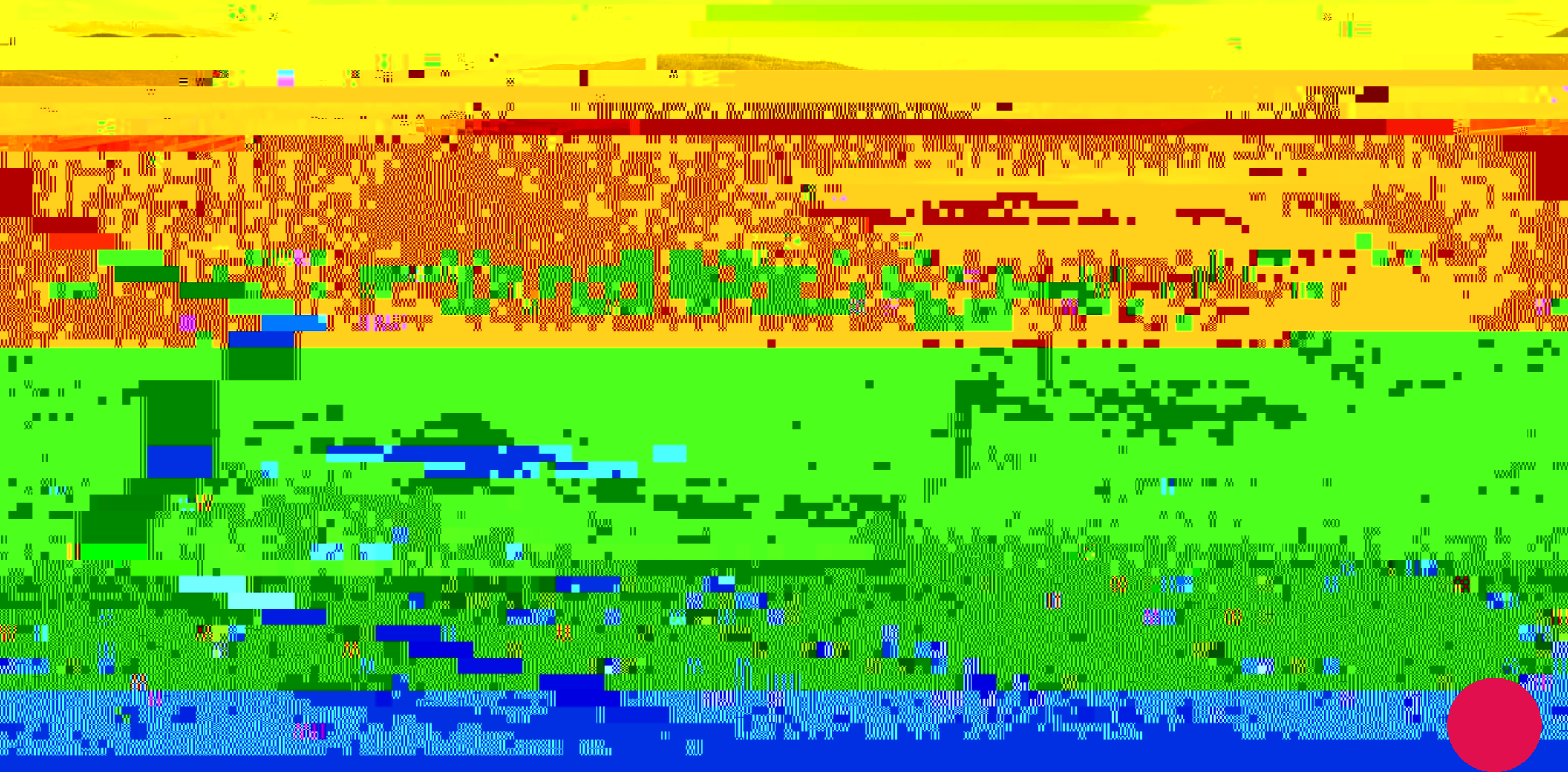


ACKNOWLEDGING THE TERRITORY



How have we GROWN?



Check in what went well?

Retrospective on the semester & discussion (~15 minutes)

Short break and optional mindful movement practice

Open discussion (~15 minutes)

Check out what will you take with you from today?





Time management





<https://youtu.be/6qApySjVgh8>



Study strategies



Here are the key points Sarah shared in this workshop:

Your studying starts even before class

Practice attentiveness

Choose a notetaking method

Space out your studying rather than cramming it in

Breaks are an important part of studying!

Mnemonics can help you remember

Test yourself!

Start a study group



Steadiness within the stress

In this workshop, Ashley highlighted that stress is a normal part of life. It actually helps us to perform well, but can become problematic if levels are too high and/or last for too long! Engaging in constructive rest and relaxation is recommended. It helps to know simple strategies you can use to help reduce the impacts of stress, including: attending to your basic needs, affect-labelling, breathing exercises, externalization and mindfulness. A coping chart is a great way of reminding yourself of the tools that help you to reduce stress

Resources

The Stress Bucket:

[How To Deal With Stress - The Stress Bucket - Dr. Julie Smith - YouTube](#)

Triangle Breathing:

[Triangle breathing, 1 minute - Bing video](#)

Guided Imagery Meditation: Forest

[Guided Imagery Meditation: Forest | CHOC - Bing video](#)

Develop a Coping Chart:

<https://www.padesky.com/>



Sleep & self-care especially when you feel too busy

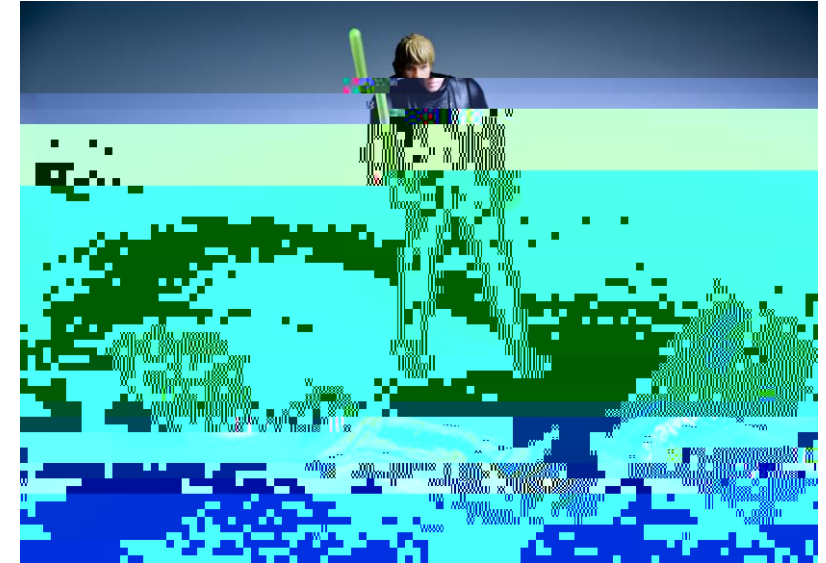
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workshop:
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after exams



Week 7: Productivity and Motivation

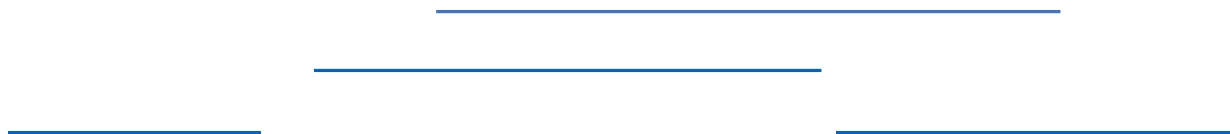
Here are the main points Lisa covered in this workshop:

- Identify your most productive times of day (and break some unhelpful ones)
- Use the Pomodoro technique to break up your study and work (25 minutes on, 5 minutes off - your body good with a break)
- Try some energizing finger tricks, deliberate fidgeting and bringing in exercise to re-energize and boost concentration



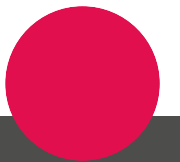
<https://www.youtube.com/watch?v=cXXWUMTtGsY&feature=youtu.be>

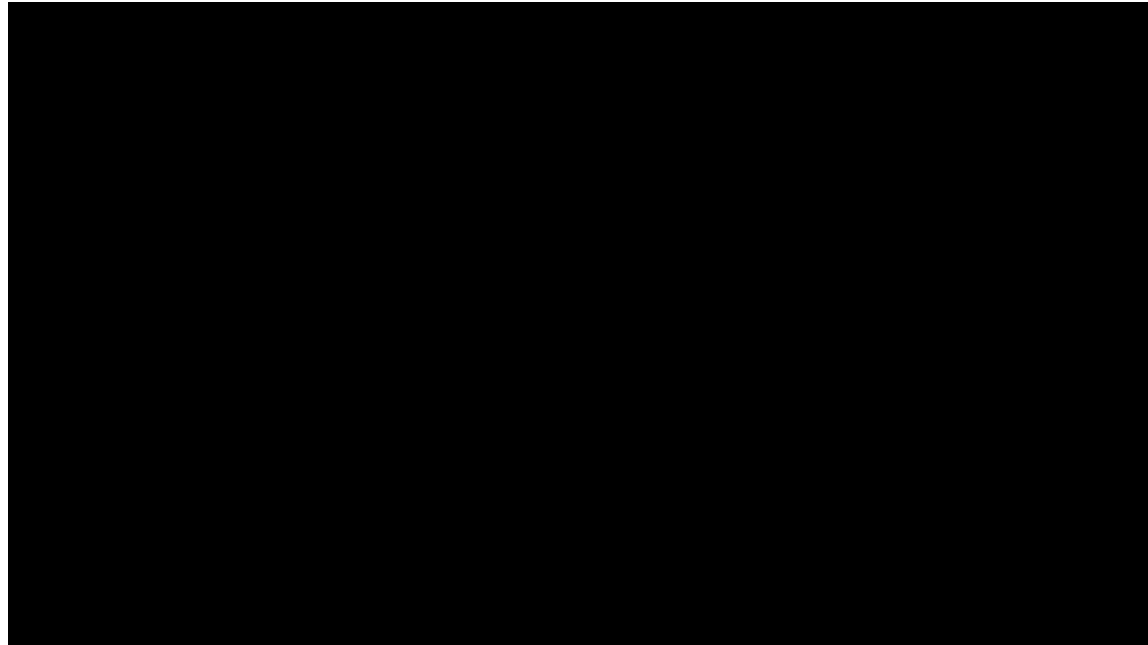
On the power of exercise before studying <https://www.youtube.com/watch?v=oqceJv4iNv4>



Meaning & Purpose

In this session, Ashley explored the concept of





This gratitude mindfulness practice taps into feeling and experiencing the emotion of gratitude by shifting your focus to the gifts in your life.

<https://youtu.be/Szy4TzvJVRs>



How not to be so hard on yourself

Everyone has an inner critic and it can be quieter or stronger based on what is going on in our lives. The first step is noticing. Sam shared 4 tools with us to help us challenge our inner critic.

Tool 1: Ask yourself: Where is the evidence for this way of thinking?

Tool 2: Approach your learning and your life with a growth mindset

(<https://www.youtube.com/watch?v=75GFzikhmRY0&t=376s>)

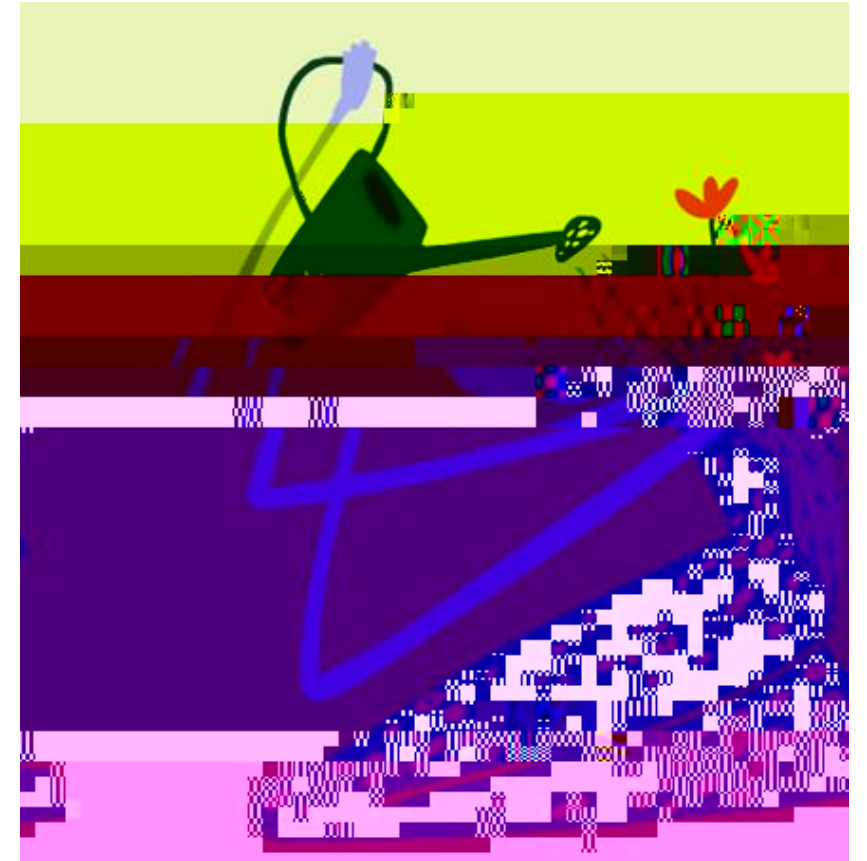
Tool 3: Practice the skill of self-compassion

<http://self-compassion.org/>

TED Talk: The Three Components of Self-Compassion

<http://ed.ted.com/on/zhq011AI>

Tool 4: Look for multiple truths

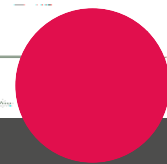
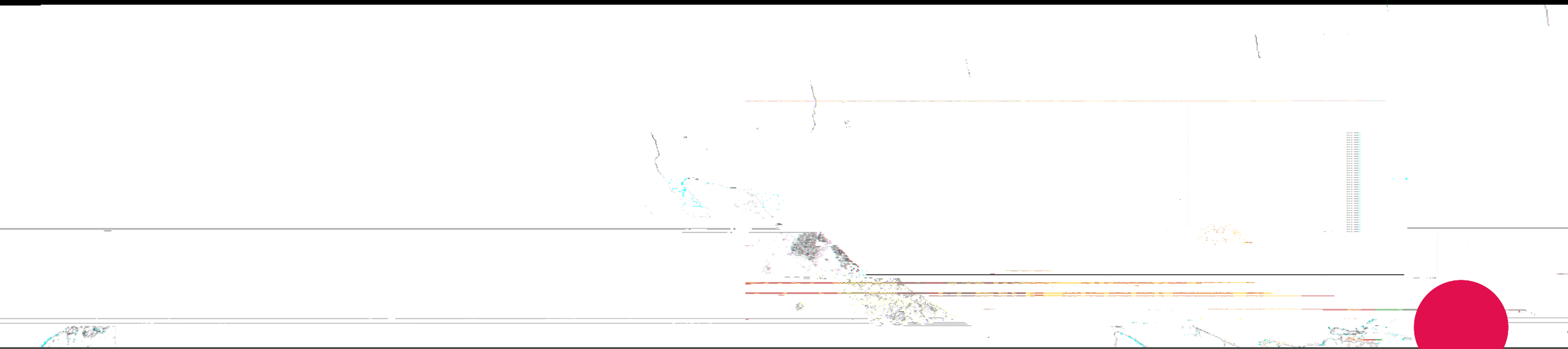
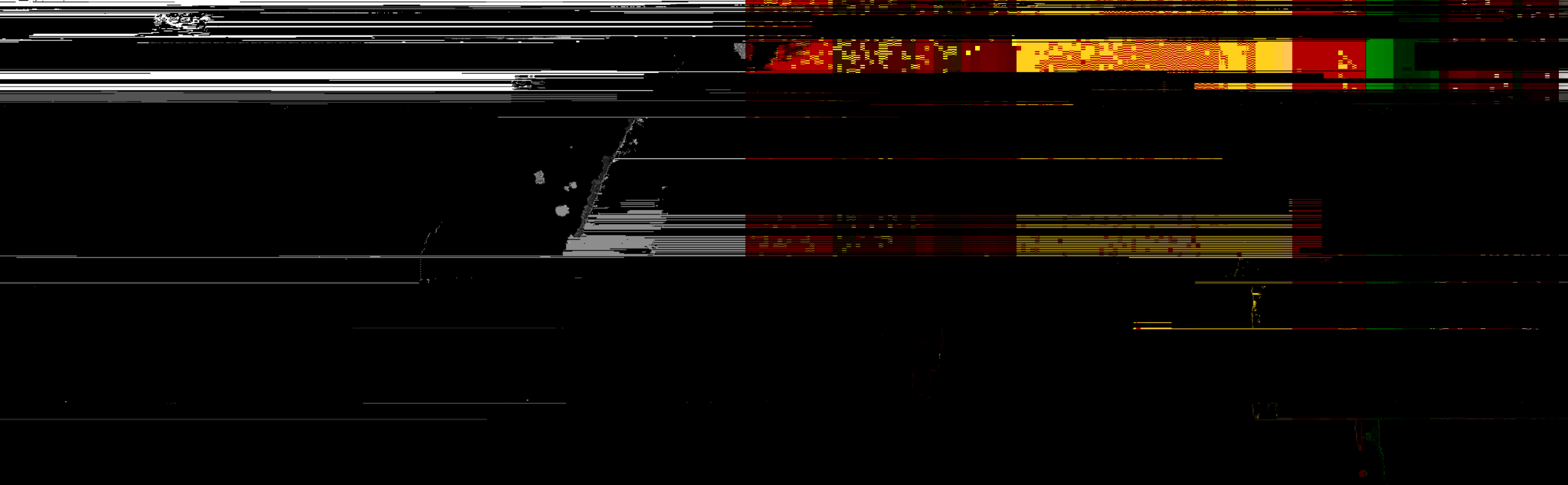


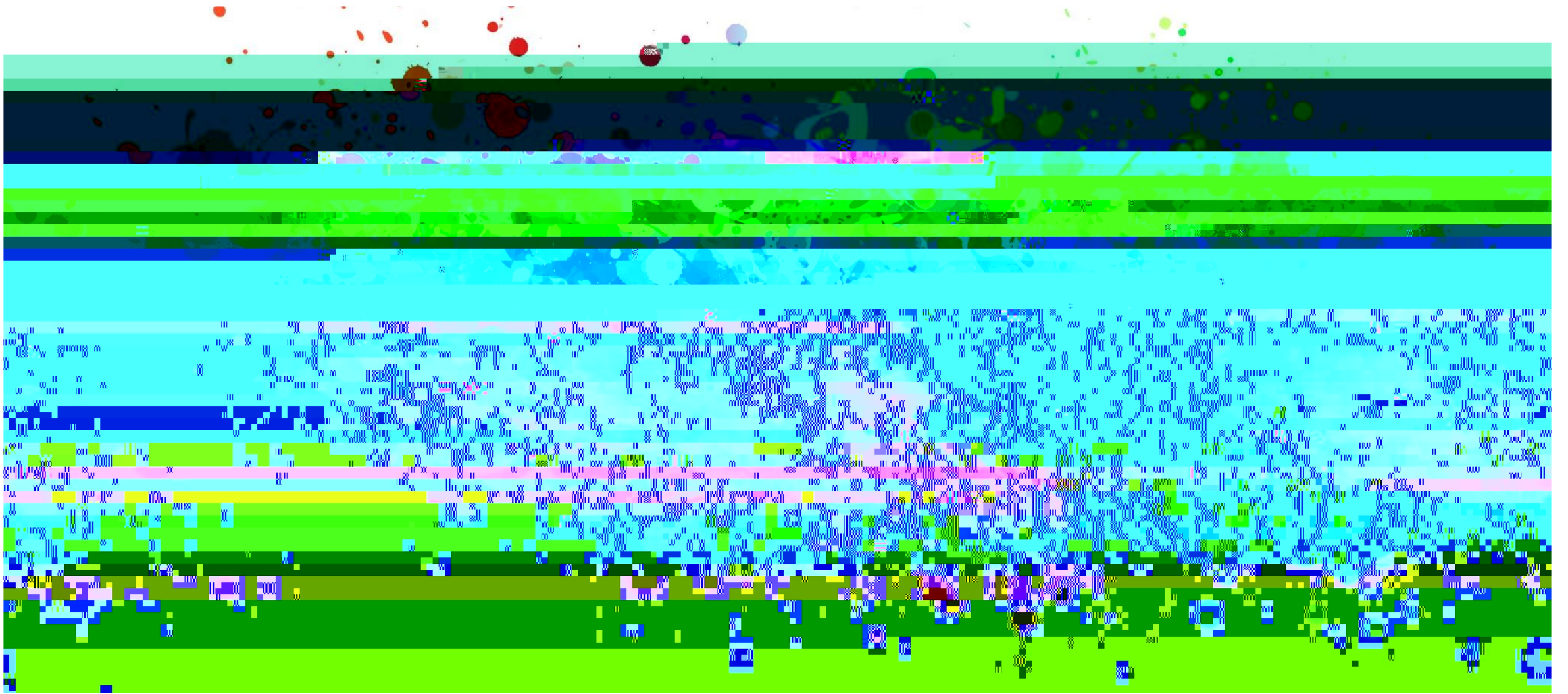
Are there strategies you learned through GROW@OC that have been helpful? Or that you wish you had learned earlier?



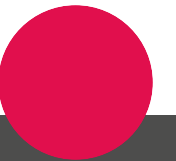
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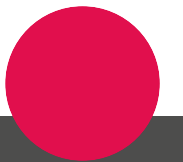
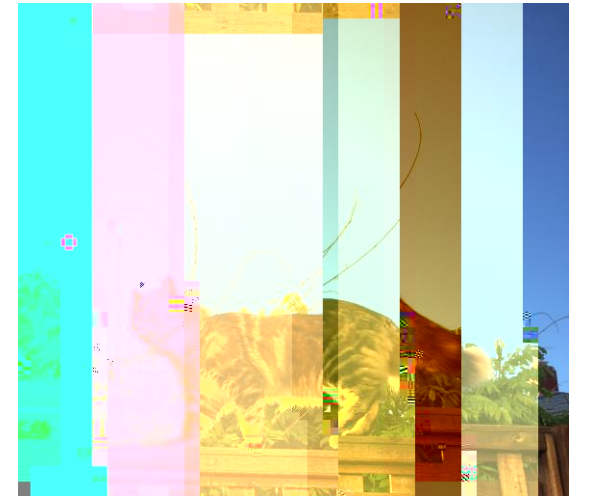




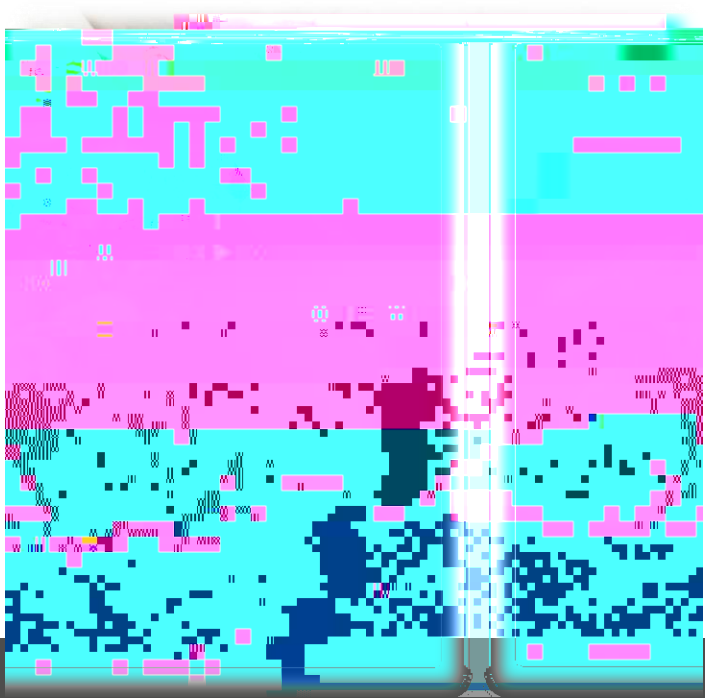


Reflection time: how have we GROWN?





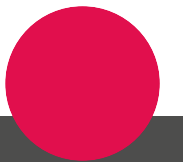
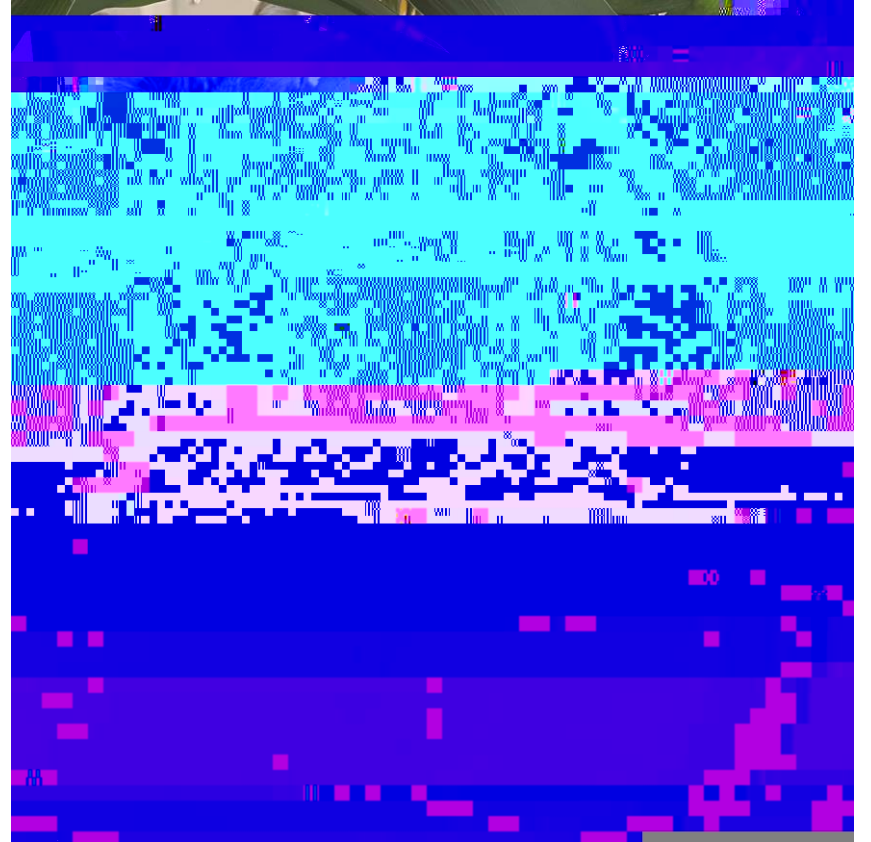




Life is potentially meaningful under any conditions,
even those which are most miserable. And this in turn

negative aspects into something positive or
constructive.

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Poem: <https://www.johnroedel.com/post/how-to-live-with-my-body>

Video reading: <https://www.johnroedel.com/post/video-the-anatomy-of-peace>



