

WELCOME TO WELLNESS!

# Student Wellness Journal



truwellnesscentre  TRU Wellness Centre  [www.tru.ca/wellness](http://www.tru.ca/wellness)

**April Issue**



WELLNESS

# Student Wellness Journal

This journal was created by fellow TRU students so that you can have easy access to information about wellness, university life, and resources.

Check out the colouring pages, questions for reflection, and activities throughout!

At the bottom of pages we provide 'Quick Tips' to direct you to more information on the topic.

At the end of each section, you will find phone numbers and websites for great resources.



**THOMPSON  
RIVERS  
UNIVERSITY**

Wellness Centre

# Territorial Acknowledgement

*Welcome to Tk'emlúps te Secwépemc!*

Thompson Rivers University is located on the traditional and unceded land of Tk'emlúps te Secwépemc within Secwépemc'ulucw. With love and gratitude, we live, learn and work on the Tk'emlúps te Secwépemc territory.



In this journal,  
you will...



Learn about and participate  
in the themes of each month:



September  
October  
November  
December  
January  
February  
March  
April



# April:

## Semester Wrap Up: Exams and Planning for the Summer

### **This month in the journal:**

- Ending the semester in a good way
- 4 Tips for making a study plan
- Exams reminder
- Summer safety tips
- Summer activity ideas
- Hydration tracker
- Summer bag checklist
- My summer goals
- April coloring page
- April self-care plan
- Resources for finding a job



# Ending the Semester in a Good Way

## MAKE A SCHEDULE

Know where you are and where you need to be!

## REVIEW DUE DATES



TRU's winter exam schedule can be found on the TRU website under "current students". Don't forget to consider time changes and point out conflicting dates and times to professors.



## ASK FOR HELP

Professors appreciate when students reach out during office hours, that's what they are there for! Reach out to [as@tru.ca](mailto:as@tru.ca) for Accessibility Services or [studentservices@tru.ca](mailto:studentservices@tru.ca) for a counselling appointment.

## REWARD YOURSELF AND BE PROUD OF WHAT YOU HAVE DONE

Motivate yourself by setting goals and rewards. This encourages motivation and doubles as self-compassion. Maybe this means a fun meal with friends or a new small gift to yourself. Giving ourselves things to look forward to can improve our focus!

# 4 Tips for Making a Study Plan



Make sure to take breaks and fuel yourself with healthy foods and water.

1

2

Create specific, realistic goals for how much you will study for each exam and prepare a backup plan in case you go off your original plan.



Decide on how far in advance you want to study for each exam and spend more time studying topics that you feel unsure about.

3

4

Remember to get a good night's sleep. Pulling an all-nighter is not a great strategy as you need proper sleep to improve your memory and recall. Your brain needs sleep to do its job properly.



# Exams Reminder

Use the space below to write the time and location of your exams so you don't forget!



Exam 1:

Exam 2:

Exam 3:

Exam 4:

Exam 5:

# Summer Safety Tips

Re-apply sunscreen every 2 hours. Sunburn may cause long-term effects.



Hydration is so important in hot weather. Always pack a water bottle.

Swimming is fun but can be dangerous. Never swim alone and stay alert.



Mosquitoes and ticks may carry diseases. Use repellent to prevent bug bites.



Wildlife such as geese love the summer, but remember they can be dangerous!



The heat increases wildfire risk. Keep a fire extinguisher handy when camping.



# 3 Summer Activity Ideas

## 1 Visit the BC Wildlife Park

Brighten up your day and your mood by visiting some fuzzy creatures! The BC Wildlife Park is dedicated to the rehabilitation of injured wildlife. Find more information at [www.bcwildlife.org](http://www.bcwildlife.org)



## 2 Go for a Hike



Kamloops is surrounded by amazing hiking trails that people with a variety of skill levels and abilities can access. Go to [hikekamloops.ca](http://hikekamloops.ca) to learn more.

## 3 Go to the Beach

Visit the beach to relax in the sun, go for a swim, have a picnic, and play sports, The 3 top beaches in Kamloops are: Riverside Park Beach, Overlander Park Beach, and Pioneer Park Beach.



Check out TRU Leap's Instagram page [@truleap](https://www.instagram.com/truleap) for fun and affordable events in the Kamloops area!

# Aim to drink more water this April

## 30 DAY Hydration Tracker

HYDRATIONSTIKS.COM



DAY 1 

DAY 2 

DAY 3 

DAY 4 

DAY 5 

DAY 6 

DAY 7 

DAY 8 

DAY 9 

DAY 10 

DAY 11 

DAY 12 

DAY 13 

DAY 14 

DAY 15 

DAY 16 

DAY 17 

DAY 18 

DAY 19 

DAY 20 

DAY 21 

DAY 22 

DAY 23 

DAY 24 

DAY 25 

DAY 26 

DAY 27 

DAY 28 

DAY 29 

DAY 30 

COLOR EACH GLASS AS YOU DRINK. GOAL IS 8 GLASSES OF WATER PER DAY.

# Summer Bag Checklist



*Going camping or to the beach and  
not sure what to bring?  
Here is a handy checklist!*



## Summer Bag Checklist

- Water Bottle
- Insect Repellent
- Sunscreen
- Sunglasses
- First Aid Kit
- Hand Sanitizer





# My Summer Goals



My top 3 summer goals are:

1.

2.

3.

These goals are important to me because:

To make sure I achieve these goals I will:

well done!

# April Self-Care Plan



***Physical:***

***Psychological:***

***Emotional:***

***Spiritual:***

***Relational:***

***Professional:***

***What are some potential barriers to your ability to implement this plan?***

***What are some strategies to overcome those barriers?***



# April Colouring Page



# Resources for Finding a Job

- Career and Experiential Learning (Old Main 1712)
  - 250-371-5627
  - careereducation@tru.ca
  - Co-operative Education
    - Students alternate study terms with paid, monitored work-terms in professional industry, non-profit, private business, and public sector organizations.
- Indigenous Experiential Learning
  - rdavey@tru.ca
- Work Study program
  - TRU funded financial assistance program which offers an opportunity for Canadian students to work part-time on campus in positions that accommodate their studies.
  - <https://www.tru.ca/awards/work-study.html>
- Service Learning
  - <https://www.tru.ca/edsw/schools-and-departments/esl/srcl1000.html>
  - SRCL 1000 is for community-minded first-year students wanting exposure to academic, volunteer service and cultural experience.
- Websites that post job openings:
  - <https://tru.hua.hrsmart.com/hr/ats/JobSearch/>
  - <https://ca.indeed.com>
  - <https://ca.linkedin.com>
  - <https://workopolis.com>
  - <https://jobbank.gc.ca>

The Wellness Journal was created in collaboration with past and present Student Wellness Ambassadors at Thompson Rivers University.

We hope that you find this resource helpful and we look forward to seeing you in the Wellness Centre (OM 1479).



Wellness Centre