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>
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<tr>
<th>Time</th>
<th>Workshop Location</th>
<th>Workshop Details</th>
<th>Additional Rooms</th>
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<tbody>
<tr>
<td>10-11 am PST (1-2 pm EST)</td>
<td>WORKSHOP ROOM A: Get SMART: Goal setting strategies to maintain Motivation University of British Columbia, Okanagan, Stephanie Jury</td>
<td></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. Thank you to today’s concierges from Selkirk College, Capilano University, and University of British Columbia, Okanagan.</td>
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<td>WORKSHOP ROOM B (10-10:30 PST, 1-1:30 EST): Academic Integrity Matters: Earn your degree with Honesty! University of the Fraser Valley, Sandra Smith</td>
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<td>11am-12pm PST (2-3 EST)</td>
<td>WORKSHOP ROOM A Staying Motivated Studying Remotely York University, Nicole Joron</td>
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<td>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.</td>
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<td>WORKSHOP ROOM B Writing without Procrastinating Simon Fraser University, Kate Elliott</td>
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<td>12-1 PST (3-4 EST)</td>
<td>Strength and Honour: From Anxious Student to Academic Warrior Ryerson University, Annie Wilkin and Kris Bertram</td>
<td></td>
<td>Need a break? Connect with students from across Canada in the SOCIAL LOUNGE Thank you to today’s Social Lounge conveners from NorQuest College, Mohawk College, Simon Fraser University and University of the Fraser Valley.</td>
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<td>1-2 PST (4-5 EST)</td>
<td>A Peer Mentor’s Guide to Motivation Wilfrid Laurier University, Jenna Olender and Destiny Pitters</td>
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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, Nicole Joron  
                              WORKSHOP ROOM B  
                              Maximize your Study Time  
                              University of the Fraser Valley, Sandra Smith | 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 |  |
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| **10-11 am PST (1-2 pm EST)** | **WORKSHOP ROOM A**  
Managing Time and Maintaining Balance  
University of Waterloo, Shannon Leis  
**WORKSHOP ROOM B (10:00-10:10 PST/ 1-1:10 EST)**  
10-Minute Goal-Setting Check-In for the Day  
University of British Columbia, Okanagan, Amanda Brobbel | **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, NorQuest College, Capilano University, and University of the Fraser Valley. |
| **10:30-11:20 PST (1:30-2:20)** | **WORKSHOP ROOM B**  
Control Academic Stress: Procrastination and Perfectionism  
University of Guelph, Joannah O’Hatnick | **QUIET STUDY HALL**  
*Try a Pomodoro Study Session 12:30-1:30 PST/ 3:30-4:30 EST* led by Kirsten Bennett of UBC Okanagan.  
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, Simon Fraser University, and UBC Okanagan.  
**Need a break? Connect with students from across Canada in the SOCIAL LOUNGE**  
Thank you to today’s Social Lounge conveners from University of the Fraser Valley, York University, and Simon Fraser University. |
| **12-1 PST (3-4 EST)** | **Becoming a Resilient Learner**  
Douglas College, Nancy Squair |  |
| **1-2 PST (4-5 EST)** | **Take Care of Yourself, Improve your Learning**  
Vancouver Community College, Emily Simpson |  |
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<td>10-11 am PST (1-2 pm EST)</td>
<td><strong>Reports, Essays, and Term Papers: Why “Copy/Paste” Will Hurt You</strong> — Douglas College, Sujeeta 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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<td>11am-12pm PST (2-3 EST)</td>
<td><strong>The Principles of Time Management and Establishing Productive Routines</strong> — 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>
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| 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, Sandra Smith | 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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| 10-11 am PST (1-2 pm EST) | Preparing for Online Exams  
University of the Fraser Valley, Sandra Smith                                                                  | THE “LOBBY” (where you enter)  
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Ask the concierge about tutoring and related services available at your institution.  
Thank you to today’s concierges from UBC Okanagan, Selkirk College, and Simon Fraser University. |
| 11am-12pm PST (2-3 EST) | **WORKSHOP ROOM A**  
**Editing and Proofreading Strategies: Letter Grade Up your Essay**  
Douglas College, Antonio Su  
**WORKSHOP ROOM B (11:00-11:30)**  
**Catching up in School**  
Capilano University, Heather Mitchell                                      | QUIET STUDY HALL  
*Try a Pomodoro Study Session 1-2 PST/ 4-5 EST led by Kirsten Bennett of UBC Okanagan. |
| 12-1 PST (3-4 EST)    | **Time Management when Learning Online**  
University of British Columbia, Vancouver, Madeleine Penner and Emma MacFarlane                            |                                                                                                           |
| 1-2 PST (4-5 EST)     | **Collaborative Doodling and Reflection on your Learning Goals**  
Douglas College, Holly Salmon and Simon Fraser University, Ruth Silverman                                   | Need a break? Connect with students from across Canada in the SOCIAL LOUNGE  
Thank you to today’s Social Lounge conveners from Simon Fraser University, Mohawk College and University of the Fraser Valley. |