# Procrastination Avoidance Week

*A National Cross-Institutional Event organized by Simon Fraser University and the University of the Fraser Valley*

**March 8 – 12, 2021**

**Program at a Glance**

## Motivation Monday (March 8)

<table>
<thead>
<tr>
<th>Time</th>
<th>WORKSHOP ROOM A:</th>
<th>WORKSHOP ROOM B (10-10:30 PST, 1-1:30 EST):</th>
<th>Additional Rooms</th>
</tr>
</thead>
</table>
| 10-11 am PST (1-2 pm EST) | **Get SMART: Goal setting strategies to maintain Motivation**  
University of British Columbia, Okanagan, Stephanie Jury | **Academic Integrity Matters: Earn your degree with Honesty!**  
University of the Fraser Valley, Amara Wong and peer tutor Sukhanjote | THE “LOBBY” (where you enter) A concierge will be available to help get you where you need to be.  
Ask the concierge about tutoring and related services available at your institution.  
Thank you to today’s concierges from Selkirk College, Capilano University, and University of British Columbia, Okanagan. |
| 11am-12pm PST (2-3 EST) | **Staying Motivated Studying Remotely**  
York University, Alissia Nguyen and Cindy Nguyen, Learning Skills Peers | **Writing without Procrastinating**  
Simon Fraser University, Kate Elliott | QUIET STUDY HALL  
Come get your work done in a productive environment, surrounded by students from across the country!  
Thank you to today’s Study Hall conveners from Western University and Vancouver Community College. |
| 12-1 PST (3-4 EST) | **Strength and Honour: From Anxious Student to Academic Warrior**  
Ryerson University, Annie Wilkin and Kris Bertram |                                                                                        | Need a break? Connect with students from across Canada in the SOCIAL LOUNGE  
Join UFV Peer Tutor Keerat on Padlet to discuss who and what inspires you!  
Thank you to today’s Social Lounge conveners from NorQuest College, Mohawk College, Simon Fraser University and University of the Fraser Valley. |
| 1-2 PST (4-5 EST) | **A Peer Mentor’s Guide to Motivation**  
Wilfrid Laurier University, Jenna Olender and Destiny Pitters |                                                                                  |                                                                                 |
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| 10-11 am PST (1-2 pm EST) | Concentration and Focus  
McGill University, Isabella Scurfield | THE “LOBBY” (where you enter) A concierge will be available to help get you where you need to be.  
Ask the concierge about tutoring and related services available at your institution.  
Thank you to today’s concierges from Simon Fraser University, Selkirk College, and University of the Fraser Valley. |
| 11am-12pm PST (2-3 EST) | WORKSHOP ROOM A  
Time Management  
York University, Raven Lovering and Leo Macawile, Learning Skills Peers  
WORKSHOP ROOM B  
Maximize your Study Time  
University of the Fraser Valley, Gayle Ramsden and Peer Tutor Regan | QUIET STUDY HALL  
Come get your work done in a productive environment, surrounded by students from across the country!  
Thank you to today’s Study Hall conveners from Algonquin College, University of British Columbia Okanagan, Douglas College, and Vancouver Community College  
Need a break? Connect with students from across Canada in the SOCIAL LOUNGE  
Thank you to today’s Social Lounge conveners from University of Waterloo, Douglas College, and Simon Fraser University. |
| 12-1 PST (3-4 EST) | Avoiding Procrastination: From To-Do to Done  
Algonquin College, Bethany Wiseman |  |
| 1-2 PST (4-5 EST) | Organizing your Time for Assignments, Midterms and Exams  
University of Waterloo, Shannon Leis and Gabriela Britto Lopez |  |
# Wellness Wednesday (March 10)

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshops (In WORKSHOP ROOM A unless indicated)</th>
<th>Additional Rooms Open 10-12 PST/ 1-5 EST</th>
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</thead>
<tbody>
<tr>
<td>10-11 am PST (1-2 pm EST)</td>
<td><strong>WORKSHOP ROOM A</strong>&lt;br&gt;Managing Time and Maintaining Balance&lt;br&gt;University of Waterloo, Shannon Leis and Vanessa Poletto Borges</td>
<td><strong>THE “LOBBY” (where you enter)</strong> A concierge will be available to help get you where you need to be. Ask the concierge about tutoring and related services available at your institution. Thank you to today’s concierges from Simon Fraser University, NorQuest College, Capilano University, and University of the Fraser Valley.</td>
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<tr>
<td>10:30-11:20 PST (1:30-2:20)</td>
<td><strong>WORKSHOP ROOM B</strong> (10:00-10:10 PST/ 1-1:10 EST)&lt;br&gt;10-Minute Goal-Setting Check-In for the Day&lt;br&gt;University of British Columbia, Okanagan, Amanda Brobbel</td>
<td><strong>QUIET STUDY HALL</strong>&lt;br&gt;<em>Try a Pomodoro Study Session 12:30-1:30 PST/ 3:30-4:30 EST</em> led by Kirsten Bennett of UBC Okanagan.&lt;br&gt;Thank you to today’s Study Hall conveners from Western University, Simon Fraser University, and UBC Okanagan. <strong>Need a break? Connect with students from across Canada in the SOCIAL LOUNGE</strong>&lt;br&gt;Join UFV Peer Tutor Rachel in a discussion about energizing/nourishing snacks/recipes. Participate in creating a Gratitude board on Padlet.&lt;br&gt;Thank you to today’s Social Lounge conveners from University of the Fraser Valley, York University, and Simon Fraser University.</td>
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<tr>
<td>12-1 PST (3-4 EST)</td>
<td><strong>Becoming a Resilient Learner</strong>&lt;br&gt;Douglas College, Nancy Squair</td>
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<tr>
<td>1-2 PST (4-5 EST)</td>
<td><strong>Take Care of Yourself, Improve your Learning</strong>&lt;br&gt;Vancouver Community College, Emily Simpson</td>
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<td>10-11 am PST (1-2 pm EST)</td>
<td>Reports, Essays, and Term Papers: Why “Copy/Paste” Will Hurt You — Douglas College, Sugeeta Gurjar</td>
<td>THE “LOBBY” (where you enter) A concierge will be available to help get you where you need to be. Ask the concierge about tutoring and related services available at your institution.</td>
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<tr>
<td>11am-12pm PST (2-3 EST)</td>
<td>The Principles of Time Management and Establishing Productive Routines — Western University, Najmeh Keyhani</td>
<td>Thank you to today’s concierges from Selkirk College, Simon Fraser University and University of the Fraser Valley.</td>
</tr>
</tbody>
</table>
| 12-1 PST (3-4 EST)    | WORKSHOP ROOM A  
So You’ve Procrastinated. Now What?  
Thompson Rivers University, Jenna Goddard and Julia Wells  
WORKSHOP ROOM B  
Get Started! Prewriting Techniques to help Tackle that Paper  
University of the Fraser Valley, Tara Corman and Peer Tutor Keerat | QUIET STUDY HALL  
Come get your work done in a productive environment, surrounded by students from across the country! |
| 1-2 PST (4-5 EST)     | WORKSHOP ROOM A  
Contract Cheating Awareness Escape Room  
Bow Valley College, Fiona Dyer  
WORKSHOP ROOM B  
Researching Your Thesis  
McGill University, Amanda Wheatley | Need a break? Connect with students from across Canada in the SOCIAL LOUNGE  
Thank you to today’s Social Lounge conveners from Mohawk College and Capilano University. |
## Finish Up Friday (March 12)

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<td>10-11 am PST</td>
<td>Preparing for Online Exams&lt;br&gt;University of the Fraser Valley, Tara Corman and Peer Tutor Hieu</td>
<td>THE “LOBBY” (where you enter) A concierge will be available to help you get to where you need to be.</td>
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<td>11am-12pm PST</td>
<td><strong>WORKSHOP ROOM A</strong>&lt;br&gt;Editing and Proofreading Strategies: Letter Grade Up your Essay&lt;br&gt;Douglas College, Antonio Su</td>
<td>Ask the concierge about tutoring and related services available at your institution.</td>
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<td><strong>WORKSHOP ROOM B (11:00-11:30)</strong>&lt;br&gt;Catching up in School&lt;br&gt;Capilano University, Heather Mitchell</td>
<td>Thank you to today's concierges from UBC Okanagan, Selkirk College, and Simon Fraser University.</td>
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<tr>
<td>12-1 PST</td>
<td>Time Management when Learning Online&lt;br&gt;University of British Columbia, Vancouver, Madeleine Penner and Emma MacFarlane</td>
<td>QUIET STUDY HALL&lt;br&gt;*Try a Pomodoro Study Session 1-2 PST/4-5 EST led by Kirsten Bennett of UBC Okanagan.</td>
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<tr>
<td>1-2 PST</td>
<td><strong>Collaborative Doodling and Reflection on your Learning Goals</strong>&lt;br&gt;Douglas College, Holly Salmon and Simon Fraser University, Ruth Silverman</td>
<td>Come get your work done in a productive environment, surrounded by students from across the country!</td>
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<td>Thank you to today's Study Hall conveners from University of Guelph, UBC Okanagan, and York University.</td>
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<td><strong>Need a break? Connect with students from across Canada in the SOCIAL LOUNGE</strong>&lt;br&gt;Join UFV Peer Tutor Navneet in some online games and whiteboard activities. Make a plan for engaging with academic support at your institution. Thank you to today’s Social Lounge conveners from Simon Fraser University, Mohawk College and University of the Fraser Valley.</td>
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