

## Schedule of Events

Oscar Night 2014 (March 2<sup>nd</sup>) – Come out for Oscar Night at 6PM in the Common Room. We will have popcorn, snacks, and drinks. Dress semi-formally to receive a lock out coupon.

Board Game Night (March 12<sup>th</sup>) – Snakes and ladders board game night! Take a break from studying and come out to have some fun.

Irish Cultural Night (March 17<sup>th</sup>) – Join us for delicious Irish food on St. Patrick's Day. Make sure to dress in green to avoid getting your bottom pinched!

YMCA Gym Night – Release some stress. Participate in Dodgeball or Basketball in March. Keep your eyes open for specific dates and times.

Ask at Don meeting about bi-weekly PSRP Pub nights

## 4 Summer Job Tips

By Josh Dehaas

**1. Summer jobs matter more than you think** You may be tempted to return to that retail gig you held in high school. Resist the urge. The type of job you get this summer will influence the type of job you'll get next summer and far into the future. It's crucial to your future success that you apply to jobs that will get you closer to careers you're considering. Summer jobs are a good way to figure out if an industry is right for you and a good way to prove to employers after graduation that you're interested and ready to work for their field.

**2. Clean up after yourself online** It's unbelievable how many young people have their Facebook settings open so that potential employers who Google them can see embarrassing or distasteful material. The same goes for Twitter. Go back and clean up what you can. A good place to find all the dirt on yourself is [Pipl.com](http://Pipl.com).

**3. Fewer applications are better** People are surprised when I tell them that I put an average of ten hours into each job application. But the cover letter is the only chance we get stand out from the pile. It's worth writing cover letters over and over again until you get them right. Writing a few good cover letters for jobs that you really want is a better strategy than blanketing the world with generic applications.

**4. Don't forget the keywords** The first thing some human resources managers do with a stack of applications is sort through them to eliminate those that don't reference keywords from the job ad. Some companies get so many applications that the keyword sorting function is performed by computer software. Even the best cover letter won't save you from the computer's "no" pile without the keywords!

Visit <http://oncampus.macleans.ca/education/2012/01/09/10->



## MAIL

Mail can be picked up during meal hours from Loida. Must show PSRP ID. No exceptions.

## Featured Student

This is a self-portrait. The medium is coloured pencil. "I draw when I am stressed or when having a bad day. I can definitely say that no matter how bad of a day it may be, something beautiful will come out of it."

Tatum, room 519.



If you would like your artwork to be featured in our next monthly newsletter, please email [rohit@torontostudentresidence.com](mailto:rohit@torontostudentresidence.com).

March 2014

# PSRP Newsletter

By the Don Team

Hey PSRP!

Now that reading week is over, it is time to hunker down and get to work. You have almost completed your study period and this time is crucial. If you need a break, don't be afraid to speak to your floor reps or other students in the residence. Everyone is very friendly. Also, keep your eyes out for exciting events that are taking place this Month. 😊

## Visiting Your Don

Haven't seen your Don in a while? Have a problem? Feeling bored? Why not drop by your Don's room and say hi? We love to see all your happy faces. Remember the Dons' rooms are as follows: Christina (504), Shahrooz (716), Jenna (1015), & Rohit (1415). Don't worry, we don't bite... Seriously.

### COMMON

The Common Room is always open. Feel free to use the space to study or socialize.



## The Secrets to Staying Focused

### Develop a Routine

It may seem restrictive, but doing things like going to bed at the same time, yoga on Wednesdays, or eating lunch at 12noon are all important activities that will help to boost your productivity. The less time your brain needs to spend planning daily activities, the more time it can spend digesting and processing new information. Try to do one new activity at the same time everyday/week until you have a pretty consistent set of routines in place and watch your productivity improve immensely.

### Eliminate Distractions

Who can't live without his/her phone for more than 5 minutes or feels too tired to clear your desk? As exciting as it is to hear that ping that you've been tagged in another Facebook photo, that ping is using valuable brain energy. Each time you interrupt your work flow, you need to use extra energy to refocus again. Next time you need to get work done, put your phone away and hunker down in a quiet corner ready to get things done.

### Clear your Desk

Besides auditory distractions, visual distractions can also be a problem. Piles of paper can trigger anxiety over your never-ending to-do list. At the end of each work day clear your desk, file loose papers, and make a list of things you hope to achieve tomorrow. The next morning you'll be ready for immediate action.

### Create Mini-Deadlines

A reward feels much more satisfying when you feel like you've earned it. Deciding you'll finish your whole essay by the end of the day, sets you up for stress, anxiety, and guilt. So, instead of focusing on completing one giant task, carve out mini-tasks and deadlines. For example, write the introduction before your morning snack break and the first section before lunch. By breaking down tasks and giving yourself rewards along the way, you'll end the day feeling accomplished.

For more articles on how to improve your school performance, visit: [www.pfau.ca](http://www.pfau.ca)

If you need to reach the Don On-Call, please call 416 662 8993 between 5pm-12am on weekdays & 9am-12am on weekends.