



Success Centre Weekly Newsletter

26 January to 1 February 2025

This week's newsletter highlights exciting workshops on writing and academic skills, including note-taking techniques and term paper strategies. Explore resources like Zotero for reference management, discover how to embrace setbacks as steps to success, and take on the weekly crossword and riddle challenges. Do not forget to join us for Valentine's card-making events and check out the featured podcast on turning setbacks into opportunities!

Workshops

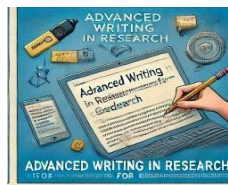
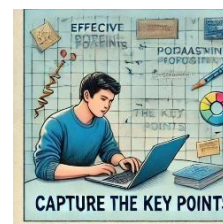
Here are the upcoming workshops over the next few weeks, focusing on academic and writing skills. Hope to see you there!

Capture the Key Points: Level Up Your Note-Taking Skills!

Learn effective note-taking techniques and discover methods to organize your notes, focus on essential details, and elevate your academic performance. => **By the Success Centre**

Jan 25 1 p.m. Bilingual Zoom - [Join Here](#) Meeting ID: 613 532 7132
Passcode: 426405

Jan 31 10 a.m. Bilingual Girouard 115



Advanced Writing in Research for Graduate Students

Learn the skills needed to produce clear, compelling, and well-structured academic writing. => **By the Writing Centre**

Jan 27 8 p.m. English Zoom - [Join Here](#)

Memory Hacks For Success: Sharpen your Mind, Ace Your Goals!

Discover the concept of memory, its three main types, the challenges linked to ADHD and memory, and practical strategies for enhancing memory. => **By the Success Centre**

Jan 29 5 p.m. English Zoom

Jan 30 2:40 p.m. French Girouard



Demystifying the Term Paper: Turning the Syllabus Requirement into an Essay Outline.

How to turn your professor's syllabus essay requirement into a working outline. Students are welcome to bring along their own essay requirements and outlines. => **By the Writing Centre**

3 Feb 7 p.m. English Girouard 133

Workshops coming later in February (more information to come in the next newsletters):

- **Time Management** (February 12 at 5 p.m., 13 at 2:40 p.m., and 14 at 10 a.m.).
- **Writing concisely** (February 24 at 5 p.m.).
- **Stress Management and study-life balance** (February 26 at 5 p.m., 27 at 2:40 p.m., and 28 at 10 a.m.).



Activities and Events

Spread the Love: Card Making Event

⇒ By the Success Centre and the Unit Funds

Join us to create Valentine's Day cards, friendship cards, or postcards to share with your loved ones, peers, chain of command, professors, and more. A mailbox will be available for on-campus distribution.

Feb 3 rd	4 -6 p.m.	Learning Commons - Massey Library
Feb 5	1-3 p.m.	Learning Commons - Massey Library



Webinars

There will be no webinars this week. Be sure to check next week's newsletter for information about the next webinars.

SC Learning Specialist/Advisor for the Success Centre



Stop by for Support and Guidance!

Looking for guidance on time management, boosting motivation, managing stress, improving memory, and more? Stop by the Success Centre!

In-person and online appointments are available: Martine.Thivierge-Bourniva@rmc.ca

Check out <https://rmc.mywconline.com> / Success Centre - Winter 2025 to view the schedule.

Peer Tutors

Your pathway to academic success starts here!

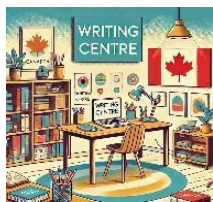
Here are the tutors and the courses they can assist you with

OCdt Anya Kok: ENE111, ENE112, ENE211, MAE103, MAE106, PSE103, PSE105, PSE240, LCF100 / **OCdt James Lawson:** ECE103, ECE104, ECE206, ECE224, ECE242, ECE256, ECE310, ECE308, ECE330, ECE342, ECE428, MAE107, MAE108, MAE109, LCF100, LCF200 / **OCdt Jung Hyun Im:** CCE101, CCE203, CCE240, MAE101, PHE104, ENE121, ENE122, LCF100, LCF200, LCF300 / **Cpl Patrick Marsalek:** ENE110, ENE211, ENE212, ENE331, HIE206, HIE270, HIE284, HIE306, HIE320, POE116, POE102 / **NCdt Antonio Frascchetti-Joo:** MAE101, CCE101, CCE240, CCE318, PHE104.



Check out <https://rmc.mywconline.com> / Writing Centre - hiver / winter 2025 to view the tutors's schedule.

The Writing Centre



The Writing Centre provides personalized support to help students develop their writing skills for academic and professional success. From brainstorming ideas to refining final drafts, tutors are can guide you through every stage of the writing process.

Check out <https://rmc.mywconline.com> / Writing Centre - hiver / winter 2025 to view the tutors's schedule.

SISIP Financial

Advisors are ready to meet with you, offering their expertise along with coffee, tea, or hot chocolate for a welcoming experience.

⇒ Mondays 4 - 6:30 p.m. Massey 107C

For more information, you can contact Debbie at:

Hoddinott.Deborah@cfmws.com





Resource of the Week



Not sure how to cite or format your references? Check out this page: [Citing Your Sources - Citation and Reference Management - Subject Guides at University of Alberta Libraries](#)

The University of Alberta Library's citation guide offers comprehensive resources to help you properly cite sources in various formats, including APA, MLA, and Chicago styles. Whether you are writing a research paper or completing a project, this guide ensures your work is accurate and professionally referenced.

Application of the Week

Do you struggle to keep track of your references? If so, try using Zotero!

Zotero is a powerful, user-friendly tool that helps you collect, organize, and manage your references for research and writing. With features like automatic citation generation and seamless integration with word processors, it simplifies the referencing process and keeps your work organized.



- ⇒ Available on iOS, Android, Windows, and macOS
- ⇒ Access it here: [Zotero | Your personal research assistant](#)

Tip of the Week



Embrace Failure as a Step Toward Success

Setbacks and failures are not the end—they are opportunities to learn and grow. Every misstep teaches us valuable lessons, helping us improve and move closer to our goals. Instead of letting failure hold you back, use it as a stepping stone to build resilience and sharpen your skills. Remember, progress often comes from persistence, not perfection.

- ⇒ Visit us at the Success Centre to explore this topic further or to gain other helpful advice and wise words.

Podcast of the Week

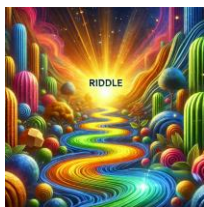
How to Turn Setback Into Success with Amy Shoenthal

In the TED Talks Daily episode "How to Turn Setbacks into Success," Amy Shoenthal discusses how success rarely follows a straight path, with setbacks being almost inevitable along the journey. She offers insights on transforming these challenges into opportunities for growth and achievement.

Listen to it here: [Podcast of the Week](#)



Riddle of the Week



Can you solve me?

I am not your enemy, but I challenge you to grow.
I test your patience, yet wisdom I bestow.
Without me, progress would not thrive.
What am I, that keeps your dreams alive?

What Am I? _____

Think you can solve this riddle? Send us your answer at SuccessCentre-CentredeSucces@rmc-cmr.ca!

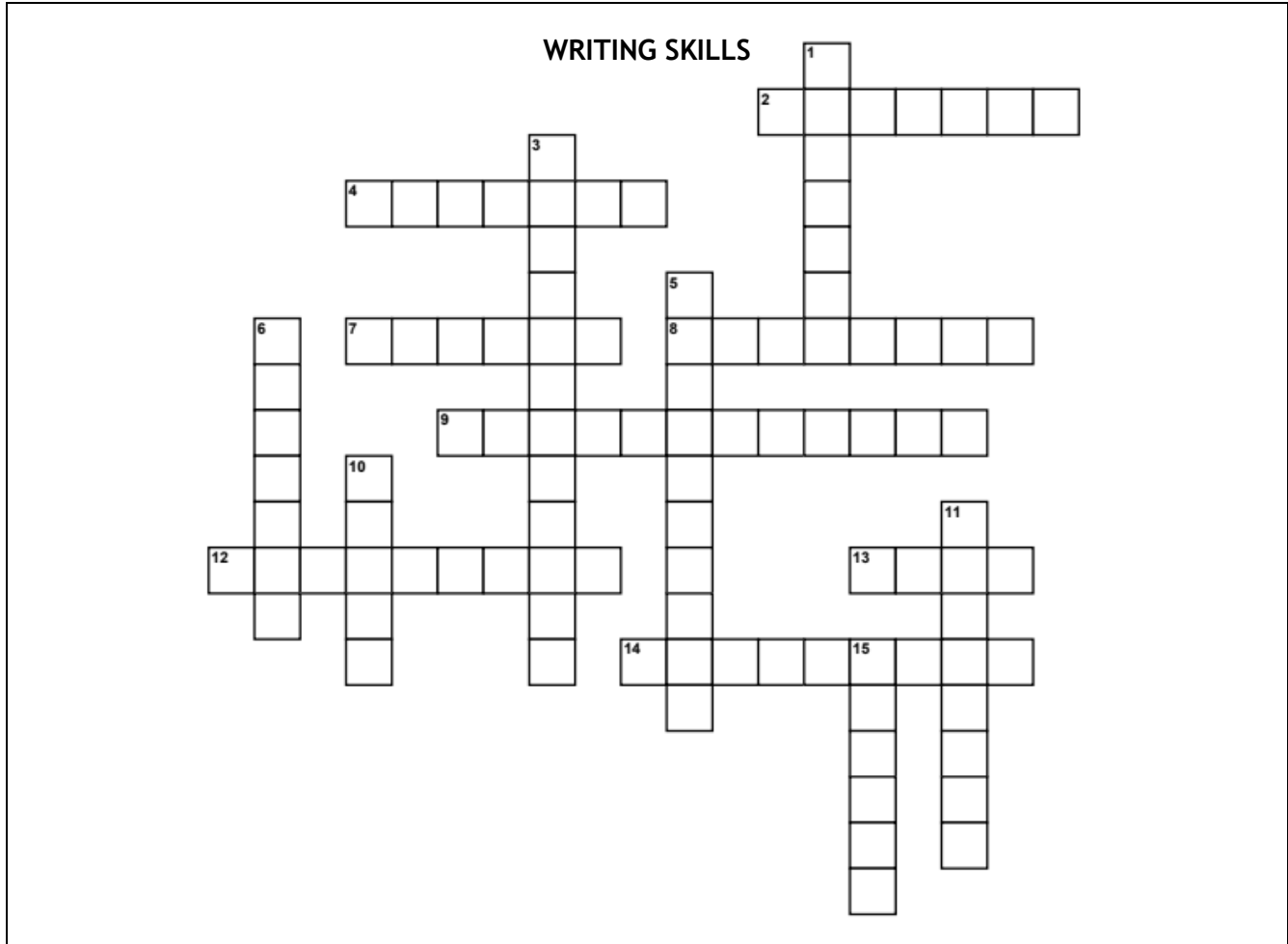
Answer to Last Week's Riddle

Mental health



Crossword Challenge

This week's crossword puzzle is all about writing skills! Gather some friends and challenge each other to see who can complete it the fastest.



Across

- 2- A concise version of key points from a text or lecture.
- 4- The correct structure and ease of understanding in writing.
- 7- The central argument or main idea of a paper.
- 8- The process of collecting information from various sources.
- 9- Ensuring ideas and content follow a logical flow.
- 12- A single unit of thought in writing, consisting of related sentences.
- 13- Revising a document to make it clearer and more accurate.
- 14- Checking for errors in grammar, spelling, and punctuation.

Down

- 1- A structured framework for organizing ideas before writing.
- 3- The act of listing all sources used in writing.
- 5- The act of generating and organizing ideas before writing.
- 6- Ensuring correctness in language, punctuation, and spelling.
- 10- A preliminary version or a document or essay.
- 11- A reference to a source, often in academic writing.
- 15- Making significant changes to improve the content and structure.

That's a wrap! Stay tuned for next week's newsletter packed with more updates, exciting activities, and helpful resources!