

ENV STUDENT WEEKLY CHALLENGE

W2021

Last term was tough,
but we can make it
better.

JANUARY 21

School of Environment, Resources and Sustainability

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ENV WEEKLY CHALLENGE

WHY JOIN THE CHALLENGE?

1: JOIN WITH PEOPLE

Sign up with roommates, a virtual friend(s), or a virtual peer at the [link in bio](#). *safety regulations permitting*



2: COMPLETE THE WEEKLY CHALLENGES

There are **new challenges each week** for 12 weeks. Take photos, track your progress!



3: SHARE PHOTOS, WIN PRIZES

- Use the **#envweeklychallenge** to enter yourself into the weekly prize draw.
- **Share to your story** with the hashtag and tag **@uw_ess**
- **OR** post on your **feed** with **#**
- **OR DM** to **@uw_ess**. Whatever you feel most comfortable with



4: ENCOURAGE + INSPIRE FRIENDS

Help out those around you by **inspiring each other** to do this together! Let's make this term better :)



#ENVWEEKLYCHALLENGE

YOU WANT THIS TERM TO BE DIFFERENT

Fall 2020 was a big adjustment.. more than we may have been prepared for

CHANGE

MOTIVATION AND MENTAL HEALTH

Lack of connection and excessive screen time makes it difficult to maintain mental wellbeing and meet academic demands



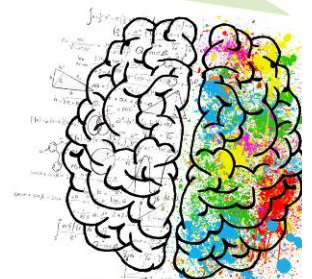
YOU WANT WEEKLY FUN AND STRUCTURE

Our favourite things may be closed, so we need to introduce some routine fun into our lives in a meaningful way



YOU HAVE AN OPEN MIND

We will need some creativity to make things happen for ourselves



#ENVWEEKLYCHALLENGE

Challenge Instructions

- You only have to complete either the academic OR the fun challenge to be entered for a prize.
- For each challenge, you will have an option of what you take a picture of, so choose whatever is most comfortable for you. Photo share options are separated by a comma or with the word OR.
- Share the photo on your story or your feed with hashtag #envweeklychallenge and tag @uw_ess to enter into the weekly prize draw
- Each challenge will run from Monday morning to Sunday night
- A random name selector will be used to determine the winners. Winners will be posted on our story and contacted as soon as possible to claim the prize.
- This challenge will work best if you are willing to make the most out of it!
- If you are on co-op, you can still participate! Just adapt the challenge in an appropriate way.



Weekly Challenges

Week	Academic Challenge	Fun Challenge
1 Starts Jan. 25	Strong Start Write down due dates, tests and quizzes for the entire term OR Make a daily and weekly to-do list OR Choose a bigger task from your calendar and start it now. You' = will thank yourself later. Photo share options: calendar screenshot or written, assignment document, to-do list daily or weekly	Plan for Fun Talk with each other to find the best time to hang out daily and weekly. Find something everyone can enjoy together. For example, everyone watches a show/game together, dinner together, walks/hikes on weekends, Friday movie nights, etc. Commit to hanging out together! Photo: mind map or list of activities to do together daily and weekly placed in a common living space, a photo of your first group hang out

<p>2</p> <p>Feb 1</p>	<p>Overcoming Obstacles Struggling with time management, stress, motivation, independent learning environment?</p> <p>Sign up for a workshop OR watch a video OR a helpful infographic that will teach you a skill to practice overcoming these obstacles</p> <p>Photo share options: Write down the obstacle you are facing and something you found to overcome it. Can be a bullet point</p>	<p>I like to move it move it Relieve stress and feel good! Exercise with your team. Any activity counts. There are lots of great and FREE resources available</p> <p>→ Nike Training club app → Warrior Recreation free workouts and programs</p> <p>Running, Dancing, yoga, stretching, breathing exercises, bodyweight exercises, weight lifting, hiking/walking, ALL COUNT! No judgement, no expectations.</p> <p>Photo share options: doing some sort of exercise, your running shoes/boots, yoga mat, workout gear, (Having trouble with exercising regularly? Check out the move your mind program by Warrior Rec.)</p>
<p>3</p> <p>Feb 8</p>	<p>Office (hours) party Gone to office hours yet? It might be a good time! Have everybody in your group go to virtual office hours this week with a question, clarification, comment, or to listen in.</p> <p>Although email can feel less awkward, a live discussion is the most efficient and helpful.</p> <p>Photo share options: office hours circled and check-marked on a piece of paper, a screenshot of you in office hours virtually, or a photo of you at your computer going to office hours!</p>	<p>Game night Board games, card games, video games, and physical games are this week's goal.</p> <p>Pick one and play it when everyone is available. If you don't have one, order it and split the cost between everyone. Living solo? Try a virtual game night or hop on your gaming console.</p> <p>Make it as competitive with you want to get people interested!</p> <p>Photo share options: A photo of the game board, screenshot of the game, photo of the winner or winning move</p>
<p>4</p> <p>Feb 15</p>	<p>Lighten the load Take some time to do things at your own pace. Catch up, stay on track, or look ahead. See if there are one or 2 days that you could take completely off to rest, or at least with minimal effort.</p>	<p>Reading week rest and relaxation Relax to the max!</p> <p>Examples are:</p> <ul style="list-style-type: none"> • Mindful walks (vibin with nature) • reading, writing, podcasts • art, colouring, playing instruments • Skin care, warm drinks, movie nights

	<p>Photo share options: Write down one thing typed or on paper that would feel great to be done by the end of reading week (within reason).</p>	<ul style="list-style-type: none"> • Crafts, DIY, personal projects • Board, video, card games • Meditation and yoga • Sledding <p>Photo share options: anything goes for this week! We all relax in different ways, so show us what you are comfortable to share!</p>
<p>5 Feb 22</p>	<p>Keep a routine It's easy to let our routines go when we always have the option to do something later.</p> <p>Commit to doing something at the same time every day. For example, this could be doing lectures and readings together at 1:00 pm every afternoon. Encourage each other to get there, even if you are not "feeling it" yourself. Could also be things like sleep!</p> <p>Studying alone? Check out the Warrior Virtual Study Hall with your online friend</p> <p>Photo share: Screenshot of your phone clock and a photo of everyone working together, OR all sitting together in the same area doing school stuff, virtual study hall screenshot</p>	<p>Cookin' it up!</p> <p>Cook something fun with your roommates/partner(s)! Get everyone involved in the process, and don't hold back. Get the ingredients and cook it together. Turn that music on! It doesn't need to be fancy. OR Follow along with a cooking tutorial if you want</p> <p>Living on your own or at home? Get a friend on the phone or cook with your family.</p> <p>Photo share options: A plate of your meal, the team in the kitchen cooking, or getting the ingredients</p> <p>*put on ambience music in the background to give it an authentic feel, and take a video!</p>
<p>6 March 1</p>	<p>Take care of your workspace It's likely your workspace has seen some heavy use. Take 15 minutes to clear it up. Clear space, clear mind. If it's nice, you're more likely to use it.</p> <p>Photo share options: show off your workspace!</p>	<p>Blast Music, have a great living space! Room a mess? Kitchen disaster? Gross? Team up to tackle it, turn up the music. How do you want the space to feel when there are busy times? This can be a redecorating effort OR a clean</p> <p>Photo share options: Before and after of your living space OR pictures/video of everyone getting in on the cleaning action with the music going.</p>
<p>7 March 8</p>	<p>Managing Distractions Download a social media blocker on your web browser for your computer, like the "Cold Turkey" blocker. Or have a box that you can put your phone in a</p> <p>Photo share options: a screenshot of a blocked n</p>	<p>Get outside Try and get outside for at least 15 minutes every day this week. Find a trail, breathe in the fresh air, walk with your roommates. → Outdoor time tracker</p> <p>Photo share option: Take a photo of the outdoors each time you go outside. Share your favourite!</p>

<p>8</p> <p>March 15</p>	<p>Dress for success</p> <p>Feeling unproductive? Dress like you are going to campus to bring in some productivity. If you wanted to take it even further, walk around the block with a backpack on to get into the zone</p> <p>Photo share options: the group in their “going to class” fits OR something you do helps you make it feel like school</p>	<p>Make an Occasion</p> <p>Give a regular day of the week a sense of occasion Check out what international awareness days and celebrations occur this week and celebrate it. For example</p> <p>March 15 – National Napping day March 16 – everything you do is right day March 18 – awkward moments day, oatmeal cookie day, sloppy joe day and biodiesel day March 19 – laugh day, chocolate caramel day March 20 – international day of happiness, ravioli day March 21 – International day of forests March 22 – world water day</p> <p>Photo share options: Take a phot celebrating one of these days. For example, everyone taking a nap, eating oatmeal cookies, eating ravioli, spending time in the forest, drinking water... whatever you choose!</p>
<p>9</p> <p>March 22</p>	<p>Study tunes</p> <p>Tough time getting in the headspace? Put on some tunes to get into the rhythm of it. Lo-fi, white noise, instrumental, pop. Check out our ESS playlists on Spotify (linktree in bio)</p> <p>Photo share options: A screenshot of your favourite study album / song / playlist / record</p>	<p>Earth Hour – March 27th 8:30 pm local time</p> <p>Celebrate Earth hour with your group! Turn off all the lights and enjoy each-others company. Download a podcast or story to listen to together, OR take this time to talk to each other and catch up. Remember to register your participation in Earth hour!</p> <p>Photo share options: everyone in the dark during earth hour! (if you’re living solo, call a friend during earth hour! (if you can’t make this time, shift it to when you can!))</p>
<p>10</p> <p>March 29</p>	<p>Motivation for the end</p> <p>So close yet so far? Find a motivational quote, video, or passage that you can come back to.</p> <p>Photo share options: Share a screenshot or picture of this piece of text or link to video.</p>	<p>Art Night</p> <p>Having trouble staying in the moment? Try drawing, painting, colouring, a puzzle, playing an instrument to be in the moment, singing, freestyling over a beat. You could even follow along with a Bob Ross episode 😊</p> <p>Express yourself!</p> <p>Photo share options: your art, creative space, instrument, final product or process, or Bob Ross episode!</p>

<p>11</p> <p>April 5</p>	<p>Prioritize Competing demands to finish off the term? Prioritize it and focus on one thing at a time. Create a step-by-step list to get to the end of the term</p> <p>Photo share options: take a photo of your prioritized list!</p>	<p>LOL Stay lighthearted and share some laughs with your friends.</p> <p>There are a lot of great comedy movies and standup specials on Netflix and other streaming services. There are some hilarious podcasts out there too. Tell old stories of funny experiences together, or even play a funny board/video game like cards against humanity.</p> <p>Virtual? Try a similar game called "All Bad Cards" for free online!</p> <p>Photo share options: Share a photo of one of these activities, with the name of the episode/movie, standup special, game etc.</p>
<p>12/13</p> <p>April 12</p>	<p>Set yourself up for exams Decide when your work is good enough, Hand it in, and keep momentum! Settle into to study mode. Give yourself a minimum and maximum number of hours you will spend each day on reviewing your class material.</p> <p>Photo share options: Take a photo of your study plan, final exam / assignment submission, or when your last day of class is on the calendar!</p>	<p>Stay connected and Celebrate Friends and peers are likely going through the same thing. Support each other, call friends and family in tough times. Whenever someone finishes the final assignment for a class, throw a micro-party. This could mean having dinner together,</p> <p>Photo share options: Roommates celebrating each other when they finish their last thing, screenshot of phone call, or accomplishment!</p>
	<p>Celebrate You've earned it</p>	<p>Celebrate Take a big break and enjoy it</p>

Mental Health Resources

- Mental Health resources in Ontario: ontario.ca/page/find-mental-health-support
- Mind Beacon FREE therapy to Ontario residents: ontario.ca/page/find-mental-health-support
- [UW Counselling Services](#)
- [Campus Wellness](#)

Progress Tracker

Week	Academic Challenge (y/n)	Fun Challenge (y/n)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Feel free to include any additional notes or thoughts in the completion box!