

# Lakehead Sociology News: Student Edition

A Sociology Department Resource for Students

Spring 2013



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**Department of Sociology**  
955 Oliver Road  
Thunder Bay, ON P7B 5E1  
p: (807) 346-8477  
e: kwoychys@lakeheadu.ca

**Lakehead**  
UNIVERSITY

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## Welcome to Lakehead University, Thunder Bay Campus and the World of Sociology

On behalf of the faculty and staff of the Sociology Department in Thunder Bay, I would like to welcome all prospective, new and returning students to Lakehead University. This e-newsletter offers you valuable information about our Sociology Department, the diversity of our courses, annual events, and student resources; and introduces you to our Sociology professors. I would also like to provide you with information that will help you to succeed in your studies, and make your overall experience at Lakehead University memorable for many years to come.

In choosing Lakehead University for your post-secondary studies not only have you chosen to attend a world-renowned research facility, you have chosen to work under the guidance of world-class sociological thinkers. Our faculty members have lived in, been educated at, and have taught at some of the top universities around the world. They are highly dedicated to their students and the smaller class sizes offered at Lakehead University enables them to pay attention to and work with each student, ensuring you have the necessary tools for success.

The first few weeks of university life can be a highly stressful time, especially if this is your first experience. To aid you in your transition period, we would like to provide several tips. Please make sure you take a few moments to read through them and start working on them before classes begin.

The world of Sociology is both fascinating and boundless. As a Sociology student you will gain a new understanding of not only society but of yourself. I look forward to meeting you and I wish you all the best in your sociological journey.

Dr. Sharon-Dale Stone, Professor and Chair  
Department of Sociology  
Lakehead University

# Sociology Is Awesome!

## What is Sociology?

Sociology is the study of human social relationships and institutions. Sociologists endeavour to understand all aspects of social behaviour including the behaviour of individuals, as well as the social dynamics of small groups, large organizations, communities, and societies; at both local and global levels. The purpose of sociology is to gain an understanding of how human action and consciousness both shape and are shaped by our culture and social structures.

Sociology's subject matter is diverse. To identify just a few of the topics studied by sociologists at Lakehead University, they include issues such as relationship between society and the environment, shared beliefs of a common culture, family, the state, religion, social stability, radical changes in society, disability, war, women, health and illness, crime and deviance, popular culture, social change, Aboriginal awareness, economy and society, schooling, social inequality, prejudice and discrimination. The possibilities regarding what to explore are almost endless.

## What do Sociologists Do?

Sociologists investigate phenomena that are important in our personal lives, our communities, and the world. At the personal level, sociologists investigate the social causes and consequences of such things as racial and gender identity, family conflict, deviance, and aging. At the societal level, sociologists investigate such matters as crime and law, poverty and wealth, prejudice and discrimination, schools and education, the urban and rural community, and social movements. At the global level sociologists investigate phenomenon such as economic development, war and peace, and population growth.



Sociology students Chris and Lisa studying a problem.

Sociologists scientifically gather and analyze empirical data in order to develop and enrich our understanding of social processes. Through observations of the everyday life of groups and individuals, conducting large-scale surveys, interpreting historical documents, analyzing census

data, studying video-taped interactions, interviewing groups of individuals, and conducting laboratory experiments; sociologists gain powerful insights into the social processes shaping human lives in the contemporary world.

## How Will I Benefit?

Students who have been well trained in sociology know how to think critically about human social life, and how to ask important research questions. They develop the ability to see and understand the connection between broad social forces and personal experiences -- what C. Wright Mills called "the sociological imagination." They learn how to design good social research projects, carefully collect and analyze empirical data, and formulate and present research findings. Students trained in sociology develop skills that will enable them to help others understand the way the social world works and how it might be changed for the better. They learn how to think, evaluate, and communicate clearly, creatively, and effectively. These are all abilities of tremendous value in a wide variety of vocational callings and professions.

# Meet Your Professors in Thunder Bay

Some of the most memorable and important relationships you will build during your studies will be with your professors. Professors are by far the most valuable resource available to you at Lakehead, where the smaller class sizes allow them to get to know their students individually. Like you, professors are people too, and getting to know your professors is key to your success. Sociology students at Lakehead University have the opportunity to learn from some of the best sociological thinkers in the world. Each professor brings with them a wealth of knowledge, obtained not only through their own educational and professional experiences, but also through their lived experiences as unique individuals. To aid you in getting to know your professors we have included a brief profile of each professor, take some time to get to know them.

## Professor Walid Chahal



Is a Continuing Contract Lecturer. In both his research and teaching he prefers to engage with critical teachings, particularly with how critical race, class, and gender theories inform our understandings. His research interests are in the areas of restorative justice and Aboriginal peoples, critical multiculturalism and education, critical pedagogy and democracy, and knowledge discourses and international peace and justice.

Professor Chahal was nominated by his students in 2012 for Lakehead University's "Contribution to Teaching Award", he is an active member in several community organizations, volunteering his time to raise awareness about these aforementioned sociological issues.

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**TIP:** To be physically and mentally alert, you need to eat right, exercise and get enough sleep. Hint: try to eat more than one hour before class to help improve your ability to concentrate. This is particularly important prior to taking tests or exams.

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## Dr. Laurie Forbes



Is a Continuing Contract Lecturer who believes that "one is drawn to sociology because one is a sociologist at heart." Professor Forbes is active in several areas of research which pertain to her specializations in Sociology of the North, Community, Sociology of Women, and Life Course.

Often referred to as a "down-to-earth" professor by her students, she is highly dedicated to her students and advocates for the rights of all individuals in society, especially for the rights of women, children, and minorities.



Lisa Alaimo (MA candidate), Dr. Jennifer Jarman, Dr. Laurie Forbes

## Dr. Jennifer Jarman



Is an Associate Professor. Professor Jarman grew up in an immigrant community of Toronto, observing and discussing the impacts of globalization from an early age. She has been an avid traveller but is now one of Thunder Bay's most enthusiastic residents, expanding her knowledge of the north shore of Lake Superior and the huge expanse which is Northwestern Ontario.

Professor Jarman has taught on 3 continents; 6 years at the department of Sociology at the National University of Singapore; 10 years at the department of Sociology and Anthropology, Dalhousie University, Canada; Senior research Associate at the University of Cambridge where she completed her doctorate.

Students often refer to Professor Jarman as a "passionate" sociologist, who pushes her students to think outside current theoretical frameworks. She likes to work with them to develop concrete career strategies built upon an undergraduate or graduate foundation in the discipline of sociology.

## Dr. Jianye Liu



Is an Associate Professor. Professor Liu was born and raised in Kaifeng, China (the capital of China 1,000 years ago). Professor Liu obtained his HSc in theoretical physics and his MA at Peking University before coming to Canada to study Social Demography at the University of Western Ontario (now renamed Western University).

Professor Liu has taught at Lakehead University since 2004, he specializes in the areas of demography, health, and education. He often teaches the much dreaded Statistical Analysis course for the department, which has earned him the title "Most Patient Professor" by his students.

## Dr. Dalibor Mišina



Is an Assistant Professor who specializes in the areas of theory, globalization, media and culture, social stratification and inequality, development, and philosophy of social research.

Professor Mišina was born and raised in Yugoslavia, he came to Canada for his university studies and received his BA in Sociology in Montreal and his MA and PhD at the University of Alberta.

Although he is fairly new at Lakehead, he is becoming known amongst students as a professor who enjoys a little comedic relief, mixed in with open debate on current social issues in his courses.

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**TIP:** *Get to know the library - both in person and online. Take advantage of the wonderful tutorials on searching databases and using electronic resources offered by the library staff. We have a great book and journal collection both onsite and online. Browse the stacks and surf the library website early in the semester so you know how to find what you need for research and term papers once things start to get very busy and never hesitate to ask the faculty for suggestions and guidance on where to look.*

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## Dr. Randle Nelsen



Is an Emeritus Professor (retired). He continues to be an active member of the Lakehead University community, often teaching courses during the spring and summer terms. He looks forward to meeting new students when he is on campus and enjoys discussing sociological issues with fresh sociological minds.

If you happen to see him on campus don't hesitate to ask him for a moment of his time, he is truly an excellent sociological thinker, and a pleasure to speak with.

## Dr. David Nock



Is an Emeritus Professor (retired). Professor Nock remains active in the field of Sociology, he is particularly interested in the history and theoretical development of sociology through the influence of the Chicago School.

You can often find Professor Nock in his office on campus, he is an excellent sociologist and professor, and you will find his door is always open to current and past students.



Professor Nock in the character of author Charles Dickens, delivering an introduction to dramatic readings of his *A Christmas Carol*.

## Dr. Antony Puddephatt



Associate Professor Puddephatt's areas of specialization are Sociological Theory, Qualitative Methods, Science and Technology Studies, Pragmatism and Symbolic Interactionism.

Receiving his PhD in Sociology in 2006 from McMaster University in Hamilton, and then doing Postdoctoral work at Cornell University, he now calls Thunder Bay his home. He encourages his students to think critically about sociological theory and keep in mind current social realities when doing so.

Professor Puddephatt is highly respected by his students, who often affectionately refer to him as the "absent minded professor" of the Sociology Department. His dedication to students, expertise and easy going nature have made him one of Lakehead's most beloved professors.

## Dr. Chris Southcott



Is a Professor who is also in charge of the Knowledge and Dialogue programs of the University of the Arctic. Raised in Northwestern Ontario, as a researcher he has been involved in community-based research in the Circumpolar North for over 20 years.

Professor Southcott is a highly respected sociologist around the world, having recently delivered lectures at the *International Conference on Arctic Social Science VII*, in Iceland. He is highly respected by his students for both his dedication and his ability to inspire his students to think critically about unique Northern issues.

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**TIP:** Make an effort to reach out to your professors and allow them to help you cultivate your own research interests. The more you know why you are interested in and doing sociology, and where you fit, the more you will believe in it and perform accordingly. Nothing is handed to you in sociology, you must figure out what you want to get out of it, and what keeps you interested in it.

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## Dr. Sharon-Dale Stone



Is a Professor who is passionate about social justice issues, especially as related to the status of women, lesbians and gays, disabled people and elderly people.

As well as being a full-time faculty member Professor Stone is the Chair of the Department of Sociology. While her position as Chair often leaves new students fearing the "Big Bad Wolf," students are often pleasantly surprised by her calm and down-to-earth nature. She is admired and highly respected by her students and the Thunder Bay community for her dedication to her students and her volunteer work.

## Dr. Pamela Wakewich



Professor Wakewich's research and teaching areas are primarily Critical Health Studies, Gender Health and Sociology of the

Body. She also enjoys exploring the use of innovative research methods such as oral history and photovoice to explore the broader social context in which ideas and experiences of gender, health and embodiment. are framed.

Her early education was in anthropology but her research interests led her to do her PhD in Sociology with some additional training in Women's Studies to explore the broader social context of ideas about gender, health and body experience.

Professor Wakewich enjoys interdisciplinary teaching and research and she holds a joint appointment in the Departments of Sociology and Women's Studies.

Born and raised in the Thunder Bay area, she is a highly respected member in the community, and she is regarded by her students as one of the best professors to seek out for guidance from either discipline.



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**TIP:** Try to think of all parts of sociology (theory, method, substantive areas) as inter-connected. You may not like one part, but try to remind yourself that it is necessary in order to really appreciate and understand those areas you are more passionate about.

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**TIP:** Bear in mind the ratio 1:3. For every one hour of class time we meet you should be reading/reviewing on your own for two to three hours (perhaps longer if you are having challenges). Review, Review and Review again your class notes. This will help you remember the material.

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*Wavin' Flag Round Table 2012 – Black History Month – Walid Chahal and Students & Faculty*  
- Picture provided online by the Argus.

# Sociology Courses

The Department of Sociology at Lakehead University offers a variety of required and elective core courses designed to provide students with a top quality education. Students have the opportunity to explore the ideas and insights of the founders of sociology as well as those of contemporary thinkers who examine our present-day social life. Students are also provided with the foundation that is necessary to master the essentials of social research – how to design questionnaires, conduct effective interviews, and carry out meaningful surveys. The Sociology Department also offers various Special Topic courses, which allows students to apply the knowledge they have gained from the core courses to a variety of sociological issues. Some of the special topic courses that have been offered in previous years include:

**Sociology of Everyday Life** - Focused on how the sociological imagination can offer important insights useful in understanding our everyday/everynight lives. Lectures and readings emphasize the interplay between work and leisure to help students understand the importance of class, race, and gender in various settings – on the job, at school, at a sporting event, as users of public transportation and social services, as taxpayers, in front of cell phone, computer and television screens, as shoppers at the mall, at a party, and so on.

**The Individualized World** – Students explore the notion of 'individualism' as a uniquely modern construct. By combining the philosophical, sociological and historical insights students attempted to understand (i) where does individualism come from, (ii) how do we understand it, (iii) how does it manifest itself in the contemporary society, and (iv) what might be some of the problems, or challenges, that individualism poses in terms of the way people come to understand and experience themselves and others, and come to relate to the 'world out there'.

**Community Transitions** – Students are provided with an introduction to the sociology of community, with an emphasis on the ways in which communities around the world are responding to the challenges of maintaining livelihood. Students explore a number of more recent debates about the

changing nature of societies both over time and around the globe in order to identify how different ideas about the types of society we currently live in shape the ways we think about communities.

**Media Culture and Society** - A conceptual understanding of mass media from a uniquely sociological viewpoint, and considers the principal issues of contemporary media in the context of Canadian society and culture. Students explore the media as an integral part of Canadian society's cultural makeup.

**Masculinities and Men's Health** – Students explore the relationship between the social constructions of masculinity and men's health beliefs, practices and behaviours. With an emphasis on the intersections of gender, power and the broader social and political contexts in which men negotiate their health in everyday life. Drawing on a range of classical and contemporary readings they explored the field of critical men's studies as it is currently being developed in Canada and around the globe.

**Issues in Higher Education, and the Rise of "Peep" Culture** – Students critically discuss and analyze University life and the relation of university to "success" in the Canadian cultural context. In addition to discussions connecting higher education to career mobility and scholarship, students focus upon the current transformation of popular culture into peep culture.

# Courses We Love to Teach

Dr. Dalibor Mišina provides his thoughts on sociology and the courses we offer at Lakehead.



Before joining Lakehead University, I taught sociology at several universities across Canada (University of Alberta, Algoma University, and Wilfrid Laurier, to name a few). Since becoming one of the department's faculty members, I have offered courses in the areas of general sociology, classical and contemporary sociological theory, social research traditions, and media, culture and society. I see our undergraduate

program as the process of initiation into the discipline of sociology, whose principal objective is to have students understand how sociologists think and why they ask the kinds of questions they do through their work and with their research. Correspondingly, the focus in all of my classes is on sociological thinking and on working through a set of sociologically relevant questions central to the theme a given course is set to explore (be it social theory, research traditions, or media, culture and society).

In many respects, I consider an introduction to sociology the most important course in the whole program because it is the first building block for everything that follows – a foundation that holds and supports the rest. If the foundation is weak, the rest won't be that strong and lasting either. Most students' first encounter with sociology is a mix of excitement, challenge and anxiety. While they are keen to take on the discipline and embrace the new ways of thinking, seeing and understanding, some are intimidated by 'big words,' 'strange ideas,' and 'peculiar sociological prose.' Sociology, in other words, feels at first like a 'strange territory' where 'foreign language' is spoken. And in many ways, it is. My approach to dealing with students' initial sense of anxiety about sociology is to have them become comfortable with idea that 'embracing sociology' – as any other academic discipline – is akin to learning to play a musical instrument. At first, the task feels daunting, leaving one to wonder if reaching a point of actually being able to play the instrument would ever be possible: the notes don't seem to sound quite right, the chords are difficult to master, and composing a melody feels like the 'mission impossible'. But if one does not give in to the initial sense of anxiety and frustration, one eventually reaches a point where things start to sound right, the chords flow, and the first melodies emerge. And this precisely is the greatest challenge and reward of teaching an introductory sociology (and sociology in general) – working with students to embrace the initial confusion, attend to it with persistence and, in time, see the anxiety and frustration give way to the excitement of being able to use sociology creatively and start composing their own "tunes" and creating their own "music." An undergraduate apprenticeship in sociology is (or should be) a journey from the initial 'what the ... (insert your favourite expletive here)?' challenges to the 'I never thought about ... (insert your favourite sociological idea/question here) in this way!' eureka moments, that prepares students to become sociology practitioners with a mind of their own. The way I see it, my job as a sociology professor is to help them with the journey and see them reach the point where sociology no longer feels like a 'strange, foreign-language, territory.'

*Thank You Dr. Mišina*

# Department of Sociology Events

Each year the Department of Sociology at Lakehead University hosts and supports a variety of special events which are designed to raise awareness to social issues including; guest speaker presentations; research week initiatives; the viewing and critical discussion of films. One of the highlights of the Sociology Department is the *Annual Speakers Series*, which provides the opportunity for students and faculty to meet with top sociological thinkers who present their research, and engage in critical discussion of the key issues they have drawn attention to. Some our past speakers and their research include:

**Dr. Dalibor Mišina**, Department of Sociology, Lakehead University  
*Shake, Rattle and Roll: Yugoslav Rock Music and the Poetics of Social Critique*

**Dr. Sharon-Dale Stone**, Department of Sociology, Lakehead University  
Northern Ontario School of Medicine:  
Northern Ontario History of Health and Medicine Group Series  
*Young Women Experiencing Hemorrhagic Stroke: Psychosocial Considerations*

**Dr. Rick Helmes-Hayes**, Department of Sociology and Legal Studies, University of Waterloo  
*Measuring the Mosaic: A Critical Account of the Life and Work of John Porter*

**Dr. Barbara Marshall**, Department of Sociology, Trent University  
Co-sponsored by: Centre for Research in Aging and Health Gerontology Programs  
Faculty of Health and Behavioural Sciences  
*Sexualizing the 'Third Age'*

**Dr. Aaron Segaert**, Homelessness Secretariat, HRSDC  
*Homeless: A portrait of Emergency Shelter Use in Canada*

**Dr. Chris Southcott**, Department of Sociology, Lakehead University  
Distinguished Researcher Lecture: *Economic & Social Sustainability in Northern Communities*

**Dr. Janice Graham**, Director of the Technoscience and Regulation Research Unit, Dalhousie University  
Co-sponsored by the Department of Sociology, the Department of Health Studies, and the Gerontology Programs  
*From the Hyped Hopes of Dementia Therapies to Health Canada's Approval of New Drugs, Are We Really Getting What We Need?*

**Dr. Paul R. Carr**, Department of Sociology, Orillia Campus  
*Does Your Vote Count? Re-Thinking Normative, Hegemonic Democracy and the Question for Transformative Education*



2013 Sociology Department Research and Innovation Week - graduate students display



**M**ake use of office hours, do not worry about dropping by too often - try to use this approach to asking questions instead of always emailing. This means the professor gets to know you, and sees that you are serious; plus, you are likely to learn much more by dialoguing rather than just getting quick responses to email questions.

**R**emember that your professors can provide you letters of reference to graduate school or future employers. Try to impress them with a good attitude and work ethic. You might be relying on their positive impression of you in the future.

**B**e Organized - Use an assignment notebook or planner. Use three ring notebooks for class notes.

Do not solely rely on your computer which could crash. Repeatedly save all computer files on a USB or disk. Keep returned papers, quizzes and tests. Maintain a neat and organized study space. Get phone numbers from classmates. Make sure that you have a phone number or e-mail address for at least one person from each class. This way, if you have a question about the course material or if you miss a class, you'll then have someone that you can contact.

**L**earn how to adapt to different instructors. Every instructor is different and has his or her own style and expectations. Part of your education is to learn how to adapt to different personalities, teaching styles, and expectations. Approach each class with a positive attitude and at the start of each term learn what each instructor expects with regards to reading assignments, attendance, etc.

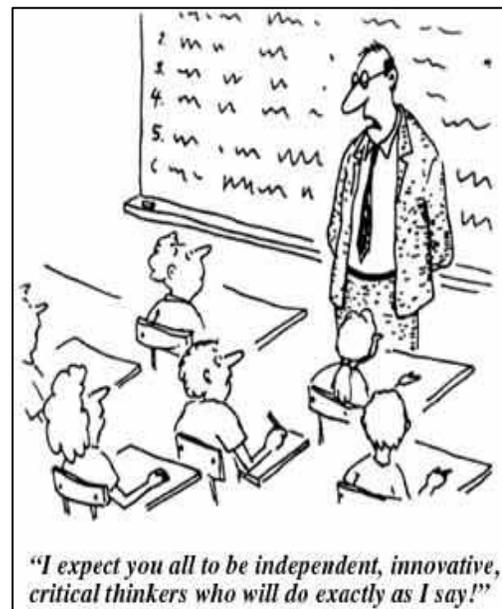
### **Manage Your Time Well**

Do not overextend yourself. If you feel you are doing more than you can handle look for ways to make your life more manageable, and try to make some changes. Plan ahead. Write out a plan (don't plan out more than three days at a time.) Revise your plan as needed, and check things off as you get

them done. Make efficient use of your time. Consciously make choices about how to use your time. Also look for ways to streamline and combine tasks (studying while doing the laundry for example).

**A**ttend Every Class. Students who regularly attend class most often do better (obtain better grades) than those who do not attend class. Coming to class irregularly or only for tests and exams is NOT a good idea. Why? Partly because what you need to know for tests and exams goes beyond simply reading the textbook as well as the partial class notes posted on the course website. Also, many classes have an important discussion component, so missing class means that you miss the impromptu discussions that are often extremely valuable.

Don't kid yourself into thinking that missing a class won't make a difference. Getting copies of someone's notes is not the same as being in class, and it's often more of a hassle.



**B**e prepared for each class. You'll get much more out of your classes if you have done your required readings and have completed your assignments on time. You'll be better able to understand class discussions.

**A**sk for help when you need it! Remember, the only dumb question is the one you didn't ask when you really needed to know.

# Student Resources

Getting to know which resources are available to you and how to utilize them is as important as getting to know your professors. We have compiled a list of the most commonly used resources. However, if you have a concern or a question and do not know where to get assistance remember to ask one of your professors or a fellow student for assistance.

## Sociology Department Resources

**Department Website:** The Sociology Department website is continually updated. It is a good idea to check the site regularly for upcoming events and current news. As well there are several links which contain important information for students.

<http://sociology.lakeheadu.ca/>

**ASA Guidelines:** The Sociology Department uses the American Sociological Association format for citing materials used in your research. The link to the guideline is also available on the department website.

<http://www.calstatela.edu/library/guides/3asa.pdf>

**Connecting with Students:** We have two ways our students connect with each other outside of the university to discuss courses, events, activities, social issues, etc.

**Facebook Group:**

[http://www.facebook.com/home.php?sk=group\\_162131013844053](http://www.facebook.com/home.php?sk=group_162131013844053)

**Sociology Students' Association:**

For more information contact Milan Spoljarich at [Ssa@lusu.ca](mailto:Ssa@lusu.ca)

## Health and Well-Being

**Aboriginal Center (AC):** Located in the tunnels beside the SSC, the AC promotes health and well-being based on Aboriginal customs and beliefs.

**Food Bank:** Located by Pride in the tunnels, the food bank provides emergency food aid and free weekly lunches for students.

**Student Health and Counselling (SHC):**

Located diagonally across from the Security Office, the SHC has doctors, nurses, and counsellors available to meet the needs of students.

## Academic Resources

**Aboriginal Awareness Center (AAC):** Located by the GIC in the tunnels. The AAC has a small library available for students which focus on Aboriginal issues.

**Chancellor Patterson Library:** Located on the main campus between the Ryan Building and the Forestry Building, the Chancellor Patterson Library is the main library resource for students.

**Gender Issues Center (GIC):** Located by the Lakehead University Student Union in the tunnels, the GIC has a small library available for students which focus on various gender issues.

**Help Desk:** Located on the second floor of the ATAC building the Help Desk offers students assistance with their technological.

**Pride Central (Pride):** Located in the tunnel, directly below the Agora, Pride has a small library available for students which focus on issues of sexuality, including but not limited to lesbian, gay, bi-sexual, trans-sexual and queer sexuality.

**Print Shop:** Located in the tunnel of the Ryan Building, the print shop offers various on-campus printing services for students.

**RACER:** Located on the main floor of the Chancellor Patterson Library. Racer allows students to request materials found in the research database which are not currently available on campus.

**Reference Desk:** Located on the main floor of the Chancellor Patterson Library, the Reference Desk is staffed with individuals who are experts in finding information needed by students.

**Student Accessibility Services (SAC):** Located in the tunnels under the Student Center, the SAC offers resources and individualized accommodations for students with medically identified needs.

**Student Success Center (SSC):** Located in the tunnel, down the hall from LUSU, the SSC offers students a variety of resources to help ensure their studies are successful including; workshops, the writing center,

# Campus Life



All work and no play not only leads to a Sociology Department filled with “Nutty Professors”, it causes students to go a little “loopy” too! Every student needs to take some time away from their studies to unwind, relax and recharge themselves. At Lakehead University there are many options available for students to meet their needs.

## Clubs

Have an interest other than sociology? Lakehead University Student Union (LUSU) helps to support a variety of clubs on campus based on student's interests. You can find the link to the list of clubs currently operating on your campus on the LUSU website.

## LUSU

LUSU provides events for the students throughout the year including: skiing, dogsled riding, skating on Lake Tamblyn, discount tickets to the Thunderwolves hockey games, yoga, moccasin making, fall and winter orientation, and discounted group trips during reading week, movie night, just to name a few.

## Volunteer on Campus

Interested in volunteering on one of the many university committees? Student positions on the Student Health Advisory Committee, the Senate Committee, and the LUSU Board of Directors are just an example of the many volunteer positions open to students.

## AGORA

The Agora is the center of university life, with activities, special presentations, displays, and events being held there on a weekly basis throughout the year. Job Fairs, Research and Innovation week, Artisan displays, Social Work Fair are just a few of the events held annually in the Agora.

## Physical Fitness

On Thunder Bay campus students have access to world-class fitness facilities at the C.J. Sanders Fieldhouse and The Hangar.

## Outdoors

Take advantage of the northern location of both of Lakehead's campuses. Surrounded by nature, there are plenty of activities for the outdoor enthusiast whether it is hiking, biking, running, bird watching, or bear watching. Take the time to safely enjoy the vast natural resources surrounding you.

## Aboriginal Heritage

Here at Lakehead we are proud of Canada's Aboriginal Heritage. The Lakehead University Aboriginal community welcomes all students to participate in their Sweat Lodge Ceremonies which take place on campus. As well all students are welcome to come out and enjoy some bannock while learning how to do traditional quilting and moccasin making.

## Night Life

The Outpost is the largest campus pub in Ontario and is located on the Thunder Bay Campus. It is the proud host of Tankard Tuesday's, specialty concerts, and Tailgate parties. If you are looking for a smaller, quieter, atmosphere come on over to the Study and enjoy a cup of specialized coffee/tea during Open Mic. Night, and other special events.

## Thunderwolves

Come on out and cheer on one of your athletic teams. Whether you love hockey, volleyball, basketball, wrestling, curling or one of the many other teams, Lakehead University Athletes are top in their field.

Nothing gets the mind clear like rooting for your team while they compete against their arch rivals!

\*\*\*For a complete list of ongoing events watch the Lakehead University Calendar and your Lakehead University Email \*\*\*

# Off Campus Life

For some students life on campus can get a little monotonous! It's important to take time away from your studies.

## Welcome to Thunder Bay



Under the watchful gaze of the majestic Sleeping Giant, Thunder Bay is home for 122,000 people. The city is served by major and regional airlines, bus service, and the Trans-Canada Highway.

Winter is no time to hibernate in this city! There are two Alpine and two world-class Nordic ski centres in the area, as well as excellent curling and hockey facilities.

The City of Thunder Bay was designated as a Cultural Capital of Canada in 2003. Attractions include Fort William Historical Park, a 1,500 seat state-of-the-art Community Auditorium, the Thunder Bay Symphony Orchestra, the professional live Magnus Theatre, and much more!

For more information about the City of Thunder Bay please visit their website at:  
<http://www.thunderbay.ca/>

**211 Service** - Whether you are looking to volunteer, for a familiar organization, for a place to live off campus, or for a unique location to do some sightseeing, the best resource available to you is "211". Dial "211" and you will be connected to an agent who is specialized in finding the information you need.

**UPASS** – All full-time Lakehead students are provided with an annual UPASS which provides them with unlimited local transit access during the fall and winter terms. Part-time and graduate students can purchase a UPASS from their local Student Union office.

## Contact Us

### Department of Sociology

Lakehead Sociology News: Student Edition is published by the Department of Sociology, Lakehead University. This edition was published under the direction of Dr. Sharon-Dale Stone with the assistance of Satenia Zimmermann.

For program information, resources, and more department news please visit the Sociology web site:  
<http://sociology.lakeheadu.ca/>

All inquiries, submissions and suggestions should be directed to:

Karen Woychyshyn  
The Department of Sociology  
Lakehead University  
955 Oliver Road  
Thunder Bay, ON, P7B 5E1  
Telephone: (807) 343-8477  
Fax: (807) 346-7831  
Email: [kwoychys@lakeheadu.ca](mailto:kwoychys@lakeheadu.ca)

### Office of Admissions and Recruitment

For individuals who are not currently registered at Lakehead University please contact the Office of Admissions and Recruitment regarding applying to study Sociology at Lakehead University.