



*February 2022*

**HASKAYNE STUDENTS'  
ASSOCIATION  
MONTHLY NEWSLETTER**



# February 2022

## HASKAYNE STUDENTS' ASSOCIATION

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## Upcoming HSA Wellness Round Table Event

The Student Life portfolio is excited to announce our upcoming event the Wellness Round Table! On **February 16th from 5pm - 6pm** students will have the chance to connect with one another in an open discussion, bringing awareness to the importance of wellness and mental health. The event will start with a guest speaker and follow with the round table discussions. At the end we will draw for prizes and a handful of students will win various e-gift cards!! We hope this event helps bring more awareness to the importance of wellness, speaking about mental health, and healthy lifestyles. We can't wait to see you all there!



## January Recap

Near the end of January, we held our annual Ask Your Alumni event as a collaboration between the external and academic portfolios at HSA. The event went really well as students got to connect with alumni and hear the panelists speak about topics like industry experience, academics, and networking. The alumni shared their insight with the audience and the students were able to ask questions and network with alumni in specific concentrations. All in all, we enjoyed hosting this event for students and hope they found it to be a beneficial experience!

## Upcoming BComm Events

February 15th - Acing the Interview Event

February 18th - Speed Networking Series

February 22nd - LinkedIn Basics

**Sign-up through Elevate!**



## 5 Tips for midterms & Online Studying

We know that some of these tips may sound a bit cliché but they really help to build great habits that set you up for success!

- 1) Put your phone out of sight when you are in classes or studying.** If you can't see it when you are studying it will be way less likely to be a distraction
- 2) Make yourself a schedule!** Use a calendar or utilize your phone calendar to stay on top of deadlines and know what you need to complete each day to help reduce stress and procrastination.
- 3) Change up your study place.** Doing so can mentally rejuvenate you and increase your productivity.
- 4) Stay in communication with your friends and classmates.** You are not in this alone! Doing this can make studying less of a chore.
- 5) Finally, be sure to take breaks!** Whether it's going for a walk, chatting with family and friends, or exercising, it will leave you more energized and ready to tackle your assignments with more energy and focus.

# 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***