

SSD NEWSLETTER



Hello SSD Community!

Another month has flown by, and what a busy one it's been! Thank you to everyone who joined us for our Special General Meeting on November 28th. We're excited to share that a brand-new constitution and updated rules of order were approved. You can expect to see these available on our website in late December.

We also know this time of year can feel overwhelming, so we've planned plenty of relaxing events to help you unwind, including more body-doubling sessions and creative crafting meet-ups. We hope to see you there!

Bella
SSD Office Coordinator

Events

Body Doubling Drop-in

The SSD is putting on our Body Doubling Drop-in sessions again! Our workstudy Zoe, Mia, Lucy and staff (Bella and Kai) will be hosting the sessions. Are you wondering what body doubling is? Body doubling is a productivity technique where individuals work in the presence of another person, either in person or virtually, to enhance focus and reduce procrastination. So come buy and study with other students!

Date & Time: December 1st (3:00pm-5:00pm),
8th (1:00pm-4:00pm), 10th (3:00pm-5:00pm),
12th (1:00pm-4:00pm), 17th (1:00pm-4:00pm),
and 19th (1:00pm-4:00pm)

Location: SSD Lounge, Student Union
Building Room B11



Crafting Drop-in

Crafting Drop-In Sessions Are Back! We're excited to announce that our crafting drop-in sessions are returning this semester! Join our wonderful workstudy student, Lucy, every Friday from 3:00–5:00 PM for a fun and relaxing creative break. We'll have plenty of crafting supplies on hand, but you're also welcome to bring your own projects. Whether you're a seasoned crafter or just looking to unwind, this is the perfect time to get creative and connect with others.

Date: December 5th & 12th

Time: 3:00pm-5:00pm

Location: SSD Lounge, Student Union Building
Room B11

Holiday Crafting

Take a well-deserved break from exams and join us for a festive Holiday Drop-In Craft Afternoon! Stop by anytime to make your own snowflakes, paper chains, pinecone gnomes, and pinecone owls. We'll have snacks and hot chocolate ready to keep you cozy while you create. This relaxed, come-as-you-are event will be facilitated by our staff, Bella and Kai. We hope to see you there for some crafty holiday cheer!

Date: December 15th

Time: 3:00pm-5:00pm

Location: SSD Lounge, Student Union Building Room B11



Fidget Making Workshop

We'll be making custom fidgets to support you as you navigate exam season. Drop in to create your own beaded keychains and mesh-and-marble fidgets, perfect to take with you for a little stress relief on the go. This workshop will be facilitated by our workstudy Lucy with the support of our workstudy Zoe.

Date: December 4th

Time: 4:00pm-6:00pm

Location: SSD Lounge, Student Union Building Room B11



November Re-cap

The Spud Social Potluck

On November 24th we held a potluck social where we ate baked potatoes with all the fixings. Though this event was not as popular as our previous potluck we fed lots of hungry tummies and used up all our leftovers feeding people throughout the week.



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