



NOVEMBER 2020

ISSUE 2

COACH'S CORNER

Updates
Meet your Exec
Exam Prep





GOOD LUCK

HEY KIN,

Welcome to the second issue of Coach's Corner. Hope every has been settling in well during their first semester and has been keeping safe. I am super excited for this issue and all the updates and information we have included.

To keep track of all these amazing events, use Coach's Corner which is a monthly newsletter that will keep you updated on all the current events in our faculty. All updates will be added here in a fun and creative way so defiantly keep a lookout.

If you have something you want to share, send an email to coachescorner@pheksa.queensu.ca! Everyone is welcome to add.

Good luck to everyone on their exams and future assignments.

MEET YOUR 2020-2021 PHEKSA EXECUTIVE TEAM



Ethan Cooney

Howdy!! My name is Ethan Cooney and I am the PHEKSA President this year!! For my position, I communicate with student leaders, SKHS faculty, and the AMS (and all associated personnel)! This allows me to communicate about issues important to our faculty and compare our approach to what other faculties are doing, as well as integrate approaches they take on specific issues! This is my 4th year on PHEKSA and I hope to make it my best one yet!! I am super excited for the chance to get to implement opportunities to bring all of us closer through the current remote setting, promoting the tight-knit community that the Kin community provides.

MEET YOUR 2020-2021 PHEKSA EXECUTIVE TEAM



Stuart Mladen

Hey Everyone! My name is Stuart Mladen and I am the Vice President of Operations on PHEKSA this year! My responsibilities include overseeing all internal commissions, overseeing the budget, and representing PHEKSA on ASUS assembly. I came onto PHEKSA as the First Year Representative, and served as the Jr. Academics Commissioner last year! Although this year on PHEKSA looks quite different than the rest, I believe we can take the challenge in stride and work to implement new, but similar events that promote the tight-knit community that we're all a part of! I encourage you to reach out to any member of PHEKSA with Kin-related questions, comments, or concerns so we can work to improve your experience here at Queen's!

MEET YOUR 2020-2021 PHEKSA EXECUTIVE TEAM



Kristina Miakischeva

Hi everyone! My name is Kristina Miakischeva and I am the Vice President of University Affairs on PHEKSA this year. In my position I communicate with the AMS and student leaders across the university. This position allows me to communicate the voice of you guys - the students - to make sure your time here is the way you envisioned! This is my second year on PHEKSA and had so much fun last year as Coach's Corner editor. I am excited to get to know you all through the amazing online events we have planned this year!

Movember

Queens Mustachios



QUEEN'S MUSTACHIOS



Share page

\$5,660

Target: \$7,000

Thank you so much for all your support! We've now raised over \$5,000 with a lot of the month left!

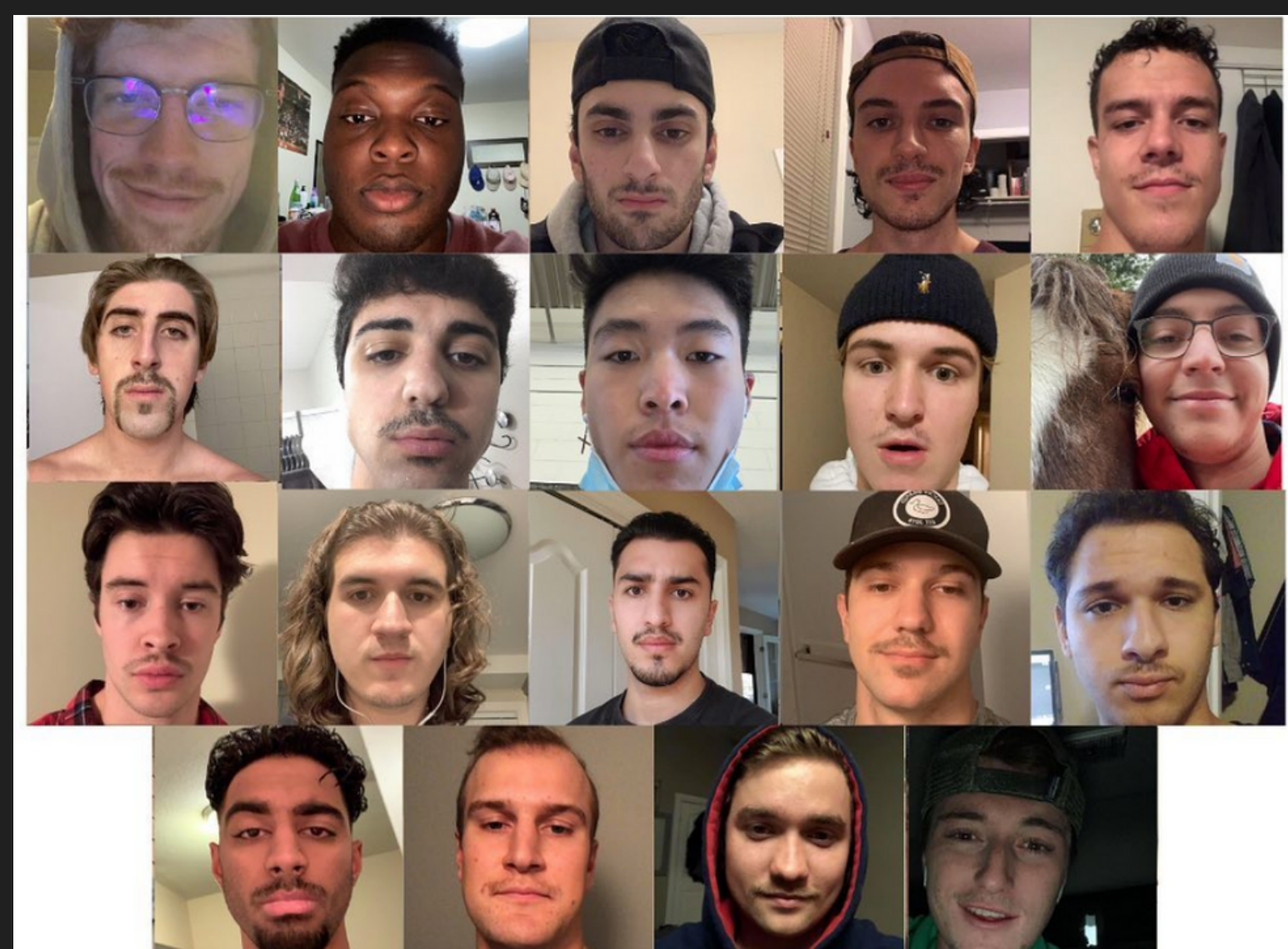
We have currently raised the most money of any team participating under Queen's University - this is a shout out to all the Queen's teams for doing great work, and encouraging everyone to keep fundraising for men's health!

@QueensMustachios


MOVEMBER.COM



Week 1



Week 2

ATHLETE OF THE MONTH

Zac Tofflemire
1st year Kin



"Zac is a first year student in Kin who has been incredibly supportive to the first year kin class the past few months. He is always willing to help students with assignments even though we all understand that he has his own assignments and tests to complete. It has been very challenging for me this year with schooling being online, I have reached out to Zac a number of times in need of someone to talk to and he spends as much time as needed talking through different situations with me and helping me get back on track both mentally and physically in my academics. I honestly owe so much of my success this semester to Zac's outstanding kind and friendly personality and would love for him to be recognized for all of his hard work and dedications towards other students both in the SKHS faculty and at Queen's."

EXAM STUDY TIPS

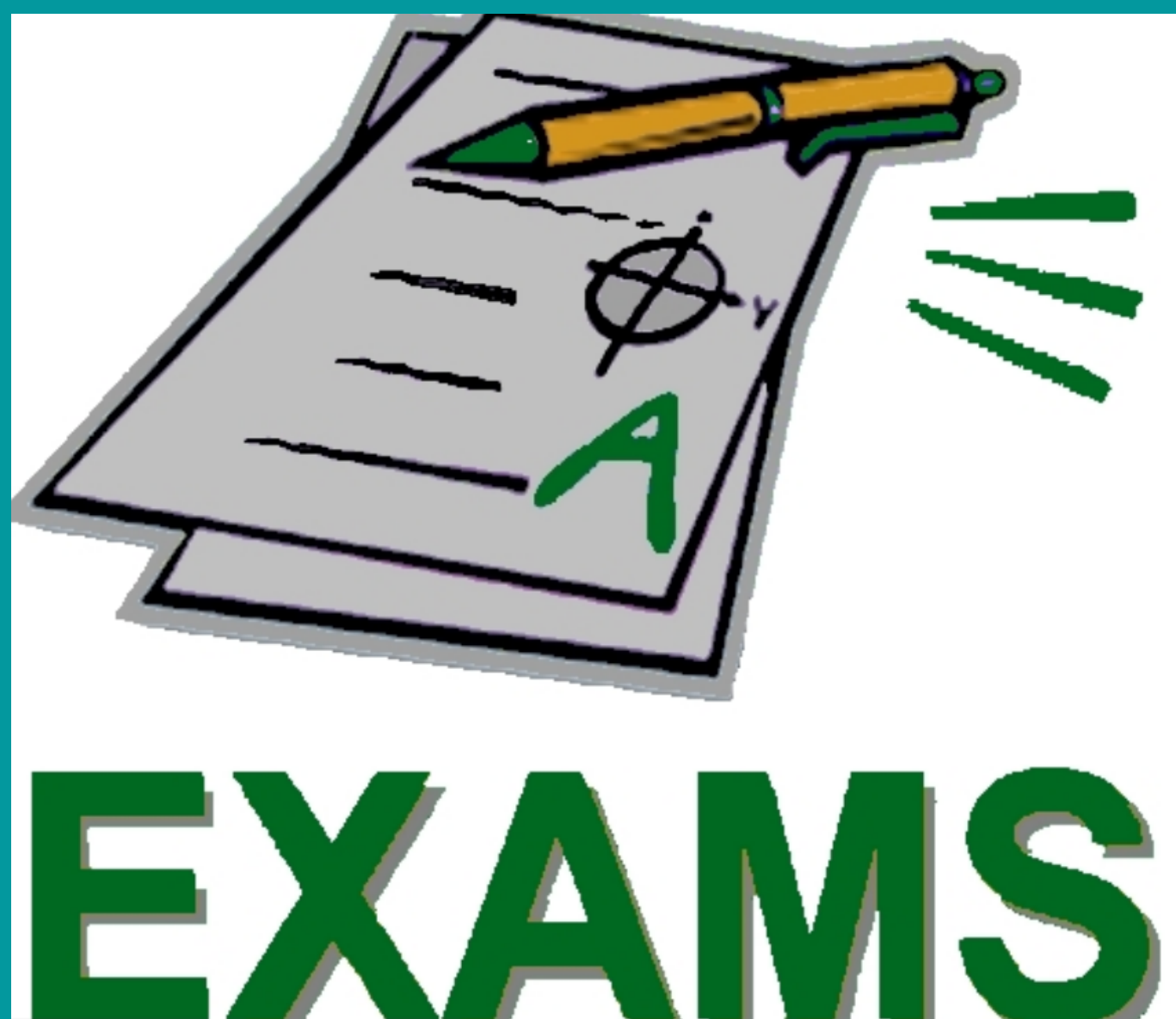
Nic Curcio - 2020/2021 Head Coach



Study in groups! I find it really effective to split up the content between a group of friends (this lightens the reading load a bit!). When you meet with your group, you can go over each section, and you can teach each other the content you've mastered.



Make q-cards using online platforms such as quizlet or Anki, or make your own on paper! This is one of the best ways to test your knowledge.



Practice with old exams. Queen's ExamBank has a ton of past exams that you can practice for your course.



Hide your phone. Either turn it off completely or charge it in another room. Notifications can get super distracting!

EXAM STUDY TIPS

Nic Curcio - 2020/2021 Head Coach



Make sure you are giving yourself breaks. You are not going to absorb the information very well if you hammer out 3 consecutive hours of studying. I like breaking up my studying into 45 minutes of work and a 15 minute break.



After a long night of studying, try not to go on your phone before bed! It's good to go to bed with the fresh information in your head!



Music... not for everybody! I personally like music without any words, or if I am feeling wild I'll listen to the Coconut Mall theme song from Super Mario Brothers (makes you work in 2x speed - I swear)



Study snacks! Your brain needs fuel in order to power through your study grind

NAT'S KITCHEN

EASY EXAM MEAL PREP

Garlic Parmesan Roasted Cauliflower



Ingredients:

- 1 head of cauliflower (cut into florets)
- 1 tablespoon of extra virgin olive oil
- Salt and black pepper
- 1 tablespoon of minced garlic
- 1 tablespoon of paprika
- 1/2 cup of grated Parmesan cheese
- Fresh parsley

Instructions:

1. Preheat oven to 400F
2. Line a baking sheet with foil
3. In a large bowl, mix cauliflower florets, olive oil, salt, pepper, garlic, and paprika
4. Add everything to baking sheet in a single layer
5. Bake cauliflower for 15 min, flip florets to other side and bake for another 15 min
6. Serve in casserole and garnish with parsley

Mondays at 12PM on Zoom

PHEKSA OFFICE HOURS

Come chat with your PHEKSA exec
about any questions or concerns!

Zoom link in bio

IN NEED OF A TUTOR?

Queen's Kin Tutoring Program

jracademics@pheksa.queensu.ca

