



March 2022

**HASKAYNE STUDENTS'
ASSOCIATION
MONTHLY NEWSLETTER**



March 2022

HASKAYNE STUDENTS' ASSOCIATION

In This Issue

**External
Portfolio
Updates**

**Upcoming
Events**

**Tips for
transitioning back
to in-person classes**

**Mental Health and
Wellness
Resources**



@hsa_uofc



@hsa_uofc



@hsaucalgary



@hsaucalgary



External Portfolio Updates

So far this year, we have been able to secure **over \$2,500 in sponsorship** for our student events and initiatives - this has been distributed across our events such as the Commerce Cage, Holidays at Haskayne, Ask Your Alumni and the Beginner Case Competition.

Thank you so much to our student body for showing high engagement as we have pivoted between in-person workshops and virtual events for large audiences!

For the remaining portion of the Winter semester, our portfolio will be launching a **Volunteer Board** through the HSA website which includes a compilation of relevant volunteering opportunities for business students to gain diverse experiences. Given the importance of community outreach at Haskayne, we believe this will be a valuable resource for students to find ways to connect with community partners. **Please stay tuned to the launch of the Volunteer Board towards the end of March!**



Upcoming HSA Event - Register now!

Presenting HSA Student Life's Wellness Game Night! On **March 10th from 5:30pm - 6:30pm**, come join us for a night full of exciting games! You will have the chance to **win PRIZES** including **Wellness Goodies** along with the grand prize, a new pair of **AirPods!** Games will consist of Garticphone, Jeopardy, and more! This will be a de-stress event for students to relax post-midterm season. Be sure to mark your calendars, we can't wait to see you all there!

Upcoming BComm Events

● March 10th - Wellness event

● March 21st - Beginner Case Competition Workshop

● March 26th - Beginner Case Competition

Sign-up through Elevate!

(elevate.ucalgary.ca)



Tips for transitioning back to in-person classes

1. Create a daily routine

- Some of us have once again gotten used to waking up just before the start of class and attending in our sweats. Moving from this, back to in-person can be very difficult. This is why our first tip is to create a daily routine!
- Don't forget to account for travel time!

2. Meet-up with classmates/peers

- Take the opportunity to meet with your online peers in person.
- Face-to-face interactions can help build stronger friendships and relieve stress.
- Study with friends to improve work productivity and motivation!

3. Take advantage of on-campus resources

- Find a quiet study space in TFDL or throughout campus.
- You can book a room for groups in Scurfield Hall or TFDL.
- Get a daily workout at our gym facilities.

4. Embrace the campus community!

THE UNIVERSITY OF CALGARY WELLNESS CENTRE

*Feeling Stressed?
Book an
appointment at the
Wellness center
and talk to experts
about your mental
health.*

*Location: Room
370, MacEwan
Student Centre*

*Hours: 9 a.m. -
4:30 p.m.
Monday - Friday*

*Phone Number:
403-210-9355*