

Who to call:

Barbara Williams
Toronto, Hamilton
416-592-1232 x 344
bwilliams@pogo.ca

Sarah Brandon
Ottawa, Kingston
613-737-7600 x 3495
brandon@cheo.on.ca

Lori Otte
London
519-685-8500 x 52527
lori.otte@lhsc.on.ca

SAVTI counsellors are
available at your POGO
AfterCare Clinic or in the
community.

If you are interested in
learning more about
SAVTI, please visit
<http://www.pogo.ca/care/savti/>

To access SAVTI's
Resource Guide, visit
www.pogo.ca/guide/savti.php

If you are a survivor of childhood cancer, SAVTI can help you:

- Identify career options and goals focused on your strengths and skills
- Develop a personal education and/or employment plan
- Facilitate access to education and employment pathways
- Apply for admission to college or university and prepare for employment
- Link with appropriate services and supports within colleges, universities or the community in order to achieve your goals

BACK TO SCHOOL: STUDY HINTS & TIPS FOR UNIVERSITY & COLLEGE STUDENTS

Starting university or college? Don't get stressed out! Here are some things you can do to get organized and manage your new workload.

1) Make a study schedule

Use an online scheduler (on your phone, laptop, etc.), a paper calendar or an agenda to mark assignment due dates, exams and tests so that you'll remember when deadlines are approaching. A college or university workload can be significantly different from what you were used to in high school, so you may want to block out some time in your calendar each day for studying or reading assignments. You could also try joining a study group with peers from your classes.

Doing some studying each day will help you keep on top of your workload and will help you get the most out of class!

2) Take (good) notes

Taking notes during class is important! When it comes time to study for exams, reading over your notes will help you remember the most important points and will save you from wading through your entire textbook, hunting for key concepts. Don't write down everything your instructor says – instead, try to identify the main points and record those.

If you find it difficult to take notes due to a cognitive or physical disability, consider using a digital recorder to make an audio recording of the class to listen to later, or talk to your school's disability office about arranging for someone to take or provide notes for you. If you have a note-taker, please pass these suggestions along to that person.

3) Ask for help when you need it

It's always a great idea to visit your professor during his or her office hours if you have questions about the material discussed in class. Many schools also offer extra assistance with essay writing and math skills. These services are offered by schools because they want to help you succeed in your field of study, so don't be afraid to take advantage of them. For those with a learning difference, make sure you are registered with your school's centre for students with disabilities or student support services on campus. Last but not least, don't hesitate to contact your **SAVTI Counsellor** for help and guidance as well!

What's your learning style?

VISUAL

People with this type of learning style enjoy reading and other visual presentations. The best learning aids are textbooks, pictures, diagrams or demonstrations.

AUDITORY

Auditory learners process information by listening and speaking. The best learning environments are in a classroom where a teacher is giving verbal instruction or at home listening to recordings of lectures.

KINESTHETIC

Kinesthetic or tactile learners learn through touching and doing. This type of learner absorbs information most effectively through hands-on activities.

Reference:

LD Edge Newsletter Issue
84 Print ISSN 1715-0485
Online ISSN
1715-0493 April 2013 2

FIGURING OUT YOUR LEARNING STYLE

[Click here to take a learning style quiz online.](#) Then, check out the tips below to help you take advantage of your learning style.

Everyone processes information differently. Knowing which way you learn best can help you retain information more successfully and make learning more enjoyable.

TIPS FOR VISUAL LEARNERS

- Diagrams, clear notes and even doodles will help you to organize your thoughts in the way that works best for you
- Get creative with your note-taking: use flow charts, graphics, or doodles to capture your ideas and to help you remember key points
- Use colour coding to help you keep groups of ideas or thoughts together
- Look at the speaker when he/she is talking; this can help you to focus
- Try writing important facts down on index cards: write a word, name, or idea on one side of the card, and include more details or definitions on the back
- Don't try to write down everything a lecturer is saying. Writing down only the points that stand out for you will help you to organize your thoughts later

TIPS FOR AUDITORY LEARNERS

- After a lecture or workshop, discuss what you've learned with another classmate. Being able to speak about the session you just attended will help to lock in the information
- While taking notes or listening to lectures, try silently repeating key points to yourself
- After attending a class, use an audio recorder to record your own thoughts on what you've learned. When you listen back at a later date, this may jog your memory more effectively than your written notes

TIPS FOR KINESTHETIC LEARNERS

- Try to participate as much as possible: ask questions during the question period of a lecture or share your thoughts during a small group discussion or tutorial; this will keep you feeling mentally active and engaged
- If there's something you really want to remember or think deeply about, try taking a walk and letting your thoughts come naturally
- Take notes as you listen: doing something with your hands will help you focus
- Think about how the facts you are learning will affect your life: picture yourself doing the activity or using the skills that are being described
- While sitting in a lecture, take along a small object, such as a stress ball, to play with in one hand, while you take notes with the other

SCREENING AND PREVENTION – WHAT SURVIVORS NEED TO KNOW

Each September, many students make a fresh start, developing new routines and study schedules. While you may be busy with managing your academic life, don't forget to take care of your health as well. Did you know that having had childhood cancer can increase your risk of developing certain late effects or health conditions? However, many late effects or second malignancies can be treated or caught early enough that their impact on your life can be well managed. One of the best ways to manage your health is to attend regular screening appointments.

[Click here](#) to check out [this video](#) from the 2013 Camp Oochigeas/POGO Survivor Conference to learn:

- What a screening test is and what kinds of conditions you might be screened for
- How often you should attend a screening
- What a late effect is
- The kinds of questions you should ask your doctor

TORONTO EVENT: SAVTI ART THERAPY WORKSHOP OCTOBER 1

SAVTI is thrilled to offer a free two-hour art therapy session for survivors of childhood cancer on **Wednesday, October 1st at 1:00 – 3:00 pm**. Sarah Hughes, a student at the Toronto Art Therapy Institute, will use various art forms to help participants to explore their short-term and long-term goals and share tools and strategies that will lead to success.

Other benefits of art therapy:

Supportive environment to express feelings | A way to communicate without words

Offers a sense of control and accomplishment | Participants gain new insights

Spaces are limited, so be sure to RSVP to save your spot!

Contact: Barb Williams | bwilliams@pogo.ca

RSVP deadline: FRIDAY, SEPTEMBER 26TH.

Workshop will take place at POGO: 480 University Ave. Suite 1014

Toronto, ON M5G 1V2

POGO's SAVTI gratefully acknowledges the following support:

Lead sponsor



Supporting sponsorship

Kavelman-Fonn Foundation

SAVTI EVENTS

Are you aware of any fun events for childhood cancer survivors coming up in your area? Let us know about them! See page 1 for SAVTI Counsellor contact information



Join our mailing list!

If you would like to receive this newsletter by email, [please click here](#)

SEPTEMBER IS CHILDHOOD CANCER AWARENESS MONTH!

NEED A NEW PROFILE
PICTURE?
HOW ABOUT THIS ONE? →



To help POGO celebrate and spread the word about Childhood Cancer Awareness Month, you can learn more, participate and share in a variety of ways:

- Go to POGO.ca and click on the Childhood Cancer Awareness banner to learn about events going on in communities across the province.
- Consider swapping your social media profile pics for our POGO awareness icon—[click here](#) to visit the POGO website and download the “Champion” image above.

CHECK OUT POGO'S PLAYLIST ON SONGZA!

POGO put out a call for submissions for songs to help us create the POGO Playlist of Champions. These songs are meant to inspire all of the champions in cancer treatment and help them stay strong and brave. This playlist of 40+ songs is now available for streaming on Songza! You can download the app on your iPhone or Android or stream on your computer from www.songza.com. To access the playlist, click on the button below.



MORE WAYS TO KEEP IN TOUCH WITH POGO

Don't forget to become a fan of POGO's [Facebook page](#) and to follow us on [Twitter](#) at [@POGO4Kids](#) to get updates on events and information throughout the month of September – and beyond!