



Coach's Corner

Please contact Kristina Miakishva at coachscorner@pheksa.queensu.ca for inquires regarding submissions!



A MESSAGE FROM YOUR EXEC

Hello lovely PHE-amily!

We are so excited to be back at school again and we wish everyone a great start to the semester. January is packed with activities and we are so excited for all of the events that take place during this month. We are looking forward to participating with the fourth year BEWICS team and hope to see many of your lovely faces in the ARC this weekend! Ski trip is also coming up and you can catch all members of Exec out there on the slopes of Mont St. Anne. January is one of our favourite months of the year and we can't wait to spend it with all of you! Happy start of semester two!

Love,

Your Exec team,

Jared, Brynn and Liv



Thanks to our second year rep, Andreas, for organizing the PHE/KIN crest repainting earlier this year. Everybody in the PHE/KIN family loves it. Great work!



SKI TRIP UPDATE

BY AUDRA PERRAS

Hello My Fellow Skiers and Boarders,

It is now less than 3 weeks until the trip of all time. Ski Trip 2020 is now kicking into 8th gear and I know that we are all ready to hit the hills on BEAUTIFUL Mont Ste. Anne!!

How some house-keeping rules to start...please remember that while we are away we are guests to the lodges and to the hill itself. We are all lucky enough that every year we are able to return to the beautiful hill, so please keep that in mind while we are staying there. As always, PHEKIN has quite a good rep in places where we visit and travel, and let's keep that PHEKIN pride and respect continuing on.

Everyone has signed up for a cabin, so once we arrive on site, we will be unpacking and getting settled with the rest of the cabin mates. Please, again remember that we are guests staying in these cabins and that we should leave them looking how it was when we first arrived.

As for skiing, you will have a Friday night pass, a Saturday day pass, and a Sunday morning pass. You can go to and from the hill as often as you want. If there is ever an issue you all will have Arthur Leung and Audra Perra' contact info, as well as the 3 amazing supervisors who are coming on the trip, Jared Den Otter, Liv Mickie, and Leah Holms. Us 5 are ALWAYS available for any question, assistance, or even if you want a buddy to spend some time on the hills with. Friday night is the little cabin parties, and are always a good time (start practicing those year dances). Saturday night we will be going to Le Dagobert. Sunday afternoon we will be heading back to Queen's :(

Since some of us haven't gone on the trip before, why not give a packing list for an ideal time away in Quebec City! Now pleaseee remember that Mont Ste. Anne can get superrr chilly! The week before we are there, the weather is suspected to hit -20 C, YIKES!

LETS HIT THE SLOPES:

- Snow Pants
- Winter Coat
- Scarf/Buff
- Mitts/Gloves x2 (those little guys can get a little wet)
- Hat
- Winter Boots/Blundstones
- WARM socks x3 (the more the better ... what's the harm)
- Base Layers (long sleeve & long pants)
- Patagucci/Sweater for under the winter coat
- Some kind of extra pants to layer
- Skis ... if you are bringing them
- Ski Boots ... if you are bringing them
- Snowboard ... if you are bringing them
- Snowboard Boot ... if you are bringing them
- Helmet
- Goggles – WOW these are so needed
- Portable Charge (we all know what happens when the phone gets cold)
- anything else you can think of



PARTY ON MY DUDES:

- Some party clothes for the little cabin parties
- Some party clothes for the night out at Le Dagobert

BASICS

- I really hope I don't have to explain myself here...

AS always, reach out to Arthur or Audra with any issues or questions! We love to chit chat WOOHOOO!! See everyone sooon!

Stu's Declassified School Survival Guide

Hey everyone! My name is Stu and I'm the Jr. Academic Commissioner on PHEKSA. Here's a list below of scheduling/study tips that I have implemented since starting at Queen's that has helped me achieve better grades while spending less time studying overall. I encourage you to experiment with these tips and see which ones work for you!

Make a Schedule

Since we're fresh into another semester, the most important tip I would give right now is to take out every syllabus from your classes and dump all of the test dates, assignment due dates, etc. into a calendar. More than anything, this gives me peace of mind knowing exactly what's approaching.

Personally, I use google calendar because it can sync with all of my devices, but a paper/whiteboard calendar can work great too.

Avoid To-Do Lists

In my first year, I would always write down every task, reading, and assignment on my to-do list. I thought this worked well, until I was in my dorm until 3 am multiple nights finishing assignments. Although I knew what tasks I needed to get done, I never planned WHEN I would get them done, which resulted in cramming for tests and last minute essays.

I found that making a daily schedule where you write down specifically WHAT you want to get done and WHEN you are going to do it is way more efficient than simply having a list of tasks. It will take some time to figure out how much time certain tasks take, but once you do you will be way less stressed knowing that you have the time planned out to get everything done.

What not to do: Today I will finish all of my Bob Ross readings.

What you should do: From 11-12 I will read chapter 25. Between Exercise Phys and Anat I will do assigned readings 1 and 2.

Study in 50/10 bursts

Study for 50 minutes and then take a 10 minute break. The research is clear that the human attention span drops after 50 minutes, so it's best to take a short break and come back to your work refreshed. I usually do these sessions x3 for a 3 hour study block.

Use Anki

If you know me you were probably expecting this. I've been using Anki for 3 years now and it is honestly a cheat code when it comes to heavy memorization courses such as Anatomy. Anki is a free flashcard program that uses a spaced repetition algorithm. This means that Anki will only show your flashcards just before you're about to forget them, which is incredibly efficient. Flashcards are in my opinion the most effective way to memorize information, and Anki is the best way of making flashcards. I'm slightly obsessed about this app so if you have any questions or need help setting up feel free to ask!

Start Studying Two Weeks in Advance

Here's a general guideline for a schedule I try my best to follow before a test/exam. It takes advantage of something called SLEEP. In order to consolidate information, you need sleep, and therefore the more sleep that you can give yourself while studying for a test, the more information you will be able to recall on test day.

Anti-Cramming Schedule

- For the first week, just put in 1 hour a day towards that test/exam/quiz.
- On the weekends, put in a couple extra hours.
- During the final week, put in just an hour or so.
- On the final two days before the exam, put in around 3 hours.

Overall, this will easily give you 20+ hours of study time, without ever needing to study more than 3 hours on a single day. The day before the test, you will have time to eat healthy, go to the gym and get a full nights sleep, while having studied for more hours total than the vast majority of people. Now I don't follow this schedule perfectly, but if you get in the habit of putting a small amount of work in everyday leading up to a test instead of cramming, you will absolutely do better.

I highly encourage everyone to reflect on your scheduling and study habits, and finding something you can improve on. Experiment with different techniques, stick with what you like and never be afraid of studying different than other people. Thanks so much for reading!

8 TIPS FOR A HEALTHY

2020

BY MADISON ALLAN

Tip 1

GET IN THE HABIT OF
GOING TO BED AROUND
THE SAME TIME EVERY
NIGHT

Tip 2

TRY TO GET AT LEAST 30
MINUTES OF PHYSICAL ACTIVITY
A DAY! IF YOU AREN'T THE TYPE
OF PERSON WHO WANT TO HIT
THE GYM, A WALK TO CLASS OR
SKATING WITH FRIENDS WILL
GIVE YOU THE SAME BENEFITS

Tip 3

LISTEN TO YOURSELF. IF
YOU ARE STUDYING AND
REALIZE YOU AREN'T
RETAINING ANY MORE
INFORMATION, TAKE A
BREAK! IT'S ONLY
COUNTER-PRODUCTIVE TO
CONTINUE STUDYING

Tip 4

STUDY BREAKS ARE
IMPORTANT! TAKE THEM.
STUDYING FOR 10 HOURS
STRAIGHT WILL NOT HELP
YOU LEARN MORE

Tip 5

KNOW WHAT YOU ARE WORKING TOWARDS. SET A GOAL AND KEEP IT IN MIND THROUGHOUT THE WHOLE SEMESTER. IT HELPS IF THERE ARE MILESTONES ALONG THE WAY TO KEEP YOURSELF ACCOUNTABLE AND MOTIVATED - MAKE SURE IT'S REALISTIC!

Tip 6

FIND YOUR SUPPORT NETWORK AND USE THEM. WHETHER IT BE FRIENDS, FAMILY, A JOURNAL, OR A COUNSELLOR, WE ALL NEED SOME SUPPORT. DON'T BE AFRAID TO LEAN ON YOUR SYSTEM WHEN THE GOING GETS TOUGH!

Tip 7

ESTABLISH WHAT WORKS BEST FOR YOU! EVERYBODY TAKES NOTES AND STUDIES DIFFERENTLY - THERE IS NO "ONE SIZE FITS ALL" AND THAT IS OKAY! FIND WHAT WORKS BEST FOR YOU AND STICK TO IT. (THIS MAY TAKE SOME TRIAL AND ERROR)

Tip 8

BE PATIENT WITH YOURSELF. WE RECOGNIZE THAT ISN'T EASY, BUT YOUR HEALTH COMES FIRST. THERE ARE MANY RESOURCES ON CAMPUS THAT CAN HELP SET YOU UP FOR SUCCESS, AND YOU SHOULD USE THEM! DO NOT BE TOO HARD ON YOURSELF AND STAY POSITIVE!

Easy Student Meal Prep

BY KARLEE DONOVAN



Burrito Bowls

Ingredients

- 2 boneless, skinless chicken breasts
- 2 bell peppers, sliced
- 1 red onion, sliced
- 2 tablespoons of olive oil
- 1 can of corn
- 1 can of rinsed and drained black beans (or refried beans)
- 1 cup of shredded cheese
- 3 cups of cooked rice (680g)
- 1 lime
- 1 jar of salsa
- 1 tablespoon of taco seasoning
- Salt and pepper to taste
- Cilantro to garnish

Preparation

1. Preheat oven to 400°F
2. Line a baking sheet with aluminum foil
3. Place the chicken, onions, and peppers on the baking sheet and drizzle with oil. Mix around until evenly coated.
4. Sprinkle taco seasoning, salt and pepper evenly on both sides of the chicken breasts, and on the onions and peppers, tossing to coat.
5. Spoon desired amount of salsa on each chicken breast, and place tray in oven.
6. Bake in preheated oven for 25 minutes, flipping chicken and veggies half way through.
7. Let chicken rest for 10 minutes before slicing into strips.
8. In four food containers, evenly distribute the cooked rice. Top each base with beans, corn, cheese, peppers, onions, chicken and additional salsa. Garnish with a lime wedge and fresh cilantro.
9. Store in the refrigerator for up to 5 days. Enjoy!