academic Bridging Program.

View Masoud's portfolio on Instagram at www.instagram.com/masoud_riazati and learn about his Hart House Artist Residency at barthouse.ca/profile/masoud-riazati.

Photo by Sunny Kooner.

Academic →



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Want to learn more?

Please contact us at:
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Visit our website at:
wdw.utoronto.ca/academic-bridging

FROM ARRIVAL TO INTEGRATION: NAVIGATING TORONTO'S NEWCOMER SUPPORT NETWORK

When it comes to immigration, Canada consistently holds leading positions in the list of countries with the most pleasant and understandable conditions for newcomers. Indeed, as a country of immigrants, Canada annually welcomes tens of thousands of residents from other countries with open arms, ready to exchange the familiar conditions of their homeland for the hope of a better life.

Living in Ukraine, I never seriously considered moving to another country. However, when in February 2022 Russia attacked my homeland and my city found itself under occupation, I had to make a decision very quickly. Now, looking back 1.5 years later, I am incredibly happy that a series of coincidences (destiny, the Lord, intuition, or something else) led me precisely to Toronto, Canada. But at that time, my path was filled with fear and doubts.

Most immigrants carefully plan their move and prepare for it for months, learning about the living conditions in the new place and studying the customs and traditions of their new homeland. I did not have such an opportunity, so I came to Canada unprepared. How surprised I was when I encountered not only the friendliness and immense willingness to help from Canadians but also realized that there is a well-thought-out state system to assist newcomers, aimed at adapting and integrating immigrants into society as quickly as possible. And I must say, this system works excellently!

What should newcomers do upon arrival in Toronto?

Loneliness and a sense of being lost often accompany newcomers in any country. But in Canada, you can quickly find your community, gain free access to essential information, and make new friends. This can be done in various ways:

- **Local Government Websites:** Check the official website of the City of Toronto or other municipal government websites. They often provide information on newcomer services and organizations.
- **Community Centers:** Explore community centers and libraries in different neighborhoods in Toronto. They might have information about local newcomer programs and services.
- **Online Directories:** Use online directories and databases like 211 Toronto or the New to Toronto website. These platforms compile information on various services available to newcomers.
- **Ethnic and Cultural Organizations:** Depending on your background, there may be specific cultural or ethnic organizations that provide support to newcomers from your community.
- **Refugee and Immigration Support Organizations:** Organizations like Access Alliance Multicultural Health and Community Services or FCJ Refugee Centre often provide support and resources for refugees and immigrants.
- **Libraries:** Local libraries often have

information about community services and may be a good starting point.

- **Online Forums and Communities:** Join online forums or communities where newcomers share their experiences and recommendations. Websites like Settlement. Org or forums like Reddit may be helpful.

Separately, Settlement Agencies are worth mentioning. These organizations are well-established in assisting newcomers. They often have various programs and services. The most popular in the Toronto area are:

- YMCA Newcomer Services
- COSTI Immigrant Services
- CultureLink Settlement and Community Services
- Access Alliance Multicultural Health and Community Services
- JVS Toronto
- Catholic Crosscultural Services
- WoodGreen Community Services
- ACSA Community Services
- South Asian Women's Centre
- Toronto Newcomer Office
- North York Community House
- Polycultural Immigrant and Community Services
- Davenport-Perth Neighbourhood and Community Health Centre
- Council of Agencies Serving South Asians (CASSA)
- Toronto South Local

Immigration Partnership

When looking for newcomer services, consider your specific needs, such as language support, employment assistance, housing, and cultural integration programs. Always verify the information and contact the organizations directly for the most up-to-date details.

People who are members of these organizations also get the opportunity to get acquainted with various attractions of Toronto for free or for a minimal fee, since almost all centers periodically organize group trips to exhibitions, theaters and museums. But the most important thing is that there you can find a company of friends and like-minded people who will help you cope with confusion and feelings of loneliness.

Don't hesitate to reach out to all these organizations – they exist precisely to help you. Also, there's no need to limit yourself to just one organization; you can register with several newcomer centers near your place of residence. And remember – it's completely free!

This article is written by Iryna Paltseva, a freelance writer, journalist, web-developer. You can contact her at irynapaltseva@gmail.com

USE AI TO REVISE YOUR RESUME

BY WENDY TERRY

Delivering Learning Curves over the years, going into my 25th year, I have learned many things that would help our readers and have written stories about them.

For the Fall 2023 issue I was talking to Judith Hart at the Next Steps Employment Centre in Meadowvale.

She told me they are teaching their clients how to use AI to edit an existing resume to focus on a new job application. AI Artificial Intelligence the latest high tech development. Read up on it.

As I understand it you put your previous resume on file, then put the job posting on file and ask CHATGPT to create a revised resume targeted to that Job, it takes less than a minute, then you edit the revised resume.

I was amazed as I have read everything I see on AI trying to understand what it can do, and helping you save time when customizing your previous resume for a new job application finally seemed a practical use to me.

In the late 1990's I ran a coop program

for adult newcomers, and redoing your resume to target each new job was just starting. As employers were just starting to scan each resume to look for key words that described your experience that matched their job posting. Nowadays they don't even look at the resumes with few key word matches. Resume sare scanned by machine not a person, so the chance of catching someone's eye is gone. So having CHATGPT re word your resume to do this job ad matching in less than a minute would be a time saver. Then you edit to customize the AI match to your style of writing.

At Meadowvale Next Steps the workshop is call Text and Power Edit Your Resume (AI). Ask around at Employment Centres near you to see if they have a similar workshop to help you do this. Go to 211. Ontario click on the Employment/Training Box or Newcomers Box to help you search out an employment or resettlement service near you that could help you learn how to use AI to revise your resume.

45 BARKWIN, ETOBICOKE

HEESUN K.

45 Barkwin, Etobicoke, a place in my heart,
Where moments of love and life were shared.
In February this year, briefly I stayed,
June to October, with joy, I swayed.

With Julia and Noa I did reside,
Preparing for Noa & Tim's wedding.
We chose the dress and a venue so gorgeous,
Decorations and gifts with our hands.

Gratitude to the guests, food to select,
Visiting in-laws, our plans we'd reflect.
This place held meaning, so deep and true,
We shared moments; we'd happily pursue.

With memories woven, it's a sweet, sweet home.
Where our hearts discovered so much more.
Daughters, my treasures, we' could find joy,
Each moment is a gift, a smile on our face.

Every morning, the bird's gentle whisper,
A culinary tale in my thoughts was found.
Meals are prepared with Tim's lunch box,
As a mother, this joy, I'd gladly celebrate.

From the living room, a view so wonderful,
The willow tree danced with grace in the breeze,
Skies, clouds and morning sunshine,

How enchanting it was to gaze at them.

Walks through Albion Park and
into the green forest,
Birds in a joyous chorus, leaves
rustling in the breeze,
Nature's illuminating me with her own beauty,
My soul was warm, I hummed and sang.

Here, I wrote poems and columns,
words took flight.
In "Learning Curves" embrace,
my heart's composed.
My journey with poems, dreams come true.
The path is enchanting, the air is fragrant.

With each breath, gratitude fills my heart,
For life's precious gift, right from the start,
Julia to Korea, the newlyweds to Mississauga,
And I go to Brunswick with an angel's guide

Beautiful, grateful, joyful and happy,
45 Barkwin's memory, my heart forever stays,
A chapter of love, family, and grace,
In this Etobicoke home, our unforgettable place.

16 October 2023

THIRTY-ONE AND MASTER OF NONE: A JUNCTURE IN MING SUN LAM'S LIFE

A SHORT STORY BY MINA WONG

My name's Ming Sun Lam from the big city of Toronto. Thanks for the chance to gab about myself, especially at this point when I'm finally a college grad, and more career-minded than ever before.

Turning thirty-one soon, I still live with doting parents who're proud owners of a food processing wholesaler. They could've turfed me out, but instead, they've encouraged me to get an education and even offered to find me a nice girl to settle down with.

I'm the youngest of four, with three sisters happily married to industrious professionals. Working and raising energetic children, they all wonder why I reject traditional family values: work hard, save money, get married, have kids, support parents, and retire well – in that order.

Don't get me wrong. I love my family and admire Chinese culture, but having been in Canada since kindergarten, I also see many choices outside those made by my parents and sisters.

All my sisters attended college and established careers before marrying. But I liked trekking north to Baffin Island or south to Yosemite. Wandering blissfully for ten years after high school, I always earned my keep working for local people. I also learned handy skills along the way, including brewing beer, building portables, and fixing hotel faucets!

I even came across potential careers in unlikely places. After painting murals in Norway House four years ago, I was offered training and licensing to work on the Trans-Canada Highway. But, not ready for trucks or winter in Manitoba, I headed home for Christmas instead.

Then when I got back three years ago from Yellowknife and Fort Simpson with a fat wallet of earnings, my dad said, "We're so glad you're back and safe from Covid. How about staying for a while, and maybe studying something? Mother and I may have the tuition if you can take care of the expenses."

Deeply moved by my parents' kindness, I registered for an online marketing certificate. For the next two years, my time was split between studying and working for my parents.

College was fast-paced and demanding, but I studied hard, completed all the assignments, wrote my exams, and graduated with 78% in digital and social media marketing.

The college also taught me excellent innovative skills. Two professors who liked my work got me an internship with an animation artist. I would've liked to stay full-time with her, but since she didn't have paid positions, I

worked for my family again, along with a gig as spa receptionist-cum-product ambassador.

I was just about to quit the spa and look for full-time work when Covid sneakily, but violently knocked the wind out of me.

Still wobbly six weeks later with depleted savings, I proposed to give my parents' factory a digital makeover – if they could finance my collaboration with an industrial designer I trusted.

Four weeks later, the mission was accomplished! We rolled out a sensational website with inviting catalogs and one-touch apps. Dad was so pleased with the sales he gave me a handsome bonus; I hugged him so tight he almost cried.

As another Christmas comes around, marketing positions for new grads aren't as gainful as I previously hoped. While social media jobs seem aplenty, most of them are small gigs. My best interview was with a Montréal fashion designer who liked my creativity but preferred more experience in copywriting, editing, and public relations, and, "a degree in fashion merchandising would be an asset".

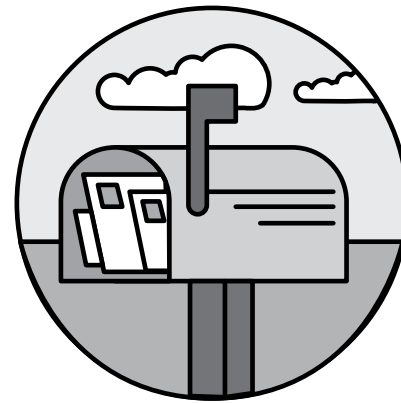
Yikes! Can job hunting be so merciless I'll need more training just to meet an employer? My education's been indispensable, but I'm still a new grad with less experience than seasoned marketers armed with specialized know-how.

As 2024 begins soon, building a viable career may begin with offering my best skills to someone I implicitly trust. So, my New Year resolution is to be more professionally involved with the family business, first in marketing and advertising, and later in public relations. I'd diligently take cues from my industry-savvy sisters and brothers-in-law, breathe longevity into Mom and Dad's brands they created twenty-five years ago, and let them retire whenever they so desire.

I hope my parents will like the proposition even if they won't raise my salary right away. I'd work hard to learn from their expertise and success.

If all went well, I could even think about specialized studies, financial security, and marriage. I'd be honored to meet a kind, sincere, and sensible lady who could love me with all my flaws. Thirty-one and master of none, but master of my own destiny? You bet I know what it takes, and I'm here for the long haul.

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



Dear Elcee

Dear Elcee is a feature written by Deborah Noel of Learning Curves. Send your questions about education, training, careers, and jobs to deborahjnoel@gmail.com.

Dear Elcee:

Please help! I am 35 years old and am so tired of going from one job to another. I had dreams of graduating college after studying computer programming and settling into a job. My parents, and grandparents, graduated from school and stayed with the same employer until they retired. I know they look at me and wonder "why can't she settle down?" but it seems that every job advertised is either temporary or contract. Although I do my best to stay updated with my skills and can offer excellent references, I have worked for 6 different employers in the past 6 years. Is this normal?

Restless

Dear Restless;

Welcome to the new norm. The "old norm" for both our parents and possibly our grandparents life was climbing the vertical work ladder. A person entered the workplace at the bottom of the tier and gradually climbed upwards with the same employer throughout their career. The "new norm" for many younger baby boomers and millennials tends to look like a highway with up hills, down hills and a lot of exit ramps. Oh, and lets not forget the potholes. Many people are now graduating into a changing work environment that involves working in a variety of situations for short periods of time. This may take the form of temporary employment, contract and freelance. Currently it is estimated that over 30 per cent of our workforce are working in what is coined as "precarious" or "unstable" employment. Those numbers are only expected to rise. It is expected that over the next twenty years the majority of the population will be working in this manner. How then, do you (and others) ask do we adapt and thrive in this new work world? I have some tips and guidelines for you.

1. Become the master of your finances. It is possible that your income will fluctuate and you may experience feast or famine times. Ensure that while you are at your higher income levels set money aside to draw on during the lower income period times.
2. Be your own Boss: Working in a permanent job situation can appear on the outside to be an ideal situation. Guaranteed pay, consistency and security. There is, however, no such thing as a "for sure". Companies fold, new owners come on board and, even without that happening, one can become very stagnant doing the same job over and over. Treat yourself as your own employer. Take control over your skill set and your own path.
3. Stay updated with your skills and add others when you can. As you said in your letter, you are staying updated. That is a very good strategy. Ensure that you are current with your skill set and take every opportunity that you can to broaden your skills when possible.

In this environment, the more skills you have the more opportunities will be open to you.

4. Don't burn your bridges. You mentioned that you have had 6 employers over the past 6 years. Leave your employers on good terms. Try to stay connected (through Facebook, LinkedIN or other social media). They can serve as valuable references and networking contacts for you.
5. Stay connected! Join professional organisations. Volunteer with the community. You are not the only one out there experiencing this unstable work environment. Networking with others not only aids your mental health, it provides professional support, networking leads and training opportunities.
6. Know your rights. While we may assume that working temporary or contract leaves us with very little protection, that is not entirely true. Laws have been adapted and changed over the past twenty years to ensure that temporary, freelance and contract employees are protected under Labour Laws. Make efforts to know what labour laws are relevant for your type of employment. Canadianlabour.ca is an excellent source of information to gain information on your employment rights.

So, put on your seatbelt. Show this letter to your parents supplemented by your own research on the IT industry. Even though this new world of work may seem negative right now there are a lot of positives also. Many people enjoy the constant variety in their work, the chance to meet new people and utilise skills they may not have had the opportunity to put into practice. While it takes discipline and organisational skills, being your own employer can also reap great rewards. Good luck to you.

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.

EMBRACING HOPE IN TORONTO: A STORY OF RESILIENCE AND RENEWAL

BY VOLODYMYR KRAVCHUK



In the tapestry of life, certain chapters stand out as defining moments, weaving stories of courage, adaptation, and the indomitable human spirit. Our journey from the tumultuous landscapes of Ukraine to the welcoming embrace of Toronto, Canada, is one such chapter—a narrative that transcends geographical boundaries to inspire others who, like us, have embarked on the daunting yet transformative journey of relocation.

The decision to leave the familiar behind and venture into the unknown was rooted in the pursuit of safety, peace, and a haven

for our family—a response to the constant threat of Russian army bombardments in our homeland. Three months into our Canadian odyssey, this article chronicles not just our personal saga but seeks to resonate with fellow newcomers, offering a narrative of hope, resilience, and the promise of a brighter future.

Toronto, with its open arms and multicultural ethos, became the canvas on which our new life unfolded. Swiftly finding a comfortable home, securing a family doctor, and enrolling our children in the esteemed Westmount Junior School

marked the foundational steps of our Canadian journey. The support from the local community, turning neighbors into friends, created an environment where our diversity was not just accepted but celebrated.

Friends and neighbors became vital companions as we navigated the intricate terrain of a new life. Their guidance and assistance, whether in unraveling the nuances of local services or decoding cultural intricacies, were invaluable in smoothing the rough edges of integration into Toronto life.

Volunteering for the Canadian Ukrainian Immigrant Aid Society (CUIAS) added a layer of fulfillment to our Canadian experience. My role in marketing and communication for their Mental Health Support Program aligned with my belief in the transformative impact of psychological well-being. It's not just about giving back but about becoming an active part of the community, contributing to the collective tapestry of resilience and support.

The journey of the last three months serves as a testament to the transformative power of courage, resilience, and unwavering hope. In times of upheaval, it's easy to succumb to fear and despair, but our story demonstrates that even in the face of adversity, there exists a path to renewal and hope. The decision to uproot our lives was daunting, but it was also an act of bravery that opened doors to a brighter future.

As we settled into our new life, our gratitude extended to Canada for being a beacon of light in our darkest hours. The warmth of friendships formed and the support of our neighbors were foundational to our newfound hope. Shared moments, whether in advice on navigating local markets or invitations to community gatherings, made us feel not just as residents but as integral members of this diverse tapestry.

Friendship, we discovered, knows no bounds. Our fellow newcomers, united by shared experiences, formed a close-knit support system. We exchanged stories, recipes, and laughter, creating a microcosm of unity within the broader Canadian community. The power of connection, of shared narratives, became evident as our network expanded beyond borders and backgrounds.

In the heart of our new community, Westmount Junior School became a cornerstone of our children's joy and learning. The inclusive environment and the dedication of the educators fostered a sense of belonging that transcended cultural differences. Our children, who once faced the harsh reality of nightly bombardments, now thrived under the peaceful Canadian sky, their laughter echoing the promise of a brighter tomorrow.

The decision to volunteer with CUIAS emerged from a desire to give back to the community that had welcomed us so graciously. Working alongside dedicated psychologists in the Mental Health Support Program revealed the depth of compassion within the Canadian community. The program not only offered assistance but also underscored the importance of mental well-being in the resettlement process.

On the professional front, finding employment presented its challenges. As a professional marketer with master's degrees in both Marketing and Psychology, I strive

to combine these two realms of knowledge. I leverage my expertise to understand the psychology of customers and craft market offers that resonate on a deeper level. Additionally, I specialize in aiding psychologists with AI instruments and Go-to-market strategies to elevate their practices in psychology. While the job search has its complexities, I am steadfast in my belief that I will contribute to Canada's professional landscape and, in doing so, help numerous individuals find happiness and health.

Equally remarkable is my wife's unique proficiency in Social Media Marketing (SMM) and Targeting. She has already made a positive impact, extending her skills to assist several Canadian companies in reaching their audiences effectively.

As we navigate these new professional pursuits, we are inspired by the Canadian ethos of continuous learning and growth. Canada has given us the opportunity to expand our linguistic horizons, with me already proficient in English, Ukrainian and Russian, with intermediate knowledge of Polish, German, and currently learning French. This cultural melting pot encourages us to not only embrace diversity but actively contribute to it.

The journey of our children is a story of its own. Enamored by the Canadian way of studying, our older son has embarked on the exciting journey of learning French. It's a venture we share, a testament to the multicultural richness that Canada offers. Here, in Canada, we are more than bilingual; we are a testament to the incredible opportunity the country provides for continuous learning, professional growth, and the ability to contribute to others' well-being.

For those who have recently arrived in Canada, grappling with the uncertainties of a new beginning, I offer these words: Every challenge is an opportunity in disguise. The difficulties you face today are the building blocks of your success tomorrow. Embrace the diversity around you, for it is the catalyst for personal and communal growth. Forge connections, learn from your neighbors, and let their stories inspire your own narrative of triumph over adversity.

As we reflect on our journey, we recognize that Canada is more than a geographical location; it's a canvas where dreams are painted with the brushstrokes of resilience and optimism. Our story is an invitation for others to believe in the possibilities that lie ahead. In the ebb and flow of life, challenges are not roadblocks but stepping stones to success.

In conclusion, our journey is an anthem to the spirit of hope that defines the Canadian experience. Toronto, with its open arms, has been a canvas on which we've painted a story of transformation, growth, and triumph. May our narrative serve as a testament to the power of belief, the resilience of the human spirit, and the boundless opportunities that await those who dare to dream in the land of the maple leaf. Welcome to Canada — a place where dreams take flight, and every challenge is an invitation to soar higher.

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CAN'T FIND THE FALL ISSUE OF LEARNING CURVES? GO ONLINE.

Learning Curves along with many of its partners in education and community services, has been affected by COVID-19. Our Fall issue drop-sites continue to be affected. Unfortunately, we cannot effectively cover our usual distribution of the paper: a print run of over 16,000 located at over 650 sites in Toronto and the GTA.

We would be happy to send you hard copies of the Fall issue or drop them off. Simply contact us at learningcurves@hotmail.com.

We thank all our readers, and our advertisers without whose support Learning Curves could not have existed for the past 20+ years. Look for us in all the usual places as the province opens up. Many of our back issues are online at www.learningcurves.org

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