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| CYCLES | AUGUST | SEPT | OCT | NOV | DEC |
| SAMRU’s Focus | **NEW BEGINNING/ RENEW RELATIONSHIPS** | **FIND COMMUNITY/ BUILD A FOUNDATION** | **DISCOVER YOURSELF/ IDENTITY** | **FIND BALANCE & SUPPORT** | **WELLNESS/ DE-STRESS/ SUPPORT** |
| SAMRU Priorities  (Note your organizational priorities for each month) | * Destination Wyckham/ New Hub * Community Series/ RA Lunches * Volunteer recruitment * NSO preparation * Used textbooks intake and sale | * Destination Wyckham/ New Hub * Volunteer recruitment and training * Welcome week (NSO/Open House/ REC BBQ) * GOTV/ Federal Elections 2019 | * Governing Board recruitment/ elections * GOTV/ Federal Elections 2019 * Student Services Programming promo * Town Hall? (REC) | * Annual Report * Season of Caring/ Warm up your winter | * REC elections nominations starts * Season of Caring (Gift Hampers) * Exam Relief/ Stress Less * Used Books intake |
| SAMRU Life Cycle Highlights (Other planned organizational work: events, services, programs, etc.) | * New “Hub” reopens * Community re-connection (Community series, RA Lunches, REC Wine & Cheese, Pride preparation) * Volunteer recruitment * Emergency financial services peak busy time * Beginning of student orientation activities * Audit preparation begins | * NSO (Sept 5-6, 2017) * Focus on student orientation and engagement * Clubs Days/ Campus Expo/ Free Stuff Day/Pinnacle * #IBelieveYou * Regular services and programming activities begin * SAMRU audit | * Student Advocacy support very active * Regular programs, services and student engagement initiatives in full swing * Clubs becoming very active * Pinnacle workshops begin * Sex toy Bingo | * Student Advocacy increasingly busy * Regular programs, services and student engagement initiatives in full swing * Clubs at peak activity level * Emergency financial services peak busy time * Effects of stretched capacity – volunteers / SAMRU staff | * Regular programs, services and student engagement initiatives wrapping up for the semester * Low on volunteers/ staff work ramps up * Peak busy time for Student Advocacy * Stress/exam relief programming happening * Transition & celebration activities happening |
| Ongoing (Internal ongoing programming) | * Governor training | * Programming and workshops start * Volunteer & Clubs Training | * Programming and workshops * Volunteer & Clubs Training | * Programming and workshops * Clubs Training | * Programming and workshops * Volunteer appreciation |
| Special Days  (Special days that may influence some programming) | * Heritage Day – Aug 5 * [International Youth Day](http://en.wikipedia.org/wiki/International_Youth_Day) - Aug 12 | * Labour Day – 1st Monday of Sept (Sept 2) * [World Suicide Prevention Day](http://en.wikipedia.org/wiki/World_Suicide_Prevention_Day) - Sept 10 * International Day of Democracy - Sept 15 * Calgary Pride Parade day - 1st Sunday (Sept 1) | * Health Plan opt-out – Oct 4 * [World Mental Health Day](http://en.wikipedia.org/wiki/World_Mental_Health_Day) – Oct 10 * Thanksgiving – Oct 14 * Federal Elections – Oct 21 * Halloween – Oct 31 | * Daylight savings ends (back) - Nov 3 * Remembrance Day – Nov 11 * Transgender Day of Remembrance - Nov 20 * International Day for the Elimination of Violence against Women - Nov 25 | * World AIDS Day – Dec 1 * [Internt’l Day of Persons with Disabilities](http://en.wikipedia.org/wiki/United_Nations%27_International_Day_of_Persons_with_Disabilities) – Dec 3 * [Internt’l Volunteer Day](http://en.wikipedia.org/wiki/International_Volunteer_Day) – Dec 5 * MMM – Dec 6 * Human Rights Day – Dec 10 |
| Student Activities  Schedule according to your institution’s academic calendar | * Last day of classes (summer) – Aug 19, 2019 * Buying books /Line-ups * Student loans, fee deadline for registered students * Moving into residence * Residence move-in day – Aug 31, 2019 | * Fall fee deadline- Sept 13 * Last day to adjust registration (less deposit) – Sept 13 * Health and dental deadlines promo * Last day to be re-instated for Fall Semester – Sept 30 | * Fall Reading Week – Oct 14-18 * Time to think about next semester: registration begins * Last day to apply to attend Fall Convocation – Oct 15 * Application for awards (MRU) | * Last day to withdraw from Fall courses with a "W" – Nov 15 * Pressure builds: Final papers and projects due, group work | * Last day to waitlist for winter semester – Dec 1 * Last day to Withdraw with Cause (WC) * Last day of fall Semester – Monday Dec 9 * Final exams – Dec 11-21 * Holiday closure: Dec 25-Jan 1 |
| Student life cycle elements: How do students feel (including insights on your clubs and volunteers)? | * New students are excited and unprepared for what is to come * Residence students may doubt if they will fit in with their residence situation * Students are unsure of what to study or how to register * Anxiety about starting a new chapter in their lives, possibly about leaving home, and the impact on their relationships * Worries about money may start, with fee payment deadlines (although students with loans have their payments deferred until their cheques come in) * Starting a new life/identity (first years) * Fresh start for returning students * Office of Student Conduct resumes * Clubs starting up * Some intentional disengagement/ reluctant commitment | * Campus is chaotic, but vibrant/ sense of excitement /new possibilities * Feeling unknown/ finding way around campus * Critical involvement window during first 4-6 weeks, as students figure out what’s worthy of their time. Returning students may be hard to involve if already in a pattern. * Trying to keep up with social activities, work and meeting academic demands (critical to involvement) * Developing a social life; trying to make friends and fit in to new environment * Finding a safe place to “be” (SAMRU, classes) * Meeting profs and staff (a good time to make a good first impression with students) * Testing boundaries (drinking, partying, sexual exploration) * Commuter stress, parking frustrations * Dealing with red tape * Adjusting to living with roommates/ learning new domestic skills/ homesickness * Adjusting to less structure/ developing study habits * Clubs (mostly re-ratifications); spaces are busy * Overspending potential/ some loans not in | * Establishing routines * Sense of accomplishment * Psychology: different classroom settings (first years); more independence; less parental involvement * Small fish in a big pond: anonymity, loneliness * Values and beliefs exploration; alcohol incidents increase in Residence, sexual exploration, etc. * Closing of the window for involvement as students get comfortable with their schedules * Time management issues * Work / school / social life (im)balance * Financial burdens and budget lessons * Preparation for midterm exams * Students spending a lot of time in social spaces (building community, exploring identity) * Time to get volunteers involved in structured programming * Student Advocacy: Syllabus concerns, diversity & human rights, student misconduct * High stress/ potential for high conflict * Lots of club meetings starting this month | * Trying to find balance * Increased academic stress due to an accumulation of work/ interpersonal conflict * Reality checks on academic performance/ may question intellectual abilities * Declining health due to stress or personal habits * Thoughts about withdrawing from courses/ changing majors * Finances: May be running short of money/ ESL and hampers spike * Relationships strained by stress * Start to feel effects of not being involved/ sense of belonging (MRU) * Commuter/ weather related stress/ time change * Volunteers attend meetings, but not much energy to commit / Volunteers willing to show up to things * Intimately experiencing alternative worldviews (in-class and co-curricular) * High level of attachment among volunteers/ start relying on each other, studying together * Lots of club events and bookings | * Classes end mid-month * Overwhelmed by end of semester push (key messages relate to this?) * Holiday stress and fatigue – financial and social * Final projects due * Worries begin about next semester * SAMRU volunteers disengage * Excited for winter break |
| MRU Themes |  | **GET CONNECTED** | **ACHIEVE ACADEMIC SUCCESS** | **STAY AHEAD OF THE GAME** | **FIND YOUR BALANCE** |
| Does your institution have a themed academic life cycle? Check with your marketing department. | * MRU Cougar’s Golf Classic * Aboriginal student tours * NSO student leader training * R.A. training | * Welcome: NSO/ U-Fest/ Clubs and Campus Expo * Employment/leadership/volunteering opportunities * Become a Cougar fan * Get involved with SA Council (SA) * Recreation – register in classes * Accessibility class/exam accommodation info * Meet your program specific librarian | * Student Learning Services workshops * Student Spaces * Library * Advising * Student Counselling * Accessibility Services * MRU Open House | * Convocation/ Grad Pow Wow * Health Services – flu shots * Scholarship deadline * Residence deadline * Career Services * Student Learning Services – Finals * Final Exam prep, building times, student spaces * Accessibility: Book accommodated final exams * Advising – next semester * Recreation for next semester | * Optimal Therapies * Multi Faith * Student Counselling * Peer Support (SA) * Security |
| CYCLES | JAN | FEB | MAR | APRIL | MAY, JUNE & JULY |
| SAMRU’s Focus | **REBOOT: FRESH START** | **CONNECTING THROUGH CITIZENSHIP** | **SUPPORTING STUDENT INITIATIVES** | **FACILITATING ENDINGS & TRANSITIONS** | **TRANSITIONS & PLANNING** |
| SAMRU Priorities | * Elections nominations * SAMRU Awards nominations * Winter NSO | * Elections nominations * Elections campaigning/ elections supplement/ spaces * AGM/ annual report * SAMRU Awards nomination deadline | * Elections voting (1st week) * REC Town Hall? * Clubs events (clubs are very busy) | * SAMRU Awards event * Exam Relief/ Stress Less | * SAMRU Planning Days * REC transition |
| SAMRU Life Cycle Highlights | * Hub reopens; community re-connection * Volunteer recruitment and training begins again (shorter time frame) * Student orientation activities happen (smaller and lower key than Fall semester) * Crowchild Classic * REC OER Days * Pinnacle * Student Advocacy tying up last semester/ (grades) * Regular programming activities begin again * SAMRU performance appraisals & mid-year reports | * Regular programs, services and student engagement initiatives in full swing * Student Advocacy continues to be very busy * Clubs becoming very active again * SAMRU elections underway * Black History month collaborations * Tax Clinic recruitment * Community garden activities * Volunteer references * SAMRU budgets | * Provincial budget released * SAMRU elections wrap up * SAMRU Awards planning * SAMRU-planned programs and student engagement slows down, to make room for student-led activities * Emergency financial services peak busy time * Gender Bender * Cultures of MRU * Tax Clinic * Clubs at peak activity level * SAMRU capacity is limited | * Volunteer appreciation * Student Advocacy peak busy time * Managing expectations with clubs (last chance to do things) * Community Garden activities * Pinnacle Wine & Cheese; wrap-up, transition, reporting activities for volunteers and Clubs * SAMRU Budget bids finalized | * Facility rentals * Connect with alumni * Convocation (Hub involvement) * Community Garden – outdoor season * Year-end reports due * Department & org. planning, implementation plans, year-end reporting * REC training * Capital upgrades * Staff vacations * Year-end prep |
| Ongoing | * Programming and workshops * Volunteer & Clubs Training/ Clubs Snack & Chat | * Programming and workshops * Volunteer & Clubs Training/ Clubs Snack & Chat | * Programming and workshops * Clubs Training/ Clubs Snack & Chat | * Programming and workshops * Volunteer & Clubs Training/ Clubs Snack & Chat | * Some programming continues in spring * Council continues to meet |
| Special Days | * New Year’s Day – Wednesday Jan 1, 2020 | * Valentine’s Day – Feb 14 * Family Day – Feb 17, 2020 | * Daylight savings begins (forward) - Mar 8 * [Pi Day](http://en.wikipedia.org/wiki/Pi_Day) – Mar 14 * St. Patrick’s Day – Mar 17 * [Int’l Day for the Elimination of Racial Discrimination](http://en.wikipedia.org/wiki/International_Volunteer_Day) – Mar 21 * [World Water Day](http://www.unwater.org/what-we-do/inspire-action/) – Mar 22 | * April Fool’s Day – April 1 * World Health Day - April 7 * Easter weekend – April 10-13, 2020 * Earth Day - April 22 * [National Volunteer Week](http://volunteeralberta.ab.ca/services/people/national-volunteer-week/) – April 19-25, 2020 | * Int’l Labour Day – May 1 * World Laughter Day - First Sunday of May * Victoria Day – May 18, 2020 * Towel Day - May 25 * Canada Day – Jul 1 * Stampede Week – July 3-12, 2020 * Pride Month |
| Student Activities  (From MRU [Academic Schedule](http://catalog.mtroyal.ca/content.php?catoid=17&navoid=1003)) | * Full fees due for winter semester – Jan 15, 2020 * Add/ drop deadline – Jan 15 * Last day to be reinstated deadline – Jan 31 * Buying books | * Health & Dental Opt-Out deadline (winter students) * Reading Week – Feb 18-21, 2020 * First day to apply for Open Studies (new students) * Deadline to apply to graduate in Spring – Feb 28 | * Spring & fall registration begins – Mar 9 * Last day to withdraw from Winter with a "W" – Mar 20 | * Last day to Withdraw with Cause (WC) * Last day of classes – April 6 * Final exams – April 8-22, 2020 * Registration for Spring / Full fees for Spring due * Last day to add name to waitlist | * First day of Spring classes – May 4 * Last day to apply to attend * Convocation – June 4-5, 2020 * Last day to pay fees for Spring |
| Student life cycle elements: How do students feel (including clubs and volunteers)? | * Fresh start/ fresh perspective * Excited to see friends again and start new courses/ social adjustments * Mental Health concerns: Cold and dark outside, people are tired and not as excited as Sept.; immediate financial difficulties; holidays are often expensive * Students schedules change, finding a new groove * Transfer students start * Residence student may experience homesickness * Weight loss/gain over holidays * Significant volunteer and part-time staff turnover (schedule changes) * Practicum students start work in centres * Volunteers and clubs focused on their own initiatives, usually planning March events * Student loans for 2nd term | * Time-management concerns/ anxiety about preparing for mid-terms, papers * Settled into second semester * Mental health concerns: S.A.D.S.; mood may be affected by weather, long days of darkness, lack of energy/ enthusiasm * Mid-terms * Month of relationship shifts * Volunteers very engaged (more skilled + confident – have the time and energy to do things/ deploy) * Continuing volunteers get it and are ready to go; they want to organize (i.e. Gender Bender) * Volunteers become very attached to/ rely on each other – things could go off the rails as a result - centres are taken over by the students who want to hang out there (centres become “their” space); groups are more cliquey (thinking inward) * Club execs transition - push for March elections * SAMRU Awards reference requests | * Mid-terms and papers * Students running low on money * Concerns about completing work for courses; pressure to do well on finals * Thinking about summer job hunt – ways to stay connected to campus * Excitement and anticipation for end of school year * Confounded sense of loneliness (depression + emotional and/or social isolation) * Need for counselling and health services increases * Increase of drug and alcohol abuse on campus * Thinking about graduating * Transfer questions arise * Difficult to get volunteers and students out to things; club events were similar * Clubs are focused on their own lifecycle * Competing events (mostly among clubs) * Large club fundraisers for grad, lots of Hub events * Volunteers are busy/ more collaborations and mentoring clubs * ESLs spike again | * Worried about summer jobs * Concerns about marks and academic results * Concerns about summer housing/ moving out of residence * Questioning program and ability or desire to return to school next year/ evaluating the experience * Anxiety about exam prep * Relationship regrets * Waiting for admission into a program or new school * Health issues as weather changes * PSC is very busy – high demand for services, few volunteers * Volunteers are overloaded, not really available/ focused on studying * International exchange students arrive on campus * Volunteers request references * Hub is very busy and low on staff | * Some programming still happening * PSC open * Some new clubs starting in spring/ clubs continue to use services * Student advocacy and appeals * Condensed classes and block weeks – stressful for students * Campus is quiet – less sense of community * Influx of younger non-MRU students |
| MRU Themes | **BUILD HEALTHY HABITS** | **GET IN THE GAME – WORK AND PLAY** | **YOU AND YOUR COMMUNITY – PLAN AHEAD** | **WRAP UP AND CELEBRATE** |  |
|  | * Winter NSO * Student Counselling * SLS workshops * Library/ student spaces * Optimal Therapies * R.A. applications * Bell #LetsTalk | * Career Services (Co-op deadlines) * Student Awards & Financial Aid * Cougar playoffs * Peer health educators – recruitment * Vote – SAMRU * Advising * Student Learning Services | * Diversity & Human Rights awareness * Career Fair * Advising * Recreation * Book accommodated exams * Counselling Services * MRU Research Days | * Final exam information * Last Class Bash (SA) * New Student Registration (NSR) | * Spring and summer classes * Recreation push for spring programming and membership * MRU Kids/ Jr. Achievement |