



# Success Centre Weekly Newsletter

## 24 February to 1 March 2025

This week, we are focusing on **stress management, study-life balance, and mindfulness** to help you stay on top of your academic and personal well-being. From engaging workshops, apps, podcasts, and guides, we've got everything you need to **stay focused, refreshed, and in control!**

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| <b>WORKSHOPS</b>  | <p><b>Writing Centre - Writing Concisely</b> 🗣️</p> <ul style="list-style-type: none"> <li>✓ Learn how to cut superfluous information</li> <li>✓ Learn how to build better sentences</li> </ul> <p>📅 <b>Date:</b> February 25 at 5:00 PM</p> <p>🗣️ <b>Language:</b> Bilingual</p> <p>📍 <b>Location:</b> Girouard 115</p>   |   |
|   | <p><b>Stress Management &amp; Study-Life Balance!</b> ⌚</p> <ul style="list-style-type: none"> <li>✓ Learn effective strategies to manage stress and maintain a healthy study-life balance</li> <li>✓ Improve focus &amp; well-being</li> </ul> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"> <p>📅 <b>Date:</b> February 26 at 5:00 PM</p> <p>🗣️ <b>Language:</b> English</p> <p>📍 <b>Location:</b> Zoom <a href="#">Click Here to Join</a></p> </td> <td style="width: 50%;"> <p>📅 <b>Date:</b> February 28 at 10:00 AM</p> <p>🗣️ <b>Language:</b> Bilingual</p> <p>📍 <b>Location:</b> G-115</p> </td> </tr> </table> | <p>📅 <b>Date:</b> February 26 at 5:00 PM</p> <p>🗣️ <b>Language:</b> English</p> <p>📍 <b>Location:</b> Zoom <a href="#">Click Here to Join</a></p> |
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| <b>MORE</b> | <p><b>Upcoming Workshops</b> 🗣️</p> <ul style="list-style-type: none"> <li>⚙️ <u>Gen AI: How to use it ethically and efficiently:</u> 📍 March 3 @ 5:30 PM on Zoom</li> <li>📄 <u>Resume Writing: Make Your Application Shine:</u> 📍 March 4 @ 5:30 PM in G-105</li> </ul> |
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| <b>ACTIVITY</b> | <p>🍀🍀 Get Creative for St. Patrick's Day! 🍀🍀</p> <p>Join the Success Centre and Unit Funds for this fun and festive <b>T-shirt-making event!</b> Whether you are a student or staff member, join us to design your very own <b>St. Patrick's Day T-shirt</b> and celebrate in style!</p> <p>📅 <b>March 5<sup>th</sup></b></p> <p>🕒 1:00 – 3:00 PM</p> <p>🕒 6:00 – 8:00 PM</p> <p>📍 <b>Location:</b> Learning Commons – Massey Library</p> |
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| <b>SCHOLARSHIPS</b> | <p>🎓 <b>Full Scholarships for Aspiring Community Leaders! – The McCall MacBain Scholarships</b> 🌐</p> <p>Looking for mentorship, leadership development, and funding for your next degree? The McCall MacBain Scholarships offer Canada's largest leadership-based scholarships for master's and professional studies at McGill University!</p> <p>📅 <b>February 28<sup>th</sup></b></p> <p>🕒 4:00 PM</p> <p>📍 <b>Location:</b> Sawyer Theater</p> <p>RSVP: <a href="https://apply.mccallmacbainscholars.org/register/rmc">https://apply.mccallmacbainscholars.org/register/rmc</a></p> |
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**WEBINARS**

**🔔 Webinar: Office of Disability Management (ODM) 🔔**  
For staff (civilians and military who supervise civilians)

📅 **Date:** Wed., 26 February at 8:45 A.M.

🗣️ **Language:** Bilingual

📍 **Location:** Teams [Click Here](#)

**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](mailto:Martine.Thivierge-Bournival@rmc.ca) 📍 **M107A**

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

**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)

**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 3<sup>rd</sup> and March 17<sup>th</sup>

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

✉ **Contact for more info:** [Hoddinott.Deborah@cfmws.com](mailto: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**

**5-step guide to managing stress – Concordia University**

Feeling overwhelmed? Take control with **5 simple steps** to manage stress effectively! Concordia University offers a practical guide to help you **stay balanced, focused, and resilient**.

- ✓ How to recognize stress triggers
- ✓ Simple techniques to regain control
- ✓ Strategies for long-term stress management

**Check it out here:** [5-step guide to managing stress - Concordia University](#)

**APP**

**Boost Your Well-Being with Mindfulness!**

Looking for a way to **reduce stress, improve focus, and enhance well-being**? The **Mindfulness App** offers guided meditations, breathing exercises, and personalized mindfulness programs to help you find balance in your busy life.

- ✓ Reduce stress & anxiety
- ✓ Access guided & silent meditations

**Check it out here:** [Click here for more information](#)

**PODCAST**

**Tune In: The Centre for Mindfulness Podcast!**

Looking for insights on **stress reduction, resilience, and mental clarity**? The **Centre for Mindfulness Podcast** offers expert conversations on mindfulness, meditation, and well-being—perfect for students and staff seeking balance in their busy lives.

- ✓ Practical mindfulness strategies
- ✓ Expert advice & real-life experiences
- ✓ Tools to improve focus & well-being

**Listen here:** [Centre for Mindfulness Podcast](#)

**RIDDLE**

I am not seen, yet I weigh you down,  
Too much of me can make you frown.  
But breathe in deep and take it slow,  
With balance and rest, I'll let you go.

**? What am I?** \_\_\_\_\_

**Last newsletter's answer : friendship**

**Play & Win!**

Test your skills with our weekly riddle & crossword challenge!

**Deadline:** 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!**

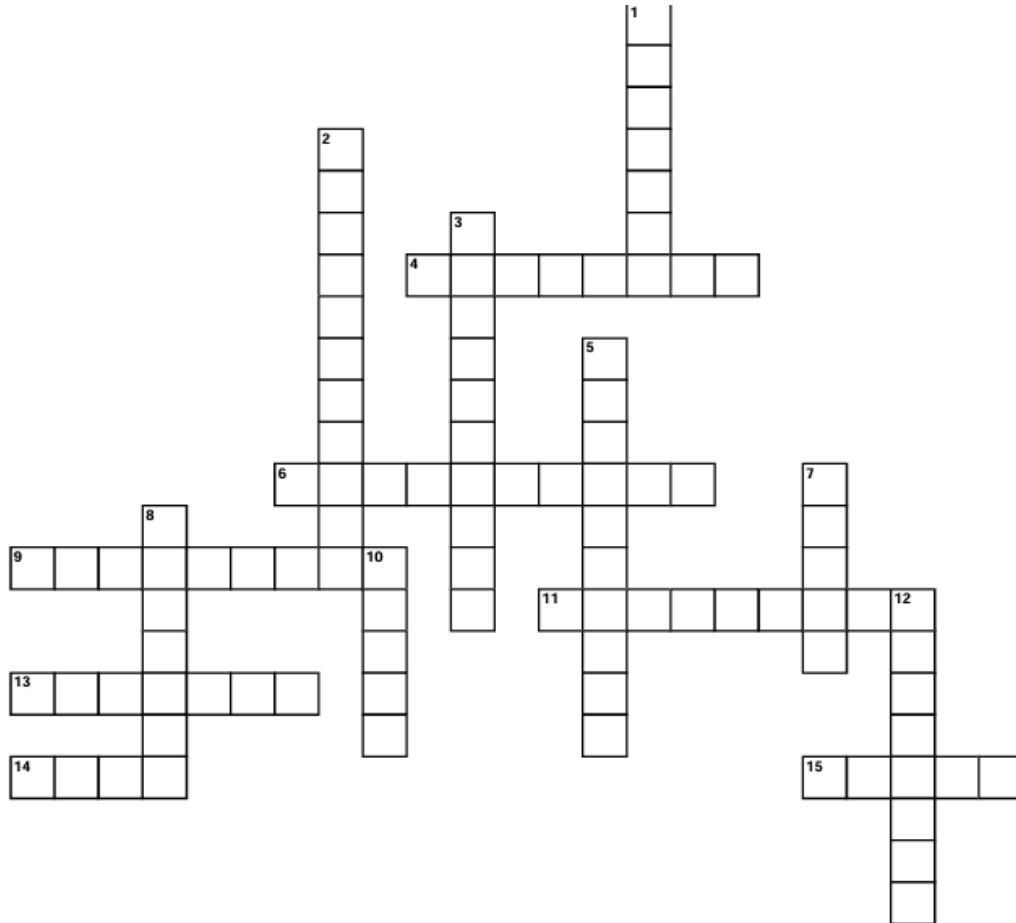
**Don't miss out—submit your answers every week and increase your chances of winning!**

**Send your answers to:** [SuccessCentre-CentredeSucces@rmc-cmr.ca](mailto: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! 🧠📖

### Study-Life Balance



CROSSWORD CHALLENGE

**Across**

- [4] A state of overall well-being, including mental and physical health.
- [6] A technique used to focus the mind and promote relaxation.
- [9] The ability to recognize emotions, thoughts, and stressors in daily life.
- [11] Activities that nurture and support mental, emotional, and physical health.
- [13] A structured schedule that helps maintain consistency and organization.
- [14] A valuable resource that must be managed wisely for a balanced life.
- [15] The ability to concentrate on a task without distractions.

**Down**

- [1] A state of stability between work, studies, and personal life.
- [2] The practice of being fully present and aware in the moment.
- [3] The process of reducing stress and tension. [5] The ability to adapt and recover from stress and challenges.
- [7] A short pause from work or study to recharge. [8] A simple yet powerful technique to calm the mind and reduce stress.
- [10] Essential rest that helps restore energy and improve focus.
- [12] Physical activity that reduces stress and improves mental clarity.