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ENGWELLNESS MME UNDERGRADUATE NEWSLETTER



Produced by: the ENGWellness Ambassador



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Fall is Here! And so are Midterms!

Ahh yes, the leaves are changing, the mornings are colder, the days are shorter, and the amount of pumpkin-themed drinks is soaring; Fall is here! And with every Fall season, midterms are right around the corner. While studying is obviously needed to be successful for your midterms, don't forget to get up and move, enjoy the autumn colours, attend some fun fall events!

Whether this is your first round of midterms ever or if you are a seasoned pro, this issue will go into some study tips to help you be focused, learning, and successful!

Sweater Weather

WELLNESS BREAK

Going for a walk.

I know what you're about to say... "how is walking a wellness break? I have to walk everywhere already". Now, dear reader, let me tell you the benefits of this everyday activity. Firstly, walking gets you active. Maybe going to the gym just isn't your forte *and that's alright*. Walking lets you get some fresh air while also getting some low-intensity cardio in to get the blood flowing. Secondly, walking can happen ANYWHERE. Nice sunny day? Walk around Victoria Park and see all the geese in the river. Rainy day? Walk inside a few buildings at UW and explore places you've never been; MC, PAS, or the intricate tunnel system. Bonus points for climbing up all the floors of Dana Porter library. Finally, walking lets your mind wander. Personally, my favourite part about walking is how my mind wanders and I have these deep, complex thoughts about nothing. For example, my last walk I had a whole 30 minute think-session about the paper on a Reese peanut butter cup. Why is it there? Are their dedicated workers for creating the paper? Is it less costly than a metal mold? Walking allows my mind to wander and take a break from my busy schedule and think about nothing WHILE getting some exercise in.

Spencer's Super Studious Study System so Several STEM Students Shall Succeed



If you want a real challenge, try reading that title 5x fast. So to be honest, this isn't really a 'system' but more so some study tips that I use and have compiled for your studying pleasure. These tips are meant to supplement your studying so use these tips as you see fit! Everyone is different and how each person studies is different too, so feel free to modify these tips and make them your own! I'd love to hear from you all on how you study so let me know!

Tip 1: SLEEP, EAT (hydrate include), AND EXERCISE

Yes SLEEP, EAT, AND EXERCISE. In short, you will not be able to study or recall the information you need on your test if your body's basic needs of SLEEP, EAT, AND EXERCISE are not met. These three pillars help to refill your body's energy which will allow you to study efficiently and effectively. You wouldn't expect a car to perform well when it has no fuel right? Your body is the same way! Aim to sleep for 6-9 hours a day, drink 2L or more water each day, eat protein filled meals, and engage in occasional movement.

Tip 2: Ask Questions!

During class do not feel afraid to ask questions. Asking questions helps to maximize your time by identifying gaps in your learning and solidifying your understanding of a concept. In addition to this, attend office hours, tutorials, and review sessions! Even if you don't know what to ask, come out! You may learn something helpful or someone else might ask a good question that you didn't think of. You've worked so hard to make it this far, you deserve to have the best learning experience possible so take advantage of the resources available!

Tip 3: Plan Ahead by Planning Backwards

Building off tip 2, be sure to ask questions on when and where the exam will be, what type of questions will be on the exam, and what material will be covered. Doing this will allow you to plan backwards, whereby you make your study schedule start from the exam date and moving back towards today. For example if my exam is on Friday, I would work backwards; Thursday will be general review, Wednesday will be reviewing module 5, Tuesday will be module 3-4, and Monday will be module 1-2. This way you can create a sustainable schedule that can be easily modified!

Tip 4: Active Recall

Active recall is one of the most effective study techniques used. Simply, active recall is quizzing or testing yourself instead of just passive studying (reading your notes). While attempting a study question, try to answer it without looking at your notes. Attempting to retrieve the needed information will allow your brain to make new paths to grab this important information, incorporating this learned information into your own experiences. This allows you to retrieve the needed information in different contexts or perspectives, which would be especially helpful on a test!



Tip 4 continued: Active Recall in an Engineering Perspective

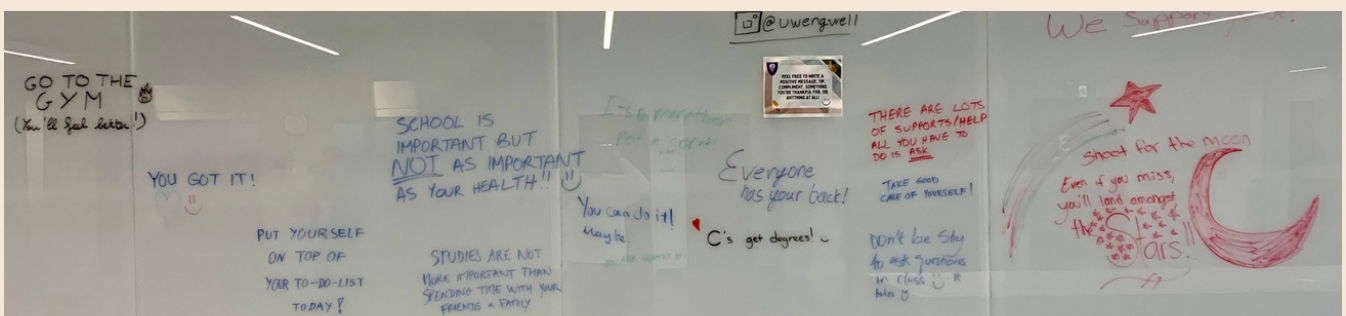
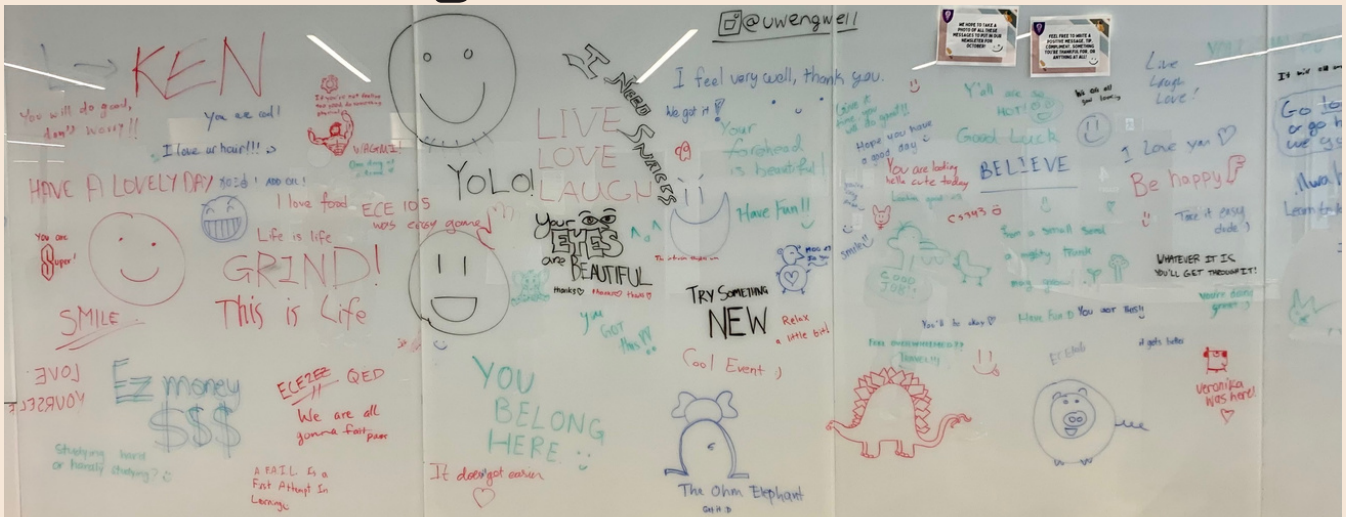
In the context of studying engineering, active recall would look like solving a sample problem or the first few questions on a practice assignment as soon as you can after reading the topic. Then as soon as you hit a roadblock, take a bit of extra time to think about it deeper or simply put more effort in trying to recall the facts you need to solve the problem – don't spend too much time on this if you're truly stuck, but allow yourself to struggle before getting to the information you need.

Destressing During an Exam

This may sound redundant, but writing an exam is a stressful. You may feel overwhelmed or anxious during your exam which can distract you from answering the questions in front of you. One method that I use to help centre myself during an exam is a breathing exercise. Breathing exercises help to manage stress quickly because it slows your heart rate, provides oxygen and blood flow to your brain, relieves physical tension, and makes you feel more in-control of you body.

When you feel stressed during your exam, inhale for 3-5 seconds and slowly exhale for 5-8 seconds. Continue to follow this breathing pattern and you will notice your heart rate will begin to slow and you will begin to feel more in-control of your stress.

Wellness Messages From Fellow ENG Students!



SOME UPCOMING EVENTS FOR MME!



Prevention and Recovery from Academic (and other types of) Burnout - October 6, 5:30pm - 6:30pm in E2 2350

Are you feeling exhausted, unmotivated, and negative about school or life? Academic burnout is a common problem amongst students in high pressure programs like engineering and medicine. Burnout can occur as a result of chronic stress with little time for recovery and rest. When left unaddressed, burnout can result in larger, and even long-term concerns. In this session we will explore the causes and signs of burn-out, as well as some practical strategies for addressing and preventing burnout.

Therapy Dogs - October 24, 5:30pm - 6:30pm in E5 3102

Bystander Intervention Training - October 26, 5pm-8pm

Facilitated by Stacey Jacobs from the Sexual Violence Prevention and Response Office.

Those who complete this training will also receive a certificate!

Food, incentives & prizes provided!

More details will be released via email!

Do I Belong Here?: Addressing Feelings of Imposter Syndrome - November 2, 5:30pm - 6:30pm in E2 2350

Do you feel like you aren't good enough to be in Engineering (or anywhere else)? Are you worried that people will realize you don't know what you are doing? Do you downplay your hard-earned successes, feeling they are not legitimate or not deserved? Imposter syndrome is widespread amongst students in high performance programs. Many engineering students feel they are not smart enough, or deserving enough, to be here. Nothing could be further from the truth! Join us as we take a look at imposter syndrome, its impacts, and ways to feel more like you "got this".

Going Beyond Yoga: Practical Exercises to Help Reduce Stress - November 7, 5pm - 6pm in E2 2350

Don't misunderstand, we love yoga and it can be an effective way to release tension and stress. But, yoga isn't for everyone and it is only one tool for reducing stress and releasing tension. Join us for this fun session. Learn the science behind stress reduction, a variety of tools, and how to create a personal approach that works for you. Please wear comfortable clothes that allow you to move freely (yoga pants are welcome—so comfy!)



SOME UPCOMING EVENTS FOR MME!

Conrad Grebel Music - TBD!

A massive hit in the summer term, Conrad Grebel's music ensemble will be returning to the E7 pitch space to serenade us!

Stay tuned for more details! (in November!)

Be sure to follow our Instagram account (@uwengwell) for updates, new events, and volunteer opportunities!

WHAT'S HAPPENING AROUND CAMPUS?

WUSA MATES - Ongoing

MATES is a peer-support service for the undergraduate student population. MATES Peer Support Volunteers support students experiencing social and academic challenges as well as low-level mental health concerns and stress. The MATES team consists of trained student volunteers who are knowledgeable about various on and off-campus resources and can assist students in navigating these services.

Visit <https://wusa.ca/services/student-run-services/mates/>

Introduction to Equity - October 6, 9am-12pm ONLINE

This foundational workshop is designed to give you an understanding of equity and how our interactions with one another are shaped by systems of oppression, power and privilege.

Visit <https://uwaterloo.ca/events/events/introduction-equity-0>

WELLNESS REPRESENTATIVES

The goal of the Wellness Representative initiative is to help monitor and enhance the well-being of MME and ECE Undergraduate and Graduate Engineering students in an organic, peer-supported manner. This is done not only by championing wellness initiatives and promoting wellness strategies within these departments, but also by encouraging interactions amongst peers that would occur organically anyways. If you are interested in becoming a Wellness Representative or want to learn more about what Wellness Reps do, visit our 'Get Involved' page on the ENGWellness Website or click the hyperlink!



Thrive 2022 is October 13-22!

Thrive is a series of events focused on building positive mental health for University of Waterloo students, faculty and staff! Check out some of these fun events happening!

United Way Yoga Class - Oct 14

All welcome; no experience required. Please bring a yoga mat and wear comfortable clothing!

United Way Soup Day - Oct 17

Advanced registration is not required for this event. Soup is served by donation. Cash, debit and credit will be accepted. Suggested donation: \$5

Recognizing and Responding to a Person in Distress - Oct 19

In this workshop, Recognizing and Responding to a Person in Distress, we aim to give the University of Waterloo students the skills and confidence to support others (peers and colleagues) who may be in distress. We will focus on recognizing the signals of a person in distress, effectively responding with care and empathy and understand how to refer to resources within the community.

Thrive Walk: Waterloo Campus - Oct 17

We will be making our way along the event route together in support, promotion, and solidarity of mental health to foster an inclusive community of well-being. Healthy snacks will be provided. Many thanks to Martin's Family Fruit Farm for their generous support!

Question, Persuade, Refer (QPR) - Oct 20

This training teaches participants how to recognize and support someone who may be having thoughts of suicide. It is an education and awareness program that provides direction as to how to Question a person with thoughts of suicide, how to Persuade them to get help, and how to Refer the person to appropriate professional resources.

To register, find more information, or find more fun events please visit <https://uwaterloo.ca/thrive/events>

ADDITIONAL RESOURCES

The following mental health supports are available to you
Counselling Services: 519-888-4096

The following crisis supports are available to you as well
Crisis Services Canada: 1-833-456-4566 or text 45645
UW Police: 519-888-4567 ext. 22222

Academic Support

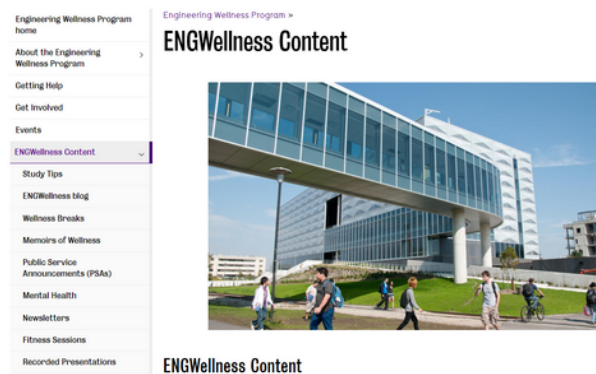
- Student Success Office: Compilation of learning and life skills resources.

Contacts to book a one-on-one coaching session:

Sam Vandekerckhove (MME) - srvandek@uwaterloo.ca / ENGWellness@uwaterloo.ca
Leah Foster (ECE) – ljsims@uwaterloo.ca / ENGWellness@uwaterloo.ca

ENGWELLNESS CONTENT

Check out our ENGWellness resources including mental health pages and PSAs. All resources as well as previous newsletters can be accessed under the ENGWellness Content section of our website.



STAY CONNECTED

Be sure to follow us on social media to stay connected and updated.



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@[uwENGwellness](https://www.facebook.com/uwENGwellness)



[ENGwellness uwaterloo](https://www.youtube.com/ENGwellness_uwaterloo)

LEARN 'COURSE'

Get news and access to our content modules through our ENGWellness Learn 'course'! Students can enroll using the Self-Registration function within Learn.

**WATERLOO
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