

AUGUST 2022

HASKAYNE STUDENT'S ASSOCIATION

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WWW.HSAUCALGARY.COM

UPCOMING HSA EVENTS

**STAY TUNED FOR OUR UPCOMING EVENTS
THROUGHOUT THE YEAR!**

BEGINNER CASE COMP

Case competitions are a fun and great learning experience for business students they help develop public speaking and critical thinking skill. It can seem a bit overwhelming but the beginner case comp is catered towards beginners.

More information for events will be provided soon.

Make sure you don't miss out on any events by following us on Instagram or signing up to receive the monthly newsletter!



WELLNESS GAMENIGHT

Keep an eye out for our wellness game nights. These events are super fun and can help you meet lots of new people as well as destress with a ton of fun games!

OTHER HASKAYNE CLUB UPDATES:

Follow the Accounting Students' Association Instagram for fall recruitment updates and networking events @asa.ucalgary



UOFC WELLNESS CENTER

UofC's Wellness Center offers Medical Services (chiropractic, massages, physicians), Mental Health Services, Harm Reduction Advisors, Services for Off-Campus Students, Sexual and Gender-based violence support, Neurodiversity Support Advising and more.

MENTAL HEALTH SERVICES

If you specifically have Mental Health concerns, the UofC Wellness Center offers a number of services including:

- Counselling services
- Coordinated care
- Student at risk
- Peer support
- Training
- Workshops
- Self-help resources



Go to

WWW.UCALGARY.CA/WELLNESS-SERVICES/SERVICES

to find out what is right for you!



UNIVERSITY DISTRICT

NEED SOMETHING TO DO WITH FRIENDS (OR ALONE)?
VISIT THE UNIVERSITY DISTRICT!

The city recently opened up the University District which offers a lot of fun activities for all!

You can check out the new Cineplex VIP cinemas that offers in-seat dining options with ultra-comfy recliner chairs. (You must be 18+ to enter though!)

There are also a lot of food options around. Some of them are:

- Canadian Brewhouse
- OEB Breakfast Co.
- Five Guys
- Village Ice Cream
- and more!



HOW TO GET THERE

If you live on residence, it is a 10-15 minute walk. Or, take the bus 31-Dalhousie from Craigie Hall or outside Rundle Hall and it should drop you in the heart of University District in less than 5 minutes!

A MESSAGE FROM THE STUDENTS UNION

THE STUDENTS UNION BY-ELECTION INFO

WHO?

Undergraduate students currently enrolled at the University of Calgary

WHAT IS IT?

SU By-Election Nomination Days (Available positions: Vice President External, Vice President Operations and Finance, Board of Governors Representative, Faculty Representative(s) for Haskayne School of Business, Schulich School of Engineering, Kinesiology, and Social Work). There will also be an important Referendum question regarding a proposed amendment of the SU Constitution.

WHERE?

Council Chambers
(behind Info Centre)

WHEN?

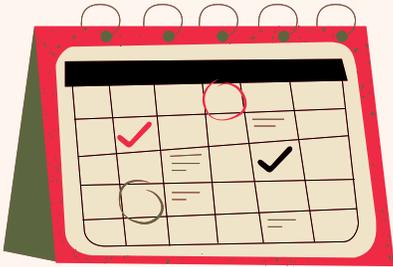
The SU By-Election Nomination Days are September 26 - 28 from 10 am to 3 pm each day.

HOW TO RUN?

Visit www.su.ucalgary.ca/elections to download a Nomination Package and find out all the requirements. Fill out the forms, write a platform statement and drop it off on the designated days.

BACK TO SCHOOL TIPS

1. KEEP AN AGENDA/PLANNER



To ensure you don't miss any due dates and important assignments, keep a planner with every upcoming assignment, midterm, presentation, etc. on it. This also helps you plan what to prioritize working on and helps your classes not get too overwhelming.

2. SCHEDULE STUDY TIMES

It's easy to get distracted and feel like you never have time to study. To avoid this, schedule study times the same way you have scheduled classes and commit to it every week. This way you have a clear line between when you're studying and when you can relax!



3. GO TO CLASS!



It may seem tempting to skip class - especially now that there's no one to stop you! But going to class has long term benefits, even if you feel like you're learning nothing. Chances are you will retain AT LEAST one thing you hear in class and use it to pass your final exam. Taking good notes also usually enables people to retain more information. Experiment with what works best for you and if all else fails, go to your TA or your professor's office hours for additional help.

4. FIND AN ACCOUNTABILITY PARTNER

Everything is always better in 2's! Having an accountability partner can seriously make a difference in your university experience. If you don't like studying alone, find someone that is willing to study with you (in-person or virtually over zoom!) Find someone to ensure you go to class everyday, go to tutorials, labs, etc.



EXAM STUDY TIPS

1. BUDGET YOUR TIME

Studying can be very overwhelming especially if you have more than one final exam. Make sure you know the time and date for all your exams and plan out a schedule so you can stay on top of everything and prioritize. Doing this can also make studying seem less daunting.



2. TAKE CARE OF YOURSELF

It's easy to get burnout with all the stress and pressure of final exam season, so make sure to give yourself breaks and stay hydrated! If you're tired and burnt out you're less likely to retain information.

3. TAKE ADVANTAGE OF OFFICE HOURS

If you're having trouble with a unit or class office hours can be a great way to ask questions to your professor and better understand the topics covered in class.



4. EXPERIMENT WITH YOUR STUDYING

Everyone is different and a study tactic that works for a friend might not be the best fit for you. Take the time to see which methods you benefit the most from and stick with it!