



## Don't Forget to Register for Metro's Summer Cool School!

Throughout July, Metro's Summer Cool School 2009 will offer one-of-a-kind day programs for elementary and junior high students. These day programs include courses in core academic areas, English as a Second Language classes and Sports & Adventure camps. Students may take individual courses or choose to customize their own one, two or three week day camp program.

Metro's Academic summer classes offer students an opportunity to catch up or get ahead in Math or Language Arts. Metro's Adventure Camps cater to those wanting to discover a new hobby or sharpen an old one. These camps are jam-packed with a variety of sports options and courses in photography, cooking, computers and more. As well, for the Canadian newcomer or those looking to improve their English language communication skills, Metro also hosts English as a Second Language courses for children and teens.

[View Summer School courses](#)



## Finish a Summer School Class in Four Weeks!

With Metro Continuing Education's Summer School, you can complete a five-credit high school course in a little less than four weeks. Choose from a variety of 10-, 20-, 30- level subjects to upgrade your marks or create more flexibility in your regular school year timetable. Summer school classes are also open to students who need to upgrade or complete their high school diploma requirements for post-secondary pursuits.

High School Diploma exams take place at Metro from August 5 – 13, 2009. If you are registered in a 30- level diploma course, you are required to write a provincial diploma exam in order to receive credits and a final mark.

[View Diploma Exam schedule](#)

## Five-Credit Courses



Morning (AM) Classes:

July 2 - 24, Monday – Friday (and Sat, July 4) Times vary by location (18 classes)

Evening (Eve) Classes:

June 22 – July 30, Monday – Thursday, 6 pm

*"Taking classes throughout the summer allowed me to have every afternoon off in the 2nd semester!" – Mark, Grade 12 student*

*"Thanks to Metro's summer school, I got into university in time for September classes." - Kimberly, Grade 12 student*

[View Summer School courses](#)



Metro conveniently offers 30- level evening classes at the Grant MacEwan campus downtown, giving you the opportunity to upgrade or complete your diploma for post-secondary pursuits over the summer.

## Prepping for Grade 12 Diploma Exams



In August, Metro's Brain Booster Diploma Prep courses will assist Grade 12 students in reviewing key concepts and topics, writing sample exams and learning specific exam-writing strategies as they prepare to complete their exams. Diploma review courses are available in Math, Science, Social Studies, English, Chemistry, Physics and Biology. These courses give students an excellent introduction and head start, to the diploma exams, as they prepare to enter post-secondary institutions.

*"I have learned many things that I was not sure about. I feel very confident to write the diploma exam now. The teacher was excellent, very informative and had a great way of explaining topics." – Student, Brain Booster*

[View Grade 12 Diploma Prep course schedule](#)



## Tips for Handling Exam Day Test Anxiety

- 1) Get a good night's sleep – Contrary to popular belief, cramming all night is not the best way to study.
- 2) Don't rush – Running late will add to your sense of panic.
- 3) Eat – If your stomach is tied up in knots you may not feel like eating, but having something nutritious will give you energy and help you focus on the exam.
- 4) You remember more than you think you do – If you can't remember the answer to a question, don't panic. Take a deep breath, relax and move on to the next question. Sometimes other questions on the exam can trigger your memory.
- 5) Slow down – Scan the exam briefly so you will know how to use your time. Pace yourself and allow more time for questions that are worth more marks.

## Students Paint a Picture of Community at Metro



There is no need to break the bank for a trip to Europe this summer when you can get everything you need locally – art, culture, architecture, new friendships and a fresh appreciation for community. Throughout July and August, Metro is offering Sensational Summer Art Classes. The week-long classes will take place during the day and consist of field trips to a broad range of beautiful, local landscape settings – perfect fodder for inspiration.

In the [Landscape Workshop class](#), starting July 6, 2009, instructor Izabella Orzelski-Konikowski will assist students in creating city landscape images using the principles of landscape painting and students' choice of medium – oil, acrylics, pastels and watercolours. Development of individual style and perception are encouraged.

Taught by Bob Ackroyd, the [Vintage Architecture Drawing Series class](#), which begins July 13, 2009, will allow students to use grey or colored pencils, to graphically capture local heritage buildings as both a study in architecture and an exercise and exploration in on-location drawing.

[Read more](#)

## Instructor Bios



### Izabella Orzelski-Konikowski

If at one time or another you have been an explorer in the City of Edmonton, you may well recognize some of her and her husband's brilliant artwork dispersed throughout a number of publicly frequented hubs; the life-size portrait of Harriet Winspear, on display in the Convocation Hall at the University of Alberta, the portrait of late Honourable Lois E. Hole, former Lieutenant Governor of Alberta on display at the Stanley Milner Library, and of Dr. Grant MacEwan on display at the MacEwan College, main campus. Izabella Orzelski-Konikowski is also a ten-year veteran instructor at Metro Continuing Education.



### Bob Ackroyd

A former member of the Peace Watercolour Society, Metro instructor, Bob Ackroyd has a bachelor's degree in art and has 25 years of experience as an illustrator, graphic designer and architecture illustrator. He's worked as both a freelance artist and teacher, instructing art classes on figure drawing, watercolour landscape, oil portraits and acrylic painting.

## Sensational Summer Classes

Make your summer sensational by enjoying one or more of Metro's adult continuing education classes!



Photo courtesy of edmonton.com

### [Landscape Workshop \(0080447\)](#)

In this workshop students will create exciting landscape paintings of the most interesting views of our lovely city. Location style will change daily. As we apply the principles of landscape painting, the individual style of each student will be stressed and encouraged. Open to all media including oil paint, acrylics, pastels and watercolours. Everyone welcome. Supplies are needed.

Instructor: Izabella Orzelski-Konikowski  
Starts: July 6, 2009 – Runs from Mon – Fri, 10 am – 3 pm

[View all Art classes](#)



Photo courtesy of the Legislature Assembly of Alberta

### [Vintage Architecture Drawing Series \(0080630\)](#)

Edmonton has a variety of interesting old buildings. This is your opportunity to record your experience by drawing them. Starting with the Legislature Building, we will meet on location in a variety of picturesque settings – public, commercial, ecclesiastical and residential. Supplies are needed.

Instructor: Robert Ackroyd, B.A., B.Ed., M.A.  
Starts: July 13, 2009 – Runs from Mon – Fri, 9 am – 12:30 pm

[View all Art classes](#)



### [Painting: Cityscape Workshop \(0080278\)](#)

Paint Edmonton cityscapes, outdoors! Create a series of visually exciting paintings of some of the most beautiful parts of the city. Discover your individual, style and develop your technique using oils, acrylics, pastels or watercolours. Indoor arrangements will be made in case of bad weather. Supplies are needed.

Instructor: Izabella Orzelski-Konikowski  
Starts: August 24, 2009 – Runs from Mon – Fri, 10 am – 3 pm

[View all Art classes](#)



### [Garden Fun Fusing \(0065369\)](#)

From bugs to butterflies, shine up your garden with the sparkle of glass. You will piece together and decorate these adorable little creations. Great to hang on plant stakes, as garden markers or in the window. There are several designs to choose from and your finished project will be approximately 2" X 3." Supplies needed.

Starts: August 4, 2009

[View all Art classes](#)



### [Stained Glass Sunburst \(0065367\)](#)

Mix and match different colours and textures of glass and glass nuggets to build a sunburst sun catcher while learning to foil, solder and finish your piece. There is no cutting involved. Your original project will be approximately 8" X 8." Supplies are needed.

Starts: July 11, 2009

[View all Art classes](#)