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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
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| 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
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| Student ActivitiesSchedule 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
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| 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
 |