



# The Student Success and Resiliency Handbook

Dalhousie University's School of Health and Human Performance has created this Student Success and Resiliency Handbook to help guide students through their academic journey. This handbook includes information and tips to help you succeed in your program, and tips on how to study, manage stress, organize/schedule, and connect.



**Christine Ausman**, CTRS, Graduate Student

**Lindsay Currie**, Academic Advisor

School of Health and Human Performance

Dalhousie University

## 1.0 Work/Life/School Balance

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### *Make it manageable*

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Being a university student is a FULL-TIME JOB! You are expected to go to class, complete readings, write papers, prepare projects and presentations, all while living the rest of your life! Many of you work jobs for a variety of financial and/or personal reasons and this adds a lot of pressure. Students are also often told “Make sure to workout” and “Don’t forget to make time for yourself and to have some fun”. Many times, students think “How am I supposed to go to school, complete schoolwork, work a job, eat healthy, sleep enough, workout, see friends, and make time for leisure?” Trust me, I know.

In terms of school work, it is often suggested that you do 2 hours of studying/work for every 1 hour of class. Meaning, in a week, you’ll spend 3 hours in class, and 6 hours studying, for ONE CLASS! If you’re taking 5 classes, that’s about 30 hours of studying! Now, some weeks you won’t need to spend that much time on a course while other weeks will be heavy with studying and reading in preparation for exams. And some courses don’t require that much time, while other courses may take more of your time and energy. These hours may be for reading, studying, writing essays, meeting with group members, assignments, lab work, etc. But you get the idea. Taking a full course load in university is a full-time job. That’s why you’re a “full-time student”.

One thing to remember is keeping non-school work levels manageable. Typically, **10 hours per week** is considered manageable if you are taking a full course load (5 courses/term). If you are able to limit your job workload to 10hrs/week, this will allow you to focus on other aspects of life. If your job does not allow for this manageable workload, have a conversation with your boss and/or your student advisors about how they can support you. Now, keep in mind, this is in addition to your 15 hours in classes, and 30 hours of studying. For some, this becomes quite the balancing act. Make sure you only take on what you know you can do.

If finances are a heavy factor in why you’re working a job, don’t forget there are people at Dal to help:

Financial Services: <https://www.dal.ca/dept/financial-services.html>

Money Matters: [www.dal.ca/moneymatters](http://www.dal.ca/moneymatters)

Awards & Financial Aid: [https://www.dal.ca/admissions/money\\_matters/awards-financial-aid.html](https://www.dal.ca/admissions/money_matters/awards-financial-aid.html)

No matter if you're working a job or focusing solely on your studies, **time management** is one of the most helpful skills you can practice in order to help you handle all your responsibilities. However, many students aren't sure how to manage their time. The following is a simple activity to help you start!

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### *Build your schedule*

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For the following week, schedule your responsibilities. Here are some examples of things you should include in your schedule:

- Courses (this will block out your time to help support your attendance)
- Uninterrupted study time (this a meeting you make with yourself, don't cancel!)
- Life responsibilities (cooking, cleaning, groceries/errands)
- Eating (in order to avoid skipping meals, schedule your meals!)
- Meetings/Plans
- Exercise
- Leisure

When you are done, you may feel as though your schedule is very full. However, this is to help you visualize your week. If it helps, you can color code using highlighters or coloured pens. Every student schedule will be unique to that person's life, so don't feel like you're doing too much or not doing enough in comparison to your friends or other students. You are doing what YOU want and need to do.

#### **SCHEDULE, BUT BE FLEXIBLE**

It is important to remember that things won't always be as we plan. Making a schedule can help a lot in preparing and feeling in control, but know that sometimes, things won't go as planned. Being flexible is important, but it's also important to **BE KIND TO YOURSELF**.

You can find lots of fun and motivating **YouTube videos** that give tips for scheduling. Here are a few examples:

“When to Eat + Sleep + Study in College”: <https://www.youtube.com/watch?v=-QIHgAEJLxM>

“How to start a new semester or school year the right way”:  
<https://www.youtube.com/watch?v=Ey-cAHDme2s>

Don't forget to check out the Dal events calendar! [www.dal.ca/events](http://www.dal.ca/events)

See scheduling example on next page.

## Weekly Schedule: Example

|      | Monday     | Tuesday      | Wednesday     | Thursday     | Friday       | Saturday   | Sunday    |
|------|------------|--------------|---------------|--------------|--------------|------------|-----------|
| 7am  |            |              |               |              |              |            |           |
| 8am  |            |              |               |              |              |            |           |
| 9am  |            | Review notes |               | Review notes | Review notes | Work shift | Tidy up   |
|      | SOSA 1200  |              | SOSA 1200     |              |              | 9am-2pm    | apartment |
| 10am |            | HAHP 2000    |               | HAHP 2000    |              | (5 hours)  |           |
|      | LEIS 2361  |              | LEIS 2361     |              | LEIS 2361    |            |           |
| 11am |            |              |               |              |              |            | Lunch     |
|      | Lunch      | LEIS 2130    | Lunch         | LEIS 2130    | Lunch        |            |           |
| 12pm |            |              | Library:      |              | Library:     | Lunch      | Fitness   |
|      |            |              | -Readings     |              | -readings    |            | class     |
| 1pm  |            | Lunch        | -Write paper  | Lunch        | -projects    |            |           |
|      | SOSA       |              |               | Library:     |              |            |           |
| 2pm  | Tutorial   | Groceries    |               | -Projects    |              |            |           |
|      | PHYL 1010  | (Student     | PHYL 1010     | -Group time  | PHYL 1010    | Take a     |           |
| 3pm  |            | Tuesday)     |               |              |              | nap?       | Study     |
|      |            | Meal prep    |               |              |              |            | Anything  |
| 4pm  |            |              |               |              | Fitness      |            | Needed/   |
|      |            |              |               |              | class        |            | Left      |
| 5pm  | Work shift |              |               |              |              |            |           |
|      | 5-10pm     | Dinner       |               |              |              | Dinner     |           |
| 6pm  | (5 hours)  | Study time:  | Dinner        |              |              | Going      | Dinner    |
|      |            | -Review      |               | Dinner       | Dinner       | Out        |           |
| 7pm  | Dinner     | -Readings    | Fitness class | Study time:  |              | Night!     | Prepare   |
|      |            | -Write paper | -travel time  | -review      |              |            | Next      |
| 8pm  |            |              | included      | -readings    | Friend get   |            | Schedule  |
|      |            |              |               |              | Together!    |            |           |
| 9pm  |            |              |               |              |              |            |           |
|      |            |              |               |              |              |            |           |
| 10pm |            |              |               |              |              |            |           |
|      |            |              |               |              |              |            |           |

In this example, **green** represents classes, **blue** represents study time, **red** represents work, **purple** represents fitness, **yellow** represents life responsibilities and leisure time

### Weekly Schedule: Blank Template

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 7am  |        |         |           |          |        |          |        |
| 8am  |        |         |           |          |        |          |        |
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
| 11am |        |         |           |          |        |          |        |
| 12pm |        |         |           |          |        |          |        |
| 1pm  |        |         |           |          |        |          |        |
| 2pm  |        |         |           |          |        |          |        |
| 3pm  |        |         |           |          |        |          |        |
| 4pm  |        |         |           |          |        |          |        |
| 5pm  |        |         |           |          |        |          |        |
| 6pm  |        |         |           |          |        |          |        |
| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |
| 9pm  |        |         |           |          |        |          |        |
| 10pm |        |         |           |          |        |          |        |

### **In-person/Online and Synchronous Vs. Asynchronous**

I'm sure you've seen these terms used for your classes this year – if not a description on class formats can be found in the [www.dal.ca/timetable](http://www.dal.ca/timetable). Some courses are in-person at Dalhousie, whereas others are online. Some are asynchronous, while others have a mix or offered purely synchronously. If your course has any type of synchronous classes (whether online or in -person), it is important to make sure these classes are fixed in your schedule to make sure you don't miss them! Asynchronous classes, or classes with asynchronous components, will require you to schedule time to cover content on your own. Here are some tips for including these in your schedule:

- Make sure you schedule your synchronous classes first.
- Add in time to commute to campus if applicable/necessary for you.
- For asynchronous classes, determine how many hours a week you think you'll need to cover content (or asynchronous content for a blended class). Then pick days of the week that you will commit to having as your study time for this content. E.g., Mondays from 2pm-4pm will be time to cover asynchronous content for this class.
- Finally, don't forget to add in time related to general studying for all your classes. Some weeks you may think there's no work to do but think about some of the long-term projects you have in those classes and get started early!

## 2.0 Study Skills

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### *Time management*

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You've already started! If building your weekly schedule worked for you, consider making this a routine activity every week for the following week. Here are some tools that may help you continue this activity:

- **Agenda:** You can find some at bookstores or even the dollar store. These don't need to be expensive! Just remember to write things in whenever they come up. Once you get into this habit, it will become very routine.
- **Bullet Journal:** If you're the creative type, or like things a certain way and can't find an agenda that works with your needs, consider bullet journals. You can create your own schedule, and even include things like health trackers or monthly layouts. Lots of cool examples exist out there if you're looking for ideas.
- **Your smartphone or computer:** Most smartphones and computers have an agenda built in. If you use your smartphone/computer all the time and don't want to carry around an agenda, this may be your answer! These forms of agendas often allow you to set alarms and reminders, which can be used to remind you about school projects/exams.
- **Outlook email:** Did you know your Dalhousie email has a calendar? This platform also allows you to set alarms and reminders. So, if you find you are constantly on your Dal email, this may be a good option. Bonus: if you set meetings with students and/or professors, you can send an appointment to this person and they can add it to their own schedule!
- **Dry erase calendar:** Are you someone who likes to see the whole month/semester at a glance? This may be your answer. Although it is more difficult to organize each day, this tool will help you visualize long term projects, exams, and goals.
- **Dalhousie schedule:** Did you know you can print your timetable straight from DalOnline? Go Web for Students → Registration → Student Schedule by Day & Time → print this page! Your classes are already entered and you can write in the rest of your schedule.

For more resources on time management and scheduling, check out:

[https://www.dal.ca/campus\\_life/academic-support/study-skills-and-tutoring/handouts.html](https://www.dal.ca/campus_life/academic-support/study-skills-and-tutoring/handouts.html)

Now keep in mind, there are other resources that may play a part in your time management.

## PULSE APP



The Pulse app is available on the App Store and Google Play. If you have a smartphone, I STRONGLY SUGGEST you download this app. This is the app version of BRIGHTSPACE! You log in using your Dal Brightspace login information, and you'll be able to access Brightspace through the app. Some profs will even have assignments and tests attached to the calendar, allowing you to visualize when things are due.

There are a million apps out there for organization and productivity. Try out a few, pick the ones you like, and stick to them!

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### *Preparing for an exam*

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AHHHHHHHH!!! Yeah, I know the feeling. An exam is coming up and no matter how much you prepare, you never feel quite ready. Well guess what, you can only do YOUR best. If you aren't sure where to start or how to prepare, here are some ideas. Not all exam preparations and techniques work for everyone, but you'll only know by giving them a try.

- **Beginning of semester**
  - **Look at the syllabus!** This has all due dates and important information you will need throughout the semester.
  - **Adjust schedule:** make sure you add in any exams, project due dates, and other important information into your agenda/calendar/schedule. That way you will see if you have busier times of the semester where you'll need to be prepared. This will help avoid the stressful "I have 2 exams and 3 projects in the next week and I'm totally overwhelmed" moments.
- **During the semester**
  - **Read the readings:** sometimes teachers are required to cover a topic very briefly in class, but the readings can help explain further and you can take your time to understand. Many teachers require you to read prior to class, however if you don't understand even after explanations in class, don't hesitate to re-read the materials.



- **Attend classes:** exams often focus on what is covered in class. Although readings are important, the most important topics will be discussed in class. Bonus: sometimes teachers hint at answers or topics that will be tested.
  - **Notes review:** if you review your notes throughout the semester, you'll notice quickly which topics are more difficult or that you may need to review. That way you can reach out early when not understanding a topic rather than waiting until the day before.
- **A week before the exam**
    - **Check the syllabus:** sometimes the syllabus will tell you if the exam is on certain chapters, topics, or if it will be cumulative (meaning it includes all topics covered from the beginning of the course until that time)
    - **Compile what you need:** you may be tested on course PowerPoints, worksheets, readings, and sometimes other stuff. Make sure you have everything you'll need to study. If you don't, now is the time to find it on Brightspace, reach out to another student, or ask the teacher for what you're missing.
    - **Start creating your study materials:** some prefer summarizing their notes, some prefer re-reading everything. Depending on the type of exam and the course itself, cue cards can be a very useful study trick. Write a sample question on the front and the answer on the back. Or you can write a word on the front and its definition on the back. Start studying and once you're ready, try getting friends/other students to test you or quiz each other!
- **The day before**
    - Run through your study materials one last time
    - Try creating questions you think might be asked. It's not always definitions! Try thinking of questions where your knowledge is USED and not just TESTED.
    - Make sure you have your stuff ready for the next day so that you are not stressed throughout the day.
    - GET SOME SLEEP! Pulling all-nighters are not recommended as your ability to memorize and later recall information is significantly affected.
    - Check to make sure you know where and when the exam will take place.
- **Day of the exam**
    - Wake up early enough that you'll have time to get ready, eat a good breakfast, have time to review notes (if you like to do this), and then get to the exam without rushing. This will help reduce stress!
    - Bring what you'll need. Paper? Pen? Pencil? Eraser? Calculator? Cheat sheet (if allowed)? Remember to check the syllabus to see what you're allowed to bring, where your exam will be, and what time.
    - If you like to study right up until the exam, bring your cue cards or study materials with you! If you prefer to stay away from students cramming

information right before the exam, find yourself a quieter spot nearby where you can focus on what you need in that moment (Meditation? Drink water? Breathe.)

Yay! You're done! Now, take some time to unwind and relax. Make sure you take care of your physical and mental health. Do some exercise, read a book you love, watch a movie, and/or hangout with friends.

### **Mental health is important!**

Exams can take a toll on many people and it is okay to feel a lot of anxiety, stress, and/or emotions after an exam. If you feel you need help, reach out to mental health services on or off campus. See below for some Dalhousie resources:

- [https://www.dal.ca/campus\\_life/health-and-wellness/appointments/book-your-appointment.html](https://www.dal.ca/campus_life/health-and-wellness/appointments/book-your-appointment.html)
- <https://blogs.dal.ca/dalstudentlife/2017/10/18/your-guide-to-dals-mental-health-resources/>
- <https://www.dal.ca/news/2016/03/14/thrive--building-positive-mental-health-for-faculty--staff-and-s.html>

#### **READ THIS**

I want you to know that.... you're amazing. You are attending university and studying your butt off during a global pandemic. Although we are not in those first few months of the pandemic anymore, you are still experiencing many effects: mixed or virtual-only learning environments, re-learning how to interact with others around us as opposed to through a screen, and managing health recommendations and requirements in your community and at school. This is a lot. And we want you to know **we're here for you**. Okay, you've heard people say that a million times. But truly, we're here for you. Your professors care, I promise you. Your academic advisors care more than you realize. Your fellow students care because they know you're going through this too. And it may take a leap of faith to reach out when you need help, but know that someone will catch you. Someone will be there to help.

So, when it comes to preparing for exams, especially in a way you've never prepared before, take a little extra time to figure out what will work for you. Make sure you note the date of the exam in your calendar, and also note when you will study leading up to the exam. When you take the exam, tell the people you live with that you'll need to be left alone and in silence. Find a spot that you can be uninterrupted as much as possible. If that's your bathroom, do it! If that's the day you wear pajamas all day, do it!

And don't forget... TAKE BREAKS!

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## Note-taking

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Note-taking styles can be very different between individuals, and even between courses. Some classes may have presentation slides that allow for notes, while others give you no materials at all. Here are 5 note-taking methods. More information can be found at <https://www.oxfordlearning.com/5-effective-note-taking-methods/> or watch [https://www.youtube.com/watch?v=PBBNJj18PY&feature=emb\\_title](https://www.youtube.com/watch?v=PBBNJj18PY&feature=emb_title)

**THE MAPPING  
NOTE TAKING METHOD**

**BEST FOR**  
Visualizing connected topics and ideas

**OXFORD LEARNING**

The diagram illustrates a hierarchical flowchart on a notepad. At the top is a red box labeled "Main Topic". Below it are two red boxes labeled "Subtopic #1" and "Subtopic #2". Under each subtopic is a blue box labeled "Key Details". Below each "Key Details" box are three grey circles labeled "Point 1", "Point 2", and "Point 3".

**THE CORNELL  
NOTE TAKING METHOD**

**BEST FOR**  
Understanding key ideas and relationships

**OXFORD LEARNING**

**CUES 2.5 INCHES**      **NOTES 6 INCHES**

**Summary**

**SUMMARY 2 INCHES**

The diagram shows a notepad layout for the Cornell method. It is divided into three main sections: "CUES" (2.5 inches wide), "NOTES" (6 inches wide), and "SUMMARY" (2 inches wide). The "CUES" section is further divided into "After Class" (Main ideas, prompts & questions) and "During Class" (Main points and details from class). The "NOTES" section is for taking notes during class. The "SUMMARY" section is for summarizing the lesson after class.



## **NOTE TAKING**

Whether you are learning virtually or in-person, here are some extra ideas on how you can take notes:

1. If PowerPoint slides are available ahead of a synchronous class, download them and write in the notes section on PowerPoint.
2. If slides aren't available before a synchronous class, have a Word document or OneNote open during class to write down notes.
3. Old School! You can still write using pen and paper during class if that works best for you.
4. For asynchronous classes, many of you will have videos to watch. The best part... you can play them over and over if you didn't understand! Or if you missed something the professor said! Now that's something we all wish we had for in-person classes sometimes.
5. OneNote is a program available to you through Outlook using your Dal email. Some students may choose to "share" a OneNote document with another student so that you can work together on writing class notes. This may be helpful to identify things that you both don't understand.

If you have any other ideas, share them with friends! They might have more ideas for you to try too.

## **GET USED TO THE TECHNOLOGY**

Many of us are using some of the technology platforms for the first time. Take some time to explore Brightspace, Collaborate Ultra, and any other platforms you may be using in your courses. Not only will this reduce any fears or worries related to these platforms, but you'll feel more confident and ready to take on online learning.

## **MAKE YOUR SPACE WORK FOR YOU**

When it comes to your study/learning space, make it work for you. Reduce the clutter around you. Try to find a quieter spot (although not always possible). And the most difficult tip to implement: PUT. YOUR. PHONE. DOWN. It's very tempting to be on our phones all the time, especially when no one's watching.

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## *Listening and concentration*

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It can be difficult to listen, focus, and engage in class. Students are often distracted by social media, cellphones, computers, websites, games, day dreaming, and other students who are also doing all of these things. Nothing is more frustrating than when you are trying to focus and be attentive while the student in front of you is playing a video game on their computer or checking out someone's social media accounts. Here are some tips on how to help you concentrate in class:

- Sitting in a spot where you won't be as distracted. Stay away from those with bad classroom habits. Sit closer to the front to minimize those in front of you who could be distracting. Sit away from friends if they aren't focused themselves. Sit near a wall or aisle to avoid being surrounded by people and distractions.
- Come prepared. Have class slides loaded on your computer or your notes ready to go. If you are not prepared, you may be more distracted.
- Put your distractions away. If you know you're not waiting for an important phone call or text, put your phone away. It can wait!
- Close all of your applications/tabs that are not necessary for this class.
- Practice self-discipline. This is the hardest one of all. Remind yourself why you showed up to class and how important it is for you to focus. Think of your goals.
- And remember... all of those distractions will still be there after class! There's no need to address them now. You're in class right now.

**Oh and don't forget... Snoop Dogg wants you to read the syllabus:**

[https://www.youtube.com/watch?v=aL\\_fP5axQV4](https://www.youtube.com/watch?v=aL_fP5axQV4)

## VIRTUAL LEARNING – LISTENING

Okay. This is one of the hardest parts, am I right? In synchronous classes, you are still required to attend and participate during a set time of day. If you're a morning person and this class is at night, that can be exhausting. If you're a night owl and it's an 8am class, you might not even realize what's going on. And with some courses being online, you don't have the same distractions you used to have in class. But this also means you may have more! No student next to you on Facebook, but maybe a sibling is yelling next door. Your phone is probably still there, and now it's easier to look at it because no one knows! If you're near the kitchen, you may be tempted to go grab some snacks and miss part of the lecture. Online learning is totally different, and comes with its own listening challenges. So, try some of these tips in your next synchronous class:

- Make an effort to participate in class! There's no better way to pay attention than when you actually need to answer questions, polls, or write in the chat.
- Clear your desk of all unnecessary things you won't need for class.
- Put on earphones (noise-cancelling is great but not necessary) to help you zone in.
- Write a post-it reminder to "PAY ATTENTION" and do what it says.
- Write notes. In order to write notes, you need to know what's going on. And to do that, you need to be listening.
- Install an app blocker on your phone that won't allow you to use certain apps during certain times. Get off Instagram; there's no reason to see Judy's cat right now. Get off Tik Tok; you can learn that dance later. Get off Snapchat; the old man filter will be there when you're done class.

Just remember that, although school may still not be back to normal, you're still in school. You're still paying a lot of money for a great education. And be patient with yourself and others. You may get frustrated that you're not working as well as you used to, but you'll get better. Professors may be using technology in ways they never expected, but they will also get better.

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### *Academic Advising*

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DO YOU REALIZE HOW HELPFUL ACADEMIC ADVISING CAN BE? Have you ever talked to an advisor? GO DO IT! They are there to help, guide, and support you. Here are some topics you may want to discuss with your advisor:

- Course selection
- Degree planning
- Goal setting related to academics (and sometimes life)
- What you need to graduate
- How you can improve your grades
- Tips on how to handle student life (they know it's difficult)
- Resources: they have the answers to almost anything, and if they don't, they'll send you to someone who does!

Do you know who your academic advisor is? If you don't know, here are the two advisors for the School of Health and Human Performance. If you're not sure who your advisor would be, send one of them an email!

- Heidi Tracey Baillie: [htb@dal.ca](mailto:htb@dal.ca)
- Lindsay Currie: [lindsay.currie@dal.ca](mailto:lindsay.currie@dal.ca)

And remember, it is important to reach out if you feel you are struggling. It is NOT a sign of weakness to ask for help. It is important to reach out BEFORE things get out of hand.

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***Bissett Student Success Centre and Studying for Success Program***

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The Bissett Student Success Centre (4<sup>th</sup> floor Student Union building) offers a series of resources and programs to support your studies and academic and career success. These resources can help you make the most of your academic and co-curricular experiences at Dalhousie. Research tells us that study skills are linked with GPA (no surprise) so take advantage of our Studying for Success program and attend a workshop, meet with a study coach one-on-one, get a tutor, or access some free handouts online. The BSSC also offers career advising and counselling and support with resume, cover letter and the job/volunteer search! They can even help you set up a LinkedIn profile ([www.linkedin.com](http://www.linkedin.com)).

- The Studying for Success Program offers tutoring, study skills workshops, handouts, study coaches, and more: [www.dal.ca/sfs](http://www.dal.ca/sfs)
- Career Services offers volunteer and career workshops and events, one-on-one advice and counselling related to career, volunteering programs, and help with the job or volunteer search process: [https://www.dal.ca/campus\\_life/career-and-leadership/job-resources-services.html](https://www.dal.ca/campus_life/career-and-leadership/job-resources-services.html)



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## *Dal Writing Centre*

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The Dalhousie Writing Centre should be used by EVERYONE at some point in their studies. This resource is one of the most helpful resources on campus and yet, not many people use it. Trust me... USE IT!!!

The writing centre offers writing support in all subjects for undergraduate and graduate students. They will meet with you one-on-one to discuss your work, while also offering events and seminars. Although their job is not to simply proofread or edit your writing, they are EXTREMELY helpful in teaching you how to write independently.

Now, I know what you're thinking. "I'm a pretty good writer." "I don't need to visit them." Trust me, you do. I am not saying you're a bad writer, but everyone can improve. Everyone can become a better writer. Many students are good writers in general, but not necessarily academically. Academic writing can be intimidating and complex for many students. So, take some time. Even just one appointment. See how the writing centre can help you.

No excuses. This is how to book an appointment:

- Register in person during office hours in the Killam Library, Room G40C
  - [https://www.dal.ca/campus\\_life/academic-support/writing-and-study-skills/hours-locations.html](https://www.dal.ca/campus_life/academic-support/writing-and-study-skills/hours-locations.html)
- Set up an appointment by email ([writingcentre@dal.ca](mailto:writingcentre@dal.ca)) or phone (902-494-1963)
- Set up an appointment with the online form  
[https://dal.sharepoint.com/sites/mydal/services/Pages/writingcentre.aspx?\\_ga=2.125878856.438281728.1578072598-624310823.1485290882&\\_gac=1.261471487.1574861453.Cj0KCQiA2vjuBRCqARIsAJL5a-JWrlXhZXtoBC0nbjYU9Wyx07dm\\_q9P0OD8JPAq3Zfqf4xPkSdrWwaAnDKEALw\\_wcB](https://dal.sharepoint.com/sites/mydal/services/Pages/writingcentre.aspx?_ga=2.125878856.438281728.1578072598-624310823.1485290882&_gac=1.261471487.1574861453.Cj0KCQiA2vjuBRCqARIsAJL5a-JWrlXhZXtoBC0nbjYU9Wyx07dm_q9P0OD8JPAq3Zfqf4xPkSdrWwaAnDKEALw_wcB)
- Set up an appointment using eSARS, their online booking software  
<https://appointments.studentservices.dal.ca/esars/wcug/eSARSLDAP.aspx>

Guess what? They even have tutors that can help! Look at the list of things they can help with!

- Research papers and course assignments
- Essays (e.g., close reading essays for English classes)
- Sourcing and citing research material (documenting sources)
- Grammar, punctuation, and mechanics of writing
- In-class presentations
- Class or conference posters
- Business writing (e.g., work term reports, assignments, policy briefs)

- Applications/letters of intent for admission and scholarships
- Proposals for academic documents and grants
- Collaborative/joint writing practices (e.g., group work either face-to-face or online)
- Interdisciplinary writing
- Technical writing: Science and Engineering (e.g., lab reports)
- English as Another Language (ESL/EAL) support (English Language Learning)

So...what are you waiting for?

### 3.0 Social Connectedness & Community Engagement

1. Dal Mobile App: [https://www.dal.ca/campus\\_life/dal-mobile-app.html](https://www.dal.ca/campus_life/dal-mobile-app.html)



2. Together@Dal: [www.dal.ca/together](http://www.dal.ca/together)



3. Dal Student Life blog: <https://studentlife.dal.ca/>



**SHARING  
THE STORIES  
YOU'RE LIVING.**

*For students. By students.*

**DAL STUDENT LIFE** 

   

 by Jason Pettersson

4. And of course:

- Black student advising: [https://www.dal.ca/campus\\_life/communities/black-student-advising.html](https://www.dal.ca/campus_life/communities/black-student-advising.html)
- Indigenous student centre: [https://www.dal.ca/campus\\_life/communities/indigenous.html](https://www.dal.ca/campus_life/communities/indigenous.html)
- DalOut and LGBTQ2SIA+ COLLABORATIVE: <https://www.dal.ca/about-dal/agricultural-campus/ssc/communities/lgbtq2sia--student-support.html>
- Multifaith services: [https://www.dal.ca/campus\\_life/communities/multifaith-services.html](https://www.dal.ca/campus_life/communities/multifaith-services.html)

And...

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## *SAHHPER*

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The Student Association for Health and Human Performance (SAHHPer) is the group of students that represent the undergraduate students in the School of Health and Human Performance. This includes students from the following programs: Health Promotion, Kinesiology, Therapeutic Recreation, and Recreation Management. SAHHPer council members represent YOU in the larger Dalhousie community.

If you want to be part of SAHHPer, look out for their next elections in your Dal email.

<https://www.dal.ca/faculty/health/health-humanperformance/current-students/sahhper.html>

Dalhousie Recreation Association: <https://www.dsu.ca/ratified-societies/dra>; Instagram @dalrecreation

Dalhousie Health Promotion Society: <https://www.dsu.ca/ratified-societies/hpro>; Instagram @dalhprosociety

Dalhousie Kinesiology Society: <https://www.dsu.ca/ratified-societies/dalhousie-kinesiology-society>; Instagram @dalkinsociety

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## *DSU*

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The Dalhousie Student Union is the collective student voice on campus. See their website: <http://dsu.ca/>. Here are some of the things the DSU does for you!

- The Grawood: the campus bar found in the student union building
- Campus Copy: for photocopying, faxing, bindings, and more – found in the LSC near the Tim Hortons
- Society Expo
- Council: be part of their DSU council!
- DSU Market
- Equity and Accessibility office
- Health Plan
- Legal Counsel
- Student Advocacy Service
- Survivor Support
- Sustainability office
- Tiger patrol
- Wellness room

- AND MORE...

Don't know what some of these are? Check it out on their website <http://dsu.ca/>.

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### *Dal After Dark*

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[https://www.dal.ca/campus\\_life/health-and-wellness/my-health/workshops-and-events/dal-after-dark.html](https://www.dal.ca/campus_life/health-and-wellness/my-health/workshops-and-events/dal-after-dark.html)

Are you looking for fun things to do on campus instead of going out downtown or partying/drinking? For some that may not sound fun, but trust me, Dal After Dark has some of the best events on campus. They are on Thursday, Friday, and Saturday nights and are FREE or low cost. Here is a list of some event examples:

- Improv night
- Board games night
- Paint night
- Dive-in Movie (movie at the pool)
- Rock climbing
- BBQ
- Glow in the dark frisbee
- Movie screenings
- Karaoke night
- Cooking class
- Culture night
- Glow in the dark silent disco
- Horror virtual reality and gaming night
- Haunted house (usually around Halloween)
- Escape room
- Nachos night
- And more...

I mean... come on. Tell me there isn't at least one you would want to try.

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## *How to get connected*

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And you know what? There's always more. There's a ton of student societies, teams, clubs, and volunteer opportunities on campus. You may also decide that getting an on-campus job would be a way to connect. Finding a study buddy can sometimes be an incredibly helpful connection to make while in school. Here are some tips on how to further connect with other students:

- Take a leap. Sometimes it takes that one conversation with a stranger to make that connection.
- Go to events. If event opportunities come your way, and you're available, consider going with the intention of meeting someone new.
- Join a club/society. Find a group of people with similar interests. You'll be surprised at the number of different clubs and societies that exist at Dal.
- Talk to other students. At events. In class. On the bus. On campus. Yes, it may be scary to start a conversation with a stranger, but that's how you may find your next study partner or new best friend.

## 4.0 Professionalism

I'm sure you've heard of this over and over and over again. Be professional. You are preparing for a health career. Many of you will be working with people in a health care setting with high standards of practice and complicated ethical dilemmas. Important skills and traits will be reliability, sound decision-making, problem solving, working in interdisciplinary teams, and more. For a list of 21<sup>st</sup> century skills important in today's workforce, check out [https://en.wikipedia.org/wiki/21st\\_century\\_skills](https://en.wikipedia.org/wiki/21st_century_skills).

Professionalism is important. But what is professionalism? As a student, what does it mean to be professional? Here are just a couple of examples.

Here we go...

With this year's circumstances, this is more important than ever.

You'll be emailing your professors and fellow students more now than ever. Keep it professional.

If you have synchronous classes, you'll be expected to not only attend, but PARTICIPATE!!! Participation in class is more important now than ever. And professors aren't making you participate just because they want to hear you talk. They're asking you to participate because THAT'S HOW YOU LEARN. Also, it would be a really boring class if no one did anything. So, write in the chat. Raise your virtual hand and ask a question. If using breakout groups, participate! Depending on if your camera is on or off, you may not have the encouragement you would normally get to participate in class. And remember, participating is a form of respect for the presenter, whether it's your professor or a guest speaker. Give them your full attention and participate where appropriate and possible.

Also, I can't believe I have to say this but...

Please keep your online usernames and emails appropriate.

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### *Class attendance*

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As a student, you are expected to show up to classes. Your courses cost money. Your degree costs money. If you skip classes, you're not getting what you've paid for. Professors expect you to attend class in order to contribute to discussions and participate. Other students expect you to attend class for projects and group work and collaboration and to hear your unique perspectives



on the topics – you have something valuable to offer others! If you skip classes, you are missing out on concepts, information, exciting topics, and sometimes hints for exams!

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*Being engaged and present*

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Now, showing up is only part of it. Often, courses require class participation, and showing up to sit on a chair isn't enough. Being engaged and present means to actively listen, take notes, critically think about what is being discussed, and discussing topics. When professors ask questions, these are not rhetorical. They expect you to answer!

If you are scared to answer or ask a question, know that what you are thinking is often what others are thinking too. If you keep your questions to yourself, no one gets the answer they need. What's stopping you from asking?

If public speaking is holding you back, know that you can always approach your professor or teaching assistant before/after class or by email. Don't hold back your questions/answers because you think you'll be wrong. You're here to learn!

“Mistakes have the power to turn you into something better than you were before.”

– Oscar Auliq-Ice

**Participating in a virtual world**

University learning looks a little different than it used to, but there are still many ways to participate in your virtual courses. In synchronous sessions, don't be afraid to use the chat function to ask questions and be present/focused. Discussion boards aren't just for show; they are there for you to share your thoughts on readings and different topics to help you better understand the course content. And guess what... that will help you when the tests and projects come around! Finally, participating can also be done by simply emailing your course TA (teaching assistant) or instructor if you have any questions.

## 5.0 Extra Resources

Let's first address COVID-19 related information and resources:

- COVID info and updates: <https://www.dal.ca/covid-19-information-and-updates.html>
- Online learning: [www.dal.ca/onlinelearning](http://www.dal.ca/onlinelearning)
- Book time at Dalplex: <https://www.dalsports.dal.ca/>

Many of the links below will also have COVID specific information, depending on the resource. Dal has made an incredible effort in making all resources and supports available to you either online or through appointments. If you're not sure, take a look at their website to find out more. And if you're still not sure... ASK SOMEONE. Like an academic advisor or a professor!

All of Dal's services: [https://www.dal.ca/current\\_students.html](https://www.dal.ca/current_students.html)

### Academics

- Study skills workshops, handouts, tutors, and personal coaches: [www.dal.ca/sfs](http://www.dal.ca/sfs)
- Exam anxiety: [http://counselling.athabascau.ca/exam\\_anxiety.php](http://counselling.athabascau.ca/exam_anxiety.php)
- Exam anxiety: [https://www.dal.ca/campus\\_life/academic-support/accessibility/exams/exam-anxiety.html](https://www.dal.ca/campus_life/academic-support/accessibility/exams/exam-anxiety.html)
- Academic support: [https://www.dal.ca/campus\\_life/academic-support/study-skills-and-tutoring/other-resources.html](https://www.dal.ca/campus_life/academic-support/study-skills-and-tutoring/other-resources.html)
- Student Accessibility: [https://www.dal.ca/campus\\_life/academic-support/accessibility.html](https://www.dal.ca/campus_life/academic-support/accessibility.html)
- Writing Centre: [https://www.dal.ca/campus\\_life/academic-support/writing-and-study-skills.html](https://www.dal.ca/campus_life/academic-support/writing-and-study-skills.html)
- Bissett Student Success Centre: [https://www.dal.ca/campus\\_life/academic-support/student-success-centre.html](https://www.dal.ca/campus_life/academic-support/student-success-centre.html)

### Health & Wellness

- Student health plans: <https://www.studentvip.ca/SchoolSelect.aspx>
- Dal SAFE app: <https://www.dal.ca/dept/facilities/services/security-services/dalsafe1.html>
- Practicing positive self-talk: <https://www.workhealthlife.com/Article/Read/effects-of-negative-self-talk>

- Challenging negative thinking & test anxiety:  
[https://www.anxietycanada.com/sites/default/files/Test\\_Anxiety\\_Booklet.pdf](https://www.anxietycanada.com/sites/default/files/Test_Anxiety_Booklet.pdf)
- Dal Food Bank: <http://dsu.ca/foodbank>

## **Finances**

- Registrar's Office's Assistant Registrar, Financial Aid can meet with individual students regarding student loans, bursaries, and other funding issues/questions. Email: [awards@dal.ca](mailto:awards@dal.ca)
- For information on bursaries and other financial aid see: [https://www.dal.ca/admissions/money\\_matters.html](https://www.dal.ca/admissions/money_matters.html)
- Student Union funding: <https://www.dsu.ca/funding>