



Coach's Corner

November 2023

Exam Tips
Look no further!
ECKO
Meet who is running
O-week next year!



03 Editor's Note November 2023

Hey everyone! I hope everyone is doing well!

We are now in the final stretch of this semester! It is crazy how time has just flown by!

Remember to take care of yourself in this busy time! It is easy to feel overwhelmed with all of these upcoming due dates but rest is necessary!

If there is anything you would like to see in the remainder of these newsletters, feel free to reach out to me at coachscorner@pheksa.queensu.ca

Wishing everyone the best of luck through exam season and the rest of the semester! See you next year!

ALL THE BEST,
Amelia Rodrigues

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**WHAT HAPPENED THIS
MONTH?**

**SKHS CAREER
FAIR**

PIE THE PROF

**COFFEE WITH THE
PROFS**

**MOVEMBER
DODGEBALL
TOURNAMENT**



Look no further!

TIPS FOR EXAM SEASON

PSYC 100

Create flash cards for all of the definitions as most of the multiple choice questions will be based on these.

For the long answer questions, practice designing studies and make sure to incorporate each element talked about in lecture.

KNPE 153

Practice makes perfect! Do as many practice problems as you can in order to really cement the step-by-step on how you got your answer!

Also, show ALL of your work!! You could get marks for anything!

HLTH 101

Rewatch all of the online lecture videos that he posts just to retrieve memory! Also, **making a study group** and go over all the **confusing concepts** on whiteboards is very helpful!

KNPE 225

When solving any question, take what is given and up work from there. Flow each step carefully. Only focus on the section of the diagram that is mentioned in the question.

KNPE 251

Studying the material and using the class practice questions help you prepare for the multiple choice and short answer. The long answer questions can help with eliminating multiple choice options. Start early to gain confidence in the material.

KNPE 265

Stay on top of the required readings! They include really valuable information that could be asked on the final exam!

ANAT 315

Written Exam:

Create a table on all of the different muscles and have columns for their innervations,

Bellringer:

I found using Anki or Quizlet extremely helpful. Also, colouring in the labels and practicing recalling from memory!

In the bellringer, start each station with a fresh start. There is no point in stressing over the last station.

GET TO KNOW ECKO!

WHAT DOES IT STAND FOR ANYWAY?



Michael Blackwell

Hey Queen's Kin, my name is Michael, I'm from Toronto and I am the incoming head coach for O-Week 2024. O-Week is hands down one of my favourite memories of Kin so far as I really got to know my year super well right from the start. O-Week set me up for the best transition to a new city and completely new setting with new people. One fun fact about me is I have known Geoff the finance head since we were in pre-school. If you see myself or any other ECKO member around campus please come say hi!



Emily Taylor

My name is Emily Taylor and I am from Peterborough, Ontario. I am your Outreach Coordinator for Queen's Kinesiology Orientation Week 2024! I am super excited for the Class of 2028 to experience such a special week. My favourite part of O-Week would have to be the Flags Tournament, it is such an amazing Kin tradition! A fun fact about me is that I was a competitive gymnast for 7 years. I can't wait to meet everyone in September!



Emilio Agostinelli Stull

Hi everyone! My name is Emilio, I'm from Victoria BC, and I have the absolute privilege to be next years Logistical Events Coordinator for ECKO! A fun and random fact about me is that I'm a varsity level swimmer. One thing I love most about O-Week is how it brings everybody together, and I am so excited to be welcoming next year's incoming students into the Kinesiology family!



Charlotte Crawford

Helllloo Kin! My name is Charlotte and I'm from Toronto, ON and I am this years EDI+ logistics coordinator. I love the O-week energy and the atmosphere created by the people that make Kin O-Week the best experience ever!! One fun fact about me is that I have 5 alpacas. See you around campus !



Geoffrey Wong

What's up Kin. My name is Geoff, I'm from Toronto, and I am the finance representative for ECKO this year. I love O-Week because made all of my best friends during O-week, and Kin camp is my #1 Queen's experience so far (roll flags). Kin O-Week was my perfect introduction to the Kin community and I'm proud to continue to be a part of it. A fun fact about me is that I spend the entirety of 4 months in the woods at summer camp.



Ella Weir

Hey Kin, my name is Ella Weir and I am from Toronto, Ontario. I am the Academics Representative on ECKO! O-Week allowed me to experience so many fun activities, meet amazing people and create memories that will last a lifetime. A fun fact about me is I love going to concerts! Can't wait to get started planning with the team for an amazing O-Week for the class of 2028!

PIE IN THE FACE WITH HLTH DSC





NOVEMBER 24TH, 2023
MOVEMBER
DODGEBALL

DODGEBALL
TOURNAMENT



Learning About Disability with WAG

Winter Adapted Games (WAG) is an annual event full of fun games and activities for individuals with an identified disability. This event is run in collaboration with Queen's Athletics and Recreation and is an important day to promote physical activity and foster relationships between Queen's students and individuals of the Kingston community. This year WAG will be taking place January 27th, 2024!

The Facts

More than **6.2 million** Canadians (22% of the Canadian population) live with some form of disability

Adults with a disability are only **half as likely** to obtain a university degree compared to adults without a disability

Over **1.4 million** Canadian adults report needing daily physical assistance

Disability not only affects the individual, but also their **family and care providers**



The Myths

Myth: Disability is always visible and obvious

Fact: Hidden disabilities have just as many limitations and/or difficulties as those that are visible

Myth: Individuals with disabilities are always struggling

Fact: While pain can vary, those with disabilities do not necessarily experience any more pain or suffering than able-bodied individuals

Myth: Accommodations give individuals with disabilities an unfair advantage

Fact: These accommodations help to ensure equity for all regardless of disability status

If you are interested in becoming a buddy or volunteering for the event, please sign up now using the link below!

<https://docs.google.com/forms/d/e/1FAIpQLSfbvc89KNIX5Q4PUZ5SF2wHSmRIpUaOCJLQu4gIzBvN7qvlw/viewform>

**Applications are due
December 1st!**



The *November* playlist is here!

Need new tunes?



November Tunes

Coach's Corner



0:10

2:23



FIND VARUN!

The PHEKSA president's face is hidden somewhere in this edition...



Comment on our instagram post what page number you find him on and tag two friends to get entered to **win 1 of 2 \$10 gift cards to Starbucks!** Just in time for exam season!

(hint: its not on this page)

Hey Kin,



how excited are you?



CC-1123

