

Summit Support Office

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Testimonials

"the computer courses were very informative as well as up to date. The teachers were always eager to assist as well as friendly and well equipped to help you in every way. It is without reservation that I give Summit College my highest recommendation."

- R. H. (student)

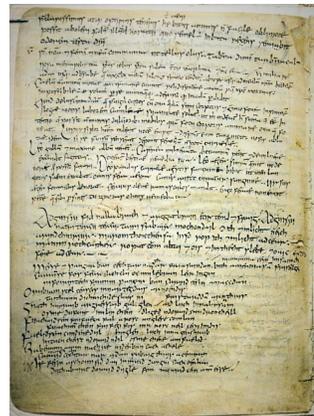
Welcome to new Summit team leaders, Laura Clemente D'Agostino and Gina Vidak!

Laura is the new campus leader at our Hamilton location. She brings over 16 years of teaching skills and experience to Summit, and loves to help people learn. Laura also loves learning about different cultures, languages, and people, and what better way to do this than by travelling to other countries? She has visited nine countries in the past ten years and plans on visiting many more!

Gina is the new campus leader at our Milton location. She has a background in music and received her B.A. in Music Education, from the University of Western Ontario, and then her B.Ed. from Niagara University in Ontario. Her interests are varied and include rock climbing, hiking, reading, playing the piano, and painting. She is also an avid Toronto sports fan (minus the Argos).



Pangur Bán *by Sedulius Scottus, 9th Century Irish teacher, poet, Latin grammarian*



I and Pangur Bán, my cat,
'Tis a like task we are at:
Hunting mice is his delight,
Hunting words I sit all night.

Better far than praise of men
'Tis to sit with book and pen;
Pangur bears me no ill-will,
He too plies his simple skill.

'Tis a merry task to see
At our tasks how glad are we,
When at home we sit and find
Entertainment to our mind.

Ofentimes a mouse will stray
In the hero Pangur's way;
Ofentimes my keen thought set
Takes a meaning in its net.

'Gainst the wall he sets his eye
Full and fierce and sharp and sly;
'Gainst the wall of knowledge I
All my little wisdom try.

When a mouse darts from its den,
O how glad is Pangur then!
O what gladness do I prove
When I solve the doubts I love!

So in peace our task we ply,
Pangur Bán, my cat, and I;
In our arts we find our bliss,
I have mine and he has his.

Practice every day has made
Pangur perfect in his trade;
I get wisdom day and night
Turning darkness into light.

The poem is about the scholar and his cat. It compares the cat's happy hunting with the author's own academic pursuits.

Green Smoothie Bowl with Mangos, Bananas, and Seeds



Ingredients:

- 2 ripe bananas, peeled and chopped
- 3 large handfuls of baby spinach or kale
- 1 handful alfalfa sprouts or other micro greens
- 1 ripe mango, peeled and cubed
- 3 tablespoons hemp seeds
- 1/2 cup milk (almond milk or soya milk work well)
- 2-3 ice cubes

Garnish ideas (optional):

Mango slices, shredded coconut, honey, alfalfa sprouts, slivered almonds

Supplies:

Blender, bowls, spoons

Directions:

- 1) Place all the ingredients in a blender and process until smooth.
- 2) Divide into bowls
- 3) Top with additional garnishes if desired.

SUMMIT COLLEGE

Academic & Career Studies

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SUMMIT COLLEGE is a Canadian-owned accredited career college, registered with the Ministry of Advanced Education and Skills Development, that has been instrumental in helping adults succeed in rewarding career paths since 2001.

Our programs are relevant to today's high demand jobs and are offered at eight campuses across southern Ontario. Our students succeed because of our learning-centred model powered by humanist principles that respect every person as a whole. Accordingly, our unique teaching approaches are customized to optimize learning and increase your chances for success in the workplace.

Whether you are interested in Medical Office Administration, Customer Service, Retail Sales, Office Administration, or Security Guard training, or just want to upgrade your academic or job skills, we can help you get the education and certification you need to start your career today.

Fuel lifelong success by empowering people with skills and awareness to reach higher personal potential.

Active Learning Helps Keep Our Minds Sharp

Nobody wants to lose cognitive function, especially when so much of business--and life in general--depends on being "on top of it." But statistically speaking, the reality is, you have to fight to stay sharp. Doing Sudoku and crossword puzzles isn't going to hurt. But as heard in *Is Age Nothing But a Mindset?* with Kerri Miller, both a neuroscientist and social psychologist agree there's a better approach.

According to Alexandra Touroutoglou, instructor of neurology at Harvard University, researchers studied brain scans of so-called "super-agers," who perform as well on word memory tests in their 60s and 70s as individuals in their 20s. The scans revealed that the areas of the brain related to motivation and emotion are thicker in super-agers, meaning that there likely is a connection between the motivation we get from emotional experiences and the brain's ability to compensate for the atrophy that naturally occurs.

Accepting that emotion-based motivation supports continued learning and, therefore, maintains a young brain, the question then becomes, "What can I do to experience in an emotional way and increase the motivation I have to keep finding out more?"

Key to mental youth #1: Mindfulness

Ellen Langer, social psychologist at Harvard and founder of the Langer Mindfulness Institute, says one key is being mindful. This is crucial given how absolutes taught in schools cause people to believe they "know" and that, therefore, there's no reason to continue active noticing (engagement).

"But, by actively noticing," Langer says, "you begin to see that the things you thought you knew, you



don't know as well as you thought you did. And that keeps you ever curious. It makes the world exciting. Active noticing leads to engagement. And what we've found over 40 years of research is [that], the more mindful people are, the longer they live, the healthier they are, the happier they are. It affects virtually everything."

Key to mental youth #2: Talk kindly to yourself

Langer notes just some of what studies have discovered about the incredible power of thought over bodily processes, too. Blood sugar follows perceived time rather than actual time. Maids who were told their work was exercise, later showed improvements in weight, blood pressure, BMI and other metrics, even though their workload didn't change. And individuals in nursing homes who are given mindful choices have been shown to live longer than those who are not. In other words, mindset matters for the mind.

"People assume when they get older that they're going to start forgetting," Langer says.

"Young people also forget. But when a young person forgets, they just go on with whatever they're doing. They don't stop and say, 'Oh, my goodness! Am I getting dementia?' If you start believe your memory is failing, then you're confuting against yourself, rather than learning what the situation demands."

Key to mental youth #3: Accept challenges

Scientists know the brain needs some challenge to stay fit. But according to Langer, judging yourself through challenges doesn't do you any favors, and there's not really any magic formula to what's challenging and what's not.

"The reason that people that people [who] do the 'hard stuff' do well is because they tend not to be evaluative," Langer says. "You don't get the answer, you try another way; rather than, you don't get the answer, you're stupid or you're losing your cognitive abilities, and so on, and then you give up. So, all tasks are potentially interesting. It all depends on the way we engage them... Rather than look for whether it's 'hard' or 'difficult', I think that it should be personally challenging."

By nature, the brain won't stay absolutely perfect as you get older. But by simply being mindful, taking a positive attitude, and breaking out of what's easy with what personally challenges you, you'll have experiences that are more emotionally rich. These experiences will keep your flame of curiosity burning and keep your brain healthily engaged. Don't judge yourself. Just be aware and keep trying. Your brain will thank you.

www.inc.com/wanda-thibodeaux/heres-how-to-keep-your-brain-young-according-to-neuroscience-and-psychology.html

Referral Rewards Program for Summit College Students

We value our students and want them to succeed — in their studies, in the workplace, and in life.

To show our appreciation, we are launching a new rewards program: a gift certificate worth up to \$800 toward tuition for a Summit College diploma program for new students, and a \$200 referral award for current students.

A sample of this rewards certificate is displayed here. Contact us for details by email at Guelph@SummitCollege.ca, or by telephone at 519.767.5576.



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