



Success Centre Weekly Newsletter 9- 15 February 2025

🕒❤️ This week at the Success Centre, we're making every moment count—whether it's mastering time management or sharing the love! Join us for workshops, resources, events, and activities designed to help you stay organized and spread kindness! 🔄✉️

WORKSHOPS	<p>Demystifying the Term Paper: From Syllabus Requirement to Essay Outline 📄</p> <ul style="list-style-type: none"> ✓ Learn how to interpret essay requirements ✓ Turn them into a clear, workable outline ✓ Bring your own essay prompt and outline for feedback <p>📅 Date: February 10 at 7:00 PM</p> <p>🗣️ Language: French</p> <p>📍 Location: Girouard 133</p>	
	<p>Time Management Workshop – Master Your Schedule & Boost Productivity! ⌚</p> <ul style="list-style-type: none"> ✓ Learn key strategies & tools to plan your tasks ✓ Step-by-step guide to tackling big projects ✓ How to create a personalized schedule that works for YOU! <table border="0"> <tr> <td> <p>📅 Date: February 12 at 5:00 PM</p> <p>🗣️ Language: English</p> <p>📍 Location: Zoom</p> </td> <td> <p>📅 Date: February 14 at 10:00 AM</p> <p>🗣️ Language: Bilingual</p> <p>📍 Location: G-115</p> </td> </tr> </table>	<p>📅 Date: February 12 at 5:00 PM</p> <p>🗣️ Language: English</p> <p>📍 Location: Zoom</p>
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MORE	<p>Upcoming Workshops 🚀</p>
	<p>👉 <u>Writing Concisely:</u> 📍 Feb 24 @ 5 PM</p>
	<p>😊 <u>Stress Management & Study-Life Balance:</u> 📍 Feb 26 @ 5 PM / Feb 28 @ 10 AM</p>
	<p>⚙️ <u>Gen AI: How to use it ethically and efficiently:</u> 📍 March 3 @ 5:30 PM on Zoom</p>
	<p>📄 <u>Resume Writing: Make Your Application Shine:</u> 📍 March 4 @ 5:30 PM in G-105</p>

ACTIVITY	<p>Spread the Love: Card/Postcard Making Event 📄</p> <p>Join the Success Centre and Unit Funds for a creative event! Make a Valentine's card, friendship note, or postcard to share appreciation.</p> <p>📦 A special mailbox will be available for on-campus distribution, making it easy to send your messages!</p> <p>📅 February 10th 4:00 – 6:30 PM / February 12th 9:00 A.M. – 1:00 PM</p> <p>📍 Location: Learning Commons – Massey Library</p>
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WEBINARS	<p>Webinar: Workplace Harassment & Violence Prevention 🚨</p> <p>For staff. Students are welcome.</p>		
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SUCCESS CENTRE 📢 **Stop by the Success Centre for Support and Guidance! 💡**

- ✓ Personalized guidance
- ✓ Time management
- ✓ Motivation and more!
- ✓ In-person & online appointments available

📍 **Book an Appointment:**

✉ Email: [Martine Thivierge-Bournival](mailto:Martine.Thivierge-Bournival@rnc.mcgill.ca) 📍 **M107A**

🌐 Check the schedule: <https://rnc.mcgill.ca>
(Success Centre – Winter 2025)

WRITING CENTRE 📖 **Strengthen Your Writing with the RMC Writing Centre! 🗣️**

- ✓ Get expert guidance at any stage of the writing process
- ✓ Improve clarity, structure, and style
- ✓ Learn how to cite properly
- ✓ Book in-person or online sessions

📍 **View the tutors' schedule & book an appointment:**

🌐 <https://rnc.mcgill.ca> 📍 **M105**
(Writing Centre – Winter 2025)

PEER TUTORS 🗣️ **Struggling with a class? We've got you covered!**

- ✓ Friendly & knowledgeable peer tutors
- ✓ Support for a variety of subjects
- ✓ Flexible scheduling

📍 **Check their availability & book a session:**

🌐 <https://rnc.mcgill.ca>
(Writing Centre – Winter 2025)

SISIP ☕ **Meet with a Financial Advisor from SISIP – Expertise & a Warm Drink! ☕**

- ✓ Guidance on all financial matters.

🕒 **Time:** 4:00 – 6:30 PM 📍 **M107C**

✉ **Contact for more info:** Hoddinott.Deborah@cfmws.com

CHAPLAIN **Meet with Chaplain Patrick Lublink 😊**

- ✓ Want to chat.
- ✓ Need guidance?

📅 **Every Monday in February** 📍 **M107B**

🕒 **7:00 – 9:00 PM**



WEB PAGE

Boost Your Productivity with Better Time Management!

- ✓ Learn how to set **priorities**
- ✓ Avoid **procrastination**
- ✓ Create effective **schedules**
- ✓ Visit this webpage or attend the **Success Centre workshops!**

Check it out here: [The Learning Portal - Time Management](#)

APP

✓ **Stay Organized & Boost Productivity with Notion!**

- ✓ All-in-one – Notes, do-do lists, databases, calendars, and more!
- ✓ Customizable – Tailor it to your needs with flexible templates & layouts.
- ✓ Collaboration Made Easy – Work seamlessly with your team, colleagues, or study group.
- ✓ Sync Across Devices – Stay organized anytime, anywhere!

Check it out here: [Notion](#)

PODCAST

Struggling with Time Management? Listen to This!

Check out this **podcast episode** to:

- ✓ Learn more about the one change that made that life coach much easier!

Listen here: [The Time Management Podcast - Episode 70 - This One Change](#)

TIP

Tip of the Week: Spreading Love Starts with YOU

True love and kindness begin from within. Take a moment to **celebrate yourself, be proud of your achievements, and set aside time for your well-being.**

Self-care isn't selfish—it's the foundation for sharing love with others. Make yourself a priority today!

Stop by the Success Centre to explore activities, resources, and support to enhance your well-being!

RIDDLE

I grow stronger with time but can break in a day,
I'm built on trust and the words that we say.
I bring laughter and joy, sometimes even tears,
I stand by your side through all of the years.

? What am I? _____

Think you can solve this riddle? Send us your answer at [SuccessCentre-CentredeSucces@rmc-cmr.ca!](mailto:SuccessCentre-CentredeSucces@rmc-cmr.ca)

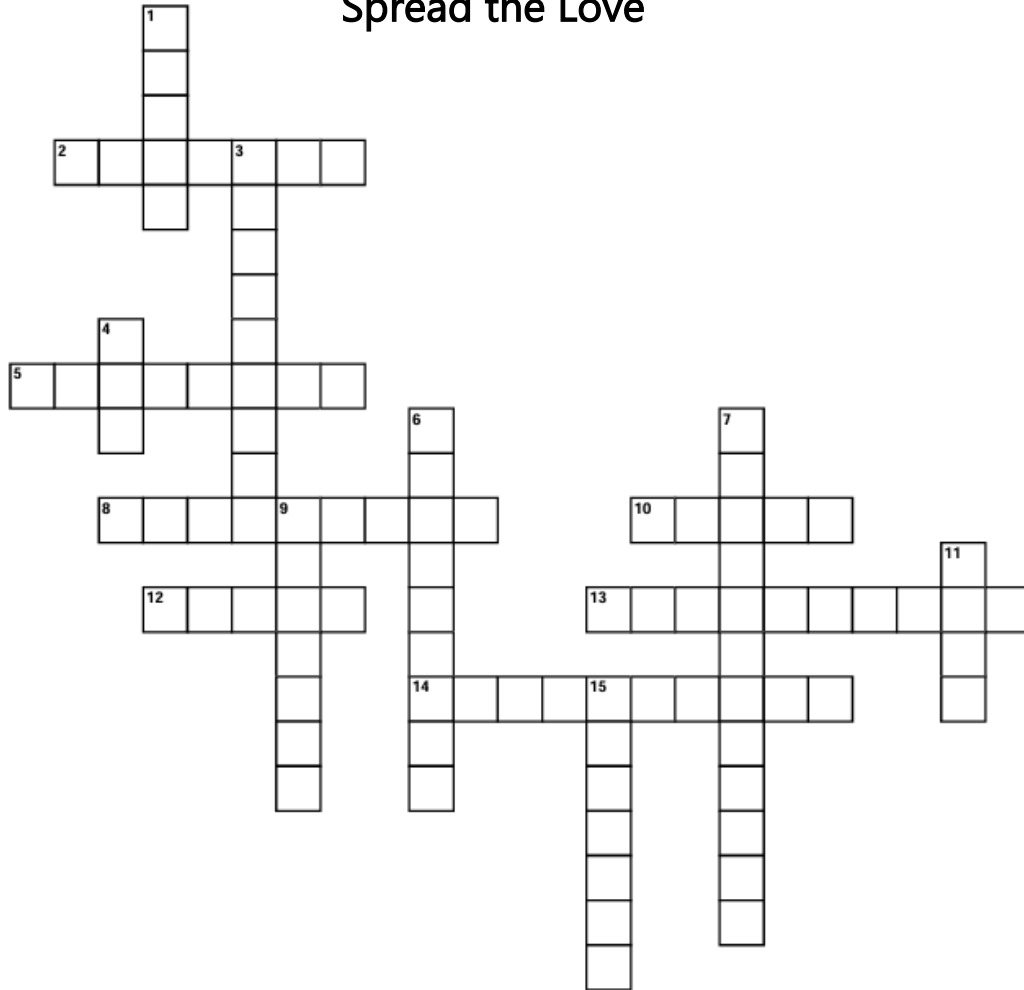
PAST

Last week's riddle answer was... a Notebook!



Challenge yourself! Solve the crossword to **sharpen your mind, expand your vocabulary, and have some fun!** Give it a try—you might learn something new! 🙌📖

Spread the Love



CROSSWORD CHALLENGE

Across

- [2]- A word often used to express eternal love and commitment.
- [5]- The joyful sound that strengthens relationships.
- [8]- A feeling of love and care for someone.
- [10]- Mythological figure who shoots arrows to make people fall in love.
- [12]- Classis flowers symbolizing love and romance.
- [13]- - A strong bond of trust and support between two people.
- [14]- Deep respect and appreciation for someone.

Down

- [1]- Symbol of love and affection.
- [3]- A person you express love to on February 14th.
- [4]- Warm embrace showing care and affection.
- [6]- Sweet treat often given on Valentine's Day.
- [7]- Recognizing and valuing someone's effort and presence.
- [9]- To hold someone dear and appreciate them.
- [11]- A gesture of love, greeting, or affection.
- [15]- The excitement and mystery of love.

📖 Notice: There won't be a newsletter next week as it's Reading Week. Take this time to rest, recharge, and enjoy your break! 📖🌟