Virtual Care Package

CREATED JUST FOR YOU BY @UVICYEARONE, AND YOUR ENGAGE LEADERS
Welcome!

We know that exam time can be stressful. While we can’t write your exams for you, we thought maybe this virtual care package could help, just a little bit. Save a copy to your desktop, and take whatever you need from it to help you through.

You got this!

@UVicYearOne

What you’ll find:

- Study snack ideas
- Spotify playlists
- Study tips
- Wellness resources
- Break ideas
- Self-care pages
- Campus resources
- Positive encouragement
Study essentials

There are a few things you always need for a productive study session: some good snacks, a solid playlist, and top-notch study strategies. We’ve got all three right here for you.
Top 4 study tips

Practice interleaving
Instead of focusing on one topic for a long time, bounce between topics more frequently. It may feel harder, but it helps you make connections and forces retrieval.

Take breaks
Remember to take breaks so you don’t burn yourself out! Try the Pomodoro Method - work for 25 minutes, then take a 5-minute break. Make every fourth break 15 - 30 minutes.

Try spaced practice
Plan multiple shorter study sessions over a number of days, rather than entire days focused on one topic. It’s a better test of your memory!

Make a plan
Check your syllabi for the details of your exam(s), and then create a study schedule. You can also use the syllabus to identify topics that need extra focus. Start each day knowing exactly which topics you plan to tackle.
More tips

Make study sheets
Create a study sheet for each topic, from hardest to easiest, then go through highlighting key points. Finally, compile all the things you don't know/key concepts on one study sheet.

Review before bed
Try studying some key concepts and important notes right before bed. While sleeping, your brain strengthens new memories and helps you remember things better!

Create your space(s)
Find the spaces that you study best in and stake your claim. You might choose a different space for different times of day. Tailor the ambience to what works best for you, and put your snacks nearby!

Find your productivity method
Take this quick quiz to find the productivity method that works best for you based on your habits and goals.

More tips
If your only study strategy is reading your notes and textbooks, you’re not actively engaging with your course content. Try some of these techniques to maximize your engagement!

**Flashcards**
Concept on one side, definition/explanation on the other. Make sure you answer before flipping the card!

**Mind mapping**
Mind maps can help you visually organize information, and see hierarchy and relationships between items.

**Mini-quizzes**
Create questions as you go through a lecture, and come back to them later to test your knowledge and memory.

**Recall paper**
Before starting a new topic, jot down everything you can remember. Compare to your notes to see what to study!

**Mnemonic device**
If you’re having trouble remembering certain facts of principles, create a phrase, rhyme or image to help.

**Teach others**
Sometimes you think you know a concept, until you try to explain it to someone else. Find a study buddy!
Study snacks

Snacks are important to help get you through a long study day. If you’re tired of the same-old snacks every day, try these recommendations from your Engage Leaders and fellow first-year students.

- Popcorn
- Trail mix
- Gummy bears
- Chocolate
- Chips and salsa
- Granola
- Ice cream
- Pringles
- Bananas and peanut butter
- Apples and nutella
- Hummus
- Chocolate covered almonds
- Grapes
- Cheese and crackers
- Goldfish

Chia Pudding
1. Add 1 tablespoon of chia seeds to 1/3 cup milk.
2. Stir in 30 second increments for about 2 minutes. It’s important to have the seeds distributed in the liquid otherwise the seeds will clump together and you’ll have an inconsistent pudding.
3. Feel free to add fruit just before eating!

Note: You might have to try it a couple times to figure out which consistency you like the best!

Banana Oatmeal
1. Add 1/2 cup of rolled oats to a small pot, and add 1 cup of milk.
2. Mash a ripe banana in a bowl and add the mash banana to the pot.
3. Add in any desired spices or seeds (i.e. cinnamon, brown sugar, ground flax seeds, hemp hearts, chia seeds, etc.)
4. Heat on med-high heat. When you start seeing the liquid bubble a little, turn down the heat to low-medium heat, keeping the lid on. Stir occasionally.
5. Once the oatmeal is at your desired consistency, add any other fruit and toppings and scoop into a bowl.
Masala Chai

1. Combine 2 cups water and 1 cup milk of choice in a medium pot.
2. Add 8 cardamom pods (smashed), 1 star anise, cinnamon, a small piece of fresh ginger, and cloves.
3. Bring to a simmer.
4. Reduce heat and add 2-3 black tea bags (depending on how strong you want it).
5. Steep until preferred caffeine-intensity, then strain into a mug & add sugar to taste.

Mudslide in the Quad

1. Add a scoop of ice to your blender.
2. Add 1 - 2 packets of hot chocolate mix, 2 squirts of chocolate sauce, and 2 scoops of Ben & Jerry's Chocolate Therapy ice cream.
3. Add 1 cup of milk (any type). Add more if needed to cover everything.
4. Blend until all ingredients are mixed.

Click the name for a recipe!

- Fudgy chocolate brownie
- Overnight oats
- Banana chocolate chip energy bites
- Rice Krispie squares
- Addicting chocolate tiramisu
When you’re spending a lot of hours studying, you also need a lot of hours of music to get you through (unless you prefer silence!). Check out our three playlists, consisting of suggestions from your Engage Leaders and fellow first-year students!

**Study playlist (lyrics)**
3.5 hours of music to keep your study muscles going and your motivation strong.

**Study break playlist**
When you need a little pump up or dance break, check out these songs!

**Study playlist (no lyrics)**
If you like music, but find lyrics distracting, this is the playlist for you!
Wellness

If the study tips weren’t enough, we have some wicked wellness activities, tips, affirmations, and ideas from your ELs!
Our top wellness tips

**Take real breaks**
Use your study breaks to actually take a break. Do something that feeds your body, mind or soul.

**Eat brain food**
Try to keep away from junk food, and instead eat nutritious meals/snacks that will energize your brain.

**Get outside**
Sit outside when the sun is out, or go for a quick walk. Even if it’s only for 10 minutes. It will do you some good!

**Move your body**
Dance to some music! Music has been demonstrated to decrease stress and help with focus!

**Be forgiving**
It's okay if your day doesn't go exactly according to plan. Just revise the plan, and get back at it!

**Ask for help**
Exams can be stressful, and it’s okay if you’re anxious, overwhelmed, or in need of a little help. Reach out!
Study break ideas

- Cuddle a pet
- Go for a walk
- Play game on phone
- Call a friend
- Yoga or stretching
- Make some art
- Watch YouTube
- Exercise
- Play a video game
- Scroll through Tiktok
- Play an instrument
- Clean

All icons from the Noun Project. By (L-R) jenya, Adrien Coquet, Nikia Cozen, Zky Icon, Lluisa Iborra, Soremba, P. Thanga Vignesh, Llisole, Mohammed Salim, iicons, Flatart, priyanka
Quick workouts

Take a break from studying and get your blood flowing with these Vikes workout videos. Click the titles below to access the video/playlist!

YOGA RAVE

TRAIN LIKE A VIKE

AT HOME WORKOUTS
Let your mind relax as you search for these words. Some are exam-related, while others are waiting for you post exams!

Options to complete:
1. Complete the word search online
2. Print this page
3. Open this page in an image editor and draw on it
Maze

Can you find your way out of this maze? (It’s not as hard as it looks!)

Options to complete:
1. Print this page
2. Open this page in an image editor and draw on it
NEVER GIVE UP
Colour me!
Breathe
Resources & support

If you’re struggling and feel like you can’t do it all alone, that’s totally alright and completely normal. Reach out to a campus resource or your EL for support!
Student Mental Health Blog Posts

Click the blog post titles to read these helpful blog posts from our student mental health bloggers!

**Academic wellness: Finding balance**

“These are simply a few [ways] that Have helped me find more balance between working and caring for myself.” - Tristen L.

**Physical wellness**

“The main takeaway is that like almost everything, physical wellness is not a one-size-fits-all concept.”

- Jocelyn J.

**Tips to reduce exam anxiety**

“Hope these tips come in handy and help you reduce anxiety during these stressful exam periods.” — Impreet B.

oac.uvic.ca/studentmentalhealth
Academic Resources

Learn Anywhere
The Learn Anywhere site is a central starting point for information about resources and services.
[oac.uvic.ca/Learn Anywhere](oac.uvic.ca/LearnAnywhere)

Learning Strategists
Meet 1-on-1 with a learning strategist to get personalized academic support.
[oac.uvic.ca/LearnAnywhere/program](oac.uvic.ca/LearnAnywhere/program)

Academic Advising
Academic advisers offer support with course selection, and can help troubleshoot academic issues.
[uvic.ca/students/undergraduate/academic-advising](uvic.ca/students/undergraduate/academic-advising)

Study space
Quiet study spaces are available on campus in the library, Mystic Market, and various classrooms.
[uvic.ca/study](uvic.ca/study)
Wellness Resources

**Counselling**
Counselling offers free professional counselling, and can support you with your mental health needs.
[uvic.ca/counselling](uvic.ca/counselling)

**Health**
UVic Health offers primary health care, and can support you if you’re feeling ill.
[uvic.ca/health](uvic.ca/health)

**Multifaith**
Multifaith offers opportunities to connect around religious traditions, spiritual interests and community activities.
[uvic.ca/multifaith](uvic.ca/multifaith)

**Support Connect**
Free, confidential mental health support available by phone and online 24/7.
[uvic.ca/supportconnect](uvic.ca/supportconnect)
“Sometimes the best thing you can do is not think, not wonder, not imagine, not obsess. Just breathe and have faith that everything will work out for the best.”

— an Engage Leader

You should feel proud!

“Online school was tough enough for the rest of us, but you did it AND did it during your first year?! Feel proud of yourself for just making it through to the end! Just one more push through these finals and you can relax! :)

— an Engage Leader

Perfection is overrated

“Not everything has to be perfect. Sometimes we just have to get through things, and that’s perfectly okay.”

— an Engage Leader

Everyone has inside of him a piece of good news. The good news is that you don’t know how great you can be! How much you can love! What you can accomplish! And what your potential is!

— an Engage Leader
You've worked hard!
“Remember that you've worked so hard this year, that no matter how you think you didn't do well, you should really be proud of yourself for the things that you DID do well!”
- an Engage Leader

It’s okay to feel lost
“It is okay to not know everything right away and no one knows what they are doing even if it looks like they do. Everyone is a little lost and that is okay.”
- an Engage Leader

You’re doing amazing and you’ve got this!”

“You have made it this far, and you’re almost done! Don’t give up now!”

“You’ve got this! Only a couple more things to do before summer break!”

“There’s a rainbow at the end of the storm.”
You got this!