

Spring 2016



GH Spiral

A newsletter for University of Guelph-Humber alumni



Adeena Persaud

Mental Health Starts at Birth

Babies appear to lead carefree lives, but for some, their first few years of life are more traumatic than tranquil. Adeena Persaud, B.A.Sc. '14, is trying to make their lives easier as a program assistant in Infant Mental Health Promotion at SickKids, where she helps with research and advocacy initiatives.



“When we think of mental health for infants, we’re talking about social and emotional development,” she says. “Looking at attachment and self-regulation in the early years is a really strong indicator of mental health issues in children.”

Persaud is currently involved in an intervention study that provides developmental screening and support plans for babies living in poverty or unstable homes. Studies show that the brains of babies exposed to domestic violence are smaller than those who grow up in healthier environments. “Those risk factors can play a role in a child’s development,” says Persaud, causing fewer synaptic connections to form in the brain.

One way to help children at risk is to provide them with an alternate caregiver, such as an extended family member, foster parent or social worker who can provide support when their parents are unable to do so. “Our job is to create resources and get those out to people working with infants, toddlers and their families,” she says.

Persaud joined SickKids in August 2014 after completing a placement there in September 2013 as a student in family and community social services. She says gaining work experience while she was a student was “really valuable” because it allowed her to see the practical applications of what she learned in class. “Everything you’re learning you can apply directly in your placements.”

She always wanted to work with children and families, but she wasn’t familiar with the infant mental health field until she started her placement at SickKids. Learning about the importance of mental health in the first years of a baby’s life and how it can affect future development inspired her to continue working in the field.

UNIVERSITY OF
GUELPH
HUMBER



Come Celebrate With Us

Plans for the University of Guelph-Humber's first 10-year reunion are in full swing to celebrate this important milestone!

We have hosted a number of activities throughout the academic year with a focus on creating opportunities for our alumni to share their knowledge and experience with current students.

We hope you were able to reconnect with Guelph-Humber throughout the fall semester and will continue to do so as we close out this academic year.

There are so many ways to get involved: hire a graduate, host placement and internship students, become a mentor or give a monetary gift to support student success. We're always looking for new ways for you to become active participants and supporters in Guelph-Humber's future.

Plan to attend Reunion 2016 on Saturday, June 4, when we will celebrate the first 10-year reunion and the five-year reunion classes. All alumni are invited to join us as we mark this milestone. For further details, visit guelphhumber.ca/alumni/alumni-events.

As "Graduates of the Last Decade" (GOLD), you are the future of the University of Guelph-Humber, and your support is critical to our continued success as Ontario's first dual-accreditation university. We can't wait to celebrate with you!



Join the New Alumni Mentorship Program

The University of Guelph-Humber launched its first Alumni Mentorship Program in fall 2015. The program matches current students with alumni who are working in their field of interest. Alumni mentors connect with their mentees on a regular basis to share their stories and talk about their experiences after graduation.

Alumni can be matched with students from their program of study and may be paired with a new student or a student who is about to graduate.

Our alumni mentors have told us:

- "I love being a mentor and telling students about all my experiences."
- "I believe it's important to share my positive experience."
- "I want to help younger generations figure out what they want to do."

If you are interested in learning more about the Alumni Mentorship Program, contact us at ghalumni@guelphhumber.ca.

Check Our New Alumni Video



If you haven't seen our new alumni video, here's another chance. It's a great way to reminisce and reflect on your time at the University of Guelph-Humber! Visit guelphhumber.ca/alumni/stay-connected.

Volunteers Needed

We are always looking for alumni to speak about and represent the University of Guelph-Humber at a variety of events. If you would like to participate or you're interested in volunteering, please email us at ghalumni@guelphhumber.ca.

Emerge Wins Magazine Award

University of Guelph-Humber media studies students celebrated another win for their publication, *Emerge Magazine*, when it received the 2015 National Pacemaker Award for Outstanding Print Magazine.

The National Pacemaker Awards have been presented annually since 1927 and are generally

EMERGE
MAGAZINE

considered to be among the highest honours in the field of student journalism.

Administered by the Associated Collegiate Press in the United States, the awards were created to recognize student achievement in the field.

Emerge, which includes both digital and print publications, has won more than 30 prizes, including first and third place Pinnacle awards for Best Multi-media Campaign and Best Social Media Strategy, respectively.

“Every year, *Emerge* is a new adventure. Students go into each term not knowing how to manage what this unique media course is going to throw at them, and each year something amazing comes out of the other end,” says Kimberley Noble, the professor who leads the *Emerge* project.

“The magazine and its related media products have had incredible success in international competitions in recent years, but hearing that we won a Pacemaker is a particular thrill. American recipients of this prize call it the Pulitzer of college and university journalism and media, so it’s extremely satisfying to know that we are playing in those leagues.”



Shanghai

China Partnership Grows

The University of Guelph and the University of Guelph-Humber are building bridges with East China Normal University (ECNU) in Shanghai to create more opportunities for students to participate in semesters abroad and for faculty exchanges.

George Bragues, assistant vice-provost and program head, business,

will lead a study abroad trip to China in 2016 that will include a visit to the ECNU Shanghai campus. Interested students can contact Sonika Arora at sonika.arora@guelphhumber.ca or 416-798-1331, Ext. 6294. Visit guelphhumber.ca/studyabroad/china for the course description.



George Bragues (third from right), assistant vice-provost and program head, business, along with the Humber Hawk, Guelph-Humber Swoop and Guelph Gryphon mascots pose with students at Student Life's Get Involved! Be Informed Fair in January.

Alumni Athletes Named to Varsity Hall of Fame

University of Guelph-Humber alumni Renee Yip and Tracy Wong have become the first alumni to be inducted into Humber's Varsity Hall of Fame.

The kinesiology graduates were honoured during Guelph-Humber's Varsity Gala last fall. As national gold medalists, they have been awarded dozens of titles and records from the Ontario Colleges Athletic Association and Canadian Collegiate Athletic Association. Their jerseys have been retired in their honour.

Career Services is Here for You

As a member of the Guelph-Humber alumni family, you have free access to the latest career advice for life. Whether you're furthering your education or hoping to land your next job, Career Services can help. Get in touch with us:

Career Services

416-798-1331, Ext. 6288
career@guelphhumber.ca
guelphhumber.ca/career



Job Fair

The Partnerships for Employment Job Fair took place in February at the Manulife Sportsplex at RIM Park in Waterloo, Ont. With 170 exhibitors, it was a great opportunity to meet and talk with various industry representatives. Watch for the next Partnerships for Employment Fair in September.

Class Notes

We love to see what interesting things our alumni are up to. Have your degree and diploma taken you somewhere that you didn't imagine? Let us know! Send your updates, photos and milestone announcements to ghalumni@guelphhumber.ca.

2006

Andrew Kaszowski
(media studies) started a new role as communications lead at the South West Community Care Access Centre in London, Ont.

2007

Karima Dorney
(justice studies) is currently working on her PhD at the University of Guelph.

2009

Jeff McLean
(justice studies) became a police constable with the Shelburne Police Service.

2010

Guila Benchimol
(justice studies) is currently studying towards her PhD in sociology at the University of Guelph. Her research involves community brokers in the Orthodox Jewish community.

2013

Jabar Bains
(justice studies) is pursuing a teaching career. He has taught Grade 1 in London, England, and Grade 3 in Mexico.

Emma Mistry

(psychology) was admitted into the MA criminology program at Wilfrid Laurier University.

Natalie Quinlan

(media studies) became the co-producer of CTV's *Morning Live Show* in Saskatoon, Sask.

2014

Elisa Doddato
(family and community social services) became the assistant co-ordinator, volunteer resources, for the Region of Peel.

Shawn Fenton

(justice studies) was admitted to the MA public administration program at Queen's University.

Maressa Singh

(justice studies) was admitted to the joint JD/MBA program at the University of Toronto.

John Thomas

(justice studies) was admitted to the MBA program at the University of Guelph.

Meaghan Barrett

(family and community social services) became a teacher at Claycots School in Slough, England.

2015

Jaspreet-Kaur Ghag

(justice studies) is currently studying at the University of Leicester, England.

Yanique Peterkin

(family and community social services) became a youth worker at the Rexdale Women's Centre.

UNIVERSITY OF
GUELPH
HUMBER

Web guelphhumber.ca/alumni
Email ghalumni@guelphhumber.ca
Twitter @ghalumni
Facebook facebook.com/GHalumni
LinkedIn bit.ly/ghalumni

Editor

Susan Bubak
Communications and Public Affairs
University of Guelph
519-824-4120, Ext. 56581
s.bubak@exec.uoguelph.ca

Contacts

Marlene Scheel
Manager, Alumni Advancement
416-798-1331, Ext. 6217
marlene.scheel@guelphhumber.ca

Laurie de Fleuriot
Alumni Advancement Co-ordinator
416-798-1331, Ext. 6079
laurie.defleuriot@guelphhumber.ca