

Time Management

1

Set timer for 25min

2

Focus on work

3

Stop after 25min

4

Take a 5-min break

5

Work again for 25min

With lots of projects and assignments ongoing at the moment, we are all feeling the extra pressure that looming deadlines brings.

If you need a refresher on how best to approach and manage your workload, check out the CIT [Academic Success](#) website. With great videos and tips on how to manage your time.

Academic Success
— Coaching —

“Breaking it down into sessions, with planned relaxation is most effective”

[Time Management worksheet](#)

Emotional

Emotional, Social, Spiritual, and Mental Self-Care Ideas

Photograph the little happy moments

Recharge your battery with self-care

Understand that you are doing your best

Talk about your feelings and struggles

[Watch a video about Practising Self - Care](#)

Want to run an online class social event?

There have been few opportunities this semester to chat and catch up with your classmates. If you want to run an online **class social event**, we can support your ideas and sponsor prizes!

Well done to [Early Years \(year 3\)](#), [Sustainable Energy Science \(year 2\)](#) and [Nutrition and Health \(year 3\)](#) who ran social events online recently

Maybe a quiz or a games night, cooking or music demo... an evening for your class to chat and choose the top 5 netflixs series... or find out who’s got the best family pet! Something fun!

Send us back an email and we’ll help to get it started.

** Free ** online CIT activity classes

Beginners welcome to all sessions, no equipment required

You can #BeActive at home by...

WALKING
Even in small spaces, walking around or walking on the spot, can help you remain active

MOVING
Build movement breaks in to your daily routine e.g. jogging on the spot or some stretching

RELAXING
Meditation and deep breaths can help you remain calm

WORKING OUT
Create your own circuit workout at home - no equipment needed, just a little willpower

Mindful Relaxation

Wednesdays 7-8pm [Register on the CIT Events Website](#)

Bootcamp

Mondays, 1-2pm. Email gym@cit.ie

Yoga

Tuesday 7-8pm. [Register on the CIT Events Website](#)
Wednesday 1-2pm. Email gym@cit.ie
Wednesday 6-7pm. [Register on the CIT Events Website](#)

Yoga & Strength for Sport

Thursday 1-2pm. Email gym@cit.ie

Pilates

Tuesday 1-2pm. Email gym@cit.ie

Zumba Dance

Friday, 1-2pm. Email gym@cit.ie

Create Connections through Societies

**** Monday ****

Christian Union – Small groups from 7-8pm & Mini Film Festival with the Cork International Student Café at 8pm, both on Zoom

Pool & Board Games - Weekly games night 6pm – 10pm on Discord

**** Tuesday **** **Yoga** - Online Class at 7-8pm <https://bit.ly/3emYX95>

**** Wednesday ****

Anime & Manga - Iroduku: World in Colours screening & announcing the art competition winners at 6:30pm on Discord

Yoga Crawford & CSM - Online Class at 6-7pm <https://bit.ly/34Rn8cS>

Mindful Relaxation – class at 7-8pm <https://bit.ly/3kPejft>

**** Thursday ****

3D Design – Meeting at 6.30pm on Discord

Indian – Diwali 2020 at 6pm on Zoom, Over €300 worth of prizes to be given away

DJ – Meeting at 7pm on Discord

Dance – Open Commercial Class with Lee Barrett at 7pm on Zoom

**** Friday ****

Sci-Fi – Games night at 6pm on Discord

Korean – Kimbap demo at 6pm on Discord

****Weekend****

Christian Union – Weekend away, Check their social media for more details

Sci-Fi – The Mandalorian Screening Saturday at 6.30pm on Discord

****All Week****

Korean – Kimbap drawing competition, Check their social media for details

Programming – Hackerrank solution giveaway, Check their social media for more details

Photography – Living Our Lockdown photo competition, Check their social media for details

On Behalf of all the staff involved in the Health & Wellbeing Initiative. We are here to support you

Student Services	CITSU	Access	Societies	Chaplaincy	Sports	Gym	A Healthy CIT
Student.Services@cit.ie	suwelfare@cit.ie	access@cit.ie	info@citsocieties.ie	chaplaincy@cit.ie	sport@cit.ie	Gym@cit.ie	AHealthyCIT@cit.ie