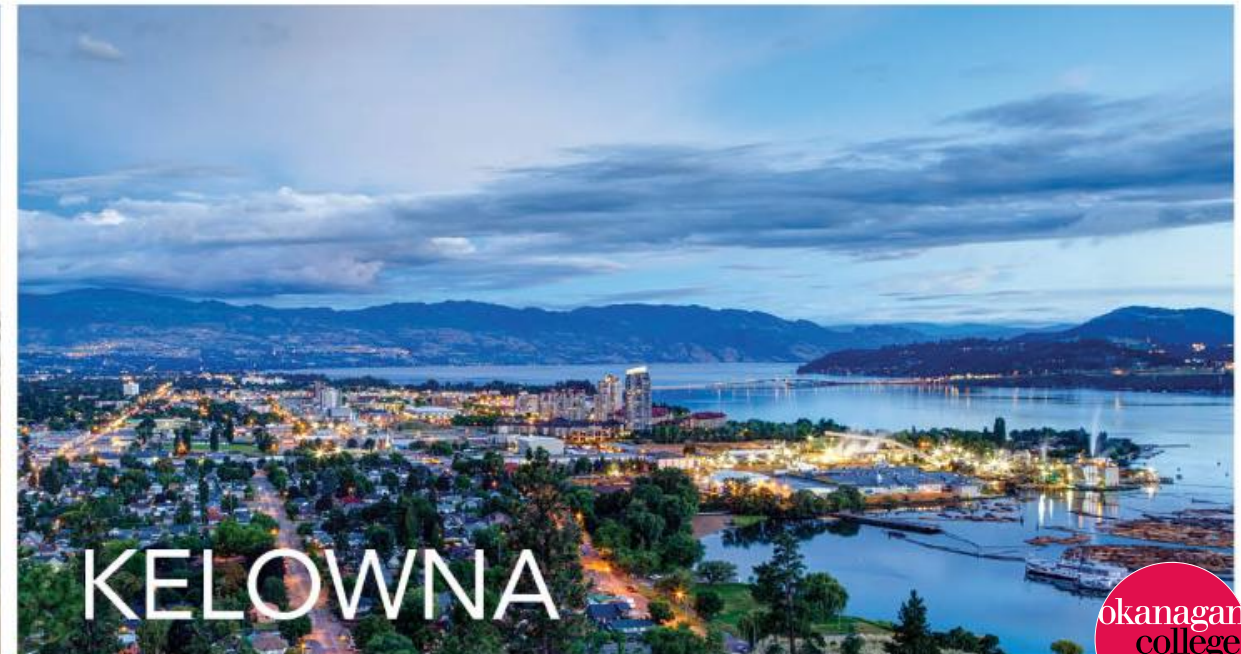


GROW @ OC



Welcome to GROW@OC –
we're so happy you're here!

ACKNOWLEDGING THE TERRITORY



GROW @ OC



GROW @ OCC

An online drop-in group for students to connect, learn, and strategize to be an effective student and a healthier human. Hosted by OC Counselling Services.

How have we GROWN?

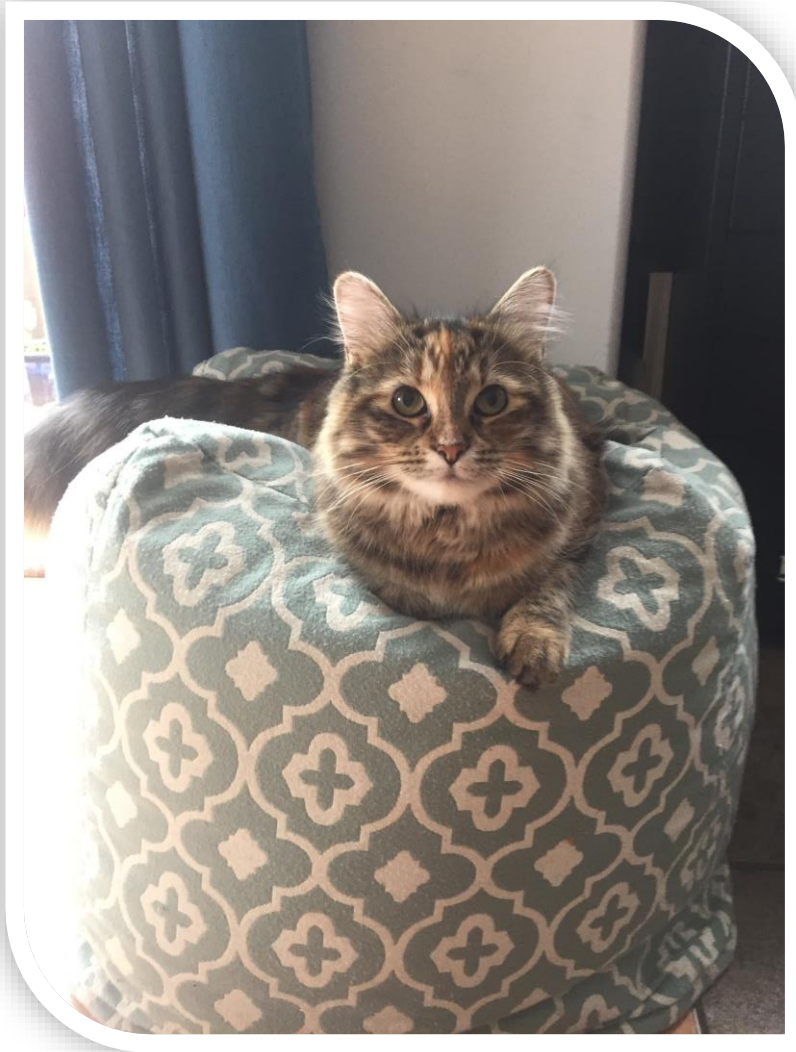
GROW@OC Guidelines

- GROW@OC is a space to:
 - Connect with other students and with supports
 - Develop tools & strategies to help you grow as a student and as a resilient human being
- Today we may record only the teaching segment of the presentation. All identifying information will be removed from the recording before we share with students.
- Take what you learned, leave what you heard
- Be respectful of everyone's emotional and mental boundaries, including your own!
- Participants are expected conduct themselves according to OC policies
- It's great if you can turn your video on, but always do what feels right for you
- Please keep your microphone muted unless you wish to speak
- You can also share comments and questions in the chat box
- Students may come and go during the session – attend for as long as you are able to.

Agenda for today's workshop

- Check in – what went well?
- Retrospective on the semester & discussion (~15 minutes)
- Short break and optional mindful movement practice
- Open discussion (~15 minutes)
- Check out – what will you take with you from today?

Checking in – what went well, despite...?





Retrospective on the semester that was



Week 1: Navigating the new normal

In this session we shared about the joys and challenges of being a student and explored some tips to navigate the transitions this semester. We also talked about how to advocate for ourselves with instructors and other college services.

Resources

- OC Counsellors shared some [tips](#) for transitioning back to campus this Fall
- Watch this fun video from Arizona State University on the benefits of Faculty Office Hours: - <https://youtu.be/yQq1-ujXrM>

Learn how to communicate in a professional & respectful way

<https://youtu.be/hgMvrcgYeGY>



Week 2: Time management

We looked at the HOW, WHAT, WHEN, HOW MUCH and WHY of creating a schedule, including following our natural rhythms (Basic Rest and Activity Cycles) and making time for our anchors (including fixed activities, life essentials like eating, and open spaces for flexibility). Lisa showed us how to set up a Semester At a Glance schedule to stay on track.

Resources

Weekly schedule: <https://www.okanagan.bc.ca/counselling-services/counselling-resources-for-students>

Semester at a glance schedule

Think about when you are at your best and plan accordingly:

<https://www.danpink.com/MCTQ/>

Assignment Calculator U of T Scarborough

<https://ctl.utsc.utoronto.ca/assignmentcal/>

Organization apps/sites:

www.en.todoist.com

www.rememberthemilk.com

Semester At a Glance Winter 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2	3
	4	5	6	7	8	9	10
	CLASSES BEGIN 11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	Stat 15	Study break 16	Study break 17	Study break 18	Study break 19	20	21
	22	23	24	25	26	27	28
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31	1	2	3	4
	5	6	7	8	9	10	11
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	19	20	21	22	23	24	25
	26	27	28	29	30		

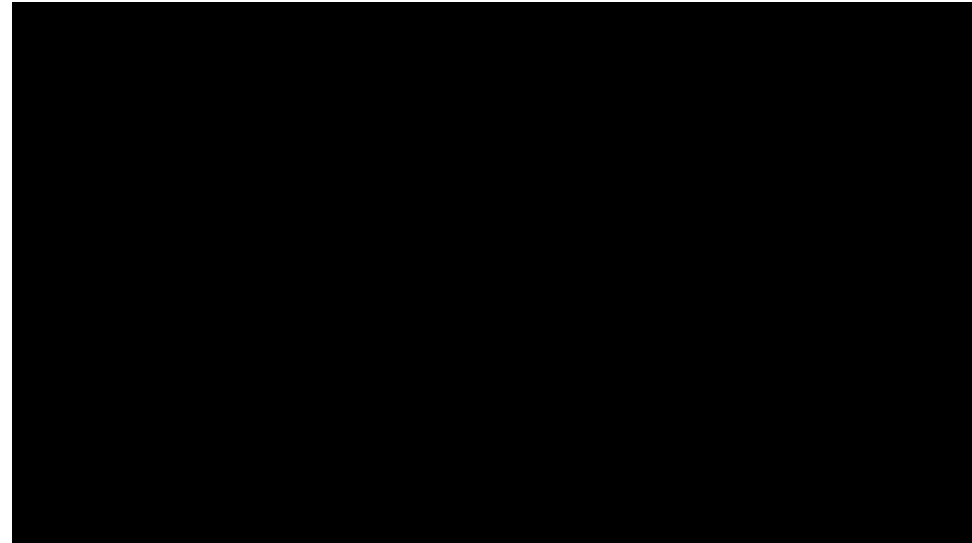
• Astronomy
• Psychology

• Writing 101 - 5% participation

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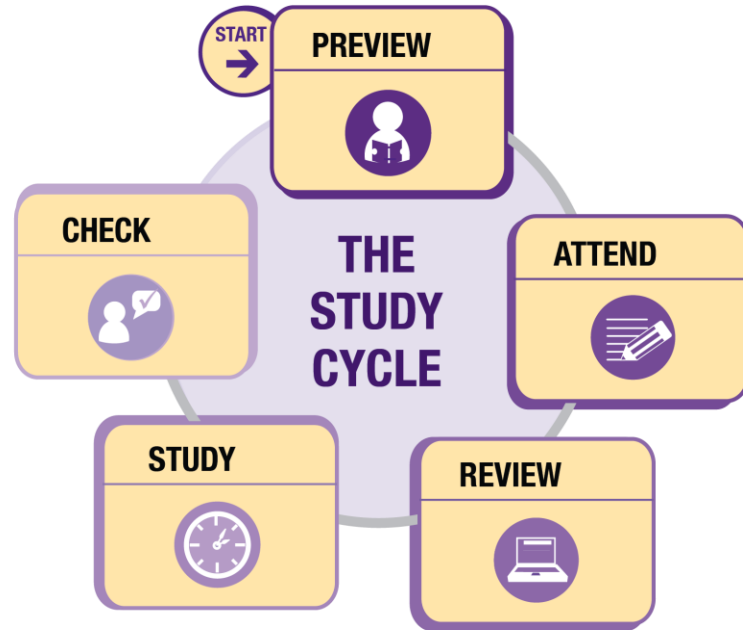
Week 3 – In observance of a National Day for Truth and Reconciliation, there was no session. We sent you a recording guided by Ashley Steele

In this meditation, we will safely make room for painful emotions, embrace feelings of joy and love, and deeply connect to the power of our hearts. Join us as we journey to the heart!



<https://youtu.be/6qApySjVgh8>

Week 4: Study strategies



Adapted from Frank Christ's PLRS system.
©2015 Louisiana State University, Center for Academic Success

Here are the key points Sarah shared in this workshop:

- Your studying starts even before class
- Practice attentiveness
- Choose a notetaking method
- Space out your studying rather than cramming it in
- Breaks are an important part of studying!
- Mnemonics can help you remember
- Test yourself!
- Start a study group

Week 5: Steadiness within the stress

In this workshop, Ashley highlighted that stress is a normal part of life. It actually helps us to perform well, but can become problematic if levels are too high and/or last for too long! Engaging in constructive rest and relaxation is recommended. It helps to know simple strategies you can use to help reduce the impacts of stress, including: attending to your basic needs, affect-labelling, breathing exercises, externalization and mindfulness. A coping chart is a great way of reminding yourself of the tools that help you to reduce stress

Resources

The Stress Bucket:

[How To Deal With Stress - The Stress Bucket - Dr. Julie Smith - YouTube](#)

Triangle Breathing:

[Triangle breathing, 1 minute - Bing video](#)

Guided Imagery Meditation: Forest

[Guided Imagery Meditation: Forest | CHOC - Bing video](#)

Develop a Coping Chart:

<https://www.padesky.com/>



Week 6: **Sleep & self-care** **especially when you feel too busy**

Here's an overview of the main points that Sarah shared for this workshop:

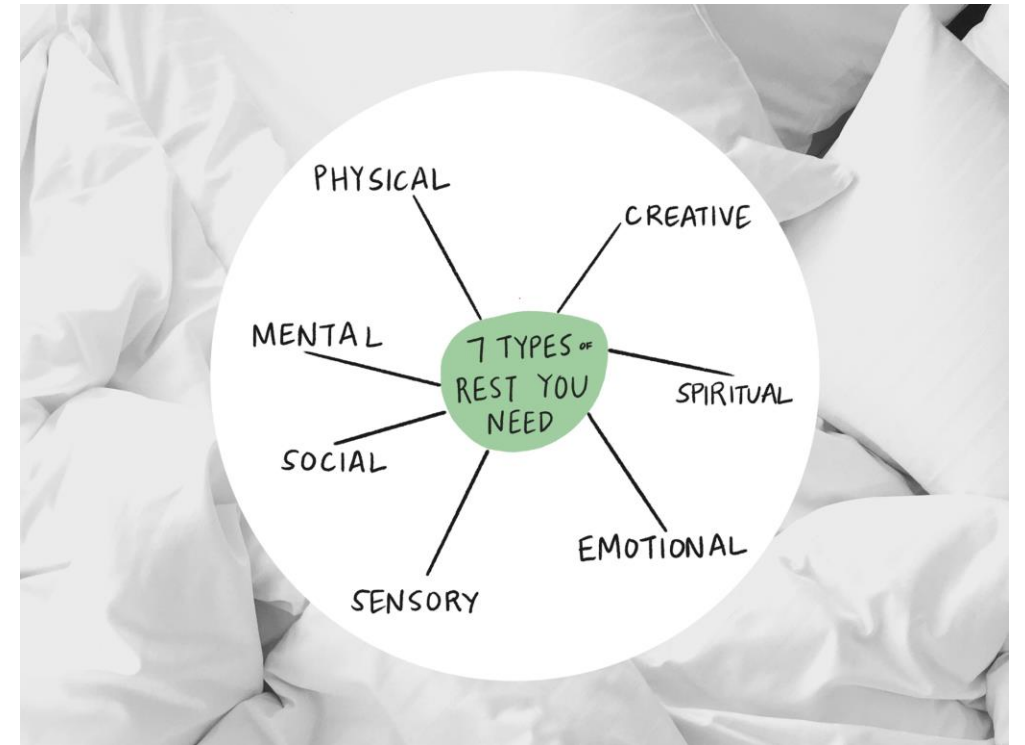
- Taking care of our health can't be delayed until the weekend or after exams – it's necessary every day.
- Know your sleep needs and make shifts as necessary.
- Sleep is not the only kind of rest! Pay attention to the 7 kinds of rest and listen to what you need. Prioritize regular rest periods.
- Moving our bodies in nature = a learning strategy.
- Use creative ways to expose yourself to awe and natural beauty.

7 types of rest <https://advice.theshineapp.com/articles/the-7-types-of-rest-you-need-to-actually-feel-recharged/>

Doze app <https://dozeapp.ca/>

478 breath <https://www.medicalnewstoday.com/articles/324417>

Cognitive shuffle <https://www.cbc.ca/news/canada/british-columbia/sfu-sleep-trick-luc-beaudoin-1.4092294>



Week 7: Productivity and Motivation

Here are the main points Lisa covered in this workshop:

- Use your willpower but don't forget to build good habits (and break some unhelpful ones)
- Use the Pomodoro technique to break up your study and keep up motivation (plus you'll be doing your eyes and body good with a break)
- Try some energizing finger tricks, deliberate fidgeting and bringing in exercise to re-energize and boost concentration



Resources:

The 20-second rule <https://www.youtube.com/watch?v=cXXWUMTtGsY&feature=youtu.be>

On the power of exercise before studying <https://www.youtube.com/watch?v=oqceJv4iNv4>

Apps:

Habitica to gamify everyday tasks <https://habitica.com/static/front>

Forest app to stay focused: <https://www.forestapp.cc/>

iPhone, try [Focus Keeper](#). Android users can check out [Pomodoro Timer Lite](#).

Week 8: Meaning & Purpose

In this session, Ashley explored the concept of **meaning** and how meaning is considered one of the six pillars of what is needed to live a flourishing life! We discussed how living a meaningful life has shown to have many benefits, including: increased happiness, sense of well-being, overall life satisfaction, and decreased feelings of anxiety, depression and helplessness.

We highlighted that can begin to find meaning in our lives by identifying and living true to our **personal values**, and how connecting to your values while attending college, can help to bring richness and fulfillment into our everyday experiences and interactions.

Resources:

In Pursuit of a Meaningful Life:

[Michael F Steger 'In pursuit of a meaningful life' at Mind & Its Potential 2013 – YouTube](#)

The Meaning in Life Questionnaire:

[The Meaning in Life Questionnaire](#)

Find Your Ikigai (“Reason for Being”):

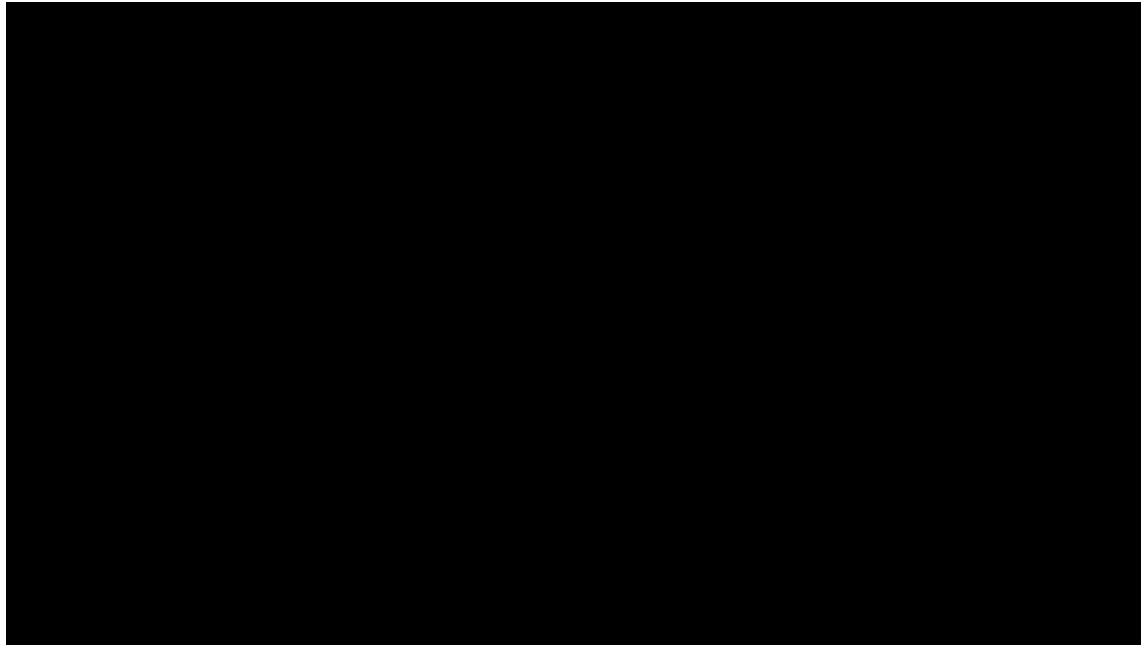
[Finding your Ikigai : A Step-By-Step Guide - The Happiness Coach](#)

Values vs. Goals:

[Values vs Goals - YouTube](#)



Week 9 there was no session in observance of Remembrance Day. We sent you a recording guided by Rulisha Chetty



This gratitude mindfulness practice taps into feeling and experiencing the emotion of gratitude by shifting your focus to the gifts in your life.

<https://youtu.be/Szy4TzvJVRs>

Week 10: How not to be so hard on yourself

Everyone has an inner critic and it can be quieter or stronger based on what is going on in our lives. The first step is noticing. Sam shared 4 tools with us to help us challenge our inner critic.

- Tool 1: Ask yourself: Where is the evidence for this way of thinking?
- Tool 2: Approach your learning and your life with a growth mindset
(<https://www.youtube.com/watch?v=75GFzikmRY0&t=376s>)
- Tool 3: Practice the skill of self-compassion
<http://self-compassion.org/>
TED Talk: The Three Components of Self-Compassion
<http://ed.ted.com/on/zhq011AI>
- Tool 4: Look for multiple truths



Week 11: Today

Are there strategies you learned through GROW@OC that have been helpful? Or that you wish you had learned earlier?



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Short break –
Join us for mindful
movement if you like!





Reflection time: how have we GROWN?

GROW @ OC  okanagan
college

What's been a highlight for you this semester?



What's been challenging for you this semester?



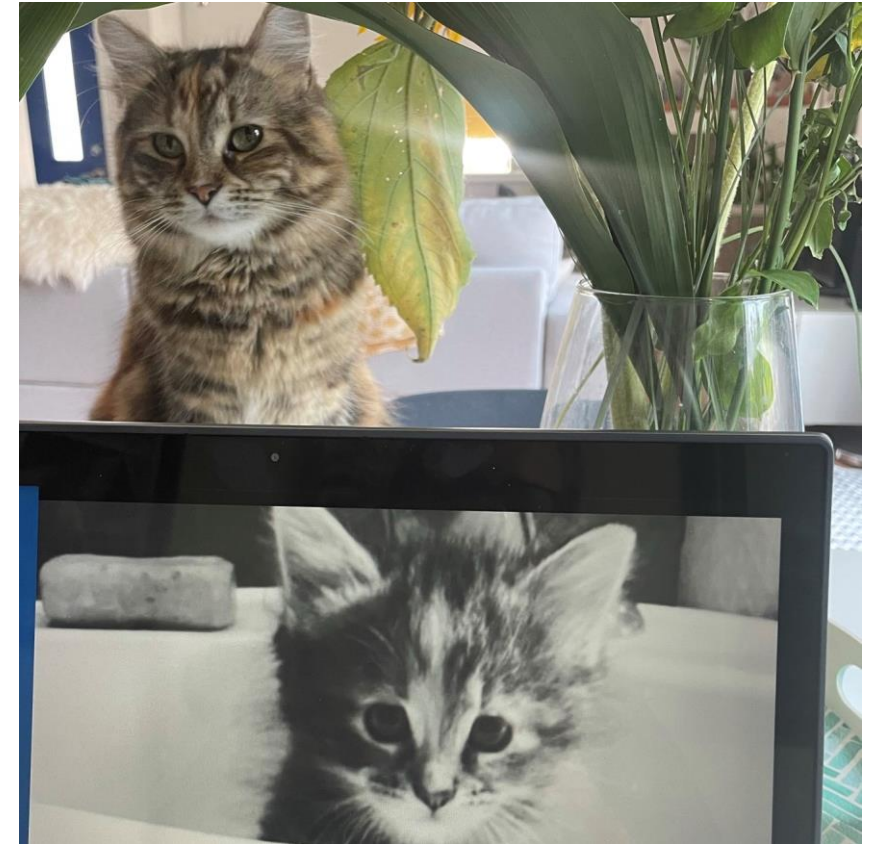
What has helped you to make it through this semester?



What have you learned about yourself?

Life is potentially meaningful under any conditions, even those which are most miserable. And this in turn presupposes the human capacity to creatively turn life's negative aspects into something positive or constructive.

– Viktor Frankl, Man's Search for Meaning



How will you continue to take care of yourself
in the months ahead?



The Anatomy of Peace – John Roedel

Poem: <https://www.johnroedel.com/post/how-to-live-with-my-body>

Video reading: <https://www.johnroedel.com/post/video-the-anatomy-of-peace>



Checking out – what stuck? what surprised?



Options for support over the semester break

- Thriving in Action (Ryerson University). To delve deeper, check out their [self-directed online resource](#).
- [Discovery College](#), through CMHA Kelowna, offers free online courses on a range of wellness topics.
- Check out [OC Counselling Services Youtube channel](#) for guided exercises and recordings from our counselling workshops.
- Students who are registered and taking courses during the Winter semester can [request individual counselling appointments](#) via our website. (*Services limited over holiday closure Dec 20-Jan 3*)
- Through [Here2Talk](#), all students currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral services, available 24/7 via app, phone and web.
- [Wellness Together Canada](#): Mental Health & Substance Use Support for all Canadians.



Please take a few minutes to share your feedback with us!

<https://www.surveymonkey.com/r/HXD2X5D>

You can access the anonymous online survey by scanning this QR code or clicking the link in the chat box.

Thanks for being here!