

# Provost Adult Learning & Literacy Newsletter

## Five Major Benefits of Lifelong Learning

Learning is fun! Call 780-753-2822

Whatever your lifestyle and no matter where you live today, learning opportunities are plentiful and instructors are well-versed in modern technology and information delivery, especially for the adult learner. You might ask yourself what adult learning has to offer you – here are 5 major benefits.

1. The prospect of a larger paycheque. Job promotions often go to people who keep up with the latest information and technology. It's just good sense to refresh and retrain for the workplace. New careers are created all the time, and opportunities are enhanced when people are prepared with new certifications, diplomas and degrees.

2. Enhanced self-esteem comes from reaching for new horizons, accepting new challenges and arriving at a whole new level in personal growth. The satisfaction and sense of accomplishment you gain is well worth the effort taken to learn something new.

3. Adult learners enjoy a certain freedom in learning styles. Adult learning instructors are often both mentors and facilitators. Adult students may be just as experienced as the person teaching the course and are encouraged to share ideas and teach each other in an environment where students' views are respected and acted upon.

4. Online and distance courses offer 24/7 learning where you can study at home at your own pace. You can even earn a degree without ever stepping on campus, and often, class enrolments are open with start dates at your convenience.

5. Lifelong learning becomes a habit. Education becomes second nature. People live longer today and need to stay active and involved. Learning keeps people thinking, socializing and participating in life.

Invest in yourself. Empower your life. Take a course today and commit to lifelong learning.

Learning is fun! Call 780-753-2822 to register.

Volume 2 Issue 7  
October 2010



Provost Adult Learning & Literacy

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### The Pumpkin Pie Burn-Off!

#### A Community Walking Event

October 8th, 2010, 10am to 7pm

Location: Crescent Point Place

Enter to win great prizes!

EEOC is an  
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Advanced Education & Technology.



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**Provost Adult Learning & Literacy Course Calendar - October 2010**

Course	Location	Date(s)	Time(s)	Pre-Register	Pre-Reg Date	Fee
<b>“Computer Tutor” Drop-In</b>	Computer Lab	Tuesdays 1:30—3:30 pm and Fridays 9:30—11:30 am		Donations Accepted		
<b>Violin Lessons- Videoconference</b>	VC Room	By Appointment	9-11 am	n/a	n/a	n/a
<b>Memory Manager 1</b>	Computer Lab	Thurs Oct 7	7-9pm	\$25	Sept 23	\$25
<b>Memory Manager 2</b>	Computer	Thurs Oct 14	7-9pm	\$25	Sept 30	\$25
<b>Bookkeeping</b>	CLC	Tues /Thurs Oct 12, 14, 19, 26, 28	6-9pm	\$150	Sept 28	160
<b>Book Club</b>	Various	Sep 27, Oct 25, Nov 29	8 pm	\$10 to join	Ongo- ing	\$10 to join
<b>Home Alone</b>	CLC	Sat Oct 16	10am-12 noon	\$35	Oct 1	\$35
<b>Digital Story Book</b>	Computer Lab	Thurs Oct 21	7-9pm	\$25	Oct 7	\$25
<b>Open Drawing Course</b>	CLC	Wed Sep 29, Oct 6, 13, 20	7-9 pm	\$50	Sept 15	\$60
<b>Tiny Tot Tales</b>	CLC	Thurs Sept 30, Oct 7, 14, 21	1:30-2:30 pm	\$10	Septem- ber 23	\$20
<b>Standard First Aid</b>	CLC	Sat/Sun Oct 2 & 3	8:30 am - 5:30 pm	\$150	Sept 24	\$150
<b>Wills, Personal Directives &amp; Powers of Attorney</b>	VC Room	Tues Oct 5	7-9 pm	\$10	Sept 21	\$10
<b>Food Safety Online Course through NAIT: FNM90</b>	Online	4 weeks, Self-Paced	Self-Paced	\$160+	n/a	\$160+
<b>GED Prep - Online through Norquest/LakelandCollege</b>	Online	12 weeks, Self-Paced	Self-Paced	\$333+	n/a	\$333+

**Fitness for a Healthy Community**

Course	Location	Date(s)	Time(s)	Pre-Reg	Date	Fee
<b>Hatha Yoga (10 weeks)</b>	CLC	Mon, Sep 20-Nov 29	6-7 pm	\$115	Sept 14	\$115
<b>Kickboxing (10 weeks)</b>	Central Park	Tues Sep 21-Nov 23, or Wed Sep 22-Nov 24, or Thurs Sep 23-Nov 25	Tues/Thurs 9-10 am Wed 7:30- 8:30 pm	\$155 (1) \$300 (2) \$450 (3)	Sept 17	\$155 \$300 \$450



## Provost ESL Classes and Adult Literacy



### English as a Second Language (ESL) Oct/Nov Schedule Class times are 10 am to 12 noon at the Provincial Building.

- Thursday October 7- Class
- Wednesday October 13 - Activity
- Thursday October 14 - Class
- Wednesday October 20 - Class
- Thursday October 21- Class
- Wednesday October 27 - Cooking
- Thursday October 28 - Class
- Wednesday November 3 - Activity
- Thursday November 4 - Class
- Wednesday November 10 - Class
- Wednesday November 17 - Activity
- Thursday November 18 - Class
- Wednesday November 24 - Class
- Thursday November 25 - Cooking

Curriculum used will be “Side By Side”. Class schedules are subject to change.  
Please check our website or subscribe to our E-Update for current information.  
Individual tutoring with trained volunteer tutors is also available.

## Adult Literacy



Learning and Literacy are key essentials to being a rounded individual so make it you priority as we help you to achieve your goals and aspirations.

Pre-registration is required for all classes. Classes without sufficient registration will be cancelled. Registrations will be accepted on a first come, first served basis. Courses are held in the Provost Provincial Building unless otherwise stated.

## Family Literacy Tiny Tot Tales

Sherry Gagné is the instructor for this program centered on oral literature, rhymes, songs and stories, designed for children ages 0-5 and their parents. Parents and children learn new rhymes, recite old favorites, sing songs and listen to stories. Course needs a minimum of 4 families to run.

**Dates:** Thurs Sep 30, Oct 7, 14, 21

**Times:** 1:30 - 2:30 pm

**Registration:** \$10/family by Sep 23

**Fee:** \$20 after Sep 23



Provost Adult Learning & Literacy  
Lifelong Learning ... it's our business.

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**Sessions Start September 15, October 20, November 10**

On-Line Courses Led by Expert Instructors  
Interactive Discussion Areas - New Sessions Begin Monthly  
6 Weeks, 12 Lessons . . . 24/7 Learning, at Home

**Course of the Month:**

**Marketing Your Business On The Internet**

Learn how to market your business on the internet from an e-commerce expert while gaining knowledge on the secrets about the different types of businesses that thrive on the web. You'll even learn about low-cost promotion that will motivate visitors to your site while marketing your products and services.

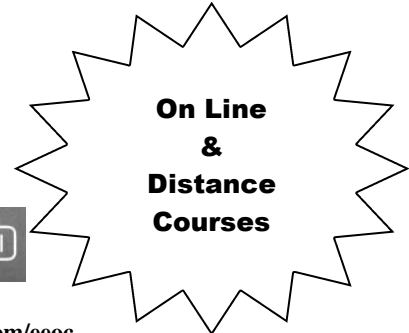
**12 Steps to a Successful Job Search**

Get the job you want quickly and easily in any economy after gaining the knowledge of how to build rapport with an interviewer and mastering the six phases of a successful job interview. This motivational course will boost your confidence and provide you with the relevant information you need to get the job of your dream.

**Resume Writing Workshop**

Learn to create an effective resume or improve on your existing one. You will gain knowledge about the different resume formats as well as the advantages and disadvantages of each. Write an objective that will show potential employers that you have direction and how to outline your work experience. Also, you will learn how to write an impressive cover letter to enhance your resume.

See [www.ed2go.com/eeoc](http://www.ed2go.com/eeoc) for a full listing.



[www.ed2go.com/eeoc](http://www.ed2go.com/eeoc)

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**Books for Babies**

**EEOC provides books that are distributed to all families with new babies in the MD of Provost.**



We do  
**EXAM INVIGILANCE**  
Call for Appointment



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