



Success Centre Weekly Newsletter

9 – 15 March 2025

📌 Welcome to this week's Success Centre Newsletter! While there are **no workshops** this week, but we're gearing up for **exciting upcoming sessions** to help you stay on track—check out our **upcoming events**, resources, and a fun challenge to keep you engaged! 🚀 📖 Plus, don't miss our featured resources on **inclusive writing**, **gender-neutral language**, and the **Inclusion Summit Podcast**, along with this week's riddle and crossword challenge focused on **diversity, equity, and inclusion!**

📌 **Notice: There will be no workshop this week.**

📢 Upcoming Workshops 🚀

📢 Manage Expectations and Fight Procrastination:

📍 March 19 / March 21

🚀 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.

🎯 Finish Strong: End-of-Semester Management:

📍 March 26 / March 28

📖 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.

🌟 Conquer Finals: Smart Study & Exam Prep Strategies:

📍 April 2nd / April 4th

📖 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.**

UPCOMING WORKSHOPS

🍀 Get Creative for St. Patrick's Day! 🍀

You asked, we listened! 🧠 🌟 We've added an extra session where you can **start decorating your T-shirt or finish the one you started.** Don't miss this chance to get creative! 🎨 📄

📅 **March 12th**

🕒 11:00 AM – 3:00 PM

📍 Learning Commons – Massey Library

ACTIVITY

WEBINARS

📌 **Notice: There will be no webinar this week.**



SUCCESS CENTRE

🔊 Stop by the Success Centre for Support and Guidance! 📍

- ✓ Personalized guidance
- ✓ Time management
- ✓ Motivation and more!
- ✓ 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)

🚫 **Important Notice!**
There will be no advisor or learning specialist available from **March 6th to 17th inclusively.**

WRITING CENTRE

📖 Strengthen Your Writing with the RMC Writing Centre! 📝

- ✓ Get expert guidance
- ✓ Improve clarity, structure, and style
- ✓ Learn how to cite properly
- ✓ 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
- ✓ Support for a variety of subjects
- ✓ Flexible scheduling
- ✓ 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 3rd and 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 3rd and 24th** ⌚ **7:00 – 9:00 PM** 📍 **M107B**



WEB PAGE

Writing for Everyone: Inclusive Language Matters!

Looking to make your writing **more inclusive and accessible**? The **Government of Canada's Inclusive Writing Guidelines** offer practical tips and resources to help you:

- ✓ Use gender-neutral and bias-free language
- ✓ Improve clarity and accessibility in your writing
- ✓ Adapt your communication for diverse audiences

Read more: [Inclusive Writing Guidelines & Resources](#)

Contact Tanya Grodzinki @ Tanya.Grodzinski@rmc-cmr.ca to learn more.

APP

Write with Confidence & Inclusivity with Grammarly!

Grammarly can help you write in a more **inclusive and gender-neutral** way:

- ✓ Avoid gendered assumptions and stereotypes
- ✓ Use gender-neutral alternatives effortlessly
- ✓ Improve clarity and accessibility in your writing

Learn more: [Grammarly & Gender-Neutral Language](#)

PODCAST

The Inclusion Summit Podcast – Listen & Learn!

Looking to deepen your understanding of **diversity, equity, and inclusion**? The **Canadian Centre for Diversity and Inclusion (CCDI)** presents **The Inclusion Summit Podcast**, where experts and thought leaders explore:

- ✓ Inclusive workplace strategies
- ✓ Equity and accessibility best practices
- ✓ Real-world stories and solutions for fostering diversity

Listen now: [The Inclusion Summit Podcast](#)

RIDDLE

Q I come in many forms, yet I bring people together.
I shine when differences are embraced, not tethered.
I ensure all voices are heard, big or small.
Without me, fairness may crumble and fall.

? **What am I?** _____

Last newsletter's answer : plagiarism

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!

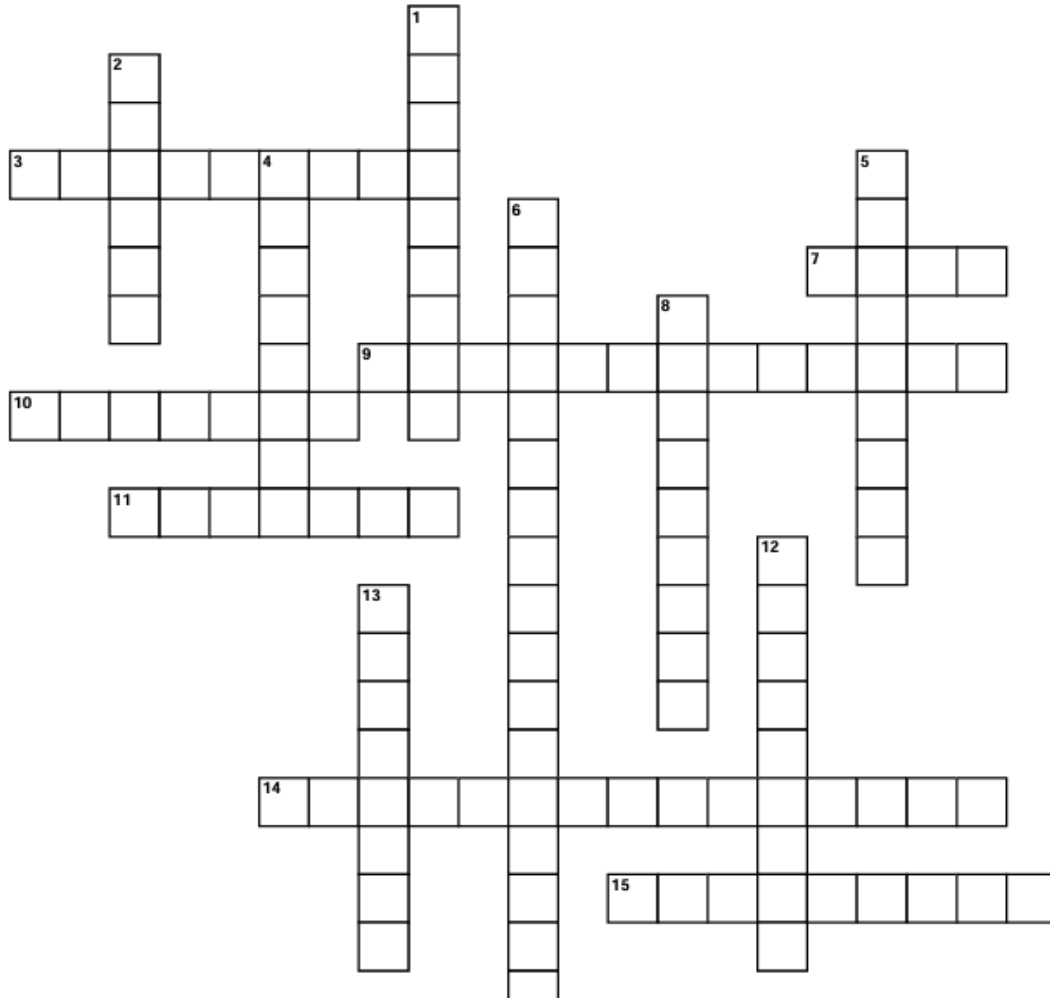
Don't miss out—submit your answers every week and increase your chances of winning!

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! 🧠📖

Diversity, Equity, and Inclusion



CROSSWORD CHALLENGE

Across

- [3] Providing fair opportunities by considering systemic barriers and individual circumstances.
- [7] A tendency or preference that can lead to unfair treatment of individuals or groups.
- [9] Designing environments and tools to ensure equal participation for all, including those with disabilities.
- [10] Understanding and sharing the feelings of others to foster connection and inclusion.
- [11] Recognizing the dignity and worth of all individuals, regardless of differences.
- [14] Small, often unintentional, comments or actions that reinforce stereotypes or discrimination.
- [15] A sense of acceptance and connection within a community or organization.

Down

- [1] Accepting and respecting differences in people's beliefs, backgrounds, and perspectives.
- [2] Ensuring fair access, opportunities, and resources based on individual needs.
- [4] Actively supporting and advocating for marginalized communities.
- [5] Unearned advantages based on aspects like race, gender, or socioeconomic status.
- [6] The interconnected nature of social identities and how they shape experiences of discrimination or privilege.
- [8] The presence of different identities, backgrounds, and perspectives in a group.
- [12] Creating an environment where everyone feels valued, respected, and supported.
- [13] Taking action to support or promote the rights of a person or group.