



Success Centre Weekly Newsletter 16 – 22 March 2025

Welcome to this week's **Success Centre Newsletter!** This week, we are tackling **procrastination and motivation** with practical workshops, engaging resources, and interactive challenges to help you stay on track. Be sure to check out our **featured tools**, including a **procrastination guide**, a **motivational app**, and an **insightful video**—plus, don't miss this week's **riddle and crossword challenge!**

WORKSHOPS	<p> Manage Expectations and Fight Procrastination </p> <p>Struggling with procrastination? Feeling overwhelmed? Join this interactive workshop to learn practical strategies to manage expectations, boost motivation, and finally tackle those tasks you've been putting off.</p> <ul style="list-style-type: none"> ✓ Learn how to set realistic goals ✓ Discover techniques to beat procrastination ✓ Develop a mindset for academic success <p> Wednesday, March 19th at 5:30 PM Friday, March 21st at 10 AM</p> <p> Bilingual Bilingual</p> <p> Zoom: Click Here to Join Girouard 115</p>
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UPCOMING WORKSHOPS	<p> Finish Strong: End-of-Semester Management:</p> <p> March 26 / March 28</p> <p> Feeling the semester slipping away? Don't let stress take over! This workshop will help you prioritize your tasks & assignments, create an effective study plan with the use of proven time-management strategies.</p>
	<p> Conquer Finals: Smart Study & Exam Prep Strategies:</p> <p> April 2nd / April 4th</p> <p> Exams are coming—are you ready? Join this power-packed workshop to learn how to master efficient study techniques, learn memory hacks & recall strategies and reduce stress with effective exam prep tips and smart strategies.</p>

ACTIVITY	<p> Notice: There will be no activity this week.</p>
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WEBINARS	<p> Webinar: Workplace Harassment and Violence Prevention </p> <p>For staff (civilians and military who supervise civilians)</p>	
	<table style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p> Wed., March 26th at 9 A.M.</p> <p> English</p> <p> Teams Click Here</p> </td> <td style="width: 50%; vertical-align: top;"> <p> Wed., March 26th at 8 A.M.</p> <p> French</p> <p> Teams Click Here</p> </td> </tr> </table>	<p> Wed., March 26th at 9 A.M.</p> <p> English</p> <p> Teams Click Here</p>
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SUCCESS CENTRE

📣 Stop by the Success Centre for Support and Guidance! 🗨️

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

✉ Email: Martine.Thivierge-Bournival@rmc.ca 📍 **M107A**

🔑 **Book an Appointment:** Check the schedule => <https://rmc.mywconline.com>
(Success Centre – Winter 2025)

📣 **Success starts with smart planning!** Come see us to learn how to master **study skills, time management, and more.**

WRITING CENTRE

📖 Strengthen Your Writing with the RMC Writing Centre! 🗨️

- ✓ Get expert guidance
- ✓ Learn how to cite properly
- ✓ Improve clarity, structure, and style
- ✓ Book in-person or online sessions

🔑 **View the tutors' schedule & book an appointment:**
🔗 <https://rmc.mywconline.com>
(Writing Centre – Winter 2025)

📣 **Feeling the Pressure of Assignments & Essays? 📝📅**
Don't wait until the last minute! If you're starting to feel stressed about upcoming deadlines, book an appointment with a tutor for guidance and support.

PEER TUTORS

🗨️ Struggling with a class? We've got you covered!

- ✓ Friendly & knowledgeable peer tutors
- ✓ Flexible scheduling
- ✓ Support for a variety of subjects
- ✓ Book in-person sessions

🔑 **Check their availability & book a session:**
🔗 <https://rmc.mywconline.com>
(Peer Tutors – Winter 2025)

SISIP

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

- ✓ Guidance on all financial matters.
- ✓ A BMO representative will be there on March 17th

📅 **Every Monday** 🕒 **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?

📅 **Monday, March 24th** 🕒 **7:00 – 9:00 PM** 📍 **M107B**



WEB PAGE

Stop Procrastinating & Take Control!

Struggling to stay on top of your tasks? Procrastination can be a major hurdle, but with the right strategies, you can boost your productivity and stay on track! The University of Toronto's Guide to Managing Procrastination provides practical tips to help you:

- ✓ Understand why you procrastinate
- ✓ Develop effective time management habits
- ✓ Stay motivated and focused on your goals

Read the full guide: [Managing Procrastination](#)

APP

Turn Your Tasks into a Game with Habitica!

Struggling with **motivation, procrastination, or productivity**? What if you could **level up in real life** just by completing your tasks? **Habitica** transforms your to-do list into a **fun RPG-style game**, helping you:

- ✓ Build better habits & stay motivated
- ✓ Earn rewards for completing tasks
- ✓ Track your goals in a fun & interactive way

Start your journey today: habitica.com

PODCAST/VIDEO

The Science Behind Procrastination

Did you know that even geniuses procrastinate? Discover the **science behind procrastination** and how to overcome it in this fascinating YouTube video!

- ✓ Understand why we procrastinate
- ✓ Explore the psychology and science behind it
- ✓ Learn effective strategies to stay on track

Watch it now: [The Science Behind Why You Procrastinate](#)

RIDDLE

🔍 I grow stronger when you take the first step,
Yet I disappear when you wait too long.
I fuel your progress, but without action, I fade.

? **What am I?** _____

Last newsletter's answer : Equity (or diversity, or inclusion)

Play & Win!

Test your skills with our weekly riddle & crossword challenge!

Participate each week until March 29th for a chance to win!

Prize: A yoga mat & yoga block to help you relax and stay balanced!

A prize will be randomly awarded to one lucky participant at the end of March!

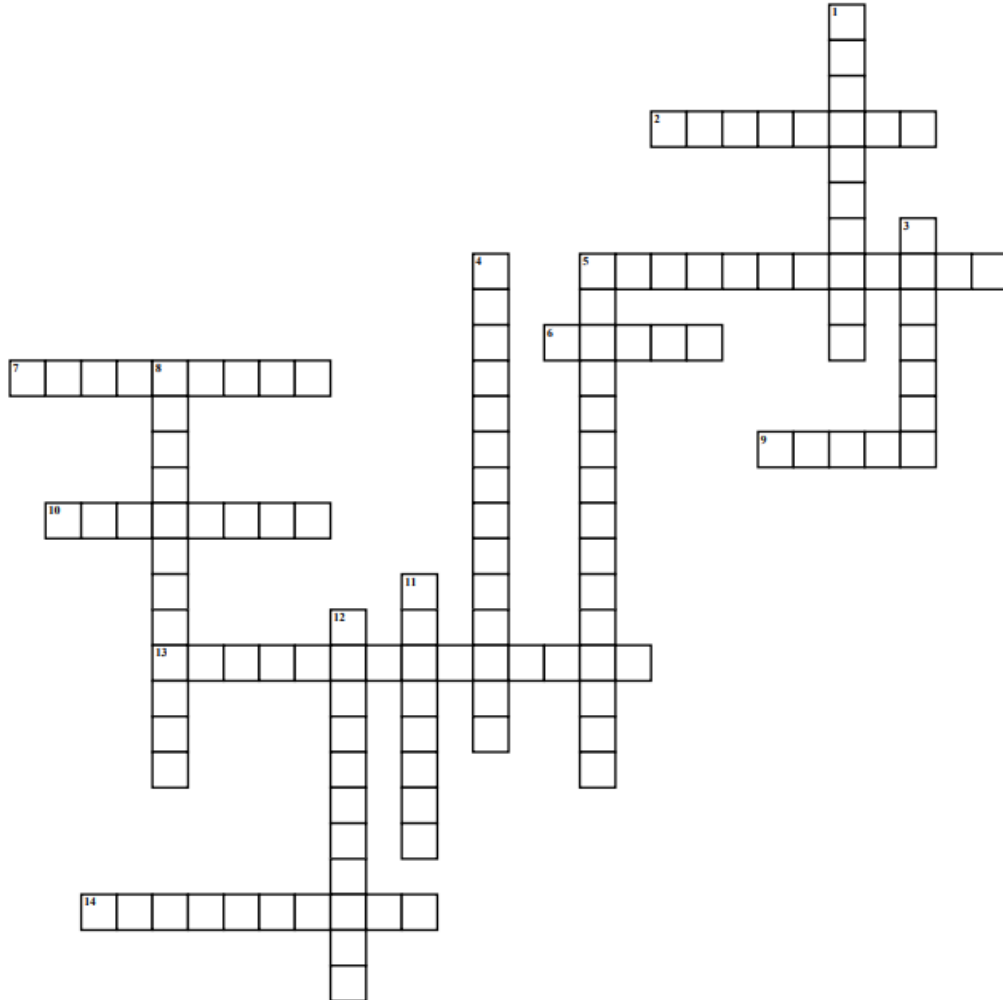
Don't miss out—submit your answers every week and increase your chances of winning!

Send your answers to: SuccessCentre-CentredeSucces@rmc-cmr.ca!



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! 🧠📖

Beat Procrastination & Stay Motivated!



CROSSWORD CHALLENGE

Across

- [2] Organizing tasks in advance to ensure efficiency and success.
- [5] The ability to efficiently complete tasks and make progress toward goals.
- [6] The ability to concentrate on a task without getting distracted.
- [7] The mental strength to resist distractions and stick to goals.
- [9] A repeated behavior that can be helpful or harmful to productivity.
- [10] The forward motion created when you start working and keep going.
- [13] Taking responsibility for one's actions and commitments.
- [14] The ability to stay committed to a goal despite distractions or obstacles.

Down

- [1] The internal or external drive that pushes you to take action.
- [3] A person's attitude and beliefs that shape their approach to tasks.
- [4] The skill of determining which tasks are most important and need to be done first.
- [5] The habit of delaying or postponing important tasks.
- [8] The ability to keep working toward a goal despite difficulties or setbacks.
- [11] A specific time or date by which a task must be completed.
- [12] A sudden burst of creativity or motivation that encourages action.