



Photo: Saskatoonzoofoundation.ca

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USLC Weekly News

uslcstudent.usask.ca

What's on

Campus?

Food and Mood

Free workshop Applying current evidence on the relationship between food and mood into useful and practical tips for real life

Nov 29th

12:00 – 12:30 PM CST

[Register here](#)

Creative Cypher Club

Poetry. Music. Creative Writing. Rap. Expression. Come share in art, community and creative vibes.

November 30th

4:30 – 5:30 PM CST

[Zoom](#)

Meeting ID 896 0637
2749

Winter 2022 term planning

The fall term is almost done and it is time to plan for the next term!

If you are a current student who has not yet completed Level 4, there are two things you need to do as soon as possible:

1) **Tell us your study plans** using the instructions below:

1. Open this link [Confirmation of study plan form](#)
2. Under To complete registration, select "Log in to My Account"
3. Enter your username (your username your NSID) and password
4. Select "Login" and complete the form

2) **Pay a deposit of \$700.00 CAD.** Payment options available can be found at: [Payment options](#)

If you are in Saskatoon, you will have noticed our shorter daylight hours.



Photo credit: S. Ko

The [BHP Enchanted Forest](#) at the Saskatoon Forestry Farm is a great place to go to add some light but will need a car to enjoy it.

[Learn more here.](#)

Student Advising

Good luck to students in the last week of classes and on your final exam!

Here are some end-of-term resources to keep handy:

- [Student Wellness Centre](#)
- [USask Community Centre](#)
- [Student Learning Services Study Skills](#)



Source: <https://www.pineclipart.com>

Fitness Classes at USask

In-person classes at the PAC – free with your student card! You must register to attend! [Register here](#)

5-Minute Mindful Breathing Sessions

Tuesdays and Thursdays
[Tuesday Zoom](#) (passcode 17443540)

[Thursday Zoom](#) (passcode 17443540)

Building Bridges Fall 2021 event: Indigenous Art Therapy

Join us for a collaboration with Leanna Marshall, a social worker, self-taught artist, and current art therapy student at the Winnipeg Holistic Expressive Arts Therapy Institute. Indigenized art therapy is the use of expression using creative methods within the context of a collective history and resilience.



Using paper and markers in your home, this workshop will use creative ways to increase your ability to take care of yourself when going through difficult and stressful times.

Date: Thursday, December 2nd
Time: 6:00 – 8:00 PM CST
[Register here](#)

Learning Resources



Week of: November 29 – December , 2021 – 10:00 – 11:00 AM CST
Location: USLC Student Support Zoom Room 986 5704 6915
Passcode: LRfall2021

Monday	Tuesday	Wednesday	Thursday	Friday
Level 2	Level 3	Level 4	Level 1	All levels
Wind up and Feedback	Wind up and Feedback	No Session	Wind up and Feedback	Student Lounge – <u>Drop-in</u> Join Chris for a farewell
What did you like about LR sessions? What needs improvement?	What did you like about LR sessions? What needs improvement?	What did you like about LR sessions? What needs improvement?	What did you like about LR sessions? What needs improvement?	What do you know about the USLC now?



BE WHAT THE WORLD NEEDS

[Who we are](#)