

THE BUZZ



ADVANCING FUTURES BURSARY PROGRAM JANUARY 2010 EDITION

IMPORTANT REMINDERS!

Dropping a class:

Advancing Futures needs to know if and when you drop a class. ESPECIALLY if you drop down from full-time enrollment to PART-TIME enrollment. Your enrollment status determines the amount of your monthly living expense payment. Just send an email or make a quick call to your coordinator (you can find their contact info on the next page).

Living Expenses:

By now many of you have received your monthly living allowance, childcare and supply cheque. If you haven't, or you're wondering where to get it, check on your final approval letter. On the bottom it will tell you when and where to pick it up. Remember: Institutions will NOT release cheques until the second last **business** day of the month.

Award Extensions:

If you wish to continue through the spring or summer term (May-June / July-August), you must submit proof of enrollment along with tuition and book costs by **March 15, 2010**. If you are unable to submit these documents on time due to school processes, call your coordinator and let them know!!

New Year, New Term

Welcome back everyone!

We know it can be hard to shake that nice cozy coma too much turkey can give you, but it's time to hit the books!

We just want to wish all of our fabulous students a great new year and success in school. We know you can do it!

Just think....only four more months and spring will be here!!!



Welcome 2010 !!!



2010 : The Year of the Tiger

The Year of the Tiger begins on February 14, 2010. Drama, intensity, change and travel will be the key words for 2010. Unfortunately, world conflicts and disasters tend to feature during Tiger years also, so it won't be a dull 12 months for anyone! The Year of the Tiger will bring far reaching changes for everyone. New inventions and incredible technological advances have a good chance of occurring. For all of the Chinese horoscope signs, this year is one to be active – seizing opportunities and making the most of our personal and very individual talents. Everything happens quickly and dramatically in a Tiger year – blink and you could miss an important chance of a lifetime!

The Tiger – 1974, 1986, 1998, 2010

Magnetic, passionate and grand! When the Tiger does anything, it's noticed! Indecisiveness and stubbornness can mar the sparkle of the Tiger personality. On the one hand generous, on the other hand a little mean, it's sometimes hard to know where one stands with the Tiger. Flexible, honest and truly entertaining, one has a friend for life with a Tiger.



10TH FLOOR, STERLING
PLACE
9940 106 STREET
EDMONTON AB T5K 2N2
(780) 415-0085
TOLL-FREE BY DIALING
310-0000 FIRST
FAX: (780) 644-6905
Advancing.Futures@gov.ab.ca
Or email your coordinator at:
Shelly.Kowalewich@gov.ab.ca
Lindsay.McKerness@gov.ab.ca
Jena.Bober@gov.ab.ca

*If there is anything you
would like to see featured
in the newsletter, please let
us know.*

*Email suggestions to
Advancing.Futures@gov.ab.ca.
Or, if you have an update
or story you would like
published, send it our way!*

TOP 10 New Year's Resolutions

(and other fun facts)

Most Common Resolutions

1. Get in Shape
2. Eat Healthier
3. Get out of debt
4. Stop smoking
5. Start budgeting
6. Get a new job
7. Spend more time with family
8. Save or make more money
9. Get organized
10. Give more

- About 40 to 45% of American adults make one or more New Year's resolutions each year.
- Most popular resolutions include promises of weight loss, exercise and quitting smoking.
- The following statistics reveal how many of these resolutions are maintained as time goes on:

- Past the first week: 75%
- Past 2 weeks: 71%
- After one month: 64%
- After 6 months: 46%



What's happening on the web?

There's always a ton of activity on the Speak Out website at www.speakout.alberta.ca. Speak Out is an opportunity for Alberta's youth to share their experiences and ideas in order to help the people better understand the issues that are important to youth. The discussion board is hopping with an all new featured discussion section and this month's featured topic is "Youth Homelessness".

Youth Homelessness will be a featured topic from January 4 – 31st. The Government of Alberta really wants to hear from you with respect to this issue. There are blog topics and a short on-line survey. By completing a short survey you have the chance to win an **EPSON Colour Printer!**

To participate, visit www.speakout.alberta.ca.

If you aren't already a member, in order to **POST** you need to **REGISTER** on the site.

"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much."

Jim Rohn
1930-2009, Author and Speaker