Welcome from ASG Coordinator

Dr. Asante, stated that “Africentricity promotes an inclusive educational process which takes learning on a life-changing journey of self-discovery.” With this in mind, I’d like you to see the ASG as the agent that will help to empower Black/African students at MSVU as they embark on a life-changing journey.

There’s an African proverbs that says “If you want to go quickly, go alone. If you want to go far, go together”, it is with this sense of community I extend a warm welcome to my audience to walk with me/us as we explore our combined knowledge, through the next academic year.

By now, our new students have settled in and the anxiety of “what to expect” are almost replaced by “Now what?” as they face the realities of university life, which may include, trying to find a compatible society, managing the freedom that comes with moving away from home, managing time, etc., while others are thinking about “packing it in”. Let me assure you that I, like many others, including our returning students, have trod this journey and can provide a wealth of information to direct you through the right path.

To our recent Grads, I extend a genuine congratulation and wish you all the best as you embark on the next chapter in life/career. As you make positive contributions to our society, please remember that you are also paving the way for our current and future students, who will soon follow in your footsteps, to this end, I’d like to remind you to stay connected with the ASG.

At our recent meeting, many of the returning student mentioned that the Africentric Support Group (ASG) was more like a family, and what better way to explain what a family is than to use an old proverb that says, “A family is like a forest, when you are outside it is dense, when you are inside you see that each tree has its place.”, and to invite Black students at MSVU to become engaged in the affairs of their own education and their community.

As the Coordinator of the ASG, it is my privilege to have the opportunity to be a contributor in bridging the gap in the educational experience for Black students, and would like to thank the MSVU community for their continuous support and for being actively involved to make this happen (walking together so we can go further).
University is often a time of transition in a person’s life: both figuratively and literally. On one hand, new university students find themselves thrust into the position of pursuing education in a field that inspires them so much so that they are willing to pursue a career in that area. This, however, is juxtaposed with the new found responsibilities that all university students have to ensure that they reap the full benefits of what university has to offer – no matter how far afield one must travel to attain them. Indeed, this is the position that I found myself in as I embarked upon my university career at Mount Saint Vincent University.

Looking back, one of the key factors that aided in making my transition into the Mount – and consequently my university experience – much easier, was the very reason why I had selected MSVU in the first place: the small class sizes. Being able to get the attention of a professor when needed has proven to be advantageous to me, and it is – without question – one of the main factors that allowed me to flourish at the Mount. Simply knowing that my professors were able and willing to assist me whenever I had stumbled upon an issue greatly enriched my academic experience at the Mount.

A second aspect that often arises during the transition into university is that of personal freedom – especially when it comes to attending class. Nonetheless, what I found particularly helpful in making university work for me was that I attended all of my classes. In so doing, I was up-to-date on everything that happened and all that was going to happen. To really get the most of one’s education, you have to be present. This, plus the attention that I was able to get from my professors, are the two attributes that I believe helped to align me with achieving the goal that I had set for myself from the beginning: to do my very best.

With these, and other transitional forces helping to get me settled in at the Mount, it is fair to say that they also prepared me for the transition out of the Mount and into the future. The social, emotional, and in some instances even physical skills (yes, walking on ice counts!) that I developed at the Mount have prepared me as I prepare to move into my next degree as well as into the workforce beyond the scope of formal education. With my courses at the University of Saint Andrews set to begin in the fall as I pursue a Master’s degree in international business, I am confident that the tools and disciplines that I have attained at Mount Saint Vincent will carry over and manifest themselves yet again in my quest for excellence.

Andrew Flemming MSVU Class of 2015
The Africentric Support Group (ASG) offers culturally appropriate support to all Black/African students attending MSVU. The ASG is aimed at empowering African/Black students to achieve educational excellence. It provides opportunities for its members to engage in culturally oriented events and activities, and for Stakeholder, the opportunity to learn more about our historical culture by embracing the theory of Afrocentricity.

**Our Goal:**
- To empower students of African Descent

**Our Mission**
- Provide a positive and safe environment in which students of African decent can learn, be free and thrive socially, culturally and intellectually.
- Unify Black/African students by creating awareness of issues relevant to students of African descent and collectively work together to address and eliminate them.

ASG receives support from internal and external stakeholders, to support the needs of Black/African students at the Mount. Our student members hail from local indigenous and international Black communities. ASG encourages students to express their ideas for events or any relevant cultural activity that promotes Africentricity and Heritage.

Students of African decent, we welcome you to the Mount and welcome you to join the Africentric Support Group. Mentoring and Networking are integral parts of our group. We believe you have a voice and it should be heard. We are here for you!

**Let’s Talk Theory by Anne-Marie**

Critical Race Theory (CRT), as written by Dr. Nicola Rollock...

*CRT is a body of scholarship steeped in radical activism that seeks to explore and challenge the prevalence of racial inequality in society. It is based on the understanding that race and racism are the product of social thought and power relations; CRT theorists endeavour to expose the way in which racial inequality is maintained through the operation of structures and assumptions that appear normal and unremarkable.*

Make no mistake, understanding how we, people of colour, can successfully navigate in the dominant society of which we are now positioned, is necessary for our existence and our continued accomplishments and victories.

If you have time, and I know time is precious, please read on the great writings of our scholars and theorists, like El Jones, Burnley "Rocky" Jones, Wanda Thomas Bernard, David Este, Bell Hooks, Carl James, Kimberlé Williams Crenshaw, Derrick Bell, Molefi Asante, and so, so many more. We have great world scholars that can teach us many things... let's take advantage of the knowledge that is so freely passed on to us, as we learn and pass on to others.

*The more we learn, the more we understand, the more we can affect change.*

em Hotep, Ann Marie
Psychology Major MSVU
Nutrition Research

Ghana, a West African country with about 24 million people, and a large number of ethnic groups, each with their fascinating history. As a developing country, it has been reported that many people are gradually migrating from the whole grain fiber-filled meals to more energy dense meals; from homemade foods to fast foods sold in traffic, by the roadside, and market places. Additionally, people have become sedentary.

In the past, nutritionists and health care personnel were very concerned about undernutrition but now they are overwhelmed with the double burden malnutrition situation and obesity also recorded being reported by the Ghana Demographic Survey, 2008. Due to this alarming situation, nutrition education has been encouraged, and therefore, find this opportunity to study more about the health benefits of foods very critical and essential in correcting the situation. ‘pintinbiaradanme’, a Ghanaian Akan saying implying that anything to fill up the stomach is okay as far as one is sated. I believe that people should eat not just for satiety but for health benefits as well.

My research will investigate the polyphenol content of foods and their role in the human body, as previous studies have found polyphenol compounds to have beneficial effects on digestion and absorption of carbohydrate thereby reducing postprandial glycaemia. High glycaemic response has been associated with obesity, type 2 diabetes and cardiovascular diseases. I will also investigate how some locally available foods can be processed to prevent and manage obesity, hypertension and other cardiovascular diseases.

~Ruth Boachie, MSN Student

Contribute to the ASG Newsletter

Do you have something to say, to share? Do you like to write? If yes, I, on behalf of the ASG, invite you to submit articles of interest by the next submission deadline, see below.

ASG Newsletter is a seasonal publication that will also be accessible on ASG’s website (www.msvu.ca/asg).

Publishing Schedule:

January: Submission deadline: January 22
Publication date: January 26

Submission deadline: February 26
Publication date: March 1

Please review Publishing Guidelines on MSVU website prior to sending in your submission.

Please email all submissions to: asg.editor@gmail.com

Contact Us:

E-mail: africentricsupport@msvu.ca
Phone: 902-457-5547
Office Hours:
Monday: 12:00 pm – 5:00 pm
Wednesday: 5:00 pm – 6:00 pm
Thursday: 1pm - 5:00 pm