



CPIT Next Step Centre for Women

Newsletter



Issue 30 -Winter 2011

Contents

- Message from the Team
- Altrusa night 2010
- Update from Ngaire
- Course Information
- Plan a CV – Course details
- Graduates' Corner

The Next Step Centre for Women is a friendly, supportive environment providing a pathway to expand your opportunities, choices and skills in further education and employment.

Ko Te Poutama Wahine he huarahi e tautoko pū ana I te wahine, kia whānui ake ai te tirohanga ki te ao, ō whiringa , ō pūkenga, I tō whai atu I te pae tawhiti o te mātauranga, o te mahi kia tata mai.

Kia ora

A very warm welcome to the first newsletter for 2011.

We hope that after the recent tragic events in our city with the devastating February earthquake, this finds you, your families and you colleagues continuing on of your journey of recovery.

Our students and team here on that day were all shaken but safe and unhurt. The Centre itself has come through this event very well – green stickered and now open for business as usual. Unfortunately due to the campus being within the city cordon until early April all Term 1 courses were cancelled. The vast majority of our students though have chosen to transfer to Term 2 classes- we are very pleased with their vote of confidence in the Centre and CPIT and that they obviously enjoyed their short time with us prior to the earthquake.

Please contact me directly on either 940 8070 or at OhsA@cpit.ac.nz for more information or to discuss study options. I am happy to come and talk to your organisation about the learning opportunities the Centre can provide.

Kind Regards

Alison

Coordinator – NSC for Women



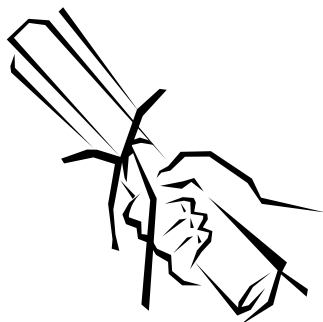
An Update from Ngaire Hawley

After a long time at home I enrolled on the New Outlook for Women and the Updating Skills courses in 2009. I had the great opportunity to receive the Altrusa Scholarship*.

It meant so much to me as the ladies from Altrusa believed in my abilities to go further in my studies and become a vet assistant. My confidence has grown within myself and this has given me the right attitude to follow my dreams. I have completed a year of study in the Adult Literacy course at CPIT. This has been beneficial to me in getting my current job. I intend to complete the Certificate in Veterinarian Nursing next year part time. I'm so grateful and appreciate the fact that you all believed in me.

Ngaire

*Open to all women who have completed one of the above two courses)



Graduates Corner – Lynette Gray

After 13 years being a full time Mum to three girls I decided I needed some direction in my life. In 2009 I made the decision to do the New Outlook for Women and Updating Skills course which gave me the knowledge and confidence to move forward.

.After finishing these I enrolled in the Certificate in Business Administration (Level 4). As a mature student (47) it was a very daunting task to go back to study especially in a class of "young ones"! Although it was stressful, challenging and hard work juggling study and home life I persevered and completed my certificate. As part of this course I completed a 10 day work placement and as a result of that I now work there part time (which I wanted).

I cannot praise the staff at CPIT enough for their "can do" attitude that they instilled in me. Thank you all for your guidance and positivity.

Altrusa Night 2010

This year's presentation of the Altrusa Scholarship was a very special one, marking the 20th anniversary of Altrusa's involvement with CPIT and The NSC for Women.

The scholarship recipient for 2010 was Marlene Murray. After completing her Certificate in University Preparation Marlene will study Law at Canterbury University.



Pictured above is Maralin Dunn and this year's Scholarship winner Marlene Murray



Course Information 2011

New Outlook for Women

CSNO101

A very special course for women.

Are you thinking about “where next” in your life? This course will provide you with new ideas, challenges and experiences in a supportive group setting. It will assist you to become aware of what is important to you in life, find direction for your future and develop the confidence to achieve this.

Fee: \$90.00

Dates & Times

Tuesday, Wednesday, Thursday

9.30 am – 2.15 pm (12 hours per week)

CSNO101-11C 16 Aug – 6 Oct

CSNO101-11D 25 Oct – 15 Dec

Self Empowerment for Women

CSEM101

The aim of this course is to empower you to deal with your everyday life problems. In this hands-on group you will learn to rise to life’s challenges and to express yourself in a more free and creative way.

Method

This is an experimental group using psychodrama, group work, and role training. It will be helpful if you come ready and able to fully participate in a group.

Fee: \$54.00

Dates & Times

Mondays

10.00 am – 12 noon (2 hours per week)

CSSE101-11A 31 Oct – 5 Dec

Women & Anger

CSWA101

Have you noticed yourself kicking the cat, stuffing food down, yelling at the kids, needing your partner or going over the top about something little?

Women & Anger is an opportunity to identify your anger signals and learn skills to express your anger in a way that doesn’t hurt yourself or others.

Fee: \$54.00

Dates & Times

Thursday

10.00 am – 12 noon (2 hours per week)

CSWA101-11A 25 Aug – 29 Sept

Self Esteem for Women

CSSE101

Do you want to develop a greater sense of self worth and the ability to better nurture yourself?

By taking part in this friendly, supportive and active group you can work towards these goals.

Fee: \$54.00

Dates & Times

Mondays

1 – 3.00 pm (2 hours per week)

CSSE101-11C 22 Aug – 26 Sept

CSSE101-11D 31 Oct – 05 Dec

Updating Skills

CSUS101

This course is designed for women returning to study, employment or looking at other career options.

You may have been out of the paid workforce and have many skills but need to learn how to present these to an employer. You may want to update the skills you have and develop new ones. Or you may want to learn how to be a successful student. On this course you will do all of this while working in a supportive group with helpful tutors.

Fee: \$160.00

Dates & Times

Monday, Tuesday, Wednesday

9.00 am – 2.30 pm (15 hours per week)

CSUS101-11C 15 Aug – 05 Oct

CSUS101-11D 25 Oct – 14 Dec

Self Development for Women

CSSD101

This course offers an opportunity to enhance your sense of self worth. You will learn more about yourself and your physical, mental and spiritual health. Ideal for clarifying your ideas and learning to care for yourself more effectively.

Fee: \$54.00

Dates & Times

Thursdays

12.30pm - 2.30pm (2 hours per week)

CSSD101-11B 25 Aug – 29 Sept



Course Information 2011

Campus Connect Courses Offered 2011

Plan a CV cscv 101

Open to men and women.

We are offering you our popular CV preparation course at Campus Connect sites throughout Christchurch (see below for details).

In this interactive three hour session you will gather information on how to plan your curriculum vitae (CV) including:

- What to put in and what to leave out
- Some hot tips for interviews, and
- Notes on a competent cover letter

Dates & Times

Thursdays 9.30 am – 12.30 pm (3 hours)

CSCV 101-11E(HY)	15 September	Hornby Campus Connect
CSCV 101-11F(RG)	22 September	Rangiora Campus Connect
CSCV 101-11G(NB)	29 September	New Brighton Campus Connect
CSCV 101-11H(BS)	06 October	Bishopdale Campus Connect

Fee:\$20.00

Contact Details

For enrolment details please call either 0800 24 24 76 or 940 8070 or you can just call in to your choice of course location.

Personal Development Course

Assertive Communication & Confidence cssu 101

Open to men and women. (City campus location)

A course to help you feel more confident and comfortable with yourself. This course will develop your ability to express yourself clearly and directly; to listen creatively, and to communicate effectively. You will learn the basic techniques of assertive communication (verbal and non-verbal) and you will have the opportunity to put those techniques and experiences into practice within a supportive and encouraging group atmosphere.

Dates & Times

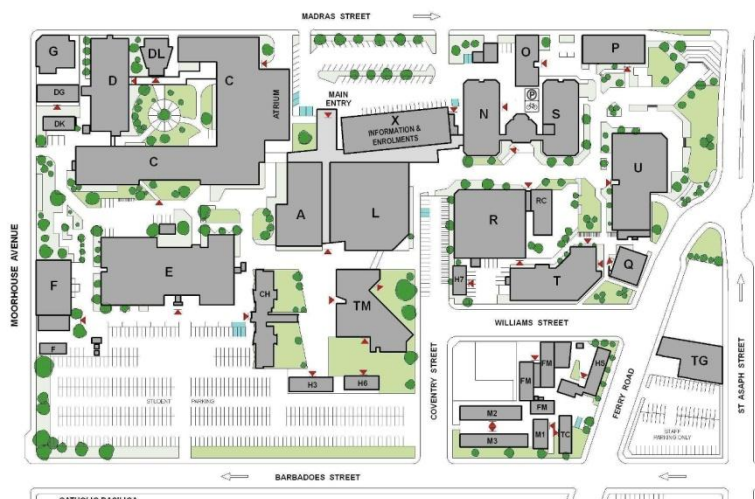
Thursdays

9.30 am – 12.30 pm (3 hours per week)

CSSU101-11B 10 November – 01 December

Fee: \$54.00

Next Step Centre Location



Further Information

Please telephone the Next Step Centre, 03 - 940 8070 or the Faculty of Health, Humanities & Science reception, 03 - 940 8074. To enrol contact Information & Enrolments in the Rakaia Centre, entrance off Madras Street. Hours are :

8.30 am – 5 pm Monday – Friday,

Tel.0800 24 24 76

Subsidies may be available. Check with the Next Step Centre for eligibility.

