



ROYAL ROADS
UNIVERSITY STUDENT ASSOCIATION



2021

JANUARY 2021: ISSUE #5 NEW YEAR RESOLUTIONS

2021

IMPORTANT RRUSA DATES

Next Council Meeting:
Feb. 4, 2021
Zoom Meeting

Past Council Meeting: Jan. 7, 2021 - Minutes
can be found [here](#)

VOLUNTEER WITH THE JOHN HOWARD SOCIETY OF VICTORIA

Work with at-risk youth in the greater Victoria
community, join the **John Howard Society
of Victoria**.

For more info, visit kidstart.ca/volunteer/ or
contact Branda.Guan@jhsvic.ca

RRUSA AWARD APPLICATION DEADLINE

Open from Dec. 1, 2020 to Feb. 1, 2021. This
RRUSA Award is available to individuals
who have made a significant contribution
to the RRU campus community and/or their
home community. More info check it out [here](#)

WELCOME BACK!

Happy New Year 

In the spirit of a new school year, RRUSA has put together this
handy [guide](#) for new students.

If you are enrolled in an undergraduate program, starting your
studies in January 2021 and are in an on-campus or blended
program, you are a RRUSA member! (Note: a program moving to
online studies due to COVID-19 does not affect your membership
status)

Being a RRUSA member gives you a number of different benefits
depending on your program's delivery method. [Click here](#) for more
details about member benefits.

Stay connected and follow [@RRUSAED](#) on Instagram



SEND US YOUR WORK!

Have something creative for others to
see or read?

We would love to hear from you - send
us your:

- * Funny memes
- * RRU Stories and/or Experiences
- * Creative Artwork or Photography

Email us at:
RRUSA-VPCcommunications@royalroads.ca

NEW YEAR, NEW ME, NEW VIBES

To set your new year resolutions during a changing world,
focus on the choices you can make **each day** like flexible
daily rituals such as, getting up every morning to meditate, read-
ing a new book each month, or treating yourself to some self-
care like running a bath at night - in doing so, those big future
goals will seem possible to reach.

Check out this great article on three key things to do when mak-
ing resolutions for an unpredictable year.

[How to Make Resolutions for an Unpredictable Year](#)



"Royal Roads University acknowledges that the campus is located on the traditional
lands of the Xwsepsum (Esquimalt) and Lkwungen (Songhees) ancestors and families who have
lived here since time immemorial.

This land has been part of the fabric of the life of Indigenous communities long before Hatley
Castle was built, and it will be long into the future. It is with gratitude that we now learn and work
here, where the past, present and future of Indigenous and
non-Indigenous students, faculty and staff come together."



@rrusaed



Royal Roads University
Student Association



www.rrusa.ca