

Aston Preston Hall Programmes

Aston Preston Hall Environment Programme



The Aston Preston Hall Environment Programme is an exciting initiative which makes caring for the environment fun. It incorporates practical environmentally friendly tips for students residing in a university hall setting while inculcating in them a personal sense of responsibility for the environment on the wider campus, in their own communities and in the society as a whole. The programme uses hands-on methods to engage the following:

- Environmental hazards
- Environmentally friendly practices
- Groups & Organizations which work for the protection of the environment
- Practical tips for caring for the environment in Aston Preston Hall
- Safety & Security and the environment

Objectives

- To promote cleanliness within the communal living space of the households
- To foster greater awareness with regards to energy conservation methods on the clusters
- To foster environmental awareness among the members of the Hall
- To provide an opportunity for Prestonites to showcase their creative talents

- To encourage recycling through the creation of fashion from plant matter and recyclable material
- To educate Prestonites on safety and security concerns through various emergency safety drills

Schedule

Event	Date
International Coastal Clean Up Day	September 21, 2013
Clean Cluster and Energy Conservation Competition	September 23, 2013-November 22, 2013 & January 27, 2014-March 28, 2014
Most Environmentally Aware Prestonite Challenge 1	September 27, 2013
Fire and Safety Seminar	October 13, 2013
Most Environmentally Aware Prestonite Challenge 2	October 26, 2013
Most Environmentally Aware Prestonite Challenge 3	November 17, 2013
Blue Mountain Hike	January 16 - 18, 2014
Most Environmentally Aware Prestonite Challenge 4	February 1, 2014
Most Environmentally Aware Prestonite Challenge 5	March 1, 2014
Art and Craft from Garbage Competition	March 23, 2014
Fashion from Garbage Gala Night	March 23, 2014
Environmental Programme Original Song Competition	March 26, 2014
Most Environmentally Aware Prestonite Challenge 6	March 29, 2014
Emergency Fire Drill	Semester 2, 2014

Leadership and Development Programme



The Aston Preston Hall Leadership Development Programme aims at enhancing leadership skills among residential students who chair or sit on various student-led committees. This initiative focuses on a range of competencies which help to better equip student-leaders to more efficiently carry out their roles and responsibilities in hall and on the wider University Campus.

Some of the areas of focus include: strategic planning, proposal writing, report writing, budget building, team work, building trust, conducting meetings, time management, motivating others, dealing with failure, etc.

AIM

To equip students with the pertinent skills and competencies to become leaders

OBJECTIVES

Students should be able:

- To outline the differences between a good and bad leader
- To develop a group strategic plan for the year
- To write a proposal for their portfolio responsibilities
- To write a monthly report on the activities undertaken
- To work in groups to deliver specified projects each semester
- To conduct small committee meetings
- To motivate their peers to participate in programmes planned by hall administration or students

TARGET GROUPS

- Student-led Hall Committee Members
- Orientation Committee Members
- Preston Entertainment & Cultural Ensemble (PEACE) Committee Members

METHODOLOGY

- Workshops
- Seminars
- Project Planning & Execution

SCHEDULE

May 20 – 22, 2013

Hall Committee Retreat Part 1:

Basic Leadership Development & Strategic Planning

August 2013

Orientation Committee Meetings & Workshops (5): goal and objective setting, team work, time management, care & empathy, troubleshooting, decision making process

September 2013 (5)

Evaluation and further planning, understanding official hall documents, leading by example, proposal writing, report writing,

PEACE Leadership Retreat

October & November 2013 (10)

Task committees with Resident Advisors to plan initiatives and projects for months under consideration

January 2014

Student Leaders' Retreat (Hall Committee) Part 2: January 13-14, 2014

Student Leaders' Retreat (PEACE) Part 2: January 15, 2014

N.B. the schedule for Semester 2 will be available in January, after the Student Leaders Retreat Part 2

Volunteerism and Outreach



The Aston Preston Hall Volunteerism & Outreach Programme aims to create social awareness and empathy through civic engagement. This comprises of two main initiatives: The Craig Town Mentorship Programme and the Hope Valley Experimental Programme. These provide residents the opportunity to give back to communities in the areas of education and youth empowerment.

Craig Town Mentorship: The Craig Town Community which is located in Kingston is considered an inner-city community. Prestonite participants in this programme visit the community each Saturday during the school term to teach youth Mathematics, English Language and other subjects. The mentors also conduct workshops and plan projects to help the youth of the community develop critical life skills.

Hope Valley Experimental Programme: The Hope Valley Experimental School is an all-age institution located 10 minutes away from the Hall. Residents participating in the Hope Valley Experimental Programme visit the school in groups, at least four times per week. The children at the school who interact with the residents are often challenged in various disciplines. Residents have the opportunity to spend time with these young students and help with their cognitive development, especially in their preparation for the Grade Six Achievement Test (GSAT).

AIMS

- To increase the ‘developmental potential’ of these children through activities which bolster and complement their formal learning.
- To inculcate in residents the importance of giving back to wider society.

OBJECTIVES

Students involved in both programmes will:

- Become more aware of their social responsibilities to their community and country.
- Be more appreciative of differing human experiences and standpoints.
- Develop various leadership and advocacy skills.
- Host treats and personal development workshops and pageants for target groups

First Year Experience Programme (FYE) Residential Programme



The First Year Experience Programme in Aston Preston Hall aims to develop and implement a comprehensive, coordinated approach toward the first-year experience through creating learning communities at the Hall and Cluster levels, while using information and communication technologies that connect first year students to academic and student development support services at the University of the West Indies, Mona Campus.

The programme is intended to offer first year students a foundation upon which to build their university experience. The programme emphasizes holistic out of classroom self-development which will prepare students, not only for a career, but also for life. It is therefore structured to motivate students to take full advantage of their university years through an appreciation of the importance of leaving the University of the West Indies (Mona) as the distinctive graduate.

AIM

- To enable first year Prestonites to develop and maintain life skills that will assist them in becoming well-adjusted, healthy, rounded and secure students of the University of the West Indies.

OBJECTIVES

- Motivate students to focus on the importance of education, formal and informal
- Raise awareness of the interpersonal issues: increase self-awareness and a desire for personal development by providing opportunities for students to gain a clearer understanding of, and commitment to, personal/interpersonal values
- Strengthen academic preparedness by enabling students to develop effective study skills (e.g. reading, writing, note taking and test taking).
- Assist students in developing skills in expressing themselves orally or in writing.
- Encourage/develop positive life skills (critical thinking, problem solving, and decision-making) and positive life choices especially as it relates to sexual health and wellness (e.g.

health lifestyle-stress management, nutrition, relationships/sex, alcohol/drugs, and money management).

- Enhance effective group dynamics through group activities.
- Enable students to become sensitive to and value different cultures and respect diversity
- Enhance leadership, service learning, and civic responsibility skills/values.
- Initiate career exploration and other development activities by providing opportunities for students to create a career path by developing a Career Personal Portfolio
- Assist students in locating and utilizing university resources and services.
- Ease transition into university life at UWI Mona

The Second Year Transformative Experience Programme (S.T.E.P.)



The Second-Year Transformative Experience Programme (S.T.E.P) in the Aston Preston Hall aims to develop and implement a comprehensive coordinated approach toward the second year experience. The programme is intended to help second-year students develop and/or further enhance their civic responsibility in volunteering their time, skills and efforts in helping others. This programme takes on a project-oriented approach where a need is highlighted and a plan of action is worked out to raise funds to address the need.

Aims

To enable second year students residing in Aston Preston Hall to become more socially aware and rounded through the act of volunteerism.

Objectives

The main objectives of the STEP are:

- To motivate students to fully engage the volunteerism process in an effort to positively impact their communities.
- To enhance leadership, service learning, and civic responsibility skills/values
- To allow students the opportunity to work in groups and learn and understand group dynamics as they pursue a common goal.
- To enable students to develop skills in project planning and fund raising
- To provide target audience with guiding tools in developing skills in expressing themselves orally and in writing.
- To encourage/develop positive life skills in target audience (critical thinking, problem solving, and decision-making)

Third Year Experience Programme



The Third Year Experience Programme is an enhancement and rehabilitative initiative. It focuses specifically on finalising students residing in Aston Preston Hall and seeks to address personal growth areas tied to their prospects of being employed upon graduation from the University. Topics for presentation in this programme are selected through consultation with final-year students and are delivered through seminar-type presentations over the academic year. Presenters are drawn from wide cross-section of professions and standpoints.

In addition to benefiting from seminar presentations, students are asked to set up a blog, as an information hub for learning about job seeking, experiences with interviews and trends in employer preferences. Here they are given the opportunity to chat with guest bloggers who provide tips on relevant topics.

AIM

- To create a space that allows finalising residents to experience personal growth through the acquisition of skills and competences to effectively transition into the working world or graduate studies

OBJECTIVES

- To provide students with useful information about the job-market
- To prepare students to enter the job-market as competitive graduates
- To inculcate in students life skills that will make them well-adjusted citizens
- To help students to acquire information that will aid them in making informed decisions regarding postgraduate studies

Proposed Topics/Presentations for the year. Some of these will be done in conjunction with Placement & Career Services

Semester 1

A. TOPIC: Resume Or C.V? What is the difference?

Activity Description: A guest presenter will deliver on the topic to students.

Programme Aids: Multimedia projector & screen, pens, paper.

Tuesday October 15, 2013, 8:30pm

Barbara Preston Conference Room, Aston Preston Hall

Key Learning Outcome(s): Students will be able to confidently develop an acceptable resume and curriculum vitae

B. UNIVERSITY: Annual World of Work Seminars (Office of Placement and Careers)

TOPIC(s): Resume and Cover Letter Writing, Preparing for and Attending an Interview etc.

October 10 - November 7, 2013

Venue is to be announced.

NB: Students will be asked to register for these activities.

C. TOPIC: Becoming an Entrepreneur Upon Leaving School

Activity Description: Students will hear from one or more presenters on opportunities for entrepreneurship.

Programme Aids: Multimedia screen & projector, pen, paper

Tuesday November 5, 2013

Barbara Preston Conference Room, Aston Preston Hall

Key Learning Outcome(s): Students will have increased knowledge about opportunities for them to start up their own business.

D. Employers' Presentation: "What Graduate We want"

Activity Description: A employer-student mixer. Five Senior Human Resource Managers will speak for 8mins to students on the topic. This will follow a brief question and answer.

Sunday November 10, 2013, 4:00pm

The Horton Dolphin Lounge (Shark Lounge)

Key Learning Outcome(s): Students would have gained by the end of the activity a better appreciation of what employers are looking for in young graduates.

Semester 2

E. TOPIC: Office Procedures/Office Etiquette

Activity Description: Guest Presenter on topic to be delivered to students with a brief question and answer forum.

Tuesday February 11, 2014

The Barbara Preston Conference Room

Key Learning Outcome (s): Students would have gained by the end of the presentation a better understanding of what is required of employees today, in an office environment.

F. TOPIC: Report Writing Session

Activity description: Students will be exposed to different report writing formats, by a guest presenter.

Tuesday February 18, 2014

The Barbara Preston Conference Room

Key Learning Outcome(s): At the end of the session students should have practiced one report writing style.

G. UNIVERSITY: Annual Graduate Recruitment Programme. (Office of Placement & Careers)

Monday March 17 - Friday April 18, 2013

Venue is to be announced

H. Closing Activity (Details to be given)

Activity Description: Organized by Final Year Students

Monday April 1, 2014

Preston Entertainment and Cultural Ensemble (P.E.A.C.E.)



Aston Preston Hall, affectionately known as the Cultural Mecca of the University, is home of the Preston Entertainment and Cultural Ensemble (PEACE), the body which specialises in developing a host of skills and competences in the areas of entertainment and culture within the hall. This is done through several arms, namely: Dance, Drama, Sign Language, Chorale, Photography, Elocution and Art & Craft.

PEACE not only caters to those who are already proficient in these areas of cultural expressions, but is also deliberate in helping students to learn and develop new skills and expressions.

Each arm has a student coordinator who helps students to nurture and develop talent and skills in the relevant area, and organise the arm for performances and/or competitions in hall or across the Campus. PEACE is led by a President and two Vice Presidents. The organization is overseen by a Resident Advisor.

The Eight Arms of P.E.A.C.E

P.E.A.C.E Dance



Dance is a potent avenue for self-discovery and expression. PEACE Dance is geared at using this artform as a channel for teaching important life skills, history and culture.

On a practical level, this programme acts as an outlet for stress relief; an avenue for exercise; and a medium for creative thinking

OBJECTIVES

- To expose dancers to a variety of dance movements and styles.
- To aid dancers in maintaining a high standard of performance throughout the year.
- To prepare dancers to participate in Intramural Dance Competitions.
- To organize and host an in hall Dance Competition.

Skills & Learning

- A plethora of dance techniques in different genres of dance.
- Event planning and organization skills.

Registration

Interested participants in PEACE Dance may register for the programme at the beginning of semesters 1 and 2.

P.E.A.C.E Art and Craft



The P.E.A.C.E. Art & Craft arm strives to unearth the talents, creativity and passion in the visual arts among the residents of the Hall. It aids students in discovering their potential to become innovative thinkers. The skills acquired through this arm pave the way for self-discovery and career possibilities.

Through the use of a professional mentor assigned to this programme, and guest presenters, students are exposed to a professional and realistic engagement of art & craft through practical hands-on interactions.

OBJECTIVES

- To develop and identify the business and innovation outlook within Art and Craft..
- To create a deeper appreciation for the Arts in all forms.
- To teach and learn different methods of creating Art.
- To teach improvisation and innovation; and discover new levels of creativity.

Skills & Learning

- Up-cycling
- Mask Creations
- Fabric Art
- Calligraphy
- Tye-Dye
- Graffiti

Registration

Interested participants in PEACE Art & Craft may register for the programme at the beginning of semesters 1 and 2.

The P.E.A.C.E Elocution



The P.E.A.C.E Elocution is aimed at personal development through the appreciation and understanding of good speech as the essence of effective communication. Entertaining and competitive performances offer a broadened scope of artistic experience in this programme.

The main events for this arm are its Annual Elocution Competition and Debate Competition where students vie for points and the opportunity to emerge the most eloquent speakers or debaters in the Hall.

OBJECTIVES

- To teach the importance of effective communication.
- To foster an interest in the art of elocution among Prestonites.
- To identify and develop the skills and talents of Prestonites in the areas of elocution and debating.

Skills & Learning

- The Art of Public Speaking (Enunciation, Pronunciation, Posture etc.)
- The Art of Debating (Tone, Pitch, Eye Contact etc.)

Registration

Interested participants in PEACE Elocution may register for the programme at the beginning of semesters 1 and 2.

P.E.A.C.E. Chorale



PEACE Chorale aims at helping students to discover and hone their singing skills. Participants in this arm are given the opportunity to perform at various hall and university events, and represent the hall in intramural competitions.

Members of PEACE Chorale are exposed to the skills involved in selecting and preparing a choir for performance.

OBJECTIVES

- To provide the avenue by which persons may develop their singing talent
- To foster teamwork and build a stronger network amongst Prestonites who are members of the group.
- To use competitions and shows as a means of honing vocal talent and performance strength.

Skills & Learning

- Voice, pitch and tonal control
- Stage Presentation
- Performance Etiquette
- The Art of Harmonizing

Registration

Interested participants in PEACE Chorale may register for the programme at the beginning of semesters 1 and 2.

The P.E.A.C.E Drama



The PEACE Drama is a programme aimed at teaching and improving the various skills relating to the art of theatre. This arm is invested in helping students unearth their acting potential.

Students involved in this arm are given the opportunity to showcase their talents within as well as outside of the hall of residence. One external competition from which PEACE Dance has received many accolades and awards is the University Tallawah Competitions.

OBJECTIVES

- To create avenues for exposure to drama by way of attending various professionally produced plays.
- To develop the different techniques of acting
- To understand the importance of projection and expression.
- To understand the functions and appropriate use of the stage

Skills & Learning

- Spatial Awareness
- Improvisation
- Character Building
- Stage Techniques (Masking, blocking, tableau, etc.)
- Theatre jargons
- Lighting, sound effects, costume, stage design etc.

Registration

Interested participants in PEACE Drama may register for the programme at the beginning of semesters 1 and 2.

The P.E.A.C.E. Photography



The P.E.A.C.E. Photography is one of the most exciting talent arms on Aston Preston Hall. Here students develop the various skills and techniques relating to the capturing and editing of great photographs. Collaboration is done with the University of the West Indies Camera Club which creates a wider platform for interaction and engagement with skilled photographers and thereby enhancing the skills of members of the arm.

OBJECTIVES

- To expose members to skills in photography
- To teach members how to optimally use their cameras to capture the best photographs.
- To teach students various photo editing techniques

Skills & Learning

The training in PEACE Photography is spread over 9 months. However, within three months of beginning the programme, participants will be able to:

- Manipulate various techniques to capture photographs of people, architecture, flora and fauna.
- Utilize lighting to the benefit of obtaining that perfect photograph
- Use software programmes like Adobe Photoshop CS 2 to enhance photographs for commercial standards.

Registration

Interested participants in PEACE photography may register for the programme at the beginning of semester 1.

Special considerations will be given to persons who wish to start at the beginning of semester 2. Spaces are limited.

The P.E.A.C.E Sign Language



The PEACE Sign Language Arm equips students with the ability to communicate with the hearing impaired through Sign Language. Members who join this arm benefit from acquiring the basic communicative skills in an additional language. Whether it is done as a hobby or to add to your expanding career competencies, the facilitators of this programme will help you reach your goal.

OBJECTIVES

- To expose members to the usefulness of sign language in practical settings.
- To strengthen members' ability to utilize sign language as advocacy for the hearing impaired.
- To do minor Sign Language interpreting at hall functions where the hearing impaired are present

Skills & Learning

The sessions in Sign Language provide the opportunity for students who are interested in learning basic, intermediate and acquiring general knowledge in Sign Language. Upon completion of the first eight weeks, participants will be able to:

- Count and do the alphabet in Sign Language.
- Use sign language for communicating colours, speech and songs.

Registration

Interested participants in PEACE Sign Language may register for the programme at the beginning of semesters 1 and 2.

P.E.A.C.E. Flag Raising



The Hall conducts early morning Flag Raising Ceremonies in recognition and celebration of the independence of various countries.

At these ceremonies, students get the opportunity to learn about the culture of the particular country being celebrated, through the singing of its anthem, presentations by cultural emissaries representing the country, printed material displayed on the country, and the sampling of traditional foods.

These ceremonies create a sense of home and revived nationalism for resident students who are away from their countries for the academic year.

If the date of the independence falls on a weekend, the Flag Raising Ceremony is hosted on the Friday prior to the date. If the independence falls during the holiday period when students are not in Hall, the Flag raising Ceremony is hosted at a convenient date as agreed upon with the Student Association from that country. In the case of Trinidad & Tobago, we celebrate Republic Day.

SCHEDULE

COUNTRY	DATE FOR CEREMONY
St. Kitts & Nevis	TBA
Trinidad & Tobago	TBA
Antigua & Barbuda	TBA
Barbados	TBA
St. Lucia	TBA
Turks & Caicos	TBA
Jamaica	TBA

The Aston Preston Hall's Health and Wellness Programme



The Aston Preston Hall's Health and Wellness Programme, 'Pursuing You', consists of a series of physical, spiritual, social and intellectual activities that will help to target the problem areas in the life of the Preston student. The activities offered include:

- Zumba
- Core Training!
- High Intensity Workouts!
- Dancehall
- Martial Arts!
- Early Morning Yoga!
- Early Morning and Late Night Meditations!
- 5k Runs!
- Health and Wellness Talks!
- Meal Planning!

Over the years, Prestonites continue to make dreadful choices as it relates to their lifestyle. In discussions they state how busy they are and are therefore unable to participate in an exercise regime. Some have additionally stated that exercise is intimidating, mundane and demotivating. Their diet is increasingly limited to pizza, KFC and traditional Jamaican fare which are rich in sugar, starch and carbohydrates. They either complain incessantly about being depressed about their weight (and feeling unable to do anything about this downward cycle), or pretend to be happy or unconcerned about their excessive weight gain, and in some cases, weight loss. Some Prestonites speak in muted tones about dreadful mistakes they have made, such as debasing themselves to mere sexual figures; while others open up about pretending to be who they are not in an effort to fit in, and in so doing, be able to somehow accept their true selves.

For the 2013/2014 academic year, Aston Preston Hall wants to make these issues open and available for discussion, so that more students get to be a part of the conversation. Furthermore, we recognize that oftentimes young persons do not have the information to help them to make correct and healthy choices.

AIM

- This programme not only attempts to encourage fitness and facilitate weight loss among students, but also to help them navigate through issues of loving and appreciating themselves and pursuing their true passions as they journey to becoming the distinctive UWI Graduate!

And so, the enhancement and rehabilitative programme ‘Pursuing You: Aston Preston Hall’s Health and Wellness Programme’ becomes extremely crucial to the life of the Hall, as students will have a holistic avenue through which they can build skills and competencies which will lead to their personal, emotional and social growth while intervening where we have identified behavioural habits and practices within the student population that need to be changed.

For further information, please contact the Administrative Office or Ms. Rasheen Roper, the Resident Advisor who coordinates the programme.

The Fine Dining & Etiquette Programme



The Fine Dining & Etiquette Programme is designed to help students develop the various skills associated with formal dining and etiquette in the areas of dress, appropriate use of tableware, conversation, general manners and some aspects of programme planning and delivery.

Over the years it has become apparent that most students entering the University have never attended formal dinners and are not learned in the area of proper dining & etiquette associated with such functions. The hall has therefore seized this opportunity to educate students about these areas which would in turn prove beneficial in their personal and professional lives. These activities culminate in the Annual Hall Dinner for the Aston Preston Hall in February.

OBJECTIVES:

1. Students should learn how to dress appropriately for a formal dinner
2. Students should know how to use the various tableware
3. Students should be able to have appropriate dinner conversations
4. Students should be able to exhibit good manners at dinner
5. Students should be able to develop a programme for a formal dinner (20%)

Part 1: The Preston Hall Image Building & Dress Session (November)

Objectives:

- To transfer image building skills to residents that would prepare them for formal and professional environments
- To introduce female residents to skills in the application of make-up and cosmetics.

Learning

Outcomes:

By the end of the sessions participants would have learnt the following:

- Appropriate dress styles for semi-formal/formal occasions.
- Appropriate conversational behaviour for semi-formal/formal occasions
- Appropriate use and application of make-up
- Appropriate posture for semi-formal/formal occasions.

Part 2: The Preston Hall Dining & Etiquette Session (January)

Objectives:

- To equip residents with knowledge about proper dining behaviour for formal and professional occasions.

Learning Outcomes:

At the close of the session, all attendees should;

- Be able to understand the proper use of utensils based on dinner menu
- Have learnt appropriate conversational topics for a dinner.
- Have an appreciation for appropriate behaviour when dining.

Part 3: Programme Planning and Delivery (January)

Students work with alumni professional and/or Resident Advisors to develop an appropriate programme for the hall's annual formal dinner.

Objectives:

- Students will develop a running programme around a given theme for the dinner
- Students will deliver the developed programme at the dinner

Learning Outcomes:

At the culmination of the preparatory sessions, student participants should:

- Have a fully developed programme with running order, etc.
- Have presenters for different aspects of programme
- Have done dress rehearsals to iron out any glitches in programme

Method of Delivery

All sessions are delivered through a main presentation followed by actual demonstrations, or in interactive workshop sessions.

Registration

Pre-registration begins two weeks before event. Contact the Hall's Main Office for details.

The Shark Radio



What is Shark Radio?

Shark Radio is a programme that will be broadcasted on the Aston Preston Hall intercom system three times per week. It is a student-oriented programme that caters to the multifaceted needs of the residents on Hall. With the guidance of a Resident Advisor as the Chief Executive Officer, students plan, write and deliver programmes to resident Prestonites. Some of the segments of the Shark Radio include:

- News and Current Affairs
- Lifestyle Issues
- Music Segments
- Birthday shout-outs
- Interviews
- Promotions – Cluster, Hall, Guild

Why is Shark Radio Necessary?

Shark Radio is necessary as a forum for students on hall to voice their concerns about issues affecting them on varying levels: cluster, hall, campus, nationally, regionally and internationally. It gives them an opportunity to share information and create dialogue to foster increased understanding and knowledge of current affairs topics. Shark Radio provides in-depth news on current affairs in the Caribbean and internationally. This information is delivered in the comfort of the households in each cluster via the intercom system on each phone unit.

While Shark Radio is not an alternative to the traditional media, it is an effective channel for the disseminating information to students who cannot afford to purchase a newspaper or are unable to watch the daily news on television on a regular basis. Staying in touch with the news can be a challenge for students with a hectic schedule of classes and campus and hall activities. Shark Radio is therefore tailored to the needs and schedules of Prestonites, thereby making it an effective medium for information, education and entertainment.

Preston Hall is home to many CARIMAC students and persons with an interest in the field of journalism and broadcasting. Shark Radio therefore provides a golden opportunity for them to put theory into practice and gain skills that can be used effectively in the world of work. Many Shark Radio student reporters will move on to pursue careers in the field of media and communication.

SCHEDULE

Shark News at Prime Time	Mondays & Wednesdays	8:00pm - 8:15pm
Channel of Praise	Sundays	2:30pm - 3:00pm
E-Splash	Sundays	3:00pm - 4:00pm

To find out more about Shark Radio please contact the main office for details.