



### Student Connections

A huge winter welcome to all incoming 2024 students!

As you prepare to start your first semester at OC we're sharing some tips and valuable information in this newsletter to help you navigate your campus and become a successful student. Participating in the many activities and events offered on your campus in the first few

weeks will help build a strong foundation for your time at OC. Orientation events are a great opportunity to learn about your new campus, find all the support services that will help you throughout your time with the College, and meet new people.

We can't wait to meet you in January!

## Why attend Okanagan College Winter Welcome events?

Connect with your peers and learn about all the services and supports available to you on campus! Let us help you build your community here at OC!

#### Dates and Deadlines to Note:

- December 13, 14
- Virtual International Student Orientation
- January 3
- In-Person International Student Orientation (Vernon, Penticton)
- January 4
- In-Person International Student Orientation (Kelowna)
- January 8
- First day of classes (most academic programs)
  - Winter Welcome!
- January 19
- Last day to register for a course

### Have you Completed OC 101 and OC Ready Yet?

To assist with your transition to OC, all incoming students are required to complete the following orientation courses before beginning classes in January.

You will be registered into these courses in December through Moodle, the system where you will access all your courses. You can find Moodle by logging into your myOkanagan account and clicking on "Moodle" in the top right corner. These courses will be on your dashboard.

Please complete the following:

- [OC Ready](#)
- [Four Seasons of Reconciliation](#) (part of OC 101)
- [Consent and Sexual Violence](#) (part of OC 101)
- [Non-academic Misconduct](#) (part of OC 101)

[Learn more about Moodle at this link.](#)



FIRST DAY FUEL UP

### Orientation Timeline

Get ready for the winter semester!

**Mid-December/Early January**

- ✓ Complete your orientation online courses OC 101 and OC Ready
- ✓ Buy your [parking pass](#) online, pick up or order textbooks, [buy a gym pass](#) (Kelowna, Vernon and Penticton)

**January**

- ✓ Winter Welcome events at each campus commence January 8

Find all the details here: [okanagan.bc.ca/orientation](https://okanagan.bc.ca/orientation)

### Transition Tips

- Plan some time to pick up textbooks. The bookstores on every campus are busy the first week so you may need extra time.
- Get to know your campus and where to find supports and services. There will be many staff members available during welcome week activities to answer your questions!
- Attend as many events as you can to connect with your peers, staff, and community partners.
- Download the OC Safe app on your phone. Gain immediate access to 911, campus security, emergency procedures, work or study alone check-in, campus maps, support services and more.
- Remember....get enough sleep, eat responsibly and know that it's OK to feel homesick.





Bookstore Hours

Bookstore hours vary by campus. Here are the January hours for each campus:

**Kelowna:**  
Monday to Friday, 8:30 a.m. - 4:00 p.m.

**Penticton:**  
Mondays and Tuesdays - 11 a.m. - 4 p.m.  
Wednesdays and Thursdays - 8:30 a.m. - 1:30 p.m.  
CLOSED Fridays

**Vernon:**  
Mondays, Tuesdays and Thursdays -  
Wednesdays - 11 a.m.-3:30 p.m.  
CLOSED Fridays

**Salmon Arm:**  
Tuesdays and Wednesdays -  
10 a.m.-2 p.m.  
CLOSED Mondays,  
Thursdays and Fridays



Awards and Scholarships

Are you looking for ways to help pay for your education? Options for awards and loans are still available for this semester.

Find student loan applications on the StudentAid BC website at [www.studentaidbc.ca/](http://www.studentaidbc.ca/).

Awards for all campuses as well as Indigenous awards are open from December 1 to February 15 so there is plenty of time to get yours in!

Okanagan College offers virtual drop-in sessions where you can chat with a staff member, get help with the online awards application or student loan application.

Visit the website for all the details:  
[okanagan.bc.ca/financial-aid-and-awards](http://okanagan.bc.ca/financial-aid-and-awards).

Education Advising

Okanagan College Education Advisors help you plan your studies to get the most out of your time at our institution. Whether you take a full credential, or a few transferable courses, your decision to come to school is a life-changing choice. Education Advising is a collaborative process that involves teamwork to create an academic plan to meet your needs. Advisors will review requirements and pre-requisites, program checklists and course planning with you. They're there to help you navigate college processes and plan out your time here at OC. For more information, or to book an appointment visit <https://www.okanagan.bc.ca/education-advising>. Make sure you're on the right path by reaching out to an Advisor today.



Snack attack? Just plain hungry? Comfort food! Mmm

This inside-out grilled cheese is a crispy, crunchy, cheesy masterpiece and some claim it is the ultimate grilled cheese sandwich. Make sure you follow some basic rules for this to work properly. Only use airy, nutritionally insignificant white bread. Be sure to use a nice sharp Cheddar and a quality nonstick pan over medium to medium-low heat.

Prep Tlme: 5 mins  
Cook Tlme: 10 mins  
Total Tlme: 15 mins

Ingredients  
2 tablespoons butter, divided  
2 slices white bread  
½ cup shredded extra sharp Cheddar cheese, divided



Directions  
Melt 1 1/2 tablespoons butter in a large nonstick skillet over medium-low heat. Place bread slices over hot butter in the skillet.  
Spread about 1/4 cup Cheddar cheese on 1 bread slice; place other bread slice, butter-side up, on top of cheese. Spread about 2 tablespoons cheese on top of sandwich.  
Melt remaining 1/2 tablespoon butter in the skillet next to sandwich. Flip sandwich onto melted butter, cheese-side down.  
Spread remaining cheese on top of sandwich. Cook until cheese on the bottom is crispy and caramelized, 3 to 4 minutes. Flip sandwich and cook another 3 to 4 minutes

Nutrition Facts Per serving: 564 calories; total fat 43g; saturated fat 27g; cholesterol 120mg; sodium 855mg; total carbohydrate 26g; dietary fiber 1g; total sugars 3g; protein 18g; calcium 490mg; iron 2mg; potassium 112mg (Chef John - Allrecipes)

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Salmon Arm: <https://www.facebook.com/groups/17829359039>  
Vernon: <https://www.facebook.com/groups/340682060271473/>  
Kelowna: <https://www.facebook.com/groups/826744374178591>  
Penticton: <https://www.facebook.com/OCPen>

