



# ADULT LEARNING PROGRAM Black Educators Association



ADULT LEARNING PROGRAM @ BEA

Issue 1 December 2022

## What's Inside

- ◆ Extra-Extra, read all about it
- ◆ The Seven Days of Kwanzaa
- ◆ Computers the Easy Way
- ◆ We're Live
- ◆ One More Thing...
  - ◇ Shortbread cookies
  - ◇ Inspirational Story

## The Fern – The New Symbol of the BEA-ALP



The Fern is an Adinkra symbol originating from the Gyaman people of Ghana. Its historical and philosophical significance symbolizes endurance, independence, resilience, perseverance, and resourcefulness. The fern is a durable plant that can grow in difficult places where other plants cannot. They need little water to thrive and can withstand the toughest climates. Due to this, the symbol is also associated with durability.

As a symbol characterizing a person, the fern suggests one who has endured many adversities and outlasted much difficulty to be where they are, and to grow further.

## Why

Because it the journey of the people of the African diaspora of being uprooted and planted in a foreign and difficult soil, yet the people persevered.

## Extra READ ALL ABOUT IT

### BEA-ALP Newsletter

It's Here. **"What's Going On"**, The all-new Newsletter for Adult Learners of African Descent in Nova Scotia. Welcome to our premier issue. Each issue will contain information important to Adult Learners in the African Nova Scotian Communities.

The Black Educators Association Adult Learning Program served its first adult learner in September 1996. Since then, BEA-ALP has supported hundreds of adult learners in achieving their educational and career goals.

The BEA-ALP is one of several Nova Scotia School for Adult Learning programs offered

throughout the province. The program is free to adults who want to improve their: Reading, Writing, Math, computer, and essential workplace skills.

Different learners have different needs. Therefore, the BEA-ALP provides learners with three program channels:

- Adult Learning Basic Skills
- GED Prep
- Essential Skills

Let us know what you think of the First Issue, and if you have suggestions for up coming issues, please send them to us.



## The 7 Days of Kwanzaa Celebrate and Learn About Kwanzaa

Join us daily as we explore and share each of the seven principles that guide Kwanzaa. Presented by the Black Educators Association Adult Learning Program in partnership with the Black Cultural Centre for Nova Scotia. Broadcasted and streamed December 26, 2022 – January 1st, 2023 on Eastlink Community TV and online at [www.beaalp.ca](http://www.beaalp.ca)



## Computers The Easy Way

Coming in February  
**CONNEct ME Computer and Digital Skills Program.**

The computer program where everyone excels. For Adults of all ages and levels. Whether its your first time using a computer, or you want to learn advanced skills this program is for you.

Visit our new website for update information.



## We're Live!

The All New  
**BEA Adult Learning Program Website**

Our new website is the Hub of Adult Learning Information, Activities in the African Nova Scotia Community. Visit Today, Visit Often There will be something new every month.



### One More Thing...

Every issue we will give you a little extra something. You never know what it will be. Here are some of our ideas:

- This Month in History
- Recipes
- Stories (People who made a difference, Inspirational, Funny, I Betcha didn't know, etc.)
- Game, puzzles

### Quick & Easy Shortbread Cookie Recipe for the Holidays

#### Ingredients

- 2 cups butter, softened
- 1 cup white sugar
- 2 teaspoons vanilla extract
- 4 cups all-purpose flour

#### Directions

- Preheat oven to 350 degrees F (180 degrees C).
- Cream softened butter and sugar until light and fluffy.
- Stir in vanilla; add flour and mix well until combined.
- Fill cookies press with the dough and form cookies onto two ungreased cookie sheets, spacing them about
- 1 1/2 inches apart. Bake for 10 - 12 minutes, or until the edges of the cookies are just starting to turn golden brown.
- Remove the cookie sheets from the oven and set them on a wire cooling rack for 2 minutes.



Then transfer the shortbread cookies to the rack to cool completely.

### The Elephant Rope

#### *A story about moving beyond past failures*



When walking through an elephant camp, a man noticed that the elephants were only secured with a small rope that was tied around one ankle. He wondered why the elephants didn't break free from the rope, as the elephants were certainly strong enough to do so.

He asked a trainer why the elephants didn't try to break free, and the trainer responded by saying that they use the same size rope for baby elephants all the way up to adulthood. Because they're too small when they're babies to break free from the rope, they grow up being conditioned that the rope is stronger than they are. As adults, they think the rope can still hold them, so they don't try to fight it.

#### The Moral:

The elephants in this case are experiencing learned helplessness. This phenomenon occurs when someone has been conditioned to anticipate discomfort in some way without having a way to avoid it or make it stop.

After enough conditioning, the person will stop any attempts to avoid the pain, even if they see an opportunity to escape. If you go through life thinking that you can't do something just because you have failed at doing it in the past, you're living with a fixed mindset.

You must let go of your limiting beliefs in order to make the breakthroughs that are required for your ultimate success. Don't let other people tell you that you can't do something, and don't hold onto an assumption that you can't grow and learn from past failures.



### The BEA-ADULT LEARNING PROGRAM

*Contact us today !*

Whether it is for you or someone you know,  
our program is ready to serve you.

Programs in Dartmouth North, East Preston, Yarmouth  
Phone: 902-204 7345 | Email: [contact@beaalp.ca](mailto:contact@beaalp.ca)