



February 2024

Coach's Corner

Midterm Must-haves
For your busy time
Historic Hockey Game
See the highlights



05 Editor's Note February 2024

Hello everyone! I hope the first week back from reading week has been productive!

Can't believe we are halfway through the winter term already! Week 8 is upon us!

If there is anything you would like to add or see in the next and final Coach's Corner, everyone is more than welcome to reach out to me at coachscorner@pheksa.queensu.ca

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ALL THE BEST,
Amelia Rodrigues



What happened
this month?



HISTORIC HOCKEY GAME



VALENTINES DAY



READING WEEK



HISTORIC ★ HOCKEY ★ GAME



FEB 10
2024



We had a great Saturday at the 2024 Historic Hockey games! We lost 0-1 in our first game against RCHA Petawawa, and beat RMC 3-1 in the second game. Queen's finished second overall, with Noah Boroditsky scoring a hat trick against RMC claiming MVP for the tournament!

Major thanks to all who played, and we can't wait to be back again next year!

MIDTERM MUST-HAVES

Struggling to get through this midterm season?
Here are some of our must-haves that we find
help us get through this busy time!

Hannah

- Coffee
- My planner brought from home
- A sweet treat

Varun

- Snacks (Yogurt)
- Coffee
- Headphones (music)

Payton

- Pomodoro study method clock
- nespresso coffee (and lots of it)
- law library

Cari

- Coffee
- A motivational sweet treat
- Taylor Swift

Mara

- Grocery Checkout
- Snacks
- Diet Coke

Amelia

- Noise-cancelling headphones
- Cool jazz
- 2048

Ben

- Pure silence
- Comfy pillows
- reward treats (always)

Yasmin

- Different beverages
- Blue pens
- Lined paper

Cynthia

- A small whiteboard that I take everywhere, paired with my cue cards

Avoiding Procrastination

Ways to procrastinate procrastination as we head into the upcoming exam season



Study Buddies

Having someone to help you hold yourself accountable honestly works. Choose your study partner wisely. If you know that you will both be a distraction to one another, they may not be the best person to study with!



Plan your day before it starts

Planning your day or week the night before. That way, you are able to have a clear mind and have everything already put down to paper that needs to get done.



Have different environments for tasks

Having one or two different locations such as the library or a coffee shop is helpful in getting in the groove of finishing (or starting) assignments or studying.



Get a good nights sleep

I know you have probably heard this so many times, but getting a good night's sleep is so crucial to be able to perform your best!



Going for a walk

Although this is technically procrastination, going for a walk is so helpful in clearing your head. We are so lucky to be in Kingston as it is such a walkable city. I know for myself when I'm feeling frustrated or anxious about something, I'll walk downtown and grab a coffee. I feel so much better after!



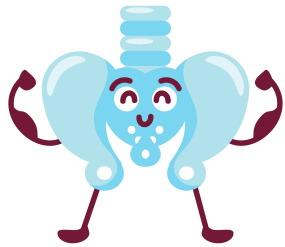
Focus your attention

Focusing on smaller tasks first is actually a great way to warm up o
Being satisfied with the completion of one task is a great motivator to continue that same dopamine boost!

KIN VALENTINE'S DAY CARDS

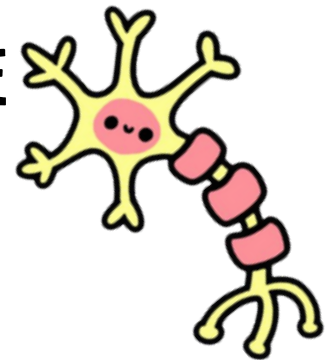
SIGN THESE CARDS AND CUT THEM OUT.

I THINK
YOU'RE REALLY
HIP!



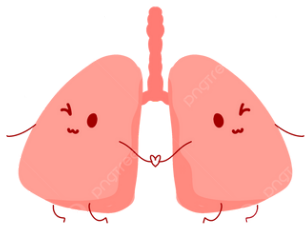
LOVE, _____

YOU'RE ONE
IN A
MYELIN!



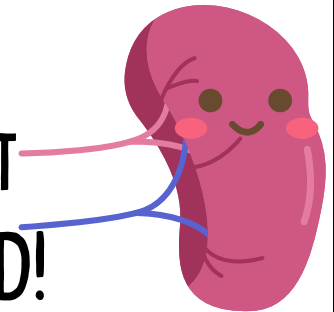
LOVE, _____

WE
BE-LUNG
TOGETHER!



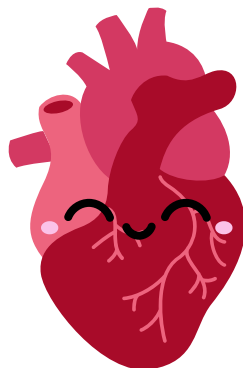
LOVE, _____

I THINK
YOU'RE JUST
SPLEEN-DID!



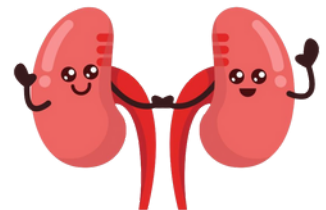
LOVE, _____

YOU
STOLE MY
HEART!



LOVE, _____

WE MAKE
A GREAT
PAIR!



LOVE, _____

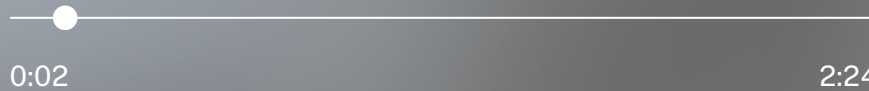
The *February* playlist is here!

Need new tunes?

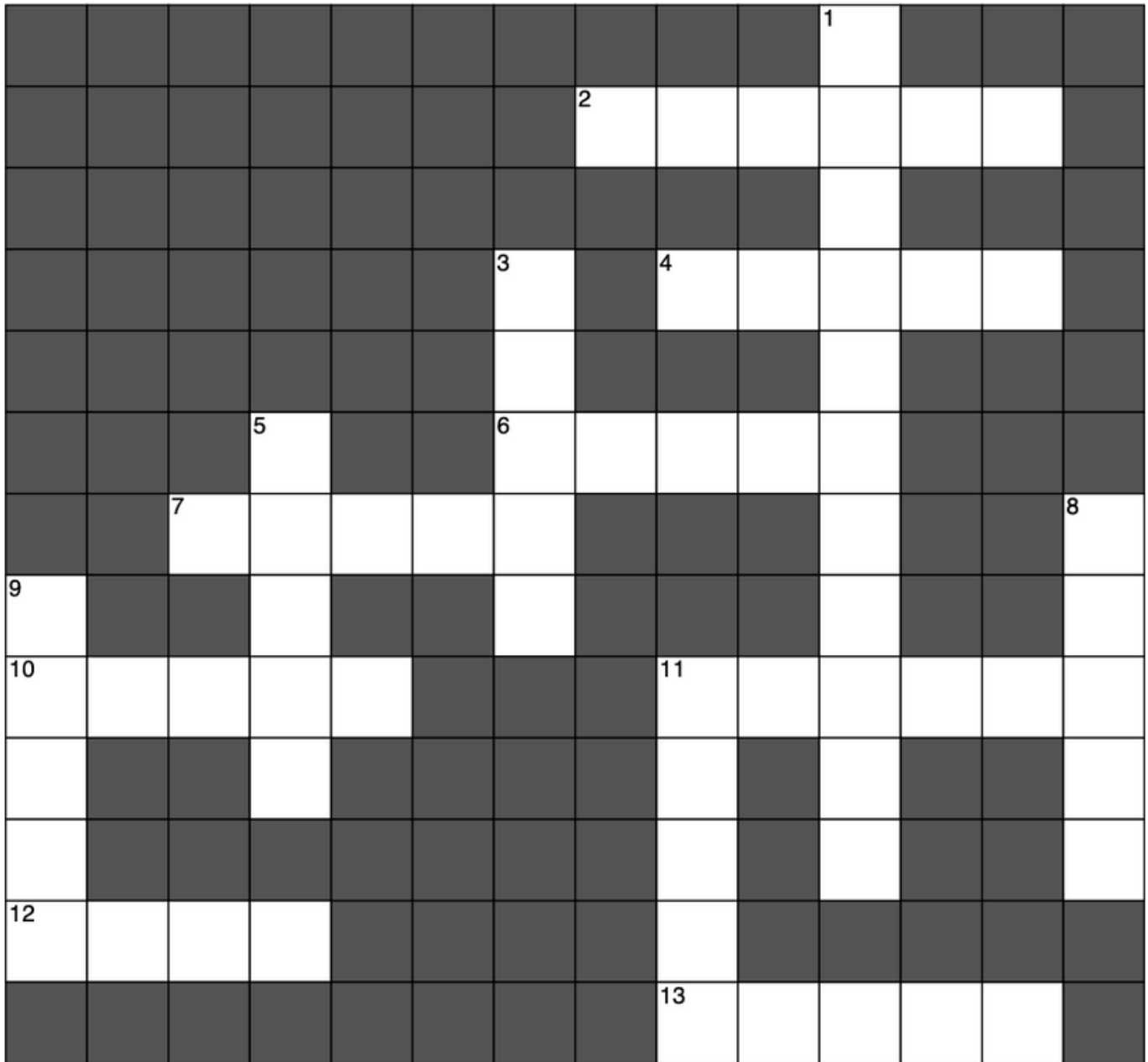


February Tunes

Coach's Corner



February CC Crossword



ACROSS

- 2 New PHEKSA President
- 4 Lucky ...
- 6 ... You by Harry Styles
- 7 Taylor Swift's 6th Studio Album
- 10 This year's Super Bowl Halftime Performer
- 11 Who even won the superbowl?
- 12 Go out with
- 13 Beehive product

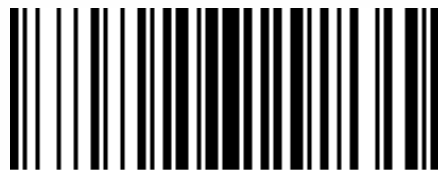
DOWN

- 1 Who the love holiday is named after.
- 3 The symbol of love
- 5 & Juliet
- 8 Flowers or the song by the Chainsmokers
- 9 The little guy with wings and a bow & arrow
- 11 Orange ... or someone you fancy

Hey Kin,



how excited are you?



CC-0124



Answers to the crossword...

										¹ S			
							² P	A	Y	T	O	N	
										V			
						³ H		⁴ C	H	A	R	M	
						E				L			
			⁵ R			⁶ A	D	O	R	E			
		⁷ L	O	V	E	R				N			⁸ R
⁹ C			M			T				T			O
¹⁰ U	S	H	E	R				¹¹ C	H	I	E	F	S
P			O					R		N			E
I								U		E			S
¹² D	A	T	E					S					
								¹³ H	O	N	E	Y	