

NOV 2021

PHEKSA PRESENTS ISSUE #3 NOV 2021

COACH'S CORNER

photo taken by Angela Shih



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Editor's Note

Hi everyone!

We're at week 11! Time truly flew by so fast, we're almost at the end of the fall semester!

Remember to take care of yourself during this busy end-of-semester time. Whether it be rewarding yourself with cake, watching shows, a night out - whatever it is, remember to make time for yourself. Rest is productive!

Wishing you the best of luck for finals and an amazing holiday season!

lots of love,
Angela Shih

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RECAP:

THIS MONTH



COFFEE WITH THE PROFS

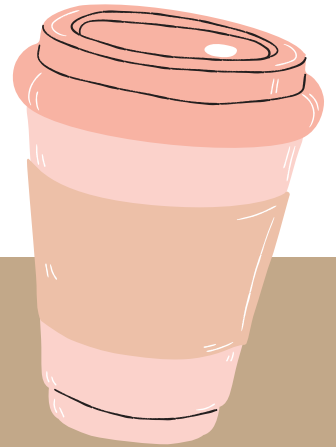
NOV.4

1ST YEAR Q&A

NOV.5

COFFEE WITH THE PROFS

-- NOV. 4 --



thank you to
all the
students, staff
and faculty
members who
joined us at
coffee with
the profs!



STUDENT INITIATIVE

-- *kingston basketeers* --



This month, PHEKSA's Social Commissioner, Karlee Donovan, invited students, staff and faculty members of SKHS to help put together baskets to donate to Kingston Basketeers! Kingston Basketeers is a community-based organization who helps support survivors of domestic violence in their journeys of transitioning to their next chapters of life.

[Check out their website here to learn more!](#)

DEBUNKING MYTHS ABOUT DISABILITIES

-- WAG --



The Advocacy and Education Coordinators from WAG will be debunking myths about disabilities! WAG, or Winter Adapted Games, will be holding their annual event virtually on January 29th, 2022!

MYTH

It is acceptable to park in accessible spaces, if you will only be parked there for a few minutes.

FACT

Accessible parking spots are carefully positioned and designed to benefit and assist people with disabilities. They should only be used by individuals who require them!

MYTH

It is always your responsibility to help when you see someone with a disability.

FACT

Many people with disabilities are self-sufficient and independent. Offering your assistance is a kind gesture but be mindful that your help may not be needed. It's important not to make assumptions and always ask if you can help before you act. People with disabilities need their autonomy too!



People who live with disabilities have completely different lives than people living without a disability.

MYTH

People with disabilities most often are able to go to school, make friends, have a job, complete chores and shopping, and much more!

FACT

FINAL EXAM TIPS!

the student academic success services (SASS) have a final exam study schedule that can be filled out!

This resource is great for planning ahead and dividing study time for each course

[Check out the schedule here!](#)

		December 2021						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		28	29	30	1	2	3	4
Morning								
	Break	Break	Break	Break	Break	Break - last day of classes	Break	
Afternoon								
	Break	Break	Break	Break	Break	Break	Break	
Evening								
Morning	5	6	7	8	9	10	11	
	Break	Break	Break	Break - first day of exams	Break	Break	Break	
Afternoon								
	Break	Break	Break	Break	Break	Break	Break	
Evening								
Morning	12	13	14	15	16	17	18	
	Break	Break	Break	Break	Break	Break	Break	
Afternoon								
	Break	Break	Break	Break	Break	Break	Break	
Evening								
Morning	19	20	21	22	23			
	Break	Break	Break	Break - last day of exams	Break			
Afternoon								
	Break	Break	Break	Break	Break			
Evening								

Course	Hours Needed			Target Achieved?
	Catch Up	Study	Total	

FINAL EXAM TIPS!



do small amounts over time

eat regularly and stay active!



take breaks in between studying!



get 7-9 hours of sleep each night

create a study environment - try to separate studying and breaks!

create a study schedule with blocks of studying for each course!



test yourself or quiz each other in a study group!

HAPPY HOLIDAYS!



coach's corner



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