

JAN 2022

PHEKSA PRESENTS ISSUE #4 JAN 2022

COACH'S CORNER

photo taken by Angela Shih



photo taken by Angela Shih

Editor's Note

Happy new year and welcome back!

I hope that you were able to take some time to recharge and relax during winter break!

Although this may not be how we imagined second semester to begin, hopefully we will still be able to meet each other on campus in the near future!

Remember to stay warm and take the time to check in with yourself ☺

lots of love,

Angela Shih

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MINI STREAM INFO SESSION

FEB.3 at 5:00PM on Zoom

RESUME WORKSHIOP

FEB.9 at 3:30 PM on Zoom

MEET THE YEAR REPS!

You may recognize these year-reps from the weekly emails in your inbox! As year-reps of PHEKSA, they update students in each year about any KIN related events.

They're your go-to point of contacts to PHEKSA - let's learn more about them below!

4TH YEAR REP



SEAN

Q: Favourite breakfast food?

A: toasted bagel and cream cheese

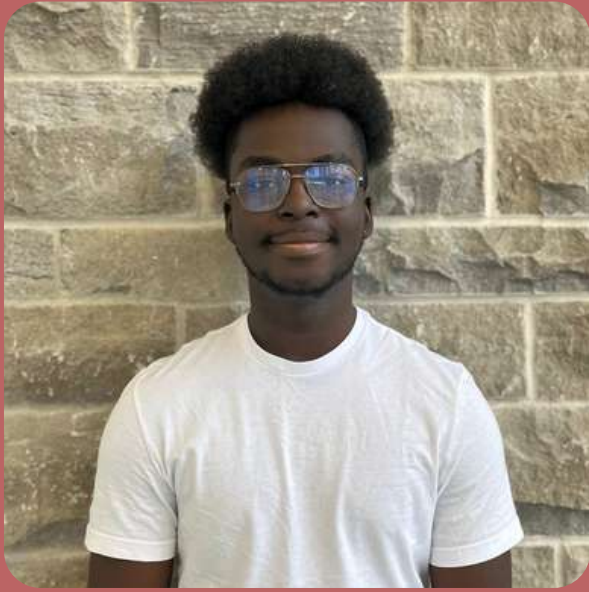
Q: Favourite thing about KIN?

A: having every class with my friends

Q: Last google search?

A: at home leg workouts

3RD YEAR REP



MEKHI

Q: Favourite breakfast food?

A: either waffles or farmers wrap from Tim's

Q: Favourite thing about KIN?

A: I love the atmosphere and feeling of family I get from anyone that I meet in kin

Q: Last google search?

A: dropout tv - it's a streaming service with a lot of comedy content

2ND YEAR REP



DELANEY

Q: Favourite breakfast food?

A: pancakes with chocolate chips on top

Q: Favourite thing about KIN?

A: the people and community it builds, it feels like a family (big shoutout to O-Week)

Q: Last google search?

A: "bones of the neurocranium"

1ST YEAR REP



ANNA

Q: Favourite breakfast food?

A: Omelettes

Q: Favourite thing about KIN?

A: The amazing family we have across all years within KIN

Q: Last google search?

A: How to be a cat

1ST YEAR REP



JOHNNY

Q: Favourite breakfast food?

A: If I were to choose one specific food it'd have to be pancakes. If I could choose one meal it'd be a grilled cheese, two over easy eggs, breakfast sausage, and home fries. That's my go to after a nice morning workout

Q: Favourite thing about KIN?

A: always being surrounded by such a great group of people. I feel like everyone is so similar and so easy to talk to and be with. It's great!

Q: Last google search?

A: "do golf fish really have a 10 second memory". If you've watched Ted Lasso, you're familiar with this. If you haven't watched it, I recommend you do!

THE HISTORY OF THE WINTER ADAPTED GAMES

By: The WAG Advocacy and Education Coordinators

Since 1991, PHEKSA has supported WAG (Winter Adapted Games) which is a fun-filled day of a wide variety of non-competitive games and activities for people from the Kingston community who have an identified disability. The Winter Adapted Games were created by a group of local occupational therapists and are now held annually, organized by students in both the School of Kinesiology and Health Studies and the School of Rehabilitation Therapy. WAG is always a fully funded event through grants from each of these schools, and fundraising and donations by current executive committee members and Queen's students, keeping it free of charge for the wonderful participants



WAG THROUGH THE YEARS

WAG 2021

WAG brings together student volunteers and individuals of all ages in the Kingston community to form connections and provide opportunities to participate in physical activity in an environment that promotes inclusion and happiness. WAG also aims to provide the motivation and confidence for participants to engage in physical activity elsewhere throughout the year!



**THIS YEAR,
WAG WILL BE
HAPPENING
VIRTUALLY ON**

JANUARY 29, 2022!

ONLINE LEARNING TIPS

As we transition back to remote learning, it may be challenging to navigate having school online.

Here are some tips from PHEKSA's Senior and Junior Academic Commissioners!

1. Make group chats with friends who are in the same course as you so you can study together/help each other
2. Try to maintain some kind of routine even if all your classes are asynchronous
3. And get outside for a walk once a day to get fresh air and exercise!



OLIVIA

SR. ACADEMICS

ONLINE LEARNING TIPS

The big thing for me is using a weekly planner and writing down all my live lecture class times each week. Once I do that I can then plan our course material to prepare before each live class. I am also able to then see where I have time to complete my asynchronous courses.



HANNAH

JR. ACADEMICS

Another huge online learning tip I use is go through my syllabus and write down important due dates from earliest to latest. Then each week I look and see if I have anything major due that week. If not I can look ahead and see when big projects are due and if I have time to get a head start!

HAPPY NEW YEAR!

